



SANFORD-SPRINGVALE YMCA

Titans

SWIM TEAM



2024-2025
Titans Swim Team



Welcome to TITANS

Join our amazing Titans Swim Team! Experienced coaches work hard to transform each team member into a stronger version of themselves, not only physically, but inwardly.

Our program embraces the YMCA core values and promotes progression at an individual level.

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 6+
- Ability to swim 25 yards of freestyle with rotary breathing without stopping and 25 yards 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 Collin for proper team placements.

Ali Fair

Aquatics Director

afair@sanfordymca.org

Cindy Utgard

cutgard@sanfordymca.org

Assistant Coach / Drylands
Coach

Teagan Perry

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Assistant Coach

Emma Westgate

ewestgate@sanfordymca.org

Assistant Coach



Y 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

Membership Type	Monthly Rate
Youth (0-12 yrs)	\$24
Youth (13)	FREE
Youth (14-17 yrs)	\$30
Youth Adult (18-25 yrs)	\$37
Adult (26-61 yrs)	\$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
White (new 10 & under)	\$475
Blue (ages 8-13)	\$500
Junior (ages 10-14)	\$525
Performance (ages 11-18)	\$550

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 seniors 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 - and 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 on our website.

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" our Facebook page
- Visit sanfordymca.org/titans



SEASON DATES

Season runs September 16 - March 2

PRACTICE SCHEDULES

White	Tues, Th, Fr Fri	Pool - 5:00pm-6:00pm Drylands - 6:15pm-6:45pm
Blue	Tues, Th, Fr Fr	Pool - 5:00pm-6:00pm Drylands - 6:15pm-6:45pm
Junior	Mon Mon Tues, Th Fr Fr	Drylands - 5:00pm-5:45pm Pool - 6:00pm-7:00pm Pool - 6:00pm-7:00pm Drylands - 5:00pm-5:45pm Pool - 6:00pm-7:00pm
Performance	Mon Mon Tues, W, Th Fr Fr Sat	Drylands - 5:00pm-5:45pm Pool - 6:00pm-7:00pm Pool - 6:00pm-7:00pm Drylands - 5:00pm-5:45pm Pool - 6:00pm-7:00pm No Practice

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.

DATE

11/23
12/7
01/4
01/18
02/1
02/28 - 03/2

MEET

Kennebec Valley
Boothbay
Long Reach
Twin Cities
Mid Maine
2 States

LOCATION

Sanford YMCA
Boothbay YMCA
Bath YMCA
Lewiston YMCA / Bates College
Sanford YMCA

