the YMCA

2026 FALL/WINTER SEASON

FINANCIAL ASSISTANCE IS AVAILABLE. Apply today!

LIFE IN THE FAST LANE

Bangor Region YMCA Barracudas Swim Team

Gold: September 8, 2026 – March 21, 2027
Silver: September 21 – March 21, 2027
Green/Bronze: September 28 – February 28, 2027

REGISTER TODAY!

BANGOR REGION YMCA
BARRACUDAS
SWIM TEAM

WE WELCOME ALL RETURNING SWIMMERS AS WELL AS ANY NEW SWIMMERS LOOKING TO JOIN OUR COMPETITIVE TEAM!

Why should my child be a swimmer?

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a healthy lifestyle.
- Swimming motivates children to strive for self-improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is an exciting individual and team sport!
- Swimming competitively in swim meets offers experiences that last a lifetime.
- Swimming is FUN!

MAINE SWIMMING

PACC
Piscataquis Area Community Center

Sponsored by:

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BARRACUDAS SWIM TEAM

OUR MISSION

The Bangor Region YMCA Barracudas Swim Team will create a culture of pride and excellence by:

1. Creating a positive, fun, and team-oriented environment
2. Focusing on education of swimming technique and fundamentals
3. Developing team success at all levels of competition
4. Maintaining a high level of training and athlete development

ABOUT THE TEAM

The Barracudas Swim Team is the Bangor Region YMCA's year-round competitive swimming program. **We welcome children ages 6-18 who are interested in challenging themselves in the areas of mental and physical training and are dedicated to the Olympic Sport of Competitive Swimming.**

Our Swim Team trains in the Bangor Region YMCA's Aloupis Pool (25-yard, 6 lanes) and competes throughout the state of Maine in two different seasons: Fall/Winter and Spring/Summer. Our Fall/Winter Season (September - March) competes in 25-yard short course pools, while our Spring/Summer Season (May – July) gives swimmers the opportunity to compete in 50-meter long course pools in addition to short course meets. We understand that some families are unable to make the year-round commitment to our Swim Team program, which is why we hold separate registrations for each season. **However, we strongly encourage swimmers to participate throughout the year to help improve their technique, endurance, and development as a swimmer.**

BARRACUDAS COACHING TEAM

Led by a team who wants to share their love for the sport, the coaching team's goal is to develop the Bangor Region YMCA Barracudas Swim Team into one of the strongest YMCA/USA Swimming Age Group Teams in New England.

Shawn Rich
Head Coach
- 5th year coaching for Barracudas
- 8 years Club Coaching
- 10+ years of club swimming experience

Sydney Blain
Assistant Coach
- 5th year coaching for Barracudas
- 2 years Assistant Coach of Brewer Swim Team
- Swam for Barracudas
- Swam for Brewer High School

Carmen Williams
Assistant Coach
- 5th year coaching for Barracudas
- 9 years coaching the Brewer High School Team
- University of Maine alumni swimmer

Kevin Peterson
Volunteer Assistant Coach
- 13th year coaching for Barracudas
- 11+ years of club swimming experience
- Florida State University alumni swimmer

PRACTICE GROUPS

We understand that swimmers at different age groups and swim levels will have different needs. This is why our Swim Team practices are divided into 4 different groups and also why **it is important for swimmers to attend the correct practice times for the group they are enrolled in**. With each group advancement comes an increased practice requirement and team commitment. **Coaches may ask swimmers to attend one practice of an advance group to help promote and encourage development.**

Swimmers will only be eligible to move up to the next group when the coach has observed the prerequisites met, and it is the right fit both physically, and emotionally for the swimmer. The Head Coach, and only the Head Coach is the one who decides to move a swimmer up based upon eligibility.

GREEN GROUP

Tuesday/Thursday: 4:15 – 5:15 pm | PACC: Monday/Wednesday: 3:30 – 4:30 pm

Swimmers in this entry level group will begin to establish their long-term development model with a focus on building a strong foundation of competitive swimming. This will include the four competitive strokes (freestyle, backstroke, breaststroke, and butterfly), diving and racing starts, flip turns and open turns, stroke technique, and team spirit. This group is typically filled with ages 8 and under who are first year swimmers. Signing up for this group covers two (2) 1-hour practices per week.

Prerequisites: If your child is between the ages 6–8, the Head Coach can evaluate your swimmer to see if they are ready. Swimmers will be evaluated by the following: are they deep water ready, are they able to swim 25 yards of both freestyle and backstroke, and are they familiar with breaststroke and butterfly. Swimmers must also have excellent listening skills.

