

RIDLEY AREA YMCA SWIMMERS SELECTED FOR ELITE YMCA TRAINING CAMP

Lansdowne, PA (July 2010) – The Community YMCA of Eastern Delaware County recently announced that the YMCA of the USA National Swimming and Diving Advisory Committee has selected two individuals from the Ridley Area YMCA branch to attend the YMCA Altitude Training Camp in August at the Olympic Training Center in Colorado Springs, Co.

James Logan of Wallingford, Pa. and John Quagliariello of Springfield, Pa., both swimmers for the Ridley Area YMCA RAYS Swim Team, were two of 40 swimmers selected nationwide to participate in this elite swim training. This unique altitude training experience includes specialized testing, analysis and education for outstanding YMCA swimmers and is a highlight of participant's swimming careers.

Logan and Quagliariello were selected by a process based off the recent YMCA Short Course National Meet individual placement held in Fort Lauderdale, FL.

Congratulations to James Logan and John Quagliariello as they represent the Community YMCA at this special training camp.

For more information about the CYEDC Swim Teams, contact Erik Nelson at 610-544-1080 Ext. 205 or e-mail enelson@cyedc.org or visit their website at www.cyedc.org.