

2020-21 Seasonal Evaluations

The “covid-19” period has required the Greenwich YWCA Dolphins Swim Team to modify our typical evaluation process and team levels.

When we re-started 19-20 programming on June 17 after the 13-week quarantine period, we began and continue to operate with new formatting, levels and participant limits. This system is designed to comply with YWCA, local and national requirements and best health practices to protect our swimmers, members and coaches.

The seven team levels that appear in our 19-20 [brochure link](#) are an operational guide but not accurate at this time for our levels. We feel it is necessary to keep the levels fluid to accommodate our swimmers based on skills and experience. We have been and will operate with these eight levels: Alpha, Bravo, Charlie, Delta, Echo, Foxtrot, Future and Future 56.

We expect to place a maximum of 24 swimmers on each level and 18 on Future and FT56, We also anticipate a series of periodic level adjustments (4-6 weeks) as abilities, progress, attendance and commitment are evaluated. In **GENERAL** terms Alpha swimmers are our most accomplished and experienced and 13/over; Bravo would be experienced swimmers 12/over with excellent training capacity; Charlie would be experienced swimmers ages 11-13 with race experience; Delta and Echo would be for 8-9-10-year olds with experience and strong stroke skills. Foxtrot would be first or second season 7-8-9 year olds who need technique and endurance development.

All new candidates must be evaluated for placement. Each evaluation will be limited to 12 swimmers at one time. A Registration appointment is required - click [HERE](#) as well as completing demographic information and YWCA Waivers at the [Team Registration site](#).

YWCA Policy is that swimmers and coaches may be on the pool deck. Swimmers and parents must familiarize themselves with this video, that demonstrates our entry and exit protocol, available with this short [VIDEO](#).

10/under	Tue	25-Aug	4:00 PM
11/over	Tue	25-Aug	4:30 PM
10/under	Thu	27-Aug	4:00 PM
11/over	Thu	27-Aug	4:30 PM
Any Age	Sat	29-Aug	1:30 PM
Any Age	Sat	29-Aug	2:00 PM
Any Age	Sat	29-Aug	2:30 PM
Any Age	Sat	29-Aug	3:00 PM
Any Age	Mon	31-Aug	5:15 PM
Any Age	Mon	31-Aug	5:45 PM
Any Age	Mon	31-Aug	6:15 PM
10/under	Tue	1-Sep	4:00 PM
11/over	Tue	1-Sep	4:30 PM
Any Age	Wed	2-Sep	5:15 PM
Any Age	Wed	2-Sep	5:45 PM
Any Age	Wed	2-Sep	6:15 PM
10/under	Thu	3-Sep	4:00 PM
11/over	Thu	3-Sep	4:30 PM
Any Age	Sat	5-Sep	1:30 PM
Any Age	Sat	5-Sep	2:00 PM
Any Age	Sat	5-Sep	2:30 PM
Any Age	Sat	5-Sep	3:00 PM

No appointment, membership or fee is required for this evaluation. Please arrive on time and be ready to swim. **Swimmers need only to attend one session.**

ANSWERS TO COMMON QUESTIONS ABOUT THE 2020-2021 DOLPHIN SWIM TEAM

Q: How many Placement and Evaluation sessions do I need to come to?

A: In order to be considered for placement on a team level, swimmers must attend **1 of the sessions** offered. There is **no advantage** in attending multiple sessions; in fact, it detracts from the staff's ability to evaluate all swimmers in the limited time available. This includes candidates for Future Team and returning swimmers who have asked for re-evaluation.

Q. What exactly occurs in the P&E sessions?

A. Swimmers will be asked to demonstrate all 4 strokes **if possible**, as well as dives and turns. Swimmers receive some instruction on skills and then will be timed in free, back and breaststroke and evaluated by the coaches.

Q. What happens if a swimmer cannot do a skill or stroke?

A. This is not a problem; however, this gives the coaches just one more piece of information on a swimmer's ability at this time, so they can make an accurate evaluation of the swimmer.

Q. Is there any fee involved in the P & E sessions?

A. There is no fee or membership necessary for the P&E sessions.

Q. Do swimmers need a racing suit/speedo, cap and goggles on evaluation day?

A. All 3 of these items are helpful! Swimmers can wear any type of one-piece suit. Specific team suits and caps will be available at a fitting date noted in the newsletter text.

Q. Does everyone "make" the team?

A. From time to time, over the past few years, we have been overloaded with certain ages and ability levels and have had to place swimmers on a "waiting list" and recommend other swimmers to "lesson classes" to stay within our guidelines of 24 swimmers per level. The decision as to who makes what level is done by the coaches, with the goal of developing the most workable team levels of similar ability. However, every effort is made to place all swimmers; however, occasionally some swimmers may not be placed on a level due to over enrollment and recommended to classes or placed on a waiting list.

Q. What determines the team level of my swimmer?

A. The coaches review all swimmers on a total of over 20 skill items, including the ability (or inability, which is understandable with many swimmers possibly new to competitive swimming) to perform racing starts, turns and stroke technique skills and integrate time trials as well. The staff evaluates all this information - as well as considers past experience when available - and places the swimmer on the most appropriate level based on a review of their overall skills using our existing guidelines.

Q. What about rosters, carpool, meets, equipment, meeting the coaches and a parents meeting?

A. Those are all critical questions and we will detail all of them via e-mails and at the new parents meeting on Sept. 10. The new parents meeting will be on ZOOM from 6:30-7:30 pm where we will detail our season, goals, meets and organization and take all questions.

Q. When do I find out my team level?

A. Typically, we e-mail out complete team rosters to all swimmers on Saturday, September 5 by 9pm. Normal practices begin the week of Sept. 6.

Q. What about the commitment?

A. The Dolphins have a long standing policy of encouraging strong commitment to practice and participation in meets. We feel this leads to optimal results for individuals and the team. This commitment has led to year round scheduling and billing. However, we recognize and support swimmers and parents involved in outside sports and programs; however, if you have a substantial seasonal or year round commitment to another sport and or activity, in addition to maintaining quality school work, please discuss this with the head coach prior to placement.

- The bulk of competitive season occurs in the period of Sept 6-to March 31 and this is where we stress attendance requirements of 85% for all levels. However, the Alpha, Bravo, Charlie levels should target 100% attendance. Meet participation is a key component of a successful season. Over the past decade we have seen a great jump forward in participation in the "long course" phase of our season, which is April-July. The long course season is particularly important for the development of swimmers ages 9-and-over.

- All swimmers are expected to participate in our Grand Prix Intersquad Meets, team sponsored Town Championship and State Championships, when qualified. Other meets info on a sign-up basis will be detailed at the parent's meeting on Sept. 10.

Q. How do I reach Coach Nick Cavataro?

A. The best way to reach Nick, is by email or call him at his office at Iona College (914-633-2323 from 9am-2pm) Monday through Friday or by e-mail at n.cavataro@ywcagreenwich.org or ncavataro@iona.edu.