

ARKANSAS DOLPHIN- LASER SWIM TEAM

Unity for Excellence

Competitive swimming builds courage, confidence, and personal discipline. It teaches time management skills, dedication, determination, teamwork, sportsmanship, and develops friendships that can last a lifetime. The Arkansas Dolphins and the Laser Swim Team have joined together to provide a partnership for swimming excellence and to provide the young men and women of Central Arkansas the best competitive experience.

Team Purpose

To provide swimming excellence and seek one's highest potential from novice to World class levels while achieving the basis of a healthy lifestyle.

Team History

The Arkansas Dolphins were formed in 1967. It is one of the oldest team in Arkansas, with a rich history of swimming achievements. During its years, the Dolphin team has attracted some of the best age group coaches in the Nation and produced State, National, Olympic and World ranked swimmers. For twenty-eight years, the team was led by renowned Coach Paul Blair, and during that time achieved numerous individual and Team Championships. In 1989, the Arkansas Dolphins won the Men's National Championship, making it the fastest small team in the nation. It is directed by Coach Keith McAfee, who has been with the program for over 20 years. The LRAC Laser Swim Team began in 1992. It became one of the fastest growing teams in the State, as it developed young children to become top level swimmers achieving State, Regional Junior, National, and Olympic Trial Levels. It continues under the guidance of founder and head coach, Tay Stratton. In 2007 the two teams developed a partnership to become the Arkansas Dolphin- Lasers.

Team Goals and Priorities

The ongoing goal and purpose of this program will be to carry on the traditions set before. Developing well-rounded young men and women, who will be prepared to achieve success in all endeavors is the focus. While swimming provides the basis, developing skills and building for the future is the key to a happy and healthy lifestyle.

Team Goals

- To be a good person
 - To swim fast
 - To have fun

Team Priorities

- Academics
- Champion character traits
 - Family
 - Swimming
- Wholesome social life

Team Championships

1988 US Open Men's Team Champions
1989 US Men's Team National Champions
10 time Region VIII Team Champions
67 Arkansas State Age Group High Point Champions

Individual Achievements

6 US National Champions
1 US Open National Champion
13 Junior National Champions
1 Junior National High Point Champion
2 Olympic Festival Gold Medalists
35 National Age Group Champions
17 National Age Group Records
7 Master National Champions
1 Pan America Silver Medalist
25 World Ranked Swimmers
4 Pan Pacific Team Members
6 Olympians
1 World Team Silver Medalist
1 World Record Holder

College Bound

As proof to the athletes commitment, most of the graduating seniors have been awarded athletic and/or scholastic scholarships. Since 1979, over \$2.5 Million have been awarded to swimmers coming from the Dolphin and Laser program.

Program Sites

University of Arkansas at Little Rock
Donaghey Student Center Pool 2801 South University, Little Rock, AR 72204
Little Rock Racquet Club
#1 Huntington Rd., Little Rock, AR 72227
Little Rock Athletic Club
4610 Sam Peck, Little Rock, AR. 72223
Jacksonville Community Center
#5 Municipal Drive, Jacksonville, AR. 72076
Bill Harmon Recreation Center
51 Shelby Road, Sherwood, AR. 72120

Contact Information

www.Dolphin-Laser.com
(501) 225-5711

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