

The Purple Penguins swim team at the Eden YMCA (PP) has had a strong presence and tradition in the competitive swimming community for almost 40 years. The YMCA is committed to offering a quality swim team with emphasis on teaching the value of competition through teamwork, sportsmanship and doing one's best. The team's motto is "MAKING MY BEST BETTER". The Penguins program strives to offer a well-rounded, values-centered program for every member, from the youngest and newest members to our veteran senior swimmers. It is our goal to be the best swim team in the PYSA (Piedmont YMCA Swimming Association) area and to set the standard for competitive swimming in the PYSA!



Why Should I Join the Swim Team?

- Competitive swimming is FUN! It creates memories and friendships that last a lifetime!
- Health: The best low-impact general conditioning available, swimming is a great way to get a toned, trimmed body and improve general health and cardiovascular fitness. Swimming also increases motor skills and coordination.
- Cross-training: Swimming is an excellent cross-trainer for other sports.
- Safety: Develop skills & confidence for any aquatic activity at the beach, lake, or summer pool.
- Participation: Everyone gets to play -- there are no second stringers, no bench warmers.
- Self-confidence as swimmers eagerly accept challenges, and set and make goals.
- Opportunity: Swimming champions come in all shapes and sizes: kids don't need to be big to succeed.
- Qualities of Character that lead to success in athletics and in other walks of life.
 - _ Perseverance
 - _ Self-discipline
 - _ Goal Setting
 - _ Time Management
 - _ Teamwork
 - _ Determination
 - _ Cooperation
 - _ Dedication
 - _ Responsibility

The Penguins Swim Team is open to swimmers of all levels and abilities. It is the perfect program for those who love to swim but have never competed on a team before, those who enjoy competitive swimming but want a low pressure, relaxed atmosphere, or high school swimmers wishing to stay in shape during the off season. Swimmers compete in swim meets that give them friendly competition and teach them sportsmanship and teamwork. We are different from other swim teams in that we offer a fun, relaxed atmosphere, but are also very focused on teaching stroke and technique, as well as self-discipline. The team is open to members of the Eden YMCA. The Penguins Swim Team has the following emphases:

- TECHNICAL: learning good technique, efficiency, and beauty in the water.
- PHYSICAL: developing speed and endurance through training in all four competitive strokes.
- COGNITIVE: learning about swimming and how to train to achieve personal goals.
- PSYCHOLOGICAL: learning about goal setting and how to maintain poise under pressure.
- SOCIOLOGICAL: learning about team building and relationships; making new friends.

Practice Schedule:

Practice is held Monday , Tuesday, Wednesday and Thursday, 5:00 - 6:00 PM, at the Eden YMCA pool, located at 301 S. Kennedy Street in Eden.

There are no attendance requirements; however, the number of practices attended should be determined by the swimmer's expectation of improvement and success. We recommend at least two practices weekly.

Meets

The Penguins compete in local league and YMCA dual meets. These meets offer a fun, low pressure atmosphere, where swimmers can race others of similar ability and see just how much their skill and ability has improved since the last meet. Some swimmers may also compete in larger meets such as YMCA Districts, States, and Nationals.

Fees

The fee schedule for the Penguins Swim Team is as follows:

2011-2012 Fee's

# swimmers in family	monthly dues	Pay full amount & save one months dues	Yearly registration fee (pay once yearly)
1st swimmer	\$25.00	\$125.00	\$15.00
2nd swimmer	\$15.00	\$75.00	\$15.00
3rd + swimmer	\$10.00	\$50.00	\$15.00

Financial aid is available to those who qualify. No swimmer will be denied participation because of financial difficulty, so long as financial aid requirements are met. Want to sign up but you're just not sure if the sport will be for you? We offer a no-obligation two week free trial, which can begin at any time.

Equipment Needed to Participate

A swim suit is required to participate; no regular clothing, such as jeans or cut off shorts, will be permitted. Those with long hair should wear a swim cap. Goggles and a beach towel are strongly recommended. These and other swimming accessories are available at Dick's Sporting Goods.

Coaching Staff

The Penguins are led by Coach Patrick Kellam. As a swimmer under former coach Jim Kellam, and assistant to him during the 2010-2012 season, he brings knowledge of stroke fundamentals and technique to the team. While swimming for the Eden YMCA and Morehead High School Swim Team, "JP" qualified for State and Regional championship meets, and has received coaching from not only Jim Kellam, but also tutelage from some of the finest coaches in the NCAA, including Mark Bernardino of the University of Virginia and Don Easterling former head coach at North Carolina State University.

2011-2012

Penguins



at the

Eden YMCA