

# MID MAINE DOLPHINS SWIM TEAM

**Summer  
Swim Team  
May 2 - Jul 30**



*Mid Maine*



**AGES 6-18**

Boys & Girls Clubs and YMCA of Greater Waterville at the  
Alfond Youth & Community Center  
126 North Street, Waterville  
207-873-0684 [www.clubaycc.org](http://www.clubaycc.org)  
Kyle Bauer, Head Coach [kbauer@clubaycc.org](mailto:kbauer@clubaycc.org)

**Tryouts:** Please contact Head Coach, Kyle Bauer at [kbauer@clubaycc.org](mailto:kbauer@clubaycc.org) to schedule a tryout. Athletes must be able to float 50 yards confidently.

**Jr. Dolphins:** Jr. Dolphins swimmers are introduced to the competitive athletic environment. They exhibit rudimentary skills and enthusiasm about the sport. Technique is their primary focus. They are coached to acknowledge team values, individual goals and focused effort. (Recommended ages 5-8) Practices: **Tues & Thurs 6:15-7:00pm**

**Bronze:** Swimmers in the Bronze Level should be able to: swim the length of the 25 yard pool on their own, swim 25 yards in both the front crawl and backstroke. This group will learn breathing techniques as well as competitive strokes. They will also focus on learning alongside other swimmers and having fun in a competitive atmosphere. (Recommended ages 7-9) Practices: **Mon, Wed & Fri 6:15-7:00pm**

**Silver:** Swimmers in the Silver group demonstrate ability to swim all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) and be able to swim several hundred yards continuously. They are able to do flip turns/ open turns and use breathing techniques. They will understand timing clocks. Silver swimmers build stamina and focus on depth of existing technique. They may join USA Swimming with coach approval. (Recommended ages 8-11) Practices: **Mon-Fri 5:30-6:15pm**

**Gold:** Gold swimmers exhibit endurance and speed through higher level training than before. They focus on race strategies, breathing patterns, practice structures, stroke and kick rates. This regimen includes 2 days of dryland training per week. Gold swimmers know how to read a swimming clock and how to perform a swim set independently. They are encouraged to join and compete within USA Swimming for additional growth opportunities. (Recommended ages 10-13) Practices: **Mon-Fri 4:30-5:30pm**

**Platinum:** Platinum swimmers make up our most advanced practice group and are ready to compete at the highest level including Junior Olympics and Nationals. They are motivated, dedicated, hard working swimmers ready for challenging and technical practices. Platinum swimmers perfect their techniques while optimizing their speed and stamina. They focus on mastering race strategies, breathing patterns, stroke and kick rates. Swimmers in this group will participate in frequent dryland training and optional weight lifting with a trainer (additional costs apply). They are expected to volunteer/mentor teammates and demonstrate role-model behavior on and off the deck. They are strongly encouraged to join and compete in USA Swimming. (Ages 9-18). Practices: **Mon-Fri 2:45-4:30pm**

**Coach Kyle will assign your athlete to a practice group based on their swimming ability. If you do not know what practice group your athlete is in please contact Coach Kyle.**

## FEES & PAYMENT OPTIONS

**Each swimmer must hold an active AYCC Membership throughout the season - May 2 - Jul 30, 2022**

Membership Rates: Youth \$40/year • Teen \$150/year or \$13/month • Family Membership begins at \$50/month

**Full Season Pay** - Requires full payment of the season is due at the time of registration. Financial assistance is available for this option, but still requires full payment prior to pool time.

**Payment Options:** Online [www.clubaycc.org/aquatics](http://www.clubaycc.org/aquatics) / Phone 207-873-0684 / In Person

**Payment Scheduling Option** - The initial deposit payment is due upon registration. The second two payments are scheduled to automatically draft with a credit card or bank account on file. See page 3 for required form. Families may set up auto-payments online or contact a staff member to set up monthly auto-pay options.

Level	Full Season	Auto Draft - Deposit Required May 1, 2022	Payments can be scheduled weekly or monthly. Full balance must be paid in full by <b>Friday, July 1, 2022.</b>  For assistance scheduling payments, please contact:  Alicia Vannah, Mbr Services Coord. <a href="mailto:avannah@clubaycc.org">avannah@clubaycc.org</a> 207-873-0684 x244  Wendy Grenier, Data Systems Mgr.
Jr. Dolphins	\$105.00	\$35.00	
Bronze	\$152.00	\$51.00	
Silver	\$197.00	\$66.00	
Gold	\$272.00	\$91.00	
Platinum	\$375.00	\$125.00	

# MMD Auto Payment Option

Need Assistance? 207-873-0684 / Alicia Vannah avannah@clubaycc.org / Wendy Grenier wgrenier@clubaycc.org



## Swimmer Info:

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MMD Swim Level \_\_\_\_\_

*For additional swimmers from the same family:*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MMD Swim Level \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MMD Swim Level \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

MMD Swim Level \_\_\_\_\_

<b>PAYMENT PROCESSING</b>	<b>1. MMD Automatic Draft Deposit    Type: CREDIT CARD / CASH / CHECK</b>		
	Date _____	Payment Amount _____	Receipt _____
	<b>2. MMD Automatic Draft Payments - June 1 &amp; July 1, 2022</b>		
	I authorize my financial institution to honor pre-authorized drafts drawn by the Alfond Youth & Community Center on my account for program payments.		
	<b>3. Monthly Draft Amount _____    <i>Second Payment - June 1, 2022 + Final Payment - July 1, 2022</i></b>		
	<b>4. Payment Information</b>		
	<b>Bank Account Payments:</b>		
	Account Holder Name _____		
	Financial Institution Name _____ <input type="checkbox"/> Checking <input type="checkbox"/> Savings		
	Financial Institution Routing Number _____		
Account Number _____			
<b>Credit Card Payments:</b>			
Credit Card Account Holder Name _____    Card Type _____			
Credit Card Institution Name _____			
Credit Card Number _____    Exp. Date _____			
I hereby authorize the Alfond Youth & Community Center to initiate a debit entry to my checking/savings account or credit card account at the financial institution listed above and initiate adjustments (if ever necessary) for any transactions debited/credited in error. This authority will remain in effect until the Alfond Youth & Community Center is notified by me in writing. The written notice must be received by the Alfond Youth & Community Center at least 14 days before the next billing cycle.			
Any payments be returned/declined/refused as payable to the AYCC will incur a fee of \$10.00-\$30.00 to be applied to the account for each instance in which a fee was returned. All fees PLUS the monthly payment must be paid within 2 weeks of the original payment date with cash or a valid credit card.			
_____		_____	
<b>Account Holder Signature</b>		<b>Date</b>	