

The IronDolphin program is a cap giveaway, you earn your next color cap similar to how you would earn a belt in martial arts. I have attached the breakdown of how each cap is earned. This is a super fun swim challenge for our swimmers and is part of our criteria for group move ups!

Iron Dolphin

Blue is the first cap into the program to earn your white cap you just have to swim a race at an away meet

Silver is our next level cap to earn this cap you must have your white cap and swim all events in your age group and have 3 JO cuts

Gold is our top Age Group cap. All standards for white and silver must be met and the swimmer has to achieve a state cut

Black This is our senior level cap and is based off of our dryland program so 2 of the 3 lifts must be achieved to earn the black cap 200/150lb bench 300/225lb squat/deadlift