

# tidalwaves swim team

at the  
Sabes JCC



The Sabes JCC and The Ridgedale YMCA in Minnetonka, have combined efforts to run a collaborative swim team program - the Tidalwaves Swim Team. This exciting partnership will give many more youth the opportunity to participate in a local competitive swimming program.

The Tidalwaves has a place for every swimmer – from ages 5 to 18, from the novice to the experienced. It is a developmental swim program run by trained coaches to improve swimmer's competitive skill and endurance, and to promote healthy lifestyles.

### What is the Tidalwaves Swim Team?

The Tidalwaves Swim Team is a developmental swim program run by trained coaches to improve swimmer's competitive skill and endurance, and to promote healthy life-styles. We embrace the four core values of Caring, Honest, Respect and Responsibility promoting progression rather than intense competition.

### Who can Join?

Anyone who is between the ages of 5 and 18 may join the YMCA swim team. They must be members of the YMCA or Sabes JCC in order to participate. Participants must also be able to swim 25 yards (1 length of the pool) without stopping, demonstrate rotary breathing with head in the water, and feel comfortable jumping into the deep end. Anyone interested in joining the team must attend a trial practice before registering.

### What can I Expect?

Practices are structured much the same way as any competitive swim team: warm-up, stretching, technique, endurance and cool-down. The coaches expect the kids to come to practice to work hard and improve their skills to be able to compete with the other teams in the area. Each parent and child will receive a code of conduct with expectations and consequences that must be signed by both in order to participate. Expect also to be a part of the team by participating in the meets. It is not a requirement to participate, however it showcases the team aspect of swimming - you swim together, you win together.

### A note to Parents:

The success of our team is closely linked with the participation of families. The team depends on volunteers to help run swim meets, plan and host social gatherings, or contribute to administrative support throughout the season. It teaches participants the value of helping others selflessly and doing something good for themselves as well as others. It is the expectation that families volunteer during the season.

### What is the Cost?

Becoming a member of the Tidalwaves Swim Team means fun, fitness, and teamwork. It also means a financial obligation. At first glance, it may seem as if the swim team is expensive. However, when taking into account the hours of coaching your swimmer receives for his/her program fee, meet fees included, and a team cap, the Y/JCC swim team offers a great value for a team experience designed to promote self-esteem, self-discipline, and good sportsmanship. The Program Fee varies according to the participant's age and/or skill group. Please see the member services desk for pricing or contact Meagan Matrejek for details. Please note, all Tidalwaves swimmers must be members of either the Sabes JCC or YMCA of the Greater Twin Cities.

[CLICK HERE](#) for practice and meet information

sabesjcc.org



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presented in partnership