

# Swim Dogs: In A Nutshell

**Considering joining a year-round USA Swim Team? Here is a brief FAQ about Swim Dogs to help you in your quest.**

## 1. What are practice times?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HS Dogs/Big Dogs/Top Dogs: 6-7am		HS Dogs/Big Dogs/Top Dogs: 6-7am		HS Dogs/Big Dogs/Top Dogs: 6-7am
HS Dogs: 3:30-6pm (drylands first 30 minutes)	HS Dogs: 3:30-6pm (weights for last 30 minutes)	HS Dogs: 3-5:30pm (drylands first 30 minutes)	HS Dogs: 3:30-6pm (weights for last 30 minutes)	HS Dogs: 3:30-6pm (drylands first 30 minutes)
Swim Pups/Lil' Dogs: 5:45-7pm (first 15 minutes drylands)	Swim Pups/Lil' Dogs: 5:15-6:30pm (first 15 minutes drylands)	Swim Pups/Lil' Dogs: 5:15-6:30pm (first 15 minutes drylands)	Swim Pups/Lil' Dogs: 5:15-6:30pm (first 15 minutes drylands)	Swim Pups/Lil' Dogs: 5:45-7pm (first 15 minutes drylands)
Big Dogs/Top Dogs: 6:45-8pm (first 15 minutes drylands)	Big Dogs/Top Dogs: 6:15-8pm (first 15 minutes drylands)	Big Dogs/Top Dogs: 6:15-8pm (first 15 minutes drylands)	Big Dogs/Top Dogs: 6:15-8pm (first 15 minutes drylands)	Big Dogs/Top Dogs: 5:45-8pm (first 15 minutes drylands)

**2. What is the meet schedule?** We typically register for the same meets each year— roughly 2 meets per month.

**3. What is your practice requirement?** We don't have a practice requirement, but we definitely encourage a minimum number of practices per week. Swimming is a sport in that you are really only getting better at it if you are doing it. There is a certain level of "feel" of the water that must be maintained on a weekly basis, as well as overall swim fitness. Riding your bike or going for a jog, unfortunately won't make you a better swimmer.

**4. What is your meet requirement?** We don't have now, although we will always encourage swimmers to participate in meets. Racing and doing meets are truly the only ways to know if you are improving. It also helps give a better sense of purpose and meaning to practices.

**5. What is your team philosophy?** Our mission statement is: *Swimming is a FAMILY SPORT, and that is why you will see Swim Dog parents and their children swimming together in practices and at swim meets. Our goals are:*

- Swimming improvement through technique first and conditioning second
- Encouraging parents and their children to practice and compete together
- Enjoying life through swimming!
- Building a solid relationship with Denver Public Schools and the local community

We always want to maintain a love for swimming and will foster the most competitive athletes, as well as those just out for a good workout.

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**6. Do you have a US Masters program?** We do; however, the majority of our Masters swimmers are parents of kids that would rather not sit in the stands and watch their practice—they'd rather swim it! Each practice (besides the HS Dogs practice) offers a Masters lane for its members. Our Masters swimmers typical goal is to get a good workout in and remain free of improper-technique. Beyond that, they enjoy being left alone.

**7. Where are your practices?** All practices are held at George Washington High School. The pool is located off the Leetsdale entrance nearest the tennis courts.

**8. What are your equipment requirements?** We require you to have your own suit, goggles, and swim cap. We have Swim Dogs caps for sale year-round. Additionally, we do have a team suit and encourage you to purchase it if doing meets. Team suits change on an annual basis. Members of Big Dogs/Top Dogs/HS Dogs should also have a front-mount snorkel of their own at each practice.

**9. What is the age requirement for the team?** We don't really have one! Our youngest swimmer is four-years old and our oldest is in their 60s! We require a member to be able to participate in the practices given for their group— swim the length of the pool without stopping, and be "water safe". We also require the swimmer to enjoy swimming (sounds like a no-brainer, but extremely important).

**10. Are parents allowed at practices?** Parents are always welcomed to sit in the stands during practices! We ask, though, if you would like to speak with one of the coaches to do so before, after, or between practices.

**11. What is the costs associated?** Each member will pay an annual registration fee (\$100-200 depending on whether you are a new, returning, or continuing member). The monthly dues are based off of which group your swimmer is in. Swim Pups and Lil' Dogs are \$105/month. Big Dogs, Top Dogs, and HS Dogs are \$135/month. There is also a \$25/month fundraising requirement—which may be fulfilled through our King Soopers Neighborhood Rewards Program.

**12. What is the King Soopers Neighborhood Rewards Program?** This program works through obtaining a gift card pre-loaded with \$5 from our coaches our King Soopers Parent Liaison. This card is simply a reloadable gift card that has an account number associated with your name. Every time you reload the card, 5% of the money is given back straight to Swim Dogs on a monthly basis! For further details, check out our FUNDRAISING tab on the home page.

**13. Do you accept new members throughout the year?** We DO accept new members throughout the year, solely based upon practice group availability. Our Swim Dogs coaches work very hard to offer individual attention during every practice, and that can only be maintained at certain group sizes.

**14. Can you suspend your membership throughout the year?** We would like to think of our membership as an on-going commitment; however, we recognize that there are many circumstances in which it is simply not reasonable. As long as we are given written notice at least one month in advance, we will suspend your account with no penalty. With that said, upon your return there must be room in the practice group available in order to readmit.

**15. How does the team communicate information?** The majority of communication occurs via email through our Team Unify account. Any account holder or member with a registered email address should receive all emails sent to the team. Additionally, you may register your

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mobile phone number in order to receive text messages as well— of which we will send in an urgent or emergent situation. We highly encourage registering all of your devices (and swimmer's, if applicable) to ensure proper communication all the time.

**16. How do you become a new member?** The only way to become a new member is to email directly through our website your interest. From there, you will be asked to come to a practice for a tryout— simply to make sure that our program is the correct fit for everyone involved!

**17. How can you register to become a member?** The only way you can register to become a Swim Dog, is through a private link sent to you via email from either Coach Andrew or Coach Ryan.