



Welcome!

Congratulations on your decision to join Team YES! Aquatics of Houston!

Team YES! Is a non-profit, parent-run organization and is a member of USA Swimming. Our goal is to provide an atmosphere that fosters success in swimming and friendships for swimmers of all abilities. Our coaching staff will work with your swimmer to develop their skills, goal setting, respect for self and others, good sportsmanship, and team spirit. Practices are held at Cypress Falls (Cy-Falls) and Cypress Spring (Cy-Springs) high schools and Watkins Middle School. Cypress Fairbanks Independent School District (CFISD) makes every effort to accommodate our practice schedules, however, the district has priority for pool use and our scheduled days and pool locations are subject to change. For further information, please browse our web site at <http://www.TeamYES.net>.

Throughout the season you may be asked to volunteer your time. We need all participating families to volunteer as needed to insure our team's success.

Each swimmer will be placed into a program based on their abilities and age. These programs are designed to provide swimmers with the appropriate training and focus for their skill level. The coaching staff at Team YES! will place each child into one of the following programs at the beginning of the season and will periodically review each swimmer's progress and make appropriate adjustments throughout the season.

Training Programs

Our coaches' emphasis for every program is to teach superior technique. As an individual swimmer improves, he/she will be promoted to higher groups. In the competitive programs our emphasis then includes endurance and sprint training.

We realize each swimmer has his or her own goals. Some athletes strive to be competitive at meets; some athletes pursue individual improvement; some athletes view swimming as a means of exercise. No matter what our swimmers personal goals are, it is our responsibility to ensure each swimmer feels successful and enjoys attending practice. Of course, Having Fun is Never Forgotten.

Swimmer's abilities are evaluated by the coach of each group and a swimmer will move up when they demonstrate the proper efficiency/criteria of another group.

Elite Program

Senior Group (5 Days per week / 2 hours 45 minutes)

The Senior Group is our premiere elite competition and training group. It consists of our high school swimmers who exhibit a high level of swimming and workout ability, in addition to some younger age swimmers ranked at the state and national levels. The Senior Group swimmers are expected to be mature, dedicated, responsible, and dependable. In addition to the swimmers commitment to swimming, we emphasize the maintenance of good academic standing. Emphasis is placed on technique, and training methods encouraging each swimmer to achieve the highest level they desire. Workouts also include stretches, dry land training, and plyometric exercises. Of course, *having fun* is never forgotten, and many of the swimmers in this group have developed friendships and experiences (in and out of the pool) which will last forever! Attend at least three meets per season, including an end-of-season championship meet.

Junior Group (5 Days per week / 2 hours 15 minutes)

The Junior Group is our elite age group program for experienced competitive swimmers. Swimmers in this group should strive to maximize their abilities. Fine tuning stroke technique and developing advanced training performance. This group will be comprised of swimmers between 11-18 who exhibit a high level of swimming and workout ability, in addition to some younger age swimmers ranked at the state level. Swimmers are expected to be mature, dedicated, responsible, and dependable. Able to compete in all events offered and to have a high attendance percentage. Attend at least three meets per season, including an end-of-season championship meet.

Age Group Program

Blue Group (5 Days per week / 1 hour 45 minutes)

The Blue Group is our advanced age group program. This group is comprised of swimmers between the ages of 9-13 who exhibit a high level of stroke development and strong desire to excel in swimming. This group will work on technical development and focus primarily on meet development training. The focus of this group is to continue the development of stroke mechanics and competitive rules with an increased emphasis on training. This group uses dry land exercises, with increased time spent in the water. This group introduces mental training, team building, and a structured workout. Success of each individual swimmer is based on an increased commitment level in attendance and practice effort. Swimmers in this group attend both local and state level meets. Attend at least two meets per season.

Green Group (4 Days per week / 1 hour 30 minutes)

The Green Group is comprised of swimmers ages 9-13. The focus of this group is to continue the development stroke mechanics and competitive rules with an increased emphasis on training. This group uses dry land exercises, with increased time spent in the water. This group introduces mental training, team building, and a structured workout. Success of each individual swimmer is based on an increased commitment level in attendance and practice effort. Swimmers in this group attend both local and state level meets. Attend at least two meets per season.

Developmental Program

White Group (3 Days per week / 1 hour 15 minutes)

The White Group incorporates the introduction of training methods with continued emphasis on proper technique. The coaches teach the swimmers to understand the pace clock, intervals, etc. There is also an emphasis on learning responsibility and dedication, in and out of the pool. Although this group is starting to become more serious with the sport of competitive swimming, having fun is never forgotten. The swimmers continually participate in team building activities within each practice. Encouraged to attend meets.

Advanced Group (3 Days per week / 1 hour)

This group is an advanced learn to swim (LTS) group. These swimmers have started to exhibit good swimming skills, and desire to be involved with a team. Many swimmers in this group have participated in some type of summer league program. The group spends their time equally between stroke technique and training skills. They will be proficient in freestyle and back stroke while continuing to develop their breaststroke and butterfly techniques. Racing starts and turns are introduced in this program. Encouraged to attend meets.

Intermediate Group (3 Days per week / 45 minutes)

The Intermediate Group is an intermediate learn to swim (LTS) group. The primary focus is on technique with a portion of the practice spent on organized workouts. Most swimmers in this group will have little to no back ground in swimming other than an elementary learn to swim program and will have a proficient freestyle and back stroke. An introduction to develop breaststroke technique is introduced. Fundamentals of butterfly and turns are introduced. Encouraged to attend meets.

Learn to Swim (2 Days per week / 30 minutes)

The Learn to Swim (LTS) program is based on water safety and introduces basic stroke development. Swimmers as young as 4 years of age may join the group and each class is kept to a student to instructor ratio of 2:1. Smaller groups mean more effective classes as well as more personalized attention. Swimmers learn how to be water safe, how to get to the side on their own as well as learning freestyle and backstroke.

Scheduled program times are subject to change based on enrollment and CFISD pool schedules.