

USAM SWIM TEAM FALL ASSESSMENTS 2024

USAM is a fun and competitive swim team with swimmers from beginner level (5 years of age) to 17 years old competitions at regional level. We have experienced coaches (all former swimmers) and practices work toward technique progression and increased endurance in multiple distances. We'd love to have you on our team.

Assessment Dates:

- Wednesday, August 28, 5:30 - 7 pm
- Thursday, August 29, 6:00-7:30 pm
- Saturday, August 31, 10 am to 11 am
- Tuesday-Thursday, September 3-5, 5:30-6:30 pm

**PRACTICE STARTS SEPTEMBER 9 –
APRIL 2(Tentative end date.)**

Assessments are open and do not require appointments. Upon arrival a coach will evaluate your swimmer and then talk to you about options. This will take less than 15 minutes.

Location: Troy Boys and Girls Club, 1700 7th Ave, Troy, NY 12180 (PLEASE USE 6th AVE BACK ENTRANCE INSIDE FENCED AREA). RING DOORBELL AND YOU WILL BE LET IN POOL TO THE RIGHT.

Requirements:

- The ability to complete the swims safely (slow is fine) is the focus vs the technique of the swimmer. Technique comes with practice.
- Participants must be between 5-18 and able to swim 25 yards (one length of the pool) freestyle and backstroke.
- Please wear your suit to the pool. Goggles and swim caps are required, we have some to share at tryouts.
- Plan on approximately 10-15 minutes per swimmer for evaluations.

Coaches will be on hand to guide and evaluate. Team experience parents will be available to answer questions as well. Our experienced coaches will recommend the best level to start and will work with swimmers moving up to the next level as appropriate.

Group options: (All groups attend meets in the area, along with options outside of the area.)

- Red – 3 days a week for about 1 hour. (Typically our 8 and under group.)
- White – 4 days a week for about 90 minutes a session. (Age varies from 7-15)
- White + - 4 days a week for about 90 minutes a session (Age varies from 7-15) + Additional Monday or Wednesday Practice with Blue Group 5-6:30pm
- Blue – 6 days a week for about 90 minutes a session. (Age varies between 10-18)
- Regional – 6 days a week for 2 hours a session. (Age varies from 10-18)
- National – Follow above schedule + additional meetings and individual training sessions 1-2 x a month for 45 min to 1 hour

We do not have a set attendance policy for practice each week, but suggest 2 or more days a week if possible for all groups. Blue and above 3 or more practices are suggested.

If you have questions please feel free to reach out to me, headcoach@unclesamswimteam.com.

Practice times vary from 5-8 pm.