



2019 - 2020

YWCA Greenwich Dolphins

Since 1970



Ranked in the Top 4% by U.S.A. Swimming



ywcagreenwich.org

NICK CAVATARO POOL



GREENWICH YWCA DOLPHINS
2018-2019



The Dolphins Difference Tradition...Fellowship...Excellence

Entering its 49th season, YWCA Greenwich Dolphins Swim Team is committed to providing the community with a very successful, competitive swimming program. Our goal is to help each swimmer reach the highest possible level of development and competitive achievement. Team members and their parents work with the coaches and staff to attain these objectives. Dedicated, experienced coaches constantly strive to instill confidence and pride in all team members while working to improve various stroke disciplines, endurance and overall racing skills.

Over the years, the Dolphins Team can point with pride to key accomplishments:

Eight Olympic Trial Qualifiers, with two in 2019, 25 Senior National Qualifiers, 65 Junior National and Sectional Qualifiers, 162 YWCA Junior-Senior National Champions, over 375 State Champions and many USA Meet Champions. This past season, the Dolphins had 12 swimmers win 33 state championships. In 2018, USA Swimming named the Dolphins a Silver Club for the second consecutive year, making them the only competitive team in Greenwich with this recognition and placing them in the top 4% of swim clubs nationally.

The Dolphins Team requires that swimmers train from one to six afternoons a week, depending on ability levels (optional morning sessions are also available for older swimmers). This schedule allows team members to participate in other activities, and most important, to maintain high scholastic levels.

Year after year, the Dolphins' excellence shows itself in the high percentages of individual best times by all swimmers during the season and in the 100% college placement of team members over the past 48 years. More than 125 Dolphins have gone on to compete on college and university teams. Over half of this group has received athletic or academic aid from the school of their choice, including Division 1, 2, 3 including Ivy League and Service Academies.





We Are the Dolphins

Dolphins Swim Team members are girls and boys who range in age from 6 to 18. They reside throughout Greenwich, Stamford, Port Chester, Rye, Rye Brook, Mamaroneck, Larchmont, Scarsdale, Armonk, Bedford, White Plains and other near-area communities. In 2019 - 2020, the Dolphins will have eight age group and ability levels including a new STATE 2 team.



First-Time Candidates Note: YWCA Greenwich Dolphins is a competitive swim team with limited openings. New candidates are welcome to be evaluated and will be accepted on a space and ability basis only. Some swimmers are placed on a waiting list or recommended to register for lessons or clinic groups. For information, e-mail n.cavataro@ywcagreenwich.org, or call Shanna Sudderth, Director of Aquatics, at 203-869-6501, ext. 121.



Evaluations, Placement & Registration

The Dolphins will hold open evaluation sessions for new team candidates on September 3, 4, 5, and 7. The evaluations include a variety of start, turn and stroke drills, as well as analysis and timings of different strokes. New swimmers must attend ONE evaluation session. Placement on a team level, waiting list or recommended lesson group notification will be by email within 48 hours. All Team level practices will begin September 9.

Members of the 2018 - 2019 Dolphins team are notified by email of their 2019 - 2020 placement. Swimmers must respond by the specified deadline to secure their roster spots. In the event that a returning swimmer does not agree with the advance placement, the swimmer may be re-evaluated during appropriate "new" swimmer evaluation sessions in September. All swimmers must pay a yearly United States Swimming registration fee in addition to YWCA membership and program fees.

| TIME | TUESDAY September 3 | WEDNESDAY September 4 | THURSDAY September 5 |
|-------------------------|------------------------|--|-------------------------|
| 5:15 - 6:15 pm | 8/under | 8/under | 8/under |
| 6:15 - 7:15 pm | 9/over | 9/over | 9/over |
| SATURDAY September 7 | | Please use age as of December 1 in determining evaluation age group and plan for the entire 60 minutes. One piece suits, caps and goggles are encouraged. | |
| 1:30 - 2:30 pm | 8/under | | |
| 2:30 - 3:30 pm | 9/over | | |

New Parents Orientation Meeting at YWCA Thursday, September 12 • 6:30 - 7:30 pm





Meets

The Greenwich Dolphins offer team members a unique variety of competitions at various levels: Intersquad Grand Prix Meet Series and United States Swimming Meets. The Dolphins are members of the Connecticut Association of United States Swimming. Typically, Bronze, Silver and Gold swimmers will participate in one to two meets a month from November through April.

The Dolphins Team competes primarily in Connecticut, with upper level competitive opportunities throughout the U.S.A. Recent locations include California, Connecticut, Florida, Indiana, Maryland, New York, North Carolina, Pennsylvania, Virginia, and Wisconsin...as well as at various colleges and universities including Brown, Buffalo, Harvard, Indiana, Iona, Ithaca, Princeton, Wesleyan and Yale.

