



2023 TRYOUT INFORMATION

Sunday, July 30th or Sunday, August 27th

07:30am Check-In • 8:00am Warm-Up • 8:30am Start

Deadline for July Tryout is Wednesday, July 26th

Deadline for August Tryout is Wednesday, August 23rd

PREPARING FOR TRYOUTS:

- All those trying out should be familiar and comfortable with swimming all competitive strokes including: freestyle, backstroke, breaststroke, and butterfly.
- A Tryout Form is required to tryout! There is an online form to fill out before the deadline for each tryout, otherwise, a paper form will be available that tryout day. See the Greater Morristown YMCA website for the form's link.
- There is a \$20.00 fee (cash, Venmo, or check only) to tryout. If you pay in check, please make it out to GMYSTPO. Our Venmo account is @GMYSTPO.
- If you choose to bring the payment with you on the day of tryouts please make sure it is in the form of cash or check
- Pre-registration is preferred but we will accept walk-ins.
- Tryout fees are non-refundable.
- If your swimmer swam with another team, please attach their previous times.
- For more information or if you are unable to attend tryouts, please contact Head Coach Josh at gmycoachjosh@yahoo.com

PRE-COMPETITIVE PROGRAMS

Our YMCA offers both Dolphin Club and Pre-Team as pre-competitive programs before a swimmer may be ready to swim competitively. These programs are geared to strengthen a swimmer's skills, and in turn prepare them for trying out for our competitive swim team.

Swimmers work with our swim team coaching staff to build endurance, refine all competitive strokes and build a strong racing foundation.



THE GREATER MORRISTOWN YMCA

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greatermorristownymca.org

gmyswimteam.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOLPHIN SWIM TEAM

**Join the Greater Morristown
YMCA's Swim Team Program
for Our 2023-2024 Season!**



DOLPHIN SWIM TEAM

About Our Team:

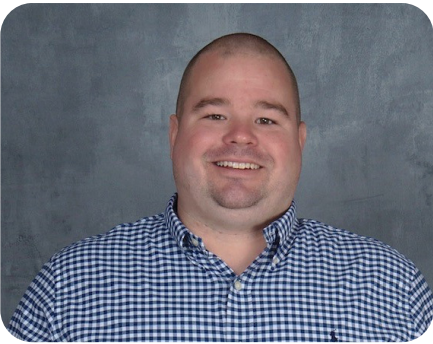
The Dolphin Swim Team is the ideal environment in which your child can have fun while swimming competitively. This healthy, lifetime sport promotes team spirit as well as individual success.

Our Head Coach, Josh Wing, has over 20 years of experience when it comes to training competitive swimmers of all ages. Josh, as well as, the entire coaching staff, are committed to the YMCA's mission of developing well-rounded individuals who enjoy competition and good sportsmanship.

The Dolphin Swim Team concentrates on technique, strength and endurance throughout regularly attended practice sessions. Training is enhanced by the use of practice equipment and supervised dryland training at the appropriate age level.

As the season progresses, additional emphasis is placed on improving times while participating in Dual and Individual Meets. The Dolphins have two dual meet teams: a boys team and a girls team to give swimmers more opportunities to race and improve.

Our team is committed to building lifelong friendships both in and out of the water. We hold special events throughout the season so that swimmers and families get to spend time together outside the pool. These outings help our team to develop long lasting friendships and a sense of team spirit.



Pictured Above: Head Coach Josh Wing

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In our program, you will find:

- A team of experienced, knowledgeable coaches to guide you through the season
 - Opportunities to attend both YMCA and USA Swimming Invitational meets
 - A full competitive dual meet schedule
 - Age appropriate dryland training
 - The use of equipment during practices to enhance swimmer workouts
 - The opportunity to travel to a variety of championship meets.
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We build long lasting friendships!

Family and Team Building events include:

1. Blue and White inner-team meet and family picnic
2. Graduating Senior Swimmer Recognition events
3. Big Brother/Big Sister programs
4. Captain's Events
5. Annual Holiday party for swimmers and their families
6. Championship Kickoff Pasta Party for swimmers
7. Group Hotel stays for championship meets
8. Team Dinners
9. End of season Swim Team Banquet

OFF-SEASON TRAINING

The Greater Morristown YMCA offers a variety of programs all year long to keep your training going! We offer:

- Spring Training
- Summer Long Course
- Speciality Clinics

COMPETITIVE COACHING WORKSHOP:

Not quite ready for tryouts? This workshop is designed to give your swimmer the extra edge they need for tryouts. Not trying out? This clinic is still a great way to hone your skills with our pre-competitive coaching staff.

Level 1:

Tues./Thurs. - 6:30 to 7:30pm

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Level 2:

Tues./Thurs. - 7:30 to 8:30pm

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Price:

\$160.00

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Session Dates are 7/23/23 to 8/19/23

Participants must be evaluated for proper level placement. Please call Ed at 973.267.0704, ext. 15 or email swim@morristownymca.org

