SWIM FAST
HAVE FUN

THE BANGOR REGION YMCA
BARRACUDA SWIM TEAM

2021-2022 FALL/WINTER SEASON BEGINS SEPTEMBER 7TH. REGISTER TODAY!
~ New Swimmers Are Always Welcome. Free Trial Period Available ~

OUR MISSION
The Bangor Region YMCA Barracuda Swim Team will create a culture of pride and excellence by:
1. Creating a positive, fun, and team-oriented environment
2. Focusing on education of swimming technique and fundamentals
3. Developing team success at all levels of competition
4. Maintaining a high level of training and athlete development

ABOUT THE TEAM
The Barracuda Swim Team is The Bangor Region YMCA’s year-round competitive swimming program. We welcome children ages 6-18 who are interested in challenging themselves in the areas of mental and physical training and are dedicated to the Olympic Sport of Competitive Swimming.

Our Swim Team trains in The Bangor Region YMCA’s Aloupis Pool (25-yard, 6 lanes) and competes throughout the state of Maine in two different seasons: Winter and Summer. Our Winter Season (September to March) competes in 25-yard short course pools, while our Summer Season (May – July) gives swimmers the opportunity to compete in 50-meter long course pools in addition to short course meets. We understand that some families are unable to make the year-round commitment to our Swim Team program, which is why we hold separate registrations for each season. However, we strongly encourage swimmers to participate throughout the year to help improve their techniques and times.
BARRACUDA COACHING TEAM

Led by a team who wants to share their love for the sport, the coaching team’s goal is to develop The Bangor Region YMCA Barracuda Swim Team into one of the strongest YMCA/USA Swimming Age Group Teams in New England.

Paul Monyok, Head Coach
- 7th year coaching Barracudas
- 10+ years of club swimming experience in Pittsburgh, PA
- Pennsylvania High School State Champ
- Penn State alumni swimmer and school record holder
- Olympic Trials qualifier & NCAA All American
- 2020 Maine YMCA’s Coach of the Year

Rachel Hand, Assistant Coach
- 1st year coaching for Barracudas
- Swam for the Barracudas
- Swam for Bangor High School Swim Team

Kevin Peterson, Volunteer Assistant Coach
- 6th year coaching for Barracudas
- 10+ years of club swimming experience
- Florida State University alumni swimmer

BARRACUDA SWIM TEAM
USA SWIMMING

The Bangor Region YMCA Barracuda Swim Team is a member of USA Swimming, the national governing body for swimming in the United States, and does participate in several USA-S sanctioned meets throughout the course of the year. All Barracuda swimmers have the option to be enrolled in USA Swimming for an additional $75 fee. Since there are often minimum entry fees associated with USA meets, participation in these meets is optional.

PRACTICE GROUPS

Additional information, including MEET SCHEDULE and SIGN UP can be found on our website.

GREEN LEVEL  Monday - Thursday, 4:30 – 5:15pm
Youth in this entry level will begin to establish their long-term development model with a focus on building a strong foundation of competitive swimming. This will include the four competitive strokes (freestyle, backstroke, breaststroke, butterfly), diving and racing starts, flip turns and open turns, stroke technique, and team spirit. This group is typically filled with ages 8 and under who are first year swimmers. Signing up for this level covers three (3) 1 hour practices per week.

PRE-REQUISITES: If your child is between the ages 6-8, the head coach can evaluate your swimmer, to see if they are ready. Swimmers will be evaluated by the following: are they deep water ready, are they able to swim 25 yards of both freestyle and backstroke and are they familiar with breaststroke and butterfly. Swimmers must also have excellent listening skills.

BRONZE LEVEL  Monday - Friday, 4:30 – 5:30pm
Swimmers in this level must be legal in all four competitive strokes and show proficiency in both starts and turns. Long-term development will focus on stroke development, understanding the pace clock, and set development. Swimmers are expected to showcase the YMCA’s core values (caring, honesty, respect, responsibility) at all times and will work on establishing seasonal goals. This group is typically filled with ages 13 and under. Signing up for this level covers four (4) 1 hour practices per week.

PRE-REQUISITES: Youth must be able to swim 100 yards continuous.

SILVER LEVEL  Monday - Friday, 5:30 – 7:00pm  Dryland: 5:00 – 5:30pm
Swimmers in this level will continue their long-term development with a shift from stroke development to endurance training. Athletes will gain an understanding of racing strategy and proper nutrition and will begin to establish and work towards long-term goals. Typically they have achieved at least one ‘A’ time. Signing up for this level covers four (4) 1.5 hour practices per week.

PRE-REQUISITES: Swimmers must be able to, dive properly from the block, complete a flip turn, complete 100 yards of each stroke legally, swim a set of 8 X 100 yards freestyle on 1:40 interval, as well as a set of 4 X 200 yard IM on a 3:30 interval.

GOLD LEVEL  Monday - Friday, 5:30 – 7:00pm  Dryland: 5:00 – 5:30pm
Athletes in this level have well established long-term development principles and have decided to make a full-time commitment to the sport of swimming. These swimmers are training to compete at the highest levels of competition in both YMCA and USA Swimming. Typically they have achieved at least one ‘AA’ time. Signing up for this level covers five (5) 1.5 hour practices per week.

