



# Splash Into Summer

REGISTRATION  
OPENS  
APRIL 8

## 2024 Titans Summer Swim Team

# 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 Ys 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 6+
- Ability to swim 25 yards of freestyle with rotary breathing without stopping and 25 ysrd of backstroke without stopping
- 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 placement.**

## STAFF

Collin Chamberlain

Titans Head Coach

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Ali Fair

Aquatics Director

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Andy Orazio

CEO/Executive Director

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## CONTACT US

**SANFORD-SPRINGVALE YMCA**

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## 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)

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, or monthly payment plans can be set up by the Aquatics Director prior to registration. 5% discount for multiple children. Scholarship applications must be submitted prior to registration.

Team	Full Season	Half Season
White (new 10 & under)	\$275	\$178
Blue (ages 8 - 13)	\$275	\$178
Junior (ages 10 - 14)	\$320	\$208
Performance (ages 11 - 18)	\$380	\$247

Please note ages are a suggestion please pick the team most appropriate for your child's skill level.

## OTHER FEES & EXPENSES

Swimmers are required to have a practice suit, swim cap and goggles.

All senior swimmers will need to purchase their own fins. Fins can be purchased online at the Swim Outlet or Amazon.

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 **1000** children, seniors and families last year who otherwise might not have become part of our Y family.

Scholarship applications are available at the Welcome Center and at [sanfordymca.org](http://sanfordymca.org).

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



## 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

## SEASON DATES

Full summer season runs April 22 - August 10

Half Season A: April 22 - June 15

Half Season B: June 17 - August 10

## PRACTICE SCHEDULES

Teams	Days	Times
White	Tu, Th, F F	Pool - 4:30pm - 5:30 pm Drylands - 5:45pm - 6:30pm
Blue	Tu, Th, F F	Pool - 4:30pm - 5:30pm Drylands - 5:45pm - 6:30pm
Junior	M M Tu, Th F F	Dryland - 5:00pm - 5:45pm Pool - 6:00pm - 7:00pm Pool - 5:30pm - 6:30pm Drylands - 5:00pm - 5:45pm Pool - 6:00pm - 7:00pm
Performance	M M Tu, W, Th F F Sat	Dryland - 5:00pm - 5:45pm Pool - 6:00pm - 7:00pm Pool - 5:30pm - 7:00pm Drylands - 5:00pm - 5:45pm Pool - 6:00pm - 7:00pm Pool - 7:00am - 8:30am

## 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



## MEET

Date	Meet	Location
05/05	(USA) ABF IMX Meet	Cape Elizabeth HS
05/17	(USA) Seals Meet	Westbrook, ME
05/31 - 06/02	(USA) SOLO Season Opener	Jenny Thompson Pool, Dover, NH
06/14 - 06/16	(USA) SOLO Jenny Thompson Invite	Jenny Thompson Pool, Dover, NH
06/28 - 06/30	(USA) SOLO Last Chance Invite	Jenny Thompson Pool, Dover, NH
07/18 - 07/21	(USA) 11—14 Age Group	Brown University, Providence, RI
07/26 - 07/ 28	(USA) SOLO Silver Championships	Jenny Thompson Pool, Dover, NH

The summer season is predominantly a USA swimming season. If you want to participate in the above meets you must register with USA Swimming.