

# MARINER SWIM TEAM



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WHITE BEAR AREA YMCA

2100 Orchard Lane

White Bear Lake, MN 55110

[Whitebearareaymca.org](http://Whitebearareaymca.org)

A partnership of the City of White Bear Lake, White Bear Township, White Bear Lake Area School and YMCA of Greater St. Paul

## WHO IS A MARINER SWIMMER?

Mariner swimmers are local youth ages 5-18. Our swimmers range in abilities from those who have just learned to swim 25 yards freestyle to varsity high school swimmers. We welcome swimmers of all ages and abilities who want to develop their swimming skills. We focus on personal improvement in your own swimming abilities. Our coaches work with each group of swimmers, based on their skill level, focusing on good technique as well as their overall fitness.

### PRACTICES

We offer many practice times during our winter programs. We have no practice requirements. We hope swimmers will come to as many practices as their other activities allow. We offer practice Sunday – Friday.

### YMCA MEMBERSHIP

Swimmers must be YMCA members to register for the Mariner Swim Team. If a swimmer is 10 yrs old or older they may hold a youth membership. If they are younger they must be part of a dual or family membership. Financial assistance is available for both memberships and program fees.

### FREE TRIAL

Swimmers may try the team for free for a week to see if it a good fit for them. During that week we will review with your swimmer the basics of what happens in a typical practice.

### HIGH SCHOOL ATHLETES/ PARTIAL SEASON

The first of these is for athletes who are involved in fall sports and are not able to begin practicing until mid- November. They may join at that time and pay a partial season fee. This is available to all swimmers.

The second is those who need to leave for the middle of the season such as boys who will be swimming for a high school over the winter. They may join the team and practice with us until their season begins at the end of November. Once the high school season is over they may come back to the team. With their high school coaches permission, it is allowed for them to compete in meets in events which are not high school events (100 IM, 400 IM, 200 back, 200 breast, 200 fly).

### A WORD ABOUT MEETS

Our main competitive focus is with other YMCA swim teams across the state. There are 17 YMCA teams across the state, 7 of these teams are in the Twin Cities metro area. There are no fees to compete in YMCA meets. Regular YMCA meets are typically on Saturdays. Our championship meets are held on Sundays.

For those who wish to add another level of competition to their swimming experience they can choose to compete in USA swimming competitions. There are additional costs to compete in USA meets.

Swimmers are not required to compete in meets. However, it is encouraged swimmers to compete in some of the local meets as a way to measure the progress they make from practicing.

Regular season meets begin in mid-October with our championship State meet held on February 11. We also participate in a Regional championship meet in mid- March.

## UPCOMING EVENTS

September 12  
Winter season begins

Check us out at  
[marinerswimteam.org](http://marinerswimteam.org)

**Mariner of the Meet**  
A swimmer who achieves a personal best time in all three of their individual events at a meet is recognized as a Mariner of the Meet swimmer

**Contact:**  
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**Head Coach Shelly**  
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**Fees\***  
Full Season- \$350  
Additional swimmer in a family  
15% discount

Partial season - \$ 235  
\* Membership Fees Additional

