How SVY went from 40-400;
Pre-Team, Summer Leagues, and other feeder sources

w/ Somerset Valley YMCA Head Coach, Matt Donovan
Agenda for today

- “Demographics” of SVY and NJ Swimming
- Sandsharks vs. Hurricanes and Blue Dolphins
- Advantages
- Requirements / Tryouts
- Coaches
- What is a Sandshark?
- Practice times / Seasons
- Sandsharks vs. Lessons
- Challenges
- Clinics
- Success Stories (Mara and David)
- High School Swimming as a Pre-team???
- Questions and Review
“Demographics” of SVY and NJ Swimming

- Multi-site program (own 3 pools/ rent 2)- NOT SATELLITE
- 325- Winter Team Swimmers/ 75 Pre-Team
- Additional 100 Summer League Only swimmers
- Swimming is VERY popular in Central NJ
- Northeast Mentality– want it now!
Advantages

- Gives kids an opportunity to be a part of the sport/team.
- Less commitment than SVY/Allows kids to participate in multiple activities.
- A real introduction to the sport to those that are not yet “swim team families”.
- “Far from being a loss leader; it is a profit center.”
- You never know where your team’s next superstar is.
Sandsharks vs. Hurricanes and Blue Dolphins

**Sandsharks**

- Winter Season (traditional Pre-Team)
  - Ages 7-12
  - 2-3 meets/season (mostly invite style - not w/ SVY)

**Canes & Dolphins**

- Summer League Team (2 each)
  - Ages 6-18
  - 2 dual meets/week; 2-3 invites/season + Championships
Requirements / Tryouts

- Hosted Twice a Year
- Returning members do not need to re-tryout
- Skill requirements are different but held at same time as SVY try-outs
Coaches

All USA and Y Certified

Full Members of SVY Staff

Attend all training meetings and are coaches with year-round team as well
What is a Sandshark?

SS 1- Ages 7-9

SS 2- Ages 10-12

Have strong skill set in back/free–basic understanding of breast/fly
Practice times / Seasons

Sandsharks
- Sep. 15-Feb. 15
- 2-3 times per week
- 1 hour each workout

Canes & Dolphins
- May 31-July 31
- 3-4 times per week
- 1 hour- U12; 75 minutes- 13+
Sandsharks vs. Lessons

- This is a practice not a lesson.
- Skill-based w/ a cardio element
- Consistency & competency of instruction
- Learn “The SVY Way”
- Learn the intricacies of the sport (rules, verbiage, etc.)
Challenges

- Unrealistic Expectations (swimmer & family)
- Pool Space
- Finding the right coach
Clinics

- In Season
- Pre Try-Out
- Pre-Season
- HS Clinics
Success Stories

- Division 1 Scholarship Swimmer
- 4-time YMCA National Champion

Mara  David

Pictured:
David Chung
Photo Credit:
Douglas Allen
High School swimming as a Pre-Team?

How NJ Swimming & High School interact.

How SVY & High School swimming interact.
Questions & Review
Thank You!

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Please feel free to contact me at any time w/ questions on this topic or any others that you feel I may be able to help with!

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