



Summer 2025

MID-MAINE DOLPHINS SWIM TEAM

2025
Summer Season
May 12 - July 25

Ages 6-17

**New Swimmer
Evals
April 28-30**

The Mid-Maine Dolphins are
registered YMCA & USA swim
teams through the:
**Alfond Youth &
Community Center**
126 North Street,
Waterville, Maine
207-873-0684
www.clubaycc.org



BELONG BELIEVE ACHIEVE

New Swimmer Evaluations: April 28-30 - 4:30-5:30 pm - If you are unable to attend these dates, please contact Head Coach, Matt Reed at mreed@clubaycc.org to schedule an evaluation. Athletes must be able to float 50 yards confidently.

Bottlenose: For new and experienced younger swimmers (6-9 yrs) who can successfully swim at least two competitive swim strokes. Before joining the Bronze Dolphins, swimmers should be able to swim 50 yds freestyle, 25 yds backstroke, and have the endurance for the 45 min practice. This group will learn drills, and stroke techniques for the four competitive swim strokes (freestyle, backstroke, butterfly, breaststroke), starts, and turns. Swimmers in this group also learn the skills necessary to compete in swimming, such as working with teammates, following directions, and listening to coaches. They will also start learning how to use the pace clock. To move up they need to have 3 legal strokes and demonstrate they have the maturity and motivation to advance to silver.

Practices: **Tues/Thurs 5:30-6:30 pm**

Stripes: For new and experienced swimmers (8-12 yrs) who can successfully swim at least three competitive strokes and will continue to develop higher-level swimming skills in all strokes, racing dives and turns. Swimmers also learn the skills necessary to compete in competitive swimming, such as working with teammates, following directions, listening to coaches, using a pace clock, and racing strategies. Even though this group will primarily focus on technique, swimmers should also be prepared to learn about endurance and race pace training. Swimmers in the Silver group are expected to display an elevated level of maturity both in practice and at meets.

Practices: **Mon-Thurs 4:00-5:00 pm**

Duskies: for swimmers who have experience participating on a team and competing at swim meets. Swimmers in this group should be able to successfully swim all 4 competitive strokes as well as having good start and turn technique. A willingness to accept higher levels of swim training and challenges is also necessary for swimmers in this group. Before joining Gold, swimmers must be able to successfully read a pace clock, demonstrate motivation for competing and improving, as well as have the endurance to swim an unbroken 300 yd freestyle and 200 IM. In this group we will focus on fine tuning technique, meet/race strategy, increase intensity, increase yardage, use video footage and introduce dryland. The Goal of this group is to develop competitive athletes and lay the foundation for mindful swimming. Practices: **Mon/Wed 4:00-5:00 pm & Tues/Thurs 4:00-5:30 pm**

Orcas: The highest level for the Mid-Maine Dolphin Swim Team program. Swimmers in this group are expected to set realistic goals based on time standards and work to attain them, demonstrate MMD Handbook p.7 time management, maturity, and a commitment to training. Platinum swimmers are expected to attend all practices, within reason, as well as attend the YMCA championship State Meet at the end of the season. Platinum swimmers are strongly encouraged to be a member of USA swimming and compete at USA swim meets. Platinum swimmers are expected to take on leadership and mentorship roles for younger swimmers on the team while holding themselves to a higher standard. At this level all swimmers are able to do all strokes and have an idea as to what their events are. This will allow for more specific training for those events. Practice yardage and intensity will be increased from gold. Dryland will be incorporated in practices. As well as going over video footage from practice and meets. Practices: **Mon/Wed 5:00-6:30 pm & Tues/Thurs 5:00-7:00 pm**

Coach 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 Matt- mreed@clubaycc.org or 207-873-0684

FEES & PAYMENT OPTIONS

Each swimmer must hold an active AYCC Membership throughout the season - May 12-July 25, 2025.

1. Full Season Pay - Requires full payment and is due at registration.

Payment Options:

- Online www.clubaycc.org/programs/registration
- In Person

2. Monthly 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 4 for required form. Families must complete the auto schedule payment form to take part in this option.

Payment Options: In Person with Auto Scheduled Payment Paperwork.

FMI, please reach out to Member Services Director, Alicia Vannah– avannah@clubaycc.org / 207-873-0684

Practice Group	Full Season Price	Initial Payment May	June 1 auto payment	July 1 auto payment		Practice Days	Practice Times (May-When Outdoor Pool Opens)
Bottlenoses	\$200.00	\$ 68.00	\$ 66.00	\$ 66.00		T/Th	5:30-6:30 pm
Stripes	\$230.00	\$ 76.00	\$ 76.00	\$ 76.00		M-Th	4:00-5:00 pm
Duskies	\$300.00	\$ 100.00	\$100.00	\$100.00		M/W T/Th	4:00-5:00 pm 4:00-5:30 pm
Orcas	\$380.00	\$ 128.00	\$126.00	\$126.00		M/W T/Th	5:00-6:30 pm 5:00-7:00 pm

Authorization for Automatic Withdrawal of Program Payments to the AYCC

Child's Last Name _____ Child's First Name _____

Payments are due on the first of each month during the program season. Any scheduled payments must be authorized in writing below.

_____ I agree to pay my monthly fee on the first of each month for **June, and July, 2025.**

Please list the program _____

I authorize my financial institution to honor pre-authorized drafts drawn by the Alford Youth and Community Center on my account for program payments.

Printed Name _____

Signature _____ Date _____

BANK ACCOUNT

ACCOUNT HOLDER NAME: _____

FINANCIAL INSTITUTION NAME: _____

CHECKING _____ SAVINGS _____

FINANCIAL INSTITUTION ROUTING NUMBER: _____

ACCOUNT NUMBER: _____

OR CREDIT CARD

CREDIT CARD ACCOUNT HOLDER NAME: _____

CREDIT CARD INSTITUTION NAME: _____ CARD TYPE: _____

CREDIT CARD NUMBER: _____ EXP. DATE: _____

I hereby authorize The Alford Youth and 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 transaction debited/credited in error. This authority will remain in effect until the Alford Youth and Community Center is notified by me in writing. The written notice must be received by the Alford Youth and Community Center at least 14 days before the next billing cycle.

Returned transactions for reasons such as: declined, insufficient funds, closed account, member contact issuer; will incur a \$10-\$30.00 fee payable to the AYCC upon repayment of initial declined payment upon each occurrence. Initial payment, plus AYCC fee must be paid in full within 14 days by cash, money order, bank check or credit card. Continued occurrences may result in the loss of the child's space in the program(s).

Date Authorization Received _____	Staff Entering Authorized Payments _____
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