

# YMCA Orca Welcome Packet: Intermediate (Black Pod)

## Intermediate Team Description

Once swimmers are comfortable in the water and have a good grasp on the basics, they advance to intermediate. In intermediate, swimmers start mastering new more complex skills including lifts. They compete in figures and routines. Intermediates are expected to attend state and regional competitions in the spring and land drill and stretch 1-2 times a week at home.

## Intermediate Program Costs

- Monthly Dues: \$200/month
- Once a year USA Artistic Swimming Membership: \$54

## Intermediate Season Schedule

### **General Practice Week:**

- Sunday: 12:00pm – 2:30pm
- Tuesday: 5:00pm – 7:00pm

### **Smalls Add-On:**

- Thursday: 7:00-8:30pm (additional \$55 each month)

**Season Start Date:** 9/8/2024

**Season End Date:** 5/27/2025

### **Days Off**

- 11/26/2024 – Thanksgiving
- 12/1/2024 – Thanksgiving
- 12/24/2024 – Winter Break
- 12/31/2024 – New Year's Eve
- 4/20/2024 – Easter
- Coaches Reserve the right to cancel practices at any time.

**Competitions** – The competition season dates have not been announced yet. The following is an **approximation** of the competition season

- 12/2/2023 – Winter Figure Meet – Broomfield Aquatics Center
- 1/20/2024 – Snowflake Invitational (Figures and half routines) – Hinkley High School
- 3/9/2024 – Raindrop Meet (Routines) – Location TBD
- 5/4/2024 – Association Meet (Routine and Figures) – EPIC
- 5/18-19/2024 – Regionals (Routine and Figures) – Location TBD

**Water shows** – A water show is similar to a dance recital. The swimmers will swim their routines for friends and family at the Johnstown YMCA. Dates for the water shows are not set yet. The following is an **approximation** of when they will be.

- **Winter Show** – Date TBD
- **Spring Show** – the weekend of 4/26/2025

## Practice Expectations

Artistic swimming is a team sport and requires sufficient practice in order to be successful. Therefore, the following practice expectations are upheld:

1. All swimmers will be expected to bring a positive attitude and give 100% effort at every practice.
2. Swimmers must be ready to begin at the time practice is scheduled to begin. **They are expected to arrive a few minutes early** in order to change, gather goggles, nose clips, fill water bottles, etc.
3. If a swimmer is late or does not begin practice at the appointed time, all required workout laps, figures, etc. must be completed before beginning work on routines.
4. Swimmers must comply with the attendance policy for their practice group.
5. Swimmers will respect the experience and authority of all coaches at all times.
6. After practice, swimmers must change and vacate the locker room area as quickly as possible, leaving the facility clean and tidy.
7. Swimmers 12 and under will not be left alone at the pool. Therefore, parents should drop off their swimmer no earlier than 15 minutes before their start of practice and arrive no later than the scheduled end of practice to pick up their swimmer(s).

## Expected Gear for Practice

- Required: One piece swimsuit, swim cap, swim goggles, nose clips, towel, water bottle, running shoes
- Optional: Yoga Mat
- What to wear: Swimmers should have their suit on prior to the start of practice but should have clothes overtop and must be wearing **running shoes** as the first portion of practice will be on land.

## Practice Attendance Policy

- Swimmer/parent must notify the Head Coach of an absence prior to the start of that practice via email, text, phone call, or discord.
- For vacations, please communicate to the Head Coach at least two weeks in advance.
- Coaches will address excessive absenteeism on a case-by-case basis.

## Communication

Email and text will be the primary forms of communication between parents, coaches, and swimmers. Information about the season will also be posted on the team website for reference. Orcas also has a **team discord** that parents and swimmers can join using the following link: <https://discord.gg/5bxRVWa72f>

Please feel free to schedule an appointment with anyone on the coaching staff with questions and/or concerns. Please avoid trying to meet with the coaches during or just prior to the start of practices or meets.

Team Email: [orcassynchro@gmail.com](mailto:orcassynchro@gmail.com)

Coaches Email: [ncocoaches@gmail.com](mailto:ncocoaches@gmail.com)

Head Coach Email: [wiens.anya31415@gmail.com](mailto:wiens.anya31415@gmail.com)

Head Coach Phone Number: (970) 214-3114

## Useful Links

**Team Site:** <https://www.orcassynchro.org/>

**Coach Site:** <https://sites.google.com/view/orcas-coach-site/>

**Gear Site:** <https://www.swimoutlet.com/collections/orcassynchro>

**Discord:** <https://discord.gg/5bxRVWa72f>