



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROWING STRONGER AS A TEAM

## GREATER PORTLAND SWIM TEAM

Year-Round YMCA and USA League Swimming

### FALL/WINTER REGISTRATION NOW OPEN!

The Greater Portland swim team is a **year-round, competitive** swim team with a focus on **youth development**. We are the only team in the Portland region that competes in both YMCA and USA swim leagues.

We offer **affordable and effective training** with state-wide, national, and international **competition opportunities** available for all. Swimmers can expect practices to be **fun and challenging**, with a focus on independent goal setting and pushing mental boundaries. We have an extensive **strength conditioning** program four days a week.

We commit ourselves to **community engagement** by organizing park clean-ups during the summer, and fundraising for the YMCA of Southern Maine's financial assistance program during the winter.

All team members must maintain an active YMCA membership in order to participate. **Financial assistance is available.**



### BEGINNER PRACTICE

Monday–Friday | 5:30–6:30 PM | \$362 + USA Registration (\$71 Yearly Registration)  
Appropriate for young, motivated swimmers looking for competitive swimming experience.

### ADVANCED PRACTICE

Monday–Friday | 6:30–8:00PM | Monday 6:00–7:00AM  
\$479 + USA Registration (\$71 Yearly Registration)  
Appropriate for highly driven, dedicated swimmers with years of competitive swimming experience.

### HIGH SCHOOL OPTION

Monday–Friday | 6:30–8:00PM | \$311 + USA Registration (\$71 Yearly Registration)  
Designed for high school students to compete in the YMCA/USA and High School League.

### Greater Portland Branch

YMCA of Southern Maine  
70 Forest Avenue, Portland, ME 04101 | 207.874.1111  
ymcaofsouthernmaine.org

# GREATER PORTLAND SWIM TEAM EXPECTATIONS

## Family/Swimmer Responsibilities

Being part of the team means you have accepted the responsibilities that come with membership. At the minimum, each swimmer is expected to:

- Demonstrate good sportsmanship and respect for others.
- Complete all paperwork and fee arrangements at the beginning of the season.
- Respond to Head Coach emails so that meet attendance can be accurate.
- Attend as many practices as possible.
- Attend four YMCA Swim Meets, including the State Championships.
- Follow all YMCA building rules and be a respectful guest at other facilities.

## YMCA Membership

National YMCA rules of competitive swimming require that each member of every YMCA swim team have an annual (year long) membership in good standing. You may use a monthly EFT for the membership fee, but your membership must be maintained for 12 months.

## Y Program Refund Policy

Department Directors process all credits and refunds. These are done on an individual basis, minus the processing and administration fees. Refunds may take up to four weeks. Special consideration will be given for extenuating circumstances.

## Parents On Deck Policy

We do not allow parents to be on deck for practices and swim meets during the season, unless there is a medical emergency with your child. This ensures that your swimmer remains focused during practice and competition, and creates a sense of independence on deck.

## Weather Cancellations

Practice is cancelled only if the YMCA closes early. Use your own discretion and comfort level when deciding whether or not to come for practice during inclement weather.

## Closed Pool Cancellations

In the event that the Y is open but the pool is unusable, we will make every reasonable attempt to contact you to let you know.

## Team Suits

Team swim suits are not required but are encouraged. Suit information will be sent out at the beginning of the season. Cost estimates are \$25.00 for male suits and \$45.00 for female suits. Caps and goggles are also recommended and are for sale (\$5, \$7) at the Greater Portland YMCA Membership Desk.

## Leaving The Team Policy

Swimmers that choose to leave the Greater Portland Swim Team must talk to the Head Coach in person. This prepares them for the real world, and instills in them a sense of commitment once they reach the work field.

## **GREATER PORTLAND SWIM TEAM FINANCIAL ASSISTANCE**

The YMCA of Southern Maine is here to serve people of all ages, backgrounds, abilities, and incomes. We believe our programs and services should be available to everyone, regardless of ability to pay. Thanks to the many supporters of our YMCA, we are able to provide financial assistance based on a sliding scale rate that is designed to fit each individual's financial situation. We are also able to set up payment plans throughout the season.

The Maine USA Swimming League offers financial aid to all swimmers who receive state funded lunches at schools. Please bring Head Coach Zachary Mullin a letter of proof to receive the discount.