

# STRONG SWIMMERS CONFIDENT KIDS

# SWIM TEAM



## HEAD SWIM COACH

Morgan Schreiber



Morgan has been involved in competitive swimming for 15 years and has been coaching for 6 years for the Hillside Piranhas in Pottstown, PA, an age group league. During his time as a YMCA swimmer, he qualified for YMCA Short Course Nationals 3-times in the 100-yard backstroke. Morgan also swam for his high school team

where he qualified for States 3 years and was district champion in the 100-yard backstroke. He swam for York College of Pennsylvania, NCAA D-III for 4 years. He currently holds the 100 and 200 backstroke records as well as being a member of several record setting relays. Morgan was a 4-time 100-yard backstroke champion and a 3-time 200-yard backstroke champion in the Capital Athletic Conference. He finished his college career with a Bachelor's Degree in Recreation and Leisure Administration with a minor in Athletic Coaching.

## ASSISTANT SWIM COACH

Jacqueline Biddle



Jacqueline is proud to continue her lifelong passion for swimming. She was a competitive high school swimmer and remains active as an adult swimmer. Her specialty stroke is the breaststroke. She and husband, Jonathan, reside in Camden with their three boys, Jude, Miles, and Ollie. Jude and Miles are current Sailfish swimmers and Ollie

hopes to join the team this year. Jacqueline noted that "coaching and teaching youth" is a tremendous honor for her.

Updated: 8/24/2018



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PENOBSCOT BAY YMCA

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Team Site: <https://www.teamunify.com>

## SWIM TEAM OPEN HOUSE

Saturday, September 29

10:00 - 11:30 AM

Penobscot Bay YMCA Pool & Gymnasium

- For new swimmers to learn about the Sailfish Swim Team
- Meet our Swim Coaches and Parent Leaders
- Ask questions about the Winter Swim Team Schedule
- Bring bathing suits & goggles for a swim assessment

Sign up at the front desk! Stop by or call 236.3375.

## PRE-SEASON TRAINING

SEPTEMBER 5 - OCTOBER 5

Start your swim season off with a splash. Pre-season is a perfect time for swimmers to get acquainted with the structure of competitive swimming as well as get focused work on strokes and endurance. Please check your team unify account to verify which swim group your swimmer has been assigned to. If you are new to the team, the coaching team will assess your swimmer's ability on the first day of preseason or at the Sailfish Swim Team Open House.

### Practice:

- **Blue: Tuesday & Thursday - 5:00-6:00 PM**
- **Bronze: Mon, Wed & Fri - 5:00-6:00 PM**
- **Silver: Monday-Thursday: 3:30-5:00 PM**
- **Gold: Monday-Friday: 3:30-5:00 PM**

### Pre-Season Cost:

- **Blue: \$80**
- **Bronze: \$85**
- **Silver: \$90**
- **Gold: \$95**



Please see reverse side for our regular Winter Season and Dry Landing Training. Registration packets are available at our Welcome Center or download online at <https://www.teamunify.com/Home.jsp?team=yymca-2541>

## WINTER SEASON BEGINS OCTOBER 9

When you join the Sailfish Swim Team you will be joining a legacy of some of the top competitors in the State of Maine. We will be constantly evaluating the swimmers to see if they are in the right group. Swimmers may be moved up or down throughout the season depending on how they are practicing compared to the rest of their practice group. All group placements or group moves are the sole decision/responsibility of the Sailfish Coaching Staff. All new swimmers are encouraged to attend our Open House on September 29th Practice routines and times will vary depending on the group they are placed in. **Prerequisite:** Swimmers must be a Y member in good standing and be willing to participate in fundraising events.

### BLUE GROUP

**Prerequisite:** 0-1 years of swim team experience, your child must be able to pass the Y swim test and has begun to learn rotary breathing for Freestyle. Children need to be able to complete 25 yards of freestyle and backstroke to qualify for this group. **Group Goals:** Beginner level focuses on stroke development and technique, building endurance, and learning how to be a competitive swimmer. **The Blue group meets 2x/week and meet participation is optional.**

**Practice: Tuesday & Thursday: 5:00-6:00 PM**

• **Winter Season Cost: \$325**

### BRONZE GROUP

**Prerequisite:** 2 years of Swim Team experience preferred, typical age range 9-12. Your child must be able to swim 25 yards of all four strokes legally, perform a legal 100 IM, and be able to swim 100-yards continuously of freestyle, backstroke and breaststroke. **Group Goals:** This level focuses on stroke technique, interval training, building endurance and developing an understanding of race strategy. Due to ongoing learning stroke progressions, the athlete should maintain weekly attendance throughout the duration of the season for maximum development and improvement. **The Bronze group meets 3X/week and meet participation is expected.**

**Practice: Monday, Wednesday & Friday: 5:00-6:00 PM**

• **Winter Season Cost: \$385**

### SILVER GROUP

**Prerequisite:** At least 2 years of swim team experience required. Typical age range 11-14 years old, as well as Maine Junior Olympic Qualifiers who are under 12-years-old. Participants are able to complete a legal 200 IM. Your child must be legal in all four strokes, have the ability to follow work-outs independently and have a strong work-ethic. **Group Goals:** This group is for motivated athletes who have demonstrated their ability to keep up with the pace of workouts at this level and are looking to achieve National "BB" Times or better in their age group. **Four practices per week expected, optional strength training.**

**Practice: Monday-Thursday: 6:00-7:30 PM**

• **Winter Season Cost: \$450**

### GOLD GROUP

**Prerequisite:** Must have obtained at least two times that are equal to or better than the 13 & 14-year-old National Age Group Motivational "BB" Times. Must be at least 12 years or older. Swimmers also must be able to complete the following interval cycle: 10 x 100-yd Freestyle @ 1:30.

**Group Goals:** USA Swimming membership strongly encouraged. Swimmers in this group are passionate, driven, and dedicated to being the best swimmer they can be. This group is designed for current/future Sectional or National qualifiers as well as swimmers who plan to swim in college; it is high intensity, highly technical, and focused on the three main areas of improvement in swimming: Technique, Strength, and Endurance.

**100% practice attendance. Five practices a week, and strength training and/or yoga strongly recommended.**

**Afternoon Practice: Monday-Friday: 3:30-5:30 PM**

**Morning Practice: Mon, Wed & Fri- 6:00-7:00 AM\***

\*High School Gold Swimmers

• **Winter Season Cost: \$485**

**NOTE: A high school rate if \$365 is available for those on both the Sailfish and High School teams.**

### DRY-LAND / YOGA TRAINING BEGINS OCTOBER 9

Swimmers need to be coordinated athletes with body awareness, control and flexibility. The demands on swimmers bodies from the repetitive nature of swimming dictates that to help protect the swimmers bodies and enhance their training, dryland workouts will help strengthen and protect your athlete. Special attention will be given to working the scapular stabilizers of the upper back and strengthening the rotator cuff, as a means of helping to offset the heavy demand that swimming puts on the muscles of the front of the shoulder joint.

**ADVANCED DRY LAND:**

**GOLD: Tuesday & Thursday - 6:15-7:15 AM**  
**Cost: \$135 / Season**

**INTRODUCTORY DRY LAND:**

**GOLD & SILVER (ages 12+):**  
**Tuesday & Thursday - 5:30-6:00 PM**  
**Cost: \$70 / Season**

**YOGA DRY LAND:**

**SILVER: Monday - 5:15-5:45 PM**  
**GOLD: Monday - 6:00-6:30 PM**  
**Cost: \$70 / Season**

