



We build strong kids, strong families, strong communities.

2011 – 2012 Norwich Dolphins Swim Team

Purpose:

The general purpose of the Norwich YMCA Dolphins is to provide a competitive swimming program for age groups of swimmers. This will include proper development of the five competitive strokes (Butterfly, Backstroke, Breaststroke, Freestyle and Under Water Undulation), proper starts and turns, and endurance in the strokes. This program will also provide swimmers with the appropriate training in each age group and the opportunity to learn sportsmanship and teamwork.

Philosophy:

The Dolphins program was developed and continues to be maintained in the highest quality of the YMCA, enforcing the Y's four character attributes of: Caring, Honesty, Respect and Responsibility. Our belief is that age group swimming provides many benefits as a competitive sport. Competitive swimming provides swimmers with skills to work both as a team (Dual Meets & Relays), and individually (bettering times and qualifying for Districts, States and Nationals). It is very important to for each swimmer to take an interest in his/her personal times and to set goals for themselves.

Season:

The swim season will begin in October and will run through February for all District swimmers. For those swimmers qualifying for States, the season will continue through March.

Age Group:

The age group that your child will swim is determined by their ages as of December 1, 2011. The Junior program is for swimmers age 10 and under, while the Senior program is for swimmers 11 years old and over.

Practice Policy:

Training is the most important part of the season, for those swimmers that wish to improve and prosper in the sport. Those swimmers that consistently come to practice and work hard have a greater chance of success. It is understood that swimmers will have other commitments from time to time throughout the season, however, all **Junior swimmers** are **expected to attend at least 2 practices a week**, and **Senior swimmers** are **expected to attend at least 4 practices a week**. It is expected that the coaches will be notified via phone, e-mail or letter as to when and why a child is missing practice. This is important mainly to ensure that the swimmers are here when the parents think they are here.

NOTE: It is a rule of the Central NY YMCA Swim League that in order for a swimmer to be eligible to participate in dual meets, they must practice with their YMCA team at least once the week of the meet. Also a swimmer must compete in at least 3 dual meets to be eligible to swim at District and State championships.

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Juniors:

In the Junior Program we will be focusing on teaching the swimmers the proper techniques for all four strokes as well as racing turns and starts. Though there will be some yardage training, it will be minimal compared to the technique work.

Juniors Practice:

Monday, Wednesday, Friday 3:15-4:30pm

(3:15 will be stretching, 3:30-4:30 Pool Time)

Optional Saturday Practice 8:00-10:00am

Seniors:

In the Senior Program we will spend the majority of our time TRAINING. The season is a long one, and we will start by reviewing our technique, terminology and training strategies, and then we will gradually build up our yardage; working on becoming stronger and smarter in and out of the water.

Senior Practice:

Monday, Wednesday, Friday: 4:30-6:30pm

(4:30 stretching, 5:00-6:30 Pool time)

Tuesday, Thursday 3:15-5:00pm

(3:15-3:30 Stretching, 3:30-5:00 Pool Time)

Optional Saturday 8:00-10:00am

**PRACTICE TIMES MAY BE MODIFIED SLIGHTLY
THROUGHOUT THE SEASON**

ALL PRACTICES WILL BEGIN OCTOBER 3, 2011

Promptness:

If practice starts at 4:00 the swimmer is expected to be suited, capped/shoes (dry land) and ready to start at 4:00. Walking onto the deck with your bag in hand at 4:00 is unacceptable if the practice is scheduled to start at 4:00.

Behavior:

All swimmers are expected to **CARE** for their coaches and fellow swimmers. Swimming in a team sport and swimmers need to feel cared for. All swimmers are expected to **RESPECT** the wishes of the coaching staff and do what they are being asked to do. Any questions or disagreements will gladly be explored after practice has concluded. Swimmers will be expected to be **HONEST** at all time, with the coaching staff first of all, but more importantly with themselves. Cheating on sets or not giving 100%, when asked to do so is being dishonest with yourself. Every swimmer is expected to be **RESPONSIBLE** for being prepared for every practice, including: goggles, cap, suit,

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sneakers and shorts for dry land/ running (it is recommended that each swimmer have more than one pair of goggles and more than one cap in case of a break). The coaches reserve the right to dismiss any swimmer from a practice or meet if they feel that the swimmer is not abiding by the YMCA's four character attributes: Caring, Respect, Honesty and Responsibility.

Registration:

Each swimmer will need to have a registration/health form filled out before swimming. This form will be with coaches at all practices and meets for your child's safety.

Your child must have an up-to-date YMCA membership throughout the season to participate with the Dolphins (Youth (birth-5th grade) \$68.00, Jr (6-8th grades) \$78, and Teen (9-12th grades) \$93.00). Membership fees are subject to scholarship, please see the Front Desk for information. *NOTE: The membership is good for 1 year.*

You may try out the swim team for two weeks by paying a try-out fee of \$40.00. If you decide to continue with the season after the 2 weeks then the \$40.00 will be put towards the swim team fee. *NOTE: This option is only open to those swimmers who have never tried the Dolphins swim program before.*

The Fee schedule is:

Group	Ages	Regular Season Fee	Extra fee for State Qualifiers (After Districts)
Junior	10 and under	\$150 Sibling fee \$135	\$25
Senior Girls & Boys	11 and older	\$200 Sibling fee \$180	\$40
Varsity Boys *	11 and older	\$125 Sibling fee \$113	\$40

* Active participants in Varsity Boys Swimming*

We will be offering s 10% sibling discount this year. After you have paid for the oldest swimmer, additional sibling swimmers will receive 10% off their team fee.
(Scholarships are available for the team fees. See the Front Desk for information.)

DEADLINES: ALL FEES MUST BE PAID IN FULL BY THE START OF THE SEASON (OCTOBER 3, 2011) **OR**
A PAYMENT SCHEDULE MUST BE SET UP WITH EITHER:
Joyce Hagen 607-336-9622 ext. 27
OR Julie Wallen 607-336-9622 ext. 23

IF SWIMMERS MEMBERSHIP IS NOT CURRENT OR FEES ARE NOT PAID by the START OF THE SEASON, YOUR CHILD WILL NOT BE ALLOWED TO PARTICIPATE IN ANY TEAM FUNCTIONS!!!!