



### **CYO Swimming 2019-2020**

The CYO Swim program is available to children from Kindergarten to 8th Grade. The season runs from October 1st to mid-January. Swimmers are divided into three groups by grade: Polliwogs: K – 3rd, Cubs: 4th – 6<sup>th</sup>, and Cadets: 7th – 8th. Our predominantly developmental program teaches the basics of competitive swimming without some of the pressures associated with higher levels of club competition. The CYO program has grown steadily to over 800 swimmers participating in the previous season.

Many of our swimmers are first-timers and can barely make the qualifying standard of 25 yards (one length of a standard sized pool). Through thoughtful and impassioned coaching, we routinely see swimmers improve and win coveted heat-winner ribbons during their first year. Our Polliwog group focuses on learning instead of competition. We do not score our Polliwog swimmers' events since we feel that many are still developing their strokes and that it is more important for them to learn the strokes than to focus on winning (or losing).

CYO swimming strives to give each swimmer a positive experience. We see new swimmers entering at all grade levels that benefit from learning how to swim farther and faster, with greater efficiency and confidence. Success is measured by their improvement during the season in both time improvements and the variety of strokes/distances raced.

We would like you to encourage anyone that is interested in coaching or participating contact: Donald Wilson, [cyo@stjoevanschool.org](mailto:cyo@stjoevanschool.org)