HIGH SCHOOL  Monday - Friday, 5:30 – 7:00pm  Dryland: 5:00 – 5:30pm
This level consists of youth in middle school and high school. We welcome new swimmers of all abilities in this training group and encourage them to join for an opportunity to develop their swimming skills and to help them achieve their goals. Swimmers at this level strive to qualify for local and regional championship meets. Practices will include dryland training. This group practices 3 – 5 times per week, but typically only before and after the high school swim season. (**Only available in Winter Season)
We welcome all returning swimmers as well as any new swimmers looking to join a team! New swimmers will need to be assessed by the Swim Team Staff in order to be placed in the proper level prior to registration. **FREE TRIAL PERIOD AVAILABLE.** For more information, please contact Head Coach Paul Monyok at pmonyok@bangorY.org.

To be a part of The Bangor Region YMCA Barracuda Swim Team, **every swimmer must currently have a Bangor Region YMCA membership** to be compliant with National YMCA’s rules for competitive qualification.

The **Swim Team program fee is required to be paid in full at the time of registration.** For interested swim families, we do offer the option of a monthly electronic scheduled draft payment spread over the course of the season. **Financial Assistance is available to those who qualify.**

**NOTE:** The YMCA is a non-profit organization. In the event that the participant quits the program, no refunds will be granted for money paid.

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### PROGRAM INFORMATION

- [ ] New Swimmer  
- [ ] Returning Swimmer

**2021-2022 Fall/Winter Program Fees:**

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<thead>
<tr>
<th>Level</th>
<th>Program Fee</th>
<th>Amount Paid</th>
<th>(Optional)</th>
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<tr>
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**SWIMMER’S INFORMATION (ALL FIELDS REQUIRED)**

- First Name __________________________  Middle Name __________________________  Last Name __________________________
- Swimmer’s Nick Name (if any) __________________________
- Gender  
  - [ ] Male  
  - [ ] Female
- Date of Birth ___/___/_______  Age ______
- Address __________________________  City __________________________  State _____  Zip ______
- Home Phone ________________  Cell Phone ________________  Email __________________________
- School Attending __________________________  Grade Entering ______
- T-Shirt Size:  
  - Youth:  
    - [ ] S  
    - [ ] M  
    - [ ] L
  - Adult:  
    - [ ] S  
    - [ ] M  
    - [ ] L  
    - [ ] XL

**PARENT/GUARDIAN INFORMATION**  
- [ ] On File (If returning swimmer & no changes)

- Parent/Guardian __________________________
- Work Phone ________________  Cell Phone ________________  Email __________________________
- Name & Address of Employer __________________________
- Parent/Guardian __________________________
- Work Phone ________________  Cell Phone ________________  Email __________________________
- Name & Address of Employer __________________________

**EMERGENCY CONTACTS**  
- [ ] On File (If returning swimmer & no changes)

- First Name __________________________  Last Name __________________________
- Relationship to Child __________________________  Phone __________________________
- First Name __________________________  Last Name __________________________
- Relationship to Child __________________________  Phone __________________________
MEDICAL INFORMATION
Your child’s safety is our #1 priority. Please provide as much detailed information as possible regarding special needs and medication.

Has participant been previously hospitalized?  □ Yes  □ No
If yes, please describe _______________________________________

Identify any medical or emotional illness or disorder that could affect the child’s functional ability to participate safely:
______________________________________________________________

Is the participant allergic to:  □ Medication  □ Food  □ None  □ Other ________________________________
If yes, please explain & note if any medication is needed:
______________________________________________________________

Does the participant have:  □ Asthma  □ Diabetes  □ Seizures  □ None  □ Other ______________
If yes, please explain & note if any medication is needed:
______________________________________________________________

DOCTOR’S CONTACT INFORMATION
Physician’s Name ___________________________ Office Phone Number ___________________________
Address ________________________________________________

BECOME A VOLUNTEER!
Parent/Guardian volunteers are an integral part to a successful swim season. Please check off the areas that you are interested in volunteering for:
□ Timer  □ Official  □ Concessions  □ Other ________________________________

PHOTO/VIDEO RELEASE
I approve the use of my child’s photo or video for Bangor Region YMCA marketing purposes. I understand that my child’s name will not be included without additional parent/guardian consent. □ Yes  □ No  Parent/Guardian Initials ________

MEET FEES
Meet Fees are an additional cost and vary, depending on the event. Fees will be automatically applied to your swimmer’s account when he/she signs up for meet and must be paid prior to the event. For your convenience, we can automatically draft your payment when the meet fee is applied to your account. Would you like us to draft the meet fees with the card on file?
□ Yes, please automatically deduct the meet fees from the card on file. (Highly recommend)
□ No, I will come in and pay prior to the meet. (Unpaid fees may result in suspended services)

AGREEMENT
I have read and agreed to the Athlete & Parent Code of Conduct.
I have reviewed the Safe Sport Documents found on the website which include the Electronic Communication Policy (Texting, Email, and Request to Discontinue All Electronic Communications), Transportation/Travel Release, Medical Emergencies Waiver, Indemnification, and Photo/Video Release, and fully understand them, and sign the Agreement, personally and on behalf of my swimmer, as my own free act and deed.

Parent/Guardian must sign if individual is under the age of 18 years.

Swimmer’s Name _______________________________________________

Parent/Guardian Name ___________________________________________

Parent/Guardian’s Signature ___________________________ Date ___________