

*Mission Statement: The Stingrays' mission is to guide every swimmer in reaching their full potential, to help them build strong minds and bodies through high quality instruction and competition, and to promote a spirit of mutual respect, caring and responsibility.*

## KVYMCA STINGRAYS SWIM TEAM SUMMER 2008



**Pre-requisites:** Swimmers should be able to comfortably swim 25 yards each of front crawl and back crawl; or be enrolled in Minnow level lessons; or have coach permission to participate.

**Practice Groups & Schedule:** Swimmers will be assigned to the proper group by the coaching staff. Please ask them if you have any questions.

### **MINIS: pre-team**

Minis is a pre-swim team program for children 5-7 who excel in lessons, but are not quite ready for a serious competitive program. Swimmers will learn and improve on the four competitive strokes, as well as learn diving, starts, and flip turns. In addition to Minis practice, participants are required to take a regular swim lesson. Swimmers are required to attend all Stingrays home meets and are invited to all away meets.

Practices: Friday 5:00-6:00 PM

Fee: \$90 per 7-week session

\*Spring 2 only (May 2<sup>nd</sup>-June 13<sup>th</sup>)

### **BLUE: beginners**

Swimmers are recommended to attend at least 2 practices during the week. Swimmers will focus on drill techniques to learn the basics of competitive swimming, as well as swim training sets. Swimmers will also be taught starts and turns, and discussions about nutrition, stretching and sportsmanship will be highlighted.

Practices: Tuesday & Thursday 5:00 ó 6:00 PM

Fees: \$150 for 14 weeks (Apr. 29<sup>th</sup> ó July 31<sup>st</sup>)

\$85 for 7 weeks (Apr. 29<sup>th</sup> ó June 12<sup>th</sup>) or (June 17<sup>th</sup> ó July 31<sup>st</sup>)

### **BRONZE: intermediate**

Swimmers are recommended to attend at least 3 practices during the week. Swimmers will focus on drill techniques to improve their swimming, starts, turns, and swim training sets. Swimmers will be introduced to dry land training, swim videos, stretching, nutrition, sportsmanship and team spirit.

Practices: Monday, Wednesday, Friday 5:00 ó 6:00 PM

Fees: \$180 for 14 weeks (Apr. 28<sup>th</sup> ó Aug. 1<sup>st</sup>)

\$100 for 7 weeks (Apr. 28<sup>th</sup> ó June 13<sup>th</sup>) or (June 16<sup>th</sup> ó Aug. 1<sup>st</sup>)

### **SILVER: advanced**

Swimmers are recommended to attend at least 3 - 4 practices during the week. Swimmers will focus on drill techniques, starts, turns, training sets, swim videos, stretching, nutrition, sportsmanship, team spirit and dry land training.

Practices: Monday, Wednesday, Friday 3:30-5:00 PM

Mon ó Thurs: 6:30 ó 8:00 AM (June 16<sup>th</sup> ó July 31<sup>st</sup>)

Fees: \$210 for 14 weeks (Apr. 28<sup>th</sup> ó Aug. 1<sup>st</sup>)

\$115 for 7 weeks (Apr. 28<sup>th</sup> ó June 13<sup>th</sup>) or (June 16<sup>th</sup> ó Aug. 1<sup>st</sup>)

**YMCA Mission:** To provide the community an inspirational environment for the enrichment of all people, through social, recreational and learning activities. Caring, honesty, respect, and responsibility are the basis for all that we do. Financial assistance available for qualifying individuals and families. The YMCA is anon-profit 501 c(3) charitable organization.

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**GOLD: most advanced**

Swimmers are recommended to attend at least 4 - 5 practices during the week. Swimmers will focus on drill techniques, starts, turns, training sets, swim videos, stretching, nutrition, sportsmanship, team spirit, and dry land training.

Practices: Monday ó Friday 3:30 ó 5:00 PM  
 Mon ó Thurs: 6:30 ó 8:00 AM (June 16<sup>th</sup> ó July 31<sup>st</sup>)  
 Fees: \$235 for 14 weeks (Apr. 28<sup>th</sup> ó Aug. 1<sup>st</sup>)  
 \$125 for 7 weeks (Apr. 28<sup>th</sup> ó June 13<sup>th</sup>) or (June 16<sup>th</sup> ó Aug. 1<sup>st</sup>)

<u>Y/Fun Meets:</u>	BGRY Invitational	June 9 <sup>th</sup> ?	Bangor
	Mashpee Super Swim	June 21 <sup>st</sup> ?	Johnø Pond (Cape Cod) MA
	Maine Games	June 29 <sup>th</sup> ?	Waterville
	Dual Meet	June 14 <sup>th</sup>	KVYMCA
	BGRY Invitational	July 15 <sup>th</sup> ?	Bangor
	Summer Fun Meet	July 19 <sup>th</sup> ?	Waterville
	Pond Swim/Games	August 2 <sup>nd</sup>	Coach Mikeø

*Participation in summer meets is optional. Please let Coach Colleen know at least one week in advance if you plan to attend or not.*

<u>USA Meets:</u>	Seals Distance Meet	May 18 <sup>th</sup>	Westbrook
	SSC Spring Meet	May 31 <sup>st</sup>	Greely Pool, Cumberland
	HSC Fatherø Day Meet	June 7 <sup>th</sup>	Husson College
	CMA Summer Splash	June 21 <sup>st</sup> &22 <sup>nd</sup>	Cape Elizabeth
	LRSC Sprint Meet	June 28 <sup>th</sup>	Bath
	Swim Your Own Age	July 12-13 <sup>th</sup>	Westbrook
	Super Sectionals	July 19 <sup>th</sup> -22 <sup>nd</sup>	St. Maryø College, Maryland
	MSI Championships	July 23 <sup>rd</sup> -26 <sup>th</sup>	St. John, N.B.
	Eastern Zones	August 6-9 <sup>th</sup>	Maryland

*Participation in USA meets requires Maine Swimming registration. (Please see below for prices.) Meets have entry deadlines. Please check bulletin board at Y and sign up with Coach Colleen.*

**YMCA Membership:** In addition, all swimmers must be current members of the YMCA. (This is a requirement by the YMCA of the USA.) Membership fees are \$156 for Youth (up to 13) and \$228 for High School, and are valid for one full year.

**USA Swimming:** To participate in USA Swimming, swimmers must be currently registered. (The yearlong USA registration fee is \$54 and is valid until December 31, 2008 or a seasonal membership valid for the summer season only is \$31.50.)

**Questions?**

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