

FRESNO DOLPHINS SWIM TEAM

TEAM PHILOSOPHY

Established in 1981, the Fresno Dolphins Swim Team is a full-spectrum age group and senior aquatics team supported by the Fresno Dolphins Swim Team Booster Club and affiliated with USA Swimming, Inc. and USA Water Polo. We provide coaching and programs which encourage young people to reach their full potential in competitive swimming and water polo.

There is a place for young people of all ability levels on our team, from the beginning swimmer who can barely swim one length of the pool, to the collegiate swimmer with Olympic aspirations.

We guard against the "too much, too soon" syndrome. We strive to develop swimmers in a graduated system which encourages consistent improvement from their elementary school through collegiate years. Proper technique is a major focus at all levels of our program. Swimmers are placed in groups after our coaching staff has evaluated their age, skills, and level of commitment. As these factors change, swimmers progress through the program. There is a gradual increase in time and effort required as each swimmer grows toward their full potential.

We want all our swimmers to experience the joy of collegiate swimming. With this in mind, we set a sure, steady course, and encourage our swimmers to follow it.

USA SWIMMING AND USA WATER POLO REGISTRATION

We are affiliated with USA Swimming, Inc. For insurance purposes, each team member must register yearly with USA Swimming. The current fee is \$84.00. If an athlete becomes involved in water polo programs, USA Water Polo registration is separate.

COACHING STAFF

Head Coach, Rick Klatt– Masters, Elite Team, Senior Group

Head Age Group Coach, Tanya Lane, Gold and Silver Groups

Age Group Coach, Mariella Rubio, Bronze Plus Group

Age Group Coach, Hannah Carbajal, Mini Dolphins and Bronze Groups

Age Group Coach, Audrey Mack, Mini Dolphins and Bronze Groups

Our coaches work hard to teach effective fundamental stroke technique in a fun, multi-faceted program.

THE DOLPHINS PROGRESSION SYSTEM

MINI-DOLPHINS

This is a group for very new swimmers who are 4 to 9 years-old. Swimmers must be able to swim 25 yards of freestyle or backstroke. Stroke, start and turn instruction are emphasized.

BRONZE TEAM

Novice swimmers who are 5 to 11 years-old. Swimmers must be able to swim 50 yards of freestyle and backstroke. Once again, stroke, start and turn instruction are emphasized.

BRONZE PLUS TEAM

Swimmers generally 7-12 years-old who are nearly Silver Team ready, but are still working on technical aspects of freestyle and backstroke along with breaststroke and butterfly. Dryland and water fitness training is used to help improve each athlete's fitness level.

SILVER TEAM

Swimmers generally 9-13 years-old who demonstrate proficiency in freestyle and backstroke and are currently learning breaststroke and butterfly. All strokes, starts and turns will be refined in this group. Swimmers will learn to use a pace clock in practice sessions and start interval training. Silver Team swimmers will compete mainly in the Central Valley.

GOLD TEAM

Swimmers generally 11-15 years-old who are becoming experienced workout swimmers and competitors. Strong proficiency in all four competitive strokes, starts and turns is expected. Tougher interval training will be required in this group. Gold Team swimmers will have the opportunity to compete in age group competition both locally and regionally.

SENIOR TEAM

Swimmers generally 13 years and older who are proficient in all four competitive strokes, starts and turns. The workout schedule is increasingly demanding. Local and regional competitions will be attended.

ELITE TEAM

The top of the Dolphins pyramid. Swimmers generally 13 and older will train in a demanding regimen which will prepare them for local, regional and national competition and for collegiate swimming when they graduate from high school.

MASTERS FITNESS SWIMMING FOR ADULTS

This group is for people 18 and over who are interested in using the world's greatest sport to stay healthy. Competition is optional, however, all members must join U.S. Masters Swimming on a yearly basis.

Fee Schedule as of September 1, 2019

Mini-Dolphins	\$57.00 per month
Bronze	\$67.00 per month
Bronze Plus	\$82.00 per month
Silver	\$99.00 per month
Gold	\$124.00 per month
Senior	\$132.00 per month
Elite	\$160.00 per month
Masters I (Adult Fitness)	\$53.00 per month
Masters II (Adult Fitness)	\$66.00 per month

The second immediate family member's dues are 80% of their group rate. The third is 70% of their group rate.