BRONZE GROUP

Monday/Wednesday/Friday: 4:15 – 5:15 pm | PACC: Monday/Wednesday: 3:30 – 4:30 pm, Friday at the Y: 4:15 – 5:15 pm

Swimmers in this group must be legal in all four competitive strokes and show proficiency in both starts and turns. Long-term development will focus on stroke development, understanding the pace clock, and set development. Swimmers are expected to showcase the YMCA's core values (caring, honesty, respect, responsibility, and kindness) at all times and will work on establishing seasonal goals. This group is typically filled with ages 13 and under. Signing up for this group covers three (3) 1-hour practices per week.

Prerequisites: Swimmer must be able to swim 100 yards continuous, and swim a legal 100-yard IM.

SILVER GROUP

Monday – Friday: 5:15 – 6:45 pm | PACC: Monday/Wednesday: 3:30 – 5:00 pm, Friday at the Y: 5:15 – 6:45 pm

Swimmers in this group will continue their long-term development with a shift from stroke development to endurance training. Athletes will gain an understanding of racing strategy and proper nutrition and will begin to establish and work towards long-term goals. Signing up for this level covers five (5) 1.5-hour practices per week.

Equipment: Snorkel and Water Bottle

Prerequisites: Swimmers must be able to dive properly from the block, complete a flip turn, complete 100 yards of each stroke legally, swim a set of 10 x 100 yards on 1:30 interval, and swim a 200 IM legally.

GOLD GROUP

Monday – Friday: 2:30 – 4:15 pm | **Starting in October: Tuesday & Thursday: 6:00 – 7:15 am**

PACC: Monday/Wednesday: 3:30 – 5:00 pm, Friday at the Y: 2:30 – 4:15 pm

This is the highest level competitive group that Barracudas has to offer. Swimmers in this group have goals they'd like to achieve in swimming, and we do our best to help them achieve their set goals. These swimmers are training to compete at the highest levels of competition in both YMCA and USA Swimming. Signing up for this group covers 11.25 hours of practice a week.

Equipment: Snorkel and Water Bottle

Prerequisites: Swimmers are in high school, and are able to do 10 x 100 yards freestyle on 1:20 interval.

Additional information, including **MEET SCHEDULE** and **SIGN UP** can be found on our website.

BARRACUDAS SWIM TEAM

SWIMMING EQUIPMENT

Below is a list of common equipment used by competitive swimmers. Not all equipment is required for every swimmer, and some clubs may even provide certain items for practice and meets. Your child's coach will be able to tell you exactly what your swimmer needs.

Must Haves for New Swimmers:

- **Goggles:** Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of their surroundings in the pool. There are a variety of colors and styles depending on the preference of the swimmer.
- **Caps:** Caps are designed to keep the hair out of swimmers' faces and goggles straps into place. Swimmers with shoulder-length hair are required to wear a swim cap while swimming in the pool.
- **Snorkel:** Snorkels are used to encourage proper head position, while also encouraging higher oxygen intake for the swimmer. Snorkels are used to help reinforce good habits and help unlearn bad habits. Snorkels are required for Gold and Silver Group swimmers.
- **Women's Practice Suit:** Practice suits are used during workouts. They are created with a stronger material for durability. Some may create extra drag to make the workout more challenging.
- **Men's Practice Suit:** Practice suits are used during workouts. They are created with a stronger material for durability. Some may create extra drag to make the workout more challenging.
- **Racing Suits:** Team racing suits are specifically designed for competition. As such, the team racing suit should only be worn during swim meets. The Bangor Region YMCA's team racing suit has been carefully chosen for both its effectiveness, durability and design.

Please Note: Clubs often arrange discounts with their local swimming apparel company. The Bangor Region YMCA Barracudas have a partnership with Triathlete Sports. Barracuda swimmers receive a 15% discount off any item purchased at the store. It's encouraged that all swimsuits, goggles, and equipment is purchased through Triathlete Sports. For use of the discount code please speak with the swim coaches.

USA SWIMMING

The Bangor Region YMCA Barracudas Swim Team is a member of USA Swimming, the national governing body for swimming in the United States, and does participate in several USA-Swimming sanctioned meets throughout the course of the year. **All Barracuda swimmers have the option to be enrolled in USA Swimming for an additional $79 fee.** Since there are often minimum entry fees associated with USA meets, participation in these meets is optional.

USA Swimming Registration is the responsibility of the parents/guardians.

WHAT TO EXPECT DURING PRACTICE

For Swimmers

- Come to practice with a swimsuit, goggles, towels, and a swim cap if hair is shoulder length or longer.
- All Barracuda swimmers are expected to demonstrate the YMCA core values: Caring, Honesty, Respect, Responsibility, and Kindness at all times.
- All swimmers should expect to get all of the equipment needed for the day prior to getting into the water. Green/Bronze will always need a kickboard/fins. Gold/Silver swimmers will always need a kickboard, fins, pull buoy, paddles, and snorkel.
- Swimmers are expected to use the bathroom prior to practice. If they need to go during practice, it is asked that they wait for the set to be completed.
- Swimmers are expected to be in the water no later than 5 minutes after the start of practice.
- To promote healthy hydration, it's encouraged that all swimmers bring water bottles to practice. Acceptable drinks are Gatorade or water.
- Swimmers should come prepared to have fun and learn!

