



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TWIN CITIES SWIM TEAM 2021-2022

### PRACTICE SCHEDULE October 25, 2021 – November 19, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GROUP A</b>	5:00 – 6:00pm	OFF	5:00 – 6:00pm	OFF	6:00 – 7:00pm
<b>GROUP B</b>	OFF	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm
<b>GROUP C</b>	6:00-7:00 Dryland 7:00-8:15pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:00pm
<b>GROUP D</b>	6:00-7:00 Dryland 7:00-8:15pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:00pm

### PRACTICE SCHEDULE November 22, 2021 – February 11, 2022 *HIGH SCHOOL SWIM SEASON*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GROUP A</b>	5:00 – 6:00pm	OFF	5:00 – 5:45pm	OFF	5:00 – 6:00pm*
<b>GROUP B</b>	OFF	6:00 – 6:45pm	5:45 – 6:45pm	6:00 – 6:45pm	5:00 – 6:00pm*
<b>GROUP C</b>	6:00 – 7:00pm Dryland	6:45 – 7:45pm	6:45 – 7:45pm	6:45 – 7:45pm	5:00 – 6:00pm*
<b>GROUP D</b>	6:00 – 7:00pm Dryland	6:45 – 7:45pm	6:45 – 7:45pm	6:45 – 7:45pm	5:00 – 6:00pm*

\* if there is a high school meet being hosted, practice will be canceled

### PRACTICE SCHEDULE February 14, 2022 – March 11, 2022 *Y STATES March 11,12,13*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GROUP A</b>	5:00 – 6:00pm	OFF	5:00 – 6:00pm	OFF	6:00 – 7:00pm
<b>GROUP B</b>	OFF	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm	6:00 – 7:00pm
<b>GROUP C</b>	6:00-7:00 Dryland 7:00-8:15pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:00pm
<b>GROUP D</b>	6:00-7:00 Dryland 7:00-8:15pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:00pm

Those participating in any Championship Meets held after the Y State Meet (Mar 11-13, 2022) will continue beyond this finish date and their memberships must be kept active during this time. Practice times may be adjusted depending on number of swimmers for post season.

**All TCST swimmers participate at Y States.**

**Program Fees Winter Session 2019 - 2020**

<b>Group A</b>	<b>\$290.00 + Y membership (\$9)</b>
<b>Group B</b>	<b>\$335.00 + Y membership (\$9)</b>
<b>Group C</b>	<b>\$425.00 + Y membership (\$9)</b>
<b>Group D</b>	<b>\$425.00 + Y membership (\$9)</b>

*\*If you are on an active HS swim team please let the desk staff know at the time of registration.*

*\*Optional Draft Payment Plan:* Program fees may be broken up into 5 payments with the 1<sup>st</sup> payment due at time of registration. The remaining 4 payments will be drafted on either the 1<sup>st</sup> or 15<sup>th</sup> of each month November – February. All fees must be paid in full by the February draft date.

<b>2021 - 2022</b>	<b>YMCA Swim Meet Schedule</b>	
<b>Date</b>	<b>Location</b>	
<b>November 20, 2021</b>	TCST vs. SYT (Sanford)	1 Emile Levasseur Dr, Sanford, ME 04073
<b>December 11, 2021</b>	TCST vs. MDI (Mount Desert Island)	21 Park St, Bar Harbor, ME 04609
<b>January 8, 2022</b>	TCST vs. CCSC / PRY (Old Town)	472 Stillwater Ave, Old Town, ME 04468
<b>January 22, 2022</b>	<b>BBYD (Boothbay Region) at TCST</b>	<b>YWCA Lewiston, ME</b>
<b>February 5, 2022</b>	<b>WCY (Waldo County) at TCST</b>	<b>YWCA Lewiston, ME</b>
<b>March 11, 12, 13, 2022</b>	<b>MAINE YMCA STATE MEET AT THE UNIVERSITY OF MAINE AT ORONO.</b> <i>*All TCST swimmers participate at Y States.</i>	<b>Swimmers will only swim their own age group/day and not the entire weekend.</b> <b>More to come...</b>

- *\*Dual Meets:* Two teams competing against each other. Coaches place all swimmers in these (as points are involved/teammates count on you to be there too). Please communicate with Coach Vanessa by Tuesday the week of the meet at the latest. An email is best if you have a conflict with any of the Dual Meets. Every athlete must complete two meets in order to swim at the Y State Meet.
- *USA Swimming (MSI) Meets:* Requires an additional registration fee (optional to join and participate).

**Contact information for Coach Vanessa Williamson, Email: [vwilliamson@alymca.org](mailto:vwilliamson@alymca.org) Cell: 207-576-4529**