



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NYCY MANTA RAYS
YMCA OF SOUTHERN MAINE | Northern York County Branch

USA Swimming membership provides many benefits and resources

The resources available to USA Swimming member athletes, coaches, parents and volunteers are available to all, regardless of affiliation, team size or level of competitive achievement. Information and consultants are available in several areas including:

- Facility Development
- Team Development
- Sport Performance
- Coaches' Education
- Parents' Education
- Diversity
- Fundraising

Learn to Swim

In addition, members receive Splash magazine, a bi-monthly publication designed for swimmers to share what is happening in the world of competitive swimming and to motivate young athletes toward their goals. Member teams receive a yearly highlight video with race footage and other materials to motivate athletes and potential team members. Member coaches receive a credential indicating that their safety certifications and background screens are current. These cards are recognized at YMCA and USA Swimming meets alike.

Did you know...

- 58% of all USA Swimming swimmers have been competing for 2 years or less.
- In most areas of the country, USA Swimming offers a seasonal 150-day seasonal membership for swimmers who do not swim year-round.
- There are currently 335 YMCA teams who are also members of USA Swimming.

Benefits for Athletes

1. Access to competition in sanctioned, officiated swim meets that are generally organized by level to provide equitable competitive opportunities for swimmers of all ages and abilities.
2. All performances in sanctioned meets are recorded automatically in the USA Swimming national times database.
3. All members receive Splash Magazine bi-monthly.
4. Ability to create a "My USA Swimming Page" personal account that allows swimmers to track personal performances and rankings in the SWIMS database.
5. Participation in the Top 10 Times Program (formerly Top 16).
6. Participation in the IM Xtreme Program, an online pentathlon-type event.
7. Participation in the Scholastic All America program.
8. For swimmers who meet the selection criteria, participation in the USA Swimming camp program including LSC Camps, Zone Select Camps, National Select Camp, Open Water Select Camp, and the Diversity Select Camp.