



# Winskill Dolphins Swim Club

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## JUNIOR DOLPHINS

*FUNdamentals (5-7 swimmers per coach)*

A great place for young swimmers to learn to swim and get introduced to competitive strokes. Swimmers learn about coordination, body awareness, the four swim strokes, and all the basics skills they might require to enter into the competitive program. Swimmers will learn in a fun team environment with little emphasis placed on time performance. The Junior Dolphin groups are designed to be small, interactive, and composed of similar aged participants.

**ENTRY:**

- Ability to swim one length of the dive tank
- Ability to jump into the pool, must be comfortable in deep water
- 10 & Under swimmers

**PRACTICES:**

- 3 practices offered weekly:
  - Monday 5-6pm or 6-7pm (Winskill Pool)
  - Wednesday 5-6pm or 6-7pm (Winskill Pool)
  - Friday 4:30-5:30pm or 5:30-6:30pm (Winskill Pool)
- Recommended to come at least two per week for regular improvement
- No attendance requirement for this group but athletes will improve more quickly, and make more friends (which will make them want to come more!), the more often they attend workout.

**GOALS**

- Introduction to all four strokes, development technical competency
- Perform a track start and backstroke start effectively
- Participate in Novice and PASS level meets
- Swim a 100 IM legally (regardless of time)
- Do a flip turn
- Kick 4x 25 @ :45
- Push off and streamline to flags with dolphin kick
- Acquire basic understanding of the pace clock

**COMPETITION**

- PASS meets available during the session
- Team gear is mandatory at competitions

**COMMITMENT**

- Positive attitude and great work ethic to be demonstrated
- Adherence to club and association policies as well as compliance with coach guidelines
- Participation at team social events is suggested
- Involvement in clinics and organized events is suggested

**EQUIPMENT:**

- Training suit (provided at registration)
- Goggles (available at Winskill front desk or through WDSC)
- WDSC cap for those with long hair (provided at registration)
- Water bottle

**TEAM GEAR:**

- WDSC shirt & cap required
- WDSC hoody recommended
- Blue or Black Speedo suits **MUST** be worn in competition