



TCST 2024-2025

Winter Season

Practice Groups

Swimmers should register for the practice group they were in at the end of the last season unless they have spoken to Coach Matt. Coaches will reevaluate and move swimmers to balance the practice groups during the first two weeks of the season as necessary.

Any swimmer who is not sure what group they should register for should schedule an evaluation with Coach Matt during the first two weeks of the season.

Practice Groups

A Group: The A group is our practice group for any new swimmers to the team. Swimmers should be able to complete one length (25 yards) of the pool on their front and one length on their back unassisted. Swimmers in the A group will work on building their endurance and learning the basics of the four competitive swim strokes in addition to learning the fundamentals of being on a swim team. 1-3 practices per week is recommended.

B Group: Swimmers who are in the B group should have a grasp of all four competitive strokes and can swim at least 200 yards continuously. In this group, swimmers continue to build their endurance and perfect their technique with drills and occasional longer practices. For this group, 2-3 practices per week is recommended.

C Group: At the C level, swimmers should be comfortable with all of the competitive strokes and able to compete in any of the strokes with legal technique. The main focus of practices will be on increasing speed and endurance with longer and more frequent practices offered. 3-4 practices per week is recommended.

D Group: Swimmers in the D group continue to improve their speed, endurance, and capabilities as well as compete in longer and more difficult events. These swimmers participate in longer practices and are comfortable swimming all strokes. In the D group, 4-5 practices per week is recommended. All high school swimmers should practice with this group.

HS Group: Swimmers in the HS Group have similar skill levels to those in the C and D groups but are offered practices at alternative times to deconflict with local high school swim teams.

Contact Info:
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Cell: 207-577-5680



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Practice Schedule

Practices will begin on November 4th and the season will end with YMCA States on March 2nd. Any swimmers continuing past the State meet for New England/National Championships will follow an alternative schedule. Swimmers do not need to attend every practice for their assigned group

Regular Season						
Day	A Group	B Group	C Group	D Group	HS	Day
Mon	6:30-7:15 (B)	7:15-8:00 (B)	6:30-7:30 (B)	4:00-5:30 (YW)	5:30-7:00am (YW)	Mon
Tue				6:30-8:00 (B)	6:30-8:00 (B)	Tue
Wed	6:30-7:15 (B)	7:15-8:00 (B)	6:30-7:30 (B)		5:30-7:00am (YW)	Wed
Thu	6:30-7:15 (B)	7:15-8:00 (B)	6:30-7:30 (B)	6:00-7:30 (YW)	6:00-7:30 (YW)	Thu
Fri		4:00-5:00 (YW)	4:00-5:30 (YW)	4:00-5:30 (YW)	5:30-7:00am (YW)	Fri

The Bates pool will be closed during Thanksgiving week and their Winter Break (Dec 23-Jan 7). TCST will offer as many practices as possible during this time, but the practice schedule will be subject to pool availability. Official break schedule will be announced as soon as it is finalized (at least 2 weeks prior).

Sample Break Week Schedule						
Day	A Group	B Group	C Group	D Group	HS	Day
Mon			4:00-5:30 (YW)	4:00-5:30 (YW)	5:30-7:00a (YW)	Mon
Tue						Tue
Wed				5:30-7:00a (YW)	5:30-7:00a (YW)	Wed
Thu	6:00-6:45 (YW)	6:45-7:30 (YW)	6:00-7:30 (YW)			Thu
Fri	4:00-4:45 (YW)	4:45-5:30 (YW)	4:00-5:30 (YW)	5:30-7:00a (YW)	5:30-7:00a (YW)	Fri

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Meet Schedule

2024-2025 YMCA League Meet Schedule		
Date	Meet	Location
November 23	MMD@TCST	Bates College, Lewiston, ME
December 7	TCST@LRSC	Bath YMCA, Bath, ME
January 4	TCST@KVY	KV YMCA, Augusta, ME
January 20	SYT@ TCST	Bates College, Lewiston, ME
January 21-22	YMCA District Champs*	Goffstown YMCA, Goffstown, NH
February 3	TCST@BBYD	Boothbay YMCA, Boothbay, ME
Feb 28-Mar 2	YMCA State Champs*	Colby College, Waterville, ME
March 9-10	YMCA New England Champs*	WPI, Worcester, MA (Qualifying times required)
*Swimmers will only swim their session, not the entire weekend		

Meet start times will be announced as we get closer to each meet and are notified by the host team. YMCA Meets typically last 3-4 hours including warm-up. TCST encourages maximum participation for all YMCA League Meets. To attend YMCA States or New Englands, swimmers must attend 3 other YMCA meets throughout the season. Additional meets may be offered based on availability and info will be sent out as soon as it is confirmed.

2024-2025 USA League Meet Schedule (Optional)		
Date	Meet	Location
October 25-27	Spooktacular	Cape Elizabeth High School, Cape Elizabeth, ME
November 16	November to Remember	Westbrook Community Center, Westbrook, ME
December 13-15	Michelle Arpin Invite	Bowdoin College, Bowdoin, ME
January 11-12	Specialty Meet	Westbrook Community Center, Westbrook, ME
January 17-19	New England Bronze Champs*	TBD
Jan 31-Feb 2	New England Silver Champs*	TBD
Varies by age	Age Group Championships*	TBD
April 2-5	ISCA East Elite Showcase*	St. Petersburg, FL
*Qualifying times required to attend		

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Group Fees

All TCST participants must be a YMCA member from November 2024 through March 2025. YMCA Youth memberships are a \$9.00 monthly EFT. Memberships WILL NOT be stopped automatically at the end of the season. Please ask our customer service team about our membership termination policy at registration. Any swimmers attending championship meets after Y states must maintain their membership through the course of any late meets.

There are two options for payment of the TCST program fees:

- Participant may pay in full at the time of registration
- Participant may opt for a monthly EFT spread throughout the season. First payment due at the time of registration. The remaining 4 payments must be scheduled out using a card/account on file with the Y.

	Group A	Group B	Group C	Group D	HS Group
Pay in Full	\$365.00	\$415.00	\$490.00	\$565.00	\$500.00
Due at Registration	\$73.00	\$83.00	\$98.00	\$113.00	\$100.00
Nov 1st or 15th	\$73.00	\$83.00	\$98.00	\$113.00	\$100.00
Dec 1st or 15th	\$73.00	\$83.00	\$98.00	\$113.00	\$100.00
Jan 1st or 15th	\$73.00	\$83.00	\$98.00	\$113.00	\$100.00
Feb 1st or 15th	\$73.00	\$83.00	\$98.00	\$113.00	\$100.00

Swimmers may be registered online if:

- They have an active membership and you are paying for the season in full

Swimmers must be registered in person if:

- You wish to schedule monthly payments
- They do not have an active membership

For further questions regarding payments and memberships, please contact member services 207-795-4095.

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