



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**REGISTRATION  
OPENS  
September 7**

# Make Waves &

# Turn Heads

2023 - 2024 Titans Fall / Winter Swim Season

# Welcome to TITANS



For kids looking to join a competitive swim program, the Y is ideal. Our experienced coaches work to improve swimmers' skill level, endurance and to promote a healthy lifestyle. Our program embraces the YMCA core values and promotes progression at an individual level. The Y. For a better us.™

## BENEFITS OF JOINING THE TEAM:

- When you join the Y, you join a community. All practices are taught in the Y's family-friendly, positive environment.
- Kids learn the fundamentals of swimming and how to compete individually and on a team.
- Experienced coaches who embrace the Y values of caring, honesty, respect and responsibility. We encourage kids to be their very best in and out of the water.
- Everyone is welcome. Financial assistance is available through our scholarship program.

## GENERAL PREREQUISITES:

- Ages 7+
- Ability to swim 25 yards of freestyle with rotary breathing without stopping
- Ability to swim 25 yards of backstroke without stopping
- Rudimentary understanding of butterfly and breaststroke
- Swimmers must be YMCA members to participate
- Swimmers have the option to register for USA Swimming to compete in additional meets throughout the season
- **All swimmers who have never competed on a swim team prior, must set up an evaluation with Ali Fair the Aquatics Director.**
- **All swimmers who have prior competitive experience contact Coach Collin for proper team**

## STAFF

Collin Chamberlain

Titans Head Coach

[cchamberlain@sanfordymca.org](mailto:cchamberlain@sanfordymca.org)

Ali Fair

Aquatics Director

[afair@sanfordymca.org](mailto:afair@sanfordymca.org)

Andy Orazio

CEO/Executive Director

[aorazio@sanfordymca.org](mailto:aorazio@sanfordymca.org)

## CONTACT US

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(W) [sanfordymca.org/TITANS](http://sanfordymca.org/TITANS)

(O) Facebook | Instagram



## MEMBERSHIP FEES

Swimmers on the Sanford-Springvale YMCA Titans Swim Team must be a member for the entire duration of the swim season per YMCA of the USA regulations. Membership options are listed below. For a complete listing of member benefits visit [sanfordymca.org](http://sanfordymca.org) or call 324-4942.

Membership Type	Monthly Rate
Youth (0 -12 yrs)	\$24
Youth (13)	FREE
Youth (14-17 yrs)	\$30
Young Adult (18 -25 yrs)	\$37
Adult (26-61)	\$47
One Parent Family	\$69
Family	\$78

Memberships can be drafted monthly or prepaid for a minimum of 3 months.

## TEAM FEES

Swimmer fees must be paid in full at the time of registration. Other payment options must be approved by the Aquatics Director prior to registration. 5% discount for multiple children. Scholarship applications must be submitted prior to registration.

### Team

	Fees
White (ages 7 - 10)	\$450
Blue (ages 7 - 14)	\$475
Junior (ages 11 - 16)	\$520
Performance	\$585

## OTHER FEES & EXPENSES

Swimmers are required to have a team suit, practice suit, swim cap and goggles. Team suits are part of the registration fee and will be purchased through our team store.

Swimmer will receive a team t-shirt and swim cap.

All performance swimmers will need to purchase their own fins. Fins can be purchased online at [SwimOutlet.com](http://SwimOutlet.com).

Titans are a USA Registered Swimming Team. Participation in USA meets requires additional fees.

## FUNDRAISING

All of our swim team families are asked to participate in team fundraisers, which allow for lower team fees. Funds raised also support new equipment and scholarships.

## SCHOLARSHIPS

At the Y, we believe we have something special - a sense of community - and that everyone should have access to it. We were proud to share the Y with more than 1,000 children, seniors and families last year who otherwise might not have become part of our Y family.

Scholarship applications are available at the

Please turn in your scholarship application at least one week before you register for Titans.

## EVALUATIONS

All swimmers who have never competed on a swim team must set up an evaluation prior to registration with Ali Fair the Aquatics Director ([afair@sanfordymca.org](mailto:afair@sanfordymca.org)).

**New swimmer Evaluations Date & Time** \_\_\_\_\_



## STAY INFORMED

- Team Unify: Be sure to set up an account with your email. Team Unify is how all team communications are sent out.
- Facebook. Please "like" the YMCA's Facebook page.
- Visit [sanfordymca.org/Titans](http://sanfordymca.org/Titans).
- Team Bulletin board located in pool lobby.

## PRACTICE SCHEDULE

Season Runs 18 Sep 2023 - 03 Mar 2024

Team	Days	Time
White	Tu, Th & Fri	4:30 pm - 5:15 pm
Blue	Tu, Th & Fri	4:30 pm - 5:30 pm
Junior	M, Tu, Th & Fri	5:30 pm - 6:30 pm
Senior	M - F Sat	5:30 pm - 7:00 pm 7:00 am - 8:50 am

## YMCA MEET SCHEDULE

Date	Home / Away	Competitor	Location
10 / 28	Away (Invite)	Monsta - Meet	Rockport, ME
11 / 18	Away (Dual)	Kennebec Valley Y	Augusta, ME
12 / 02	Home (Dual)	Boothbay Region Y	Sanford, ME
12 / 16	Away (Invite)	Holiday Meet	Bath, ME
01 / 06	Home (Dual)	Long Reach Swim Club	Sanford, ME
01 / 20	Home (Dual)	Auburn - Lewiston Y	Sanford, ME
01 / 27	Away (Invite)	Winter Invite	Bath, ME
02 / 03	Away (Dual)	Mid Maine Dolphins	Waterville, ME
02 / 17	Away (Invite)	Vacation Meet	Ellsworth, ME
02 / 24	Away (Invite)	Festivus	Bath, ME

## PARENT CODE OF CONDUCT

- Encourage good sportsmanship by demonstrating positive support for all swimmers, coaches and officials at every event and practice.
- Place emotional and physical well-being of my child ahead of a personal desire to win.
- Support the implementation of the YMCA's core values of caring, honesty, respect and responsibility.
- Support coaches and officials working with my child.
- Demand a sports environment for my child that is free from drugs, tobacco and alcohol.
- Remember the game is for youth not adults.
- Do the very best to make the youth sports experience fun for my child.
- Help my child enjoy the youth sports experience by being a respectful fan, assisting with coaching, providing transportation.
- Teach my child to treat all other competitors, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- Failure to register on time for any event may result in a late fee.

## SWIMMER CODE OF CONDUCT

- Be consistent, regularly attend practice and show up on time.
- Notify coach of any planned or unplanned absences.
- Work on reaching my goals during each practice or meet.
- Practice and teach good sportsmanship.
- Promote positive team spirit and morale.
- Attend all YMCA dual meets.
- Attend the YMCA State Meet.
- Participate in clinics held for younger swimmers.
- Respect the rights and space of other groups using the swimming facility, cleaning up all equipment at the conclusion of each practice.
- Respect my teammates, competitors and adults.
  - Follow verbal directions of coaching staff. Disrespectful attitudes will not be tolerated.

