

2012 Dolphins Swim Team

New and Returning Swimmer Information

All swimmers age 4 years through 18 years are eligible.

*Swim age is determined by how old the swimmer is by June 15, 2012.

It is our intention to welcome all swimmers (if there is open space on our roster) to our team regardless of their ability to swim the formal strokes. However, swimmers must be **water safe** and **swim team ready** to participate on swim team. Additionally, swimmers will have an easier time taking part on swim team if they have a good understanding of the strokes Free and Back (all swim groups), and for the age groups 7/8's through 13/18's some understanding of Breast and Fly, (however, this is not required).

If you feel that your new or returning swimmer needs extra help to get up to speed before the swim season starts, please consider enrolling them in swim lessons or a Stroke and Turn Clinic in March, (at our club or else where). This of course is optional, and is NOT required to participate on our team.

However, please be aware that swim league rules prohibit participation in swim lessons in the month of February, (whether that be at our club, or elsewhere), and limits swim lessons or stroke and turn clinics in March, (no more than 3x per week 1 hour at a time and no more than 2 laps swum continuously). **Please note that participation in Water Polo, High School and College swim are excluded from this rule, and swimmers may participate without restrictions.*

*ALL new swimmers must pass our **Water Safety Test** and **Swim Team Ready Test**. Swimmers who pass the **Water Safety Test** will work with instructors to improve upon skills to pass the **Swim Team Ready Test**. If swimmer is unable to pass all testing by the end of the second week they will be referred to swim lessons and can try again at the end of week 3 and week 4.

*Swimmers unable to pass all testing will not be able to participate on swim team and will be refunded fees.

- **Water Safety Test –**

- o Minimum requirement is the ability to get face wet and lift feet off of ground to free float for 10 secs. And propel themselves forward 2 yards.

- **Swim Team Ready Test –**

- o Test 1 - End of first week. Submerge under water completely for a 5 count, front float for 10 secs., jump in deep end and then swim independently for 5 yards, (just past the backstroke flags).
 - o Test 2 - End of second week. Must be able to swim forward crawl (face wet, arms reaching up & overwater, w/kicking), get air and continue forward without stopping to the ½ pool mark.

*Swimmers who are new to our team and who have never taken part on a swim team before or are new 7 year olds to the 7/8 swim group must start in our Stroke Group. Additionally, swimmers observed by the coaches during the first 10 weeks of practice to need stroke help will be moved to this group to develop their technique, (this move may be temporary or may be for the full 10 weeks depending on the need or the progression of the swimmer). We appreciate your cooperation and support towards this group and our teaching philosophy.

- **Stroke Group** (Swimmers who take part in this group are still part of our 'Competitive Team')- This group is a fantastic aid to help swimmers slow down and get the basics of their strokes. With our stations method, we teach skills that build upon one another.

- o Swimmers who are unable to make the minimum requirements for their age group practice, or who may need to improve upon certain aspects of their strokes may be moved temporarily into this group to receive more intense stroke technique training.