For Parents/Guardians

- Be supportive of your swimmer!
- Parents/guardians are more than welcome to observe practice by sitting on the bleachers.
- Due to privacy concerns and USA Swimming rules and regulations, taking photos or videos in the pool area is prohibited. Occasionally, the Y will photograph practices and meets for marketing purposes.
- To ensure as much time as possible is devoted to the development of swimmers, we ask that all questions and concerns about your swimmer be communicated with coaches outside of practice via email or phone.
- We ask parents/guardians to consider being involved by becoming a swim meet official, timer, or concession volunteer.
- Please demonstrate the YMCA core values as a member of our Y.
- Parents are expected to allow the coaches to coach all of BYB swimmers, and not interfere with the coaches.

WHAT TO EXPECT AT SWIM MEETS

Before the Meet Starts

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will be listed in the meet information handed out to all swimmers and also in the team newsletter.
2. Upon arrival, help your child find the locker room. Once changed, your child will head into the pool area and find their team on deck. The team ALWAYS sits in one place together, so have your swimmer look for some familiar faces.
3. Parents/guardians are not allowed on deck. Once your swimmer is on deck, have them check in with their coach.
    - Some meets require positive check-in prior to the start of the meet. This will be done by the coaches. If this is not done, the swimmer will not be allowed to swim that event. Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats. Heat and lane assignments will be posted, so be sure your swimmer knows where to look!
    - Sometimes the swim meet is "pre-seeded" and no check-in is required. You and your swimmer can find heat and lane assignments by purchasing a program or checking out the mobile app called MEET MOBILE.

WHAT TO EXPECT AT SWIM MEETS (CONT.)

Before the Meet Starts (cont.)

4. Once the coaches have checked everyone in, the swimmers will get ready for warm-up. It is very important for all swimmers to warm-up with the team (please be on time). A swimmer's body is just like a car on a cold day—they need to get the engine going and warmed-up before they can go all out.
5. After warm-up, your swimmer will go back to the area where their team is sitting and wait there until their first event is called.
6. The meet will usually start about 10-15 minutes after warm-ups are over.
7. According to USA Swimming rules (because of insurance purposes), parents are not allowed on deck unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach. They in turn, will pursue the matter through the proper channels.
8. Psyche Sheet or Heat Sheets. A psyche sheet is usually available for sale in the lobby or concession area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and their previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, they will be entered as a "no-time" or " ". A "no-time" swimmer will most likely swim in one of the first heats of the event. A Heat Sheet may be available close to the start of the meet that lists the actual heat and lane a swimmer will be competing in.

During the Meet

1. There are generally two ways a swimmer gets to their lane:
   - A swimmer usually reports directly to their lane for competition a number of heats before their actual swims. The coaching staff will make sure that all swimmers get to their lane assignments. 12 & older are responsible for themselves.
   - In some novice meets, a swimmer's event number will be called, usually over the loudspeaker, and they will be asked to report to the "clerk of course" or "bullpen". Swimmers should report with their cap and goggles.
   - Generally, girl's events are odd-numbered and boy's events are even-numbered. Example: "Event #26, 10-Under Boys, 50 freestyle, report to Clerk of Course." The "Clerk of Course" or "bullpen" area is usually where all swimmers checked in before the warm-up.
   - The clerk will usually line up all the swimmers and take them down to the pool in correct order. There are usually 4-8 heats for each event.
2. The swimmer swims their race.
3. After each swim:
   - The swimmer is to ask the timers (people behind the blocks at each lane) their time.
   - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
   - The swimmer should then go immediately to their coach. The coach will discuss the swim with each swimmer.
4. Generally, the coach follows these guidelines when discussing swims:
   - Positive comments or praise
   - Suggestions for improvement
   - Positive comments
5. Things you, as a parent/guardian, can do after each swim:
   - Tell them how proud of them you are for their effort. That's it! I promise the coaches will give them the information they need to fix or correct their swim for next time. You need to tell them how proud you are and what a great job they did.
6. The swimmer now waits until their next event is called and starts the procedure again. When a swimmer has completed all of their events they and their parents get to go home. **Except for championship meets, all swimmers at championship meets need to stay until the end of the session.**
7. Results are usually updated on Meet Mobile or will be posted after the meet. Any awards for swimmers will be collected and given to the coach for distribution at practice the following week.

2026 FALL/WINTER SEASON

We welcome all returning swimmers as well as any new swimmers looking to join a team! New swimmers will need to be assessed by the Swim Team Staff in order to be placed in the proper level prior to registration. FREE TRIAL PERIOD AVAILABLE. For more information, please contact Head Coach Shawn Rich at srich@bangory.org.

