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FOR HEALTHY LIVING  
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## WAVE RIDER SWIM TEAM 2026-2027 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 Peter. 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 will be swim tested at their first day of practice by Coach Peter or a member of his staff.*

**Group A:** 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; *All are welcomed and encouraged to attend all weekly practices.*

**GROUP B:** Swimmers who are in the B group should have a grasp of all four competitive strokes and can swim at least 100 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; *All are welcomed and encouraged to attend all weekly practices.*

**GROUP C:** 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; *All are welcomed and encouraged to attend all weekly practices.*

**GROUP D:** 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 practices per week is recommended and encouraged. All high school swimmers should practice with this group.



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### PRACTICE SCHEDULE

Practices will begin Tuesday, October 13<sup>th</sup> and the season will end with YMCA States the weekend of March 5-7, 2027. Any swimmers continuing past the State Meet for New England/National Championships will follow an alternative schedule after March 7<sup>th</sup> [additional fees may apply].

| PRACTICES HELD AT BATES COLLEGE |               |               |               |               |
|---------------------------------|---------------|---------------|---------------|---------------|
| DAY                             | GROUP A       | GROUP B       | GROUP C       | GROUP D       |
| Monday                          | 6:45pm-7:30pm | 6:45pm-7:45pm | 7:00pm-8:15pm | 7:00pm-8:15pm |
| Tuesday                         | 6:45pm-7:30pm | 6:45pm-7:45pm | 7:00pm-8:15pm | 7:00pm-8:15pm |
| Thursday                        | 6:45pm-7:30pm | 6:45pm-7:45pm | 7:00pm-8:15pm | 7:00pm-8:15pm |
| Friday                          | 6:45pm-7:15pm | 6:45pm-7:30pm | 7:00pm-8:00pm | 7:00pm-8:00pm |

- No Wednesday Practices.
- No Friday practice when the High School Team has a home meet at Bates.
- New members of the Wave Riders are asked to be at the October 13<sup>th</sup> practice for 6:35 ready to be swim tested from 6:45-7:30.
- Former Wave Riders are asked to attend the October 13<sup>th</sup> practice by 7:25 for practice from 7:30-8:15. Former Wave Riders – please do not come on to the pool deck until 7:30.

*No practices have been scheduled between the dates of December 21, 2026 - January 4, 2027. We will be working to secure practices during that timeframe, at a facility yet to be named.*



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## WAVE RIDER SWIM TEAM 2026-2027 WINTER SEASON

### YMCA LEAGUE MEET SCHEDULE

| DATE                                                            | MEET                          | LOCATION                       |
|-----------------------------------------------------------------|-------------------------------|--------------------------------|
| Saturday: November 28, 2026                                     | WRST @ BELFAST                | Waldo County YMCA              |
| Saturday: December 5, 2026                                      | OTO @ WRST                    | Greely High School, Cumberland |
| Saturday: January 9, 2027                                       | WRST @ KVV                    | Kennebec Valley YMCA - Augusta |
| Saturday: January 23, 2027                                      | SANFORD-<br>SPRINGVALE @ WRST | Bates College                  |
| Saturday: February 6, 2026                                      | WRST @ BOOTHBAY               | Boothbay Harbor                |
| Friday Mar 5 thru<br>Sunday Mar. 7*                             | YMCA STATE MEET               | Colby College in Waterville    |
| *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. WRST encourages maximum participation for all YMCA League Meets. To attend YMCA States or New England's, swimmers must attend 3 other YMCA meets throughout the season. Participation at any Invitational Swim Meets [to be announced] will also allow swimmers to qualify as part of the 3 meet rule.



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### PROGRAM & GROUP FEES

All WRST participants must be a YMCA member from October 2026 through March 2027. A YMCA Youth membership is \$10.00/month 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 payment options for the WRST program fees:

- Option 1
  - Full Pay at the time of registration.
- Option 2
  - An initial payment at the time of registration, then schedule (4) monthly payments using the credit card/bank account info on file with the Y.

|                             | GROUP A  | GROUP B  | GROUP C  | GROUP D  |
|-----------------------------|----------|----------|----------|----------|
| <b>Pay in Full</b>          | \$500.00 | \$525.00 | \$650.00 | \$650.00 |
| <b>SCHEDULED PAYMENTS</b>   |          |          |          |          |
| Due at Registration         | \$100    | \$105    | \$130    | \$130    |
| Nov 1 <sup>st</sup> or 15th | \$100    | \$105    | \$130    | \$130    |
| Dec 1 <sup>st</sup> or 15th | \$100    | \$105    | \$130    | \$130    |
| Jan 1 <sup>st</sup> or 15th | \$100    | \$105    | \$130    | \$130    |
| Feb 1 <sup>st</sup> or 15th | \$100    | \$105    | \$130    | \$130    |

You can **register online** IF: Your swimmer has an active membership, and you are paying for the season in full.

You must **register in person** IF: Your swimmer does not have an active membership, and/or you wish to schedule monthly payments.