PAYMENT POLICY

For families with multiple swimmers, the second swimmer's dues are 80% of that swimmer's group rate and the third is 70% of their group rate. Membership is assumed to be continuous and fees are due and payable on the 1st of each month. All fees are based on a 12-month schedule. Individual cases of extended illness or hardship must be brought to the attention of the Head Coach. Your first month's dues and USA Swimming registration must be paid by credit card when registering for the team online.

All families must have an active credit card connected to their account. Your credit card will be automatically charged for dues on the first of each month. If your credit card fails and your account is delinquent for more than 10 days, your swimmer will not be allowed to participate until you have paid the past due amount.

The United States Swimming registration fee is \$84.00 per year per athlete. This fee is due and payable when first applying for membership with the team and then is renewable each fall. Registration includes membership with USA Swimming. This membership provides liability and secondary medical insurance. The swimmer must be registered yearly. It is each family's responsibility to make sure there is no lapse in USA Swimming membership. If a swimmer withdraws from FDST and returns within a 90 day period, a \$50.00 re-registration fee will be charged.

DUES PAYMENTS ARE DUE AND PAYABLE IN FULL BY AUTOMATIC CREDIT CARD PAYMENT ON THE FIRST DAY OF EACH MONTH. A FEE OF \$10.00 WILL BE ASSESSED TO YOUR ACCOUNT IF YOUR CREDIT CARD IS DENIED. SEE PAYMENT BY CHECK POLICY ABOVE.

**For additional information please email
rickklatt@gmail.com or call
Head Coach, Rick Klatt at (559) 448-7676**

**FALL-WINTER-SPRING
PRACTICE SCHEDULE**

Mini-Dolphins	MWTh	5:00-5:30 p.m.	Bullard High
Bronze	MWTh	5:30-6:15 p.m.	Bullard High
Bronze Plus	M-Th	5:30-6:30 p.m.	Bullard High
Silver	M-F	5:30-7:00 p.m.*	Bullard High
Gold	M-F	5:30-7:15 p.m.*	Bullard High
Senior	M-F	5:15-7:15 p.m.*	Bullard High
Elite Team	T/Th	5:00-6:20 a.m.	Gym
	M-F	5:15-7:15 p.m.*	Bullard High
Masters I	M,W,F	5:15-6:30 a.m.	Bullard High
Masters II	add T,Th	5:45-6:45 p.m.	Bullard High

* Friday afternoon practices end 30 minutes earlier for Silver, Gold, Senior, and Elite.

**SUMMER
PRACTICE SCHEDULE**

Mini-Dolphins	MWTh	7:45-8:15 a.m.	Bullard High
Bronze	MWTh	7:00-7:45 a.m.	Bullard High
Bronze Plus	M-Th	7:00-8:00 a.m.	Bullard High
Silver	M-F	6:45-8:30 a.m.	Bullard High
Gold	M-F	6:30-8:30 a.m.	Bullard High
Senior	M-F	6:15-8:30 a.m.	Bullard High
	M-Th	4:00-6:30 p.m.	Bullard High
Elite Team	M-F	6:15-8:30 a.m.	Bullard High
	M-Th	4:00-6:30 p.m.	Bullard High
	Sat (selected)	7:15-9:30 a.m.	Bullard High
Masters I	MWF	5:15-6:30 a.m.	Bullard High
Masters II	add TTh	5:30-6:30 p.m.	Bullard High

Seasonal programs are also available.

For more information visit www.fresnodolphins.org and click on "Seasonal Programs" or call (559) 448-7676

*Fresno Dolphins Swim Team
758 W Enterprise Ave
Clovis, CA 93619*

Fresno Dolphins Swim Team



**A TRADITION OF EXCELLENCE IN
COMPETITIVE SWIMMING AND
WATER POLO**

Established in 1981

**(559)-448-7676
<http://www.fresnodolphins.org>**