Awards

Each May, at the Hyatt Regency, Greenwich, over 400 parents and team members gather for the YWCA Greenwich Dolphins Swim Team Awards Banquet. Fourteen special awards are given...from *Most Improved* and *Most Valuable Age Group* to the *Coaches Award for Enthusiasm*. Every Dolphins Team member is recognized for their contribution and receives a trophy commemorating the season. The event is at capacity every year.





Team Levels

Dolphins Swim Team levels are: Future, Future Team 56, Team Age Group I (TAG1), Age Group II (TAG2), Age Group III (TAG3), State and National. As in past seasons, the Dolphins have specific Minimum Test Skills to help encourage and motivate swimmers through the team ladder. These skills are used to place 2018 - 2019 members and act as evaluation guidelines for the 2019 - 2020 team.

Future Team 56: Exclusively for swimmers ages 5 and 6 with the ability to swim some degree of freestyle (crawl) for a length of the pool with rhythmic and/or bilateral breathing and flutter kick. Additional straight arm backstroke and flutter kicking combined with steady backstroke body position are vital. Some ability of breaststroke and/or butterfly as an introductory skill is helpful. This group is highly instructional and will race periodically at the YWCA in intersquad meets only.

The Future Team: Primarily for swimmers ages 6 to 7 with limited or no competitive experience. Swimmers must be able to swim a length (25 yards) of the pool freestyle (crawl) and backstroke for consideration and entry into the program. In recent seasons, candidates also have had some ability to swim breaststroke and butterfly. The group will work on the competitive techniques of all four strokes. Intersquad meets only.

Team Age Group I (TAG I): Primarily for swimmers ages 7 to 9 with a season or more of competitive experience and the need for additional technique development in all four strokes, as well as an introduction to conditioning. Intersquad and USS meets complement this development. Seasonal plan will include 3 - 4 8/u USS meets; State 8/u Championships and periodic intersquad meets. Target Test Skill: Must swim 100-yard Individual Medley according to USS Rules and 50 yards of Freestyle with alternate breathing under 2:30 combined.

Team Age Group II (TAGII): Primarily for swimmers ages 9 to 10 with several seasons of competitive experience and have the need for additional technique development in all four strokes as well as advanced conditioning through interval training. Intersquad and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets and State Championships and periodic intersquad meets. Target Test Skill: Achieve two of the following: 10 x 50-Free in 1:15; 100-yard Freestyle time under 1:30; 100-yard Individual Medley in 1:45 or better.

Team Age Group III (TAG III): Primarily for swimmers ages 11 to 12 with several seasons of competitive experience, endurance skills and the ability to repeat all four strokes continuously. Technique development in all four strokes as well as conditioning is stressed. Intersquad, dual meets and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets; and conditioning for State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. Target Test Skill: Achieve two of the following: 10 x 50-Free in 1:00; 5 x 100-yard Individual Medley in 1:45; 200- yard Freestyle in 2:30 or better.

State 1 Team: Primarily for swimmers ages 11 to 13 with several seasons of competitive experience. Swimmers must have demonstrated within TAG III group, or similar swim club, significant endurance and commitment to training. Swimmers must have reached, or can be projected to reach the March Connecticut State Championship qualifying standards to be ready and available to attend. Target Test Skill: 10 x 100 Free in 1:40; 200-Fly, Back, Breast or IM under 3:10.

State 2 Team: Primarily for swimmers ages 11 to 13 with several seasons of competitive experience. Swimmers must have demonstrated within the TAG III group, or similar swim club, significant endurance and commitment to training. Swimmers must have reached, or can be projected to reach the March Connecticut State Championship qualifying standards and be ready and available to attend. Target Test Skill: 10 x 100-Free in 1:30; 200-Fly, Back, Breast or IM under 3:00 and 500-Free under 7:00.

National Team: Primarily for swimmers age 11 and over with several seasons of competitive experience, endurance skills and the ability to repeat all four strokes at a fast pace continuously. Technique development in all four strokes is stressed, as well as a higher degree of commitment and attendance. Intersquad and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets; League and State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. Target Test Skill: Achieve three of the following: 10 x 100-Free in 1:30; 500- Free under 6:30; 200-IM under 2:30; either a 200-Fly, Back or Breast time of under 2:45.



