

## 2009-10 Meet Schedule

### Why Should I Swim?

There are many benefits to getting involved in competitive swimming, including:

- Swimming promotes physical development and the setting and achievement of personal goals.
- Swimming develops aerobic endurance and is one of the most beneficial forms of cardiovascular exercise.
- Swimming enhances your natural flexibility and promotes muscle development.
- Swimming develops superior coordination.
- Swimming is the most injury-free of all sports.
- Swimming is a sport that will bring a lifetime of fitness and enjoyment.
- Swimming promotes time management skills and academic achievement.
- Swimming offers the chance to compete individually and as part of a team.
- Swimming is fun!

Date	Meet/Location
October 10-11	FRST Fall Meet, Fond du Lac
October 17	Sleepover Meet, Oshkosh YMCA
November 6-8	FCYST Fall Invite, Appleton YMCA
November 20-22	OSHY Champion Meet, Oshkosh YMCA
December 5	GBY Sprint Meet, Green Bay YMCA
December 11-13	Y-Finalist, Brown Deer
December 18-20	MWY Winter Open, Middleton
January 9-10, 2010	OSHY Mid-Winter Meet Oshkosh YMCA
January 15-17	Foxjet Winter Classic University of Minnesota-MPLS
January 16	DCY Hawaiian Meet, Door County YMCA
January 22-24	GBY Winter Open, Green Bay YMCA
February 5-7	Schroeder A+ Meet, Brown Deer
February 11-14	OSHY/FCYST Invite, Oshkosh YMCA
February 14	JHAWK 8&U All Star Meet UW-Whitewater
February 19-21	Regionals, Fond du Lac
February 26-28	12 & Under USA State, Madison
March 4-7	13 & Over USA State, Brown Deer
March 6-7	Everyone Counts, Appleton YMCA
March 13	Last Chance Meet, Oshkosh YMCA
March 19-21	Y-State, Brown Deer
April 7-11	Y-Nationals, Fort Lauderdale, FL

For more information, visit our web site  
[www.fcyst.org](http://www.fcyst.org) OR contact  
 Angela Monty, Head Coach  
[amonty@ymcafoxcities.org](mailto:amonty@ymcafoxcities.org)  
 Ben Gill, Head Developmental Coach  
[bgill@ymcafoxcities.org](mailto:bgill@ymcafoxcities.org)

# FCYST

*It's Time to  
Join in the  
Fun!*



We build strong kids

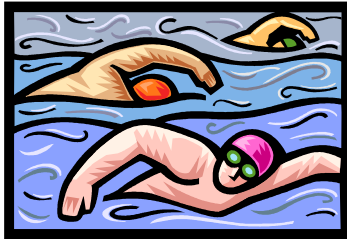
The YMCA of the Fox Cities is a not for profit organization that seeks to put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

For more information,  
visit our web site

[www.fcyst.org](http://www.fcyst.org)

## Tell me about the Fox Cities YMCA Swim Team...

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The Fox Cities YMCA Swim Team was created to encourage young athletes to develop honesty, caring, respect, and responsibility needed to achieve their goals in and out of the pool. Through the teaching of commitment, goal setting, and self-discipline combined with the individual and team aspects of the sport of swimming, each athlete on our team has the opportunity to discover what it is to reach one's personal potential.

### FREQUENTLY ASKED QUESTIONS

1. **How old must a swimmer be to join the team?** We have swimmers ranging in age from age 5 to high school seniors.
2. **Do I have to be a good swimmer to join the team?** If you can swim 50 yards of freestyle and backstroke, and know how to dive, you qualify for the team. (50 yards is "down and back" in most pools.)
3. **Do I have to try out?** No! Everyone who can swim the minimum (50 yards in free and back) is welcome to join! Swimmers are placed in practice groups according to their ability, availability, and goals.
4. **How often do I need to attend practices?** Practices are never required; however, all of the training groups have a recommended number of practices listed in the registration information. The more advanced swimmers are expected to practice more often. The more you practice the stronger you become, and the easier it is to retain the information you are learning.
5. **Are meets held every weekend?** No, and it is up to you to choose how many meets you enter based on your schedule. Remember that attending a meet is a natural progression for swimmers who attend team practices.
6. **Is there a lot of travel involved?** Most of our meets are in the Fox Cities Area. More seasoned swimmers may travel to Green Bay, Milwaukee, Madison, and beyond.
7. **Where are practices held?** Practices are held at the Neenah-Menasha YMCA, the Appleton YMCA, and Lawrence University Pool.
8. **May I join anytime?** Yes, you may join at any time throughout the year.

### Meet Our Coaches

We have an experienced staff of coaches who love what they do. Our Head Coach is Angela Monty. Our Head Developmental Coach is Ben Gill. Our assistant coaches are equally dedicated and talented.

All our coaches are certified through USA Swimming and are certified in CPR, Safety Training for Swim Coaches and First Aid.



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Our coaches can be reached in the Swim Team office at 920-954-7627. The best time to call is between noon and 4 P.M. Monday-Friday.