

CYO Swimming 2022-2023
ST. JOSEPH SWIM TEAM is inviting you!

The CYO Swim program is available to children from kindergarten thru 8th Grade. The season runs from October 1st to mid-January. Swimmers are divided into groups by grade: Polliwogs: K - 3rd, Cubs: 4th - 6th 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.

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 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 by learning how to swim farther and faster, and more important, 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.

CYO coaches strive to build a love for the water and each year we see a number of CYO swimmers join U.S. Swimming club teams to train and compete year-round. Most of these athletes continue to swim with their CYO teams during the CYO season, due to our fun competitive environment. They are a welcomed source of inspiration and routinely help to pass on very inciteful tips to our St. Joseph swimmers. Through the years, CYO has become one of the largest feeder programs to the area's U.S.A Swimming clubs and has produced some of Oregon and Washington's most talented swimmers.

CYO Swimming is an investment that can save a life and provide lifelong beneficial exercise. We are hearing reports of children being lost due to the inability to acquire and practice their swimming skills during the pandemic. We are confident our program can help. And, by being a more competent and confident swimmer, the doors can be opened to many other water sports that require more proficient swimming skills.

We would like to encourage anyone that is interested in volunteering in any capacity to contact Mark Lee (CYO Swim Director and St. Joseph Coach) email: mark@cyocamphoward.org, or by cell at: 971-253-9498. We also invite anyone to inquire about taking the steps to be a coach. We will provide all the help necessary, regardless of swimming background or experience. I guarantee we can find a suitable spot for you, and that you will get back by far more than you put in! We are always trying to recruit new coaching talent for our team, and we would love to hear from you! We will instruct, provide handouts, and help you throughout the entire process to ensure a quality program and coaching staff.