



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM FAST HAVE FUN

THE BANGOR REGION YMCA BARRACUDA SWIM TEAM



2022 SUMMER SEASON BEGINS MAY 23RD. REGISTER TODAY!

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.

17 Second Street, Bangor, ME 04401 • 207-941-2808 • BangorYMCA.org

052422

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-5 sanctioned meets throughout the course of the year. **All Barracuda swimmers have the option to be enrolled in USA Swimming for an additional \$77 fee.** Since there are often minimum entry fees associated with USA meets, participation in these meets is optional.

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.

Shawn Rich

Interim Head Coach

- 1st year coaching for Barracudas
- 2 years of club swim coaching experience
- 6 years of Masters Swim Coach experience
- 8 years of club swimming experience
- 12 years of aquatics experience

Carmen Williams

Assistant Coach

- 1st year coaching for Barracudas
- 8 years coaching the Brewer High School Team
- University of Maine alumni swimmer

Kevin Peterson

Volunteer Assistant Coach

- 7th year coaching for Barracudas
- 10+ years of club swimming experience
- Florida State University alumni swimmer

PRACTICE GROUPS

At The Bangor Region YMCA, we understand that swimmers at different age groups and swim levels will have different needs. This is why our Swim Team practices are divided into 4 different levels and also why **it is important for swimmers to attend the correct practice times for the group they are enrolled in.** With each level advancement comes an increased practice requirement and team commitment.

GREEN LEVEL

Tuesday/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. Cost for Green Level covers 45-minute practices 2 days a week during the summer season.

PRE-REQUISITES: Youth must be able to swim 25 yards of both freestyle and backstroke and be familiar with breaststroke and butterfly. Swimmers must also have excellent listening skills.

BRONZE LEVEL

Monday/Wednesday/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. Cost for Bronze Level covers 1-hour practices 3 days a week during the summer season.

SILVER LEVEL

Monday - Thursday: 5:30 - 7:00pm

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. Cost for Silver Level covers 1.5-hour practices 4 days a week during the summer season.

GOLD LEVEL

Monday - Friday, 5:30 - 7:00pm

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. Cost for Gold Level covers 1.5-hour practices 5 days a week during the summer season.

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

2022 SUMMER REGISTRATION

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 Interim Head Coach Shawn Rich at srich@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.

PROGRAM INFORMATION

New Swimmer

Returning Swimmer

Level: _____

(To be completed by Swim Team Staff)

2022 Summer Program Fees:

\$77 USA Swimming Registration Fee (Optional)

Green \$195 Amount Paid: _____

Silver \$315 Amount Paid: _____

Bronze \$252 Amount Paid: _____

Gold \$395 Amount Paid: _____

SWIMMER'S INFORMATION (ALL FIELDS REQUIRED)

First Name _____ Middle Name _____ Last Name _____

Swimmer's Preferred Name (if any) _____ Gender M F U

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 _____

SWIM TEAM REGISTRATION

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 _____

