INTRODUCTION

The Marion-Polk Counties swim team (MPY) is a year-round competitive swimming program for young men and women six years of age and older. Practices are held at the downtown Salem YMCA location throughout the calendar year. This team is a member of USA Swimming and participates in USA swim meets throughout Oregon. Our primary objectives are to provide meaningful experiences for swimmers of all levels with emphasis on helping members exemplify the YMCA core character values of Caring, Honesty, Responsibility and Respect. We also aim to provide a competitive swimming program which will give all members the opportunity to attain their goals in swimming, whether they are at the local, regional, national or international levels.

PREREQUISITES:

Must be able to swim 80 yards freestyle non-stop and one length of each of the four competitive strokes: butterfly, backstroke, breaststroke and freestyle.
COMMITMENT GROWS CONFIDENCE

MPY Swim Team – Salem Branch

This program is available to swimmers age 6 through 18. Workouts include drills, technique, instruction and conditioning. This is a year-round program that promotes the YMCA philosophy of building a healthy mind, spirit and body. The objectives of the program are to develop an individual’s confidence and self-esteem while continuing their swimming education and knowledge about aquatics. Commitment, dedication, time management and leadership skills are taught and practiced daily.

GROWING STRONGER AS A TEAM

Everyone’s strengths and goals are valued.

Our coaches are highly trained and experienced, with credentials from USA Swimming and the YMCA Competitive Swimming & Diving. There are three levels to fit every swimmers strengths, goals, and conditioning level.

**Beginner Swim Team**
- Swim Team practice for the newest swimmers on the team.
- Practice times: Tuesdays & Thursdays, 4:15-5:15 PM
- Cost: $55/month Y members, $80/month non-members
- May participate in summer league and/or YMCA swim meets.

**Intermediate Swim Team**
- Swim Team practice for more seasoned swimmers on the team. Must have coach’s approval.
- Practice times: Mondays, Wednesdays, & Fridays, 5:00-6:00 PM
- Cost: $60/month Y members, $85/month non-members
- May participate in summer league, YMCA, and/or USA swim meets.
- Additional annual USA Athlete Registration fee is required to participate in USA meets. Additional meet fees also apply with meet registration.

**Advanced Swim Team**
- Swim Team practice for most experienced swimmers on the team. Must have coach’s approval.
- Practice times: Mondays, Wednesdays, & Fridays, 3:30-5:00 PM
- Cost: $70/month Y members, $95/month non-members
- May participate in summer league, YMCA, and/or USA swim meets.
- Additional annual USA Athlete Registration fee is required to participate in USA meets. Additional meet fees also apply with meet registration.

CONFIDENCE WITH EVERY STROKE

An annual registration fee with USA Swimming is required for the individual swimmer, in addition to monthly swim team payments, to participate in USA swim meets. Additional meet fees apply for each USA swim meet based on events entered, including relays.

Swimmers who are interested in competing in any YMCA meets, including YMCA State Championships, and advancing to compete at the YMCA Pacific Northwest Regional level must be YMCA members for 30 days prior to State Championships and 90 days prior to the Regional Championships.

Summer league and YMCA swim meets are held on Saturday mornings, while USA meets and Y Championship meets are generally two to three days where swimmers may swim on Friday, Saturday, and/or Sunday. Competition is encouraged, but is not a requirement. All swim meets are optional.

Visit our MPY team page! www.teamunify.com/orty

Call to schedule a FREE try-out! 503-399-2792

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