Practice Schedule

| LEVEL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|-------------|---------------------|-------------|--------------------|----------------------------------|
| FUTURE | | | | | | 1:30 - 2:30 |
| FUTURE 56 | | | | | | 2:30 - 3:15 |
| TAG I | | 4:30 - 5:15 | 4:30 - 5:15 | | 6:00 - 7:00 | |
| TAG II | 5:15 - 6:15 | | 5:15 - 6:15 | | 7:00 - 8:00 | |
| TAG III/STATE 1 | 6:15 - 7:15 | | 6:15 - 7:15/STATE 1 | 5:15 - 6:15 | | 8:00 - 9:00 am |
| STATE 2 | 7:15 - 8:30 | 5:15 - 6:30 | 7:15 - 8:30 | | 3:30 - 4:30 | 7:00 - 8:00 am |
| Yoga | | | | | | 8:15 - 9:00 am |
| NATIONAL | 7:15 - 8:30 | 6:30 - 8:30 | 7:15 - 8:30 | 6:15 - 8:15 | 4:30 - 6:00 | 5:45 - 7:15 am |
| Yoga | | | | | | 7:30 - 8:15 am |
| | | | | | | 3:15 - 5:00 |
| HS GIRLS/HS BOYS * | 7:15 - 8:30 | 6:30 - 8:30 | 7:15 - 8:30 | 6:15 - 8:15 | 4:30 - 6:00 | 5:45 - 7:15 am 3:15 - 5:00*** |
| DRYLAND I | 6:00 - 7:00 | | 6:00 - 7:00 | 5:00 - 6:00 | SEPT 10 - DEC 20** | |
| DRYLAND II | 5:15 - 6:15 | | 6:00 - 7:00 | 5:15 - 6:15 | JAN 3 - MAR 24** | |
| PRIVATE INSTRUCTION | CONTACT COACH FOR APPOINTMENT 203-869-6501x121 | | | | | |
| All times are PM unless otherwise stated. Occasionally pre-empted for meets and events as noted on team monthly calendars. | | | | | | |

This schedule is effective September 9, 2019. Starting in November, the Dolphins will modify this schedule by using both the YWCA and Greenwich High School pools simultaneously: STATE/NATIONAL will move to GHS on Mondays and Thursdays from 6:30 - 8:30 pm. **Please check the Dolphins' website, www.greenwichdolphins.com, for schedule updates.**

* HS practices begin in late November. ** Specific sessions may be pre-empted for team events.

*** As schedule permits around meets.





Attendance, Commitment and Participation

There is a critical relationship between attendance, participation and commitment. These three elements combined with enthusiasm and personal motivation yield tremendous cumulative results. Daily attendance is taken and should attendance at any point fall below 85%, the parent and swimmer will be asked to meet with the Head Coach and discuss future team participation.

All swimmers should be on time, attend meets and strive for excellence. A swimmer who falls short of minimum standards will be asked to meet with the Head Coach and his or her parent.

State and National Swimmers are expected to have 100% attendance during the period of September 9, 2019, through April 3, 2020. These swimmers may supplement or enhance attendance at weekday (M-W-F) morning practices (5:45 - 7:00 am) with coach permission.

The staff recognizes that swimmers will participate in other activities; however, it is critical that all members be aware that attendance requirements are in place for the period noted.

Public and private high school swim team members, who are also Dolphins Swim Team members, should attend one Dolphins practice session a week, regardless of high school team events.

YWCA Pool & Training Facilities

The YWCA's 6-lane pool is the primary training facility for the team. The pool features 8-foot wide lanes and state-of-the-art flow-over gutters. In addition to the YWCA pool, the team also uses Greenwich High School's 8-lane pool from November through April and has access to an outdoor 8-lane, long-course facility for selected National swimmers from late June through July.

Selected team members also have use of the new, state-of-the-art YWCA Fitness Center on a regular basis during the strength and conditioning program.



Meet the Coaches



Coaches (from left): Ainslie Dorrian, Kim Adams, Whitney Welch, Assistant Aquatics Director Matt Haggerty, Head Age Group Coach David Fine, Head Coach Nick Cavataro, Scott Witmer

HEAD COACH NICK CAVATARO has been at the helm of the Dolphins since 1977. The 2019 - 2020 season will be his 43rd year at the YWCA. Under his direction, the team has enjoyed tremendous success including three qualifying for the Olympic Trials for the 2016 Summer Rio Olympics, YWCA National Championships in 1982 (West Point), 1984 (Penn State) and 1985 (James Madison U.) and a dozen runner-up finishes, including in 2016.

Cavataro is an energetic organizer who is concerned with the needs and hopes of swimmers of all ages. He holds regularly scheduled meetings with team members and their parents. In addition to weekly email updates, Cavataro publishes a bi-annual newsletter.

A distance freestyle and butterfly swimmer at Iona Prep, Manhattan College and with the Gotham Aquatic Association (USS), Cavataro was a three-time All-Metro Collegiate selection. In addition to the Dolphins, he is the Head Men's and Women's Coach and Director of Aquatics at Iona College in New Rochelle, NY. Cavataro has had extensive experience working with youngsters, ages 5 - 18, as the Swim Coach at Westchester Country Club, where his summer teams have won eight Westchester League titles and another dozen top five finishes. Cavataro is a member of the American Swim Coaches Association (ASCA-Level 4); the College Swim Coaches Association and United States Swimming. He has participated in American and College Swim Coaches Associations World Clinics. He is married to the former Susan Follansbee, an exercise physiologist. The Cavataro's have six children.