To be a part of the Bangor Region YMCA Barracudas Swim Team, **every swimmer must currently have a Bangor Region YMCA membership** to be compliant with National YMCA's rules for competitive qualification.

The Swim Team program fee is required to be paid in full at the time of registration OR a monthly draft agreement must be set up. For families interested in setting up a monthly payment, please contact Maria Robshaw, Registration Manager, at mrobshaw@bangory.org. **Financial Assistance is available to those who qualify.**

NOTE: The YMCA is a non-profit organization. In the event that the participant quits the program, no refunds will be granted for money paid.

PROGRAM INFORMATION

☐ New Swimmer ☐ Returning Swimmer ☐ PACC Swimmer Level: _____
(To be completed by Head Swim Coach)

2026 Fall/Winter Program Fees:

Green $530 Amount Paid: _____ Silver $775 Amount Paid: _____ High School $475 Amount Paid: _____

Bronze $635 Amount Paid: _____ Gold $871 Amount Paid: _____

SWIMMER'S INFORMATION (ALL FIELDS REQUIRED)

First Name _____ Middle Name _____ Last Name _____

Swimmer's Preferred Name (if any) _____ Gender ☐ M ☐ F ☐ U

Date of Birth ____/____/_____ Age _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email _____

School Attending _____ Grade Entering _____

T-Shirt Size: Youth: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

PARENT/GUARDIAN INFORMATION ☐ On File (If returning swimmer & no changes)

Parent/Guardian _____

Work Phone _____ Cell Phone _____ Email _____

Name & Address of Employer _____

Parent/Guardian _____

Work Phone _____ Cell Phone _____ Email _____

Name & Address of Employer _____

EMERGENCY CONTACTS ☐ On File (If returning swimmer & no changes)

First Name _____ Last Name _____

Relationship to Child _____ Phone _____

First Name _____ Last Name _____

Relationship to Child _____ Phone _____

BECOME A VOLUNTEER!

Parent/Guardian volunteers are an integral part to a successful swim season. Please check off the areas that you are interested in volunteering for: ☐ Timer ☐ Official ☐ Concessions ☐ Other _____

BARRACUDAS SWIM TEAM

MEDICAL INFORMATION

Your child's safety is our #1 priority. Please provide as much detailed information as possible regarding special needs and medication.

Has participant been previously hospitalized? ☐ Yes ☐ No

If yes, please describe _____

Identify any medical or emotional illness or disorder that could affect the child's functional ability to participate safely:

_____

Is the participant allergic to: ☐ Medication ☐ Food ☐ None ☐ Other _____

If yes, please explain & note if any medication is needed:

_____

Does the participant have: ☐ Asthma ☐ Diabetes ☐ Seizures ☐ None ☐ Other _____

If yes, please explain & note if any medication is needed:

_____

Please answer to help us with grant funding requests: Is your immediate family or extended family currently being impacted or has been impacted by opioid and/or substance use disorder? ☐ Yes ☐ No

DOCTOR'S CONTACT INFORMATION

Physician's Name _____ Office Phone Number _____

Address _____

PHOTO/VIDEO RELEASE

I approve the use of my child's photo or video for Bangor Region YMCA and/or YMCA of the USA (collectively "the Y"), and collaborating third parties for the use of the materials for publication, display, sale or exhibition in promotions, advertising, education, and commercial uses. Use includes reproductions in any form and media currently existing or later conceived, adaptations and/or revisions, throughout the world in perpetuity. I understand that my child's name will not be included without additional parent/guardian consent. ☐ Yes ☐ No Parent/Guardian Initials _____

MEET FEES

Meet Fees are an additional cost and vary, depending on the event. Fees will be automatically applied to your swimmer's account when they sign up for a meet and must be paid prior to the event. For your convenience, we can automatically draft your payment when the meet fee is applied to your account. Would you like us to draft the meet fees with the card on file?

☐ Yes, please automatically deduct the meet fees from the card on file. (Highly recommend)

☐ No, I will come in and pay prior to the meet. (Unpaid fees may result in suspended services)

AGREEMENT

I have read and agreed to the Athlete & Parent Code of Conduct.

I have reviewed the **Safe Sport Documents** found on the website which include the Electronic Communication Policy (Texting, Email, and Request to Discontinue All Electronic Communications), Transportation/Travel Release, Medical Emergencies Waiver, Indemnification, and Photo/Video Release, and fully understand them, and sign the Agreement, personally and on behalf of my swimmer, as my own free act and deed.

Parent/Guardian must sign if individual is under the age of 18 years.

Swimmer's Name _____

Parent/Guardian Name _____

Parent/Guardian's Signature _____ Date _____