

Montclair YMCA Dolphins

One of New Jersey's premier teams

Check out our website at

www.montclairymcaswimming.com



Top 10 reasons to swim with the best...

under the direction of Head Coach BG and his staff, the Montclair YMCA Dolphins have produced:

Numerous YMCA and USA National Top 16 ranked swimmers

Numerous NJ State record holders—individual and relays

Swimmers qualifying for NJ Zones, USA Sectionals, YMCA and

USA Senior Nationals and Olympic Trials

4 YMCA national champions (3 individuals, 1 relay)

NJ High School State Champions

9th place finisher at 2004 Olympic Trials

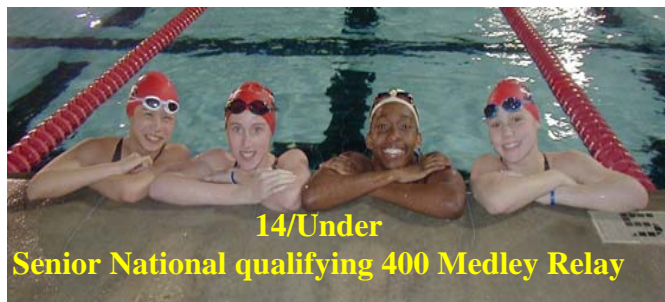
Two #1 ranked 11-12 girls in the country

All time program highs in qualifiers for YMCA States, Junior

Olympics, USA Sectionals, YWCA Champs, and YMCA Nationals

YMCA State Champions (2004)

3rd place YMCA LC Nationals swimmer (2004)



**Ranked #1 in the USA
F. Lee/S. Ferrell**

This will be Head coach *Brian Greene's* fourth year at the Montclair YMCA and he brings 20+ years of coaching experience in the northern NJ area including Summit Y, West Essex Y, Berkeley Heights Community Pool, Livingston Community Aquajets, and Governor Livingston High School. Working with all levels of competitive swimming from Novice level to USA/YMCA National and Olympic Trials qualifiers. He is a USA/YMCA certified Coach and is a former Star Ledger High School Coach of the Year known for his enthusiasm as well as his knowledge of stroke technique, conditioning, and motivational skills.

Returning for his second year with the Dolphins will be Head National and Assistant Head Coach *Jon Siegel*. Jon spent eight years as head coach at the Madison Area YMCA and has coaching experiences including West Essex Y, Summit Y, NJ Swimming All Star Zone Team (1999-2005), and various summer league swimming. Jon is a YMCA Advanced Swim Coach Trainer and sits on the New Jersey YMCA Executive Swim Committee. In addition, he is currently the Senior Coaches Rep on the NJ Swimming Board.

Also returning to the Dolphins will be Assistant National Coach/Age Group Coach Paulo Madiera. This will be Paulo's 8th year at Montclair and he enjoys teaching every level the fundamentals necessary to be a successful athlete. Recently Paulo was nominated as NJ age group coach of the year.

Rounding out the coaching staff will be Kenny Platt, Dawn Amodio, Paul Stratis, Lauren Sharkey, Simone Fanous, and Carly Orpurt who all have extensive experience as age group swim coaches.



Ft. Lauderdale, Florida

2005 Short Course YMCA National Team



**2005 YWCA Junior-Senior Swimming Team
Charlotte, NC**

**** New Programs ****

The swim team under the direction of BG and his coaching staff will be offering two ***new programs*** in September, ***“Jr. Dolphin Stroke Clinic”*** and ***“Little Dolphins Technique Clinic”***

The ***Jr. Dolphin Stroke Clinic*** will be offered for swimmers aged 9-13 with the goal of developing the four competitive strokes and building endurance. Thus will be a once a week program (Sundays) with an option to compete in a few in-house events or local YMCA competitions if desired. It's perfect for the swimmer who want to work toward their goal of making the Dolphins in the future or just wants to work on perfecting their strokes and keep in shape.

The ***Little Dolphins Technique Clinic*** will be primarily for swimmers aged 6-9 with limited (or no) competitive experience. Swimmer must be able to swim 25 yards of freestyle or front crawl and backstroke for program consideration. This will also be offered once a week on Sundays.

Come to our tryouts for an evaluation.

TRYOUTS @ Montclair YMCA, 25 Park St, Montclair, NJ

| Age <i>As of 12/1/05</i> | Tue 9/6 | | Wed 9/7 | | Thr 9/8 |
|-----------------------------|------------|----|------------|----|------------|
| 6-10 | 3:30-5:30p | OR | 3:30-5:30p | | |
| 10-13 | | | 6:30-9p | OR | 3:30-5:00p |
| 11-18 | 6:30-9p | OR | | | 6:30-9p |

Makeup for all ages: Sat 9/10/05, 9-12 noon

Please arrive 15 mins early for tryout registration at the beginning of each time slot. **NO LATE COMERS.** Each swimmer will be allowed to try out only once. Y membership is not required for tryouts.

Montclair YMCA Aquatics Program

For Pre School Aquatics and School Age Aquatics

please contact **William Wilkinson at 973 744 3400, ext. 130**

Our Progressive Swim Program is designed for youngsters in first grade and above. Its primary objectives are the achievement of aquatic skills and personal safety. Your child will learn skills that will help him/her develop a sense of security in and around water and gain a good start in one of life's most valuable activities - swimming.

All new Progressive Program swimmers **MUST** be classified for the proper level prior to registering.

Our Progressive Swim Program is broken down into eight levels:

- | | |
|------------------------------------|---|
| Polliwog I, II (Beginner) | Fish (Swimmer) |
| Guppy (Advanced Beginner) | Flying Fish (Advanced swimmer) |
| Minnow I, II (Intermediate) | Porpoise (Leadership development). |

Stroke and Turn: This class gives advanced swimmers an opportunity to work on one's stroke techniques and endurance by participating in coached workouts. You may choose to workout one or two times per week.

Prerequisites: Minnow II level & above and be able to swim 50 yards front and back crawl.

Porpoise Club: This club is for youth who want to participate in aquatic activities and have completed swimming lessons. It is the final step of the Progressive program and will stress fun water activities, advanced swimming skills, leadership skills and much more. *Prerequisites:* Successful completion of Flying Fish level and director recommendation.

Private Swim Lessons: Private lessons are offered to swimmers with special needs or to swimmers who are looking for one-on-one or semi-private lessons. For more information, call **William Wilkinson at 973-744-3400, ext. 130.** Membership required.

Adult classes are offered in the morning and evening. Youth classes are offered after school. For more information, call the Aquatics department at 973-744-3400.

For more information, please contact:

973-744-3400x109

Brian Greene (Head Coach) @

B.Greene@montclairymca.org or

Jon Siegel (Asst Head Coach) @

JPSIEGELNJ@aol.com