DAVID FINE, HEAD AGE GROUP COACH has a passion for swimming that is evident in his experience as both a swimmer and coach. He earned recognition as a Junior National qualifier, YMCA national finalist, and was a team record holder for the NCY Caimans. His successful high school career led to David swimming for the University of Miami. This fall, David will be entering his 17th season as the New Canaan Girl's High School head swimming coach, a team that has made significant waves at both the Fairfield County Interscholastic Athletic Conference (FCIAC) and State level since he began coaching. He has been recognized as coach of the year by the FCIAC and Connecticut Interscholastic Athletic Conference (CIAC).

MATT HEGARTY, ASSISTANT YWCA AQUATICS DIRECTOR AND SWIM COACH graduated from the University of Connecticut with a degree in Political Science and has been working at the YWCA as a swim coach and swim instructor for the last three years. Matt first began working at the YW when he was in high school as a lifeguard and swim instructor after school. Matt also worked as the Head Lifeguard at Island Beach for four years and is the Head Jr. Team Coach for the Apawamis Club during the summer. Matt is a USA Swimming certified coach, has a Red Cross Water Safety Instructor certification, and Red Cross Lifeguarding, CPR and First Aid certifications as well.

Assistant Coaches

KIM ADAMS is in her third season with the Dolphins. She is from White Plains, NY and was a three-time Section 1 champion and All-American in swimming and a three-time Section 1 champion in basketball at White Plains High School. She played basketball at the University of Pennsylvania and coached swimming in the summers at Westchester Country Club in Rye, NY with Coach Nick Cavataro and more recently at the Apawamis Club, in Rye. She received a master's degree in broadcast journalism from Northwestern University's Medill School of Journalism and has appeared on FOX Sports 1, SNY, ESPN3 and the Big East Digital Network as a sports reporter and basketball analyst. She coaches all levels of the Dolphins and began working with the team in Fall 2014.

AINSLIE DORRIAN has worked with the YWCA since 2000 as a Water Safety Instructor (WSI) and has instructed all ability levels from babies to adults, as well as working many successful Dolphins swimmers over the years. He has worked with the Dolphins as a coach on a variety of levels since 2006 and prides himself on developing technique in a fun and engaged atmosphere for our swimmers of all ages. Ainslie graduated from Greenwich High School,

where he was a Cardinals running-back. Over the past decade Ainslie has competed in many local open water events. A graduate of the College of Mount St. Vincent (CMSV), Ainslie has a BA in Business. He will be working with the Dolphins Future Team and TAG levels and looks forward to bring out the best in our swimmers.

JESSICA DOWLING coached with the Dolphins from 2005-2010 and is an alumnus of the University of Georgia where she was an ALL SEC selection. Jessica has also coached with New Canaan YMCA and returns to the Dolphins after a brief hiatus while she gave birth to two new swimmers of her own! You'll also notice Jessica's name on the Dolphin Record Board from her days as a Dolphin swimmer.

WHITNEY WELCH is a Greenwich native now residing in Stamford. The 2017-18 season will be her 21st with the YWCA Dolphins Swim Team. In addition to her coaching duties, Whitney has been a professional firefighter, EMT and CPR instructor with the Town of Greenwich for the past 28 years. When she is not at the firehouse or pool deck, she can be found in the local elementary schools, libraries, nursing homes, and hospitals with her certified therapy Bernese Mountain dog named Cinder.

SCOTT WITMER will be entering his 14th year with the YWCA Dolphins and 16th overall of coaching. He primarily coaches Tag 1, 2 and 3 levels. Scott is originally from Des Moines, Iowa and moved to Greenwich with his family in 2004 from Evanston, IL. Scott swam competitively through high school and still enjoys competing in open water swims today. He lives in Cos Cob with his wife Carey. They have three children; Kendall, Emmett and Hayden.

Strength and Conditioning Coach

BRENDAN STOTE has been the Strength and Conditioning Coach for the Dolphins since 2012. Since 2009, he has worked at the YWCA as a certified personal trainer and yoga instructor. Previously ranked number one in the country, Brendan is a world-class powerlifter and world record holder. In addition to powerlifting, Stote holds a master level four black sash in Kung Fu. Through his different practices, Brendan has plenty of experience working with children ages 6 - 18. Brendan incorporates core exercises for swimmers that are appropriate for children and young adults. These exercises include resistance training, circuit training, aerobics, calisthenics, stretching and injury prevention techniques.



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