

Dolphins 2021-22 Evaluation Notes

The YWCA, the Dolphins and our coaches are proud of the way we have navigated the challenges of the “covid-19” period. Working with the “levels” developed in that period, we will operate under a similar structure in the upcoming 21-22 season. This format allows us to keep similar skill and ages together to advance development.

The 8-team levels (Alpha, Bravo, Charlie, Delta, Echo, Foxtrot, Future and Future 56) combined with the developmental level of Golf will allow us to focus on the individual and group development of technique, stroke and conditioning.

We expect to place a maximum of 32 swimmers on the A-B-C-D levels; Echo & Foxtrot will have 24 swimmers; Future, Future 56 will have 18 swimmers; and, Golf with 12 swimmers.

We anticipate periodic level adjustments in mid-November, when we expand pool time with our bi-weekly use at the Greenwich HS pool.

Additionally, as ability progress, attendance and commitment are evaluated, the format allows us to shift swimmers along the levels at any time. In **GENERAL** Alpha swimmers are our most accomplished, competitive and experienced swimmers and are 13-and-over; Bravo would be experienced swimmers 12-and-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 for first or second season 7-8-9-year old swimmers who need technique and endurance development.

The Future level generally features new competitive swimmers with some Freestyle, Backstroke and Breaststroke ability and are ages 6-7-8. The Future 56 level is restricted to swimmers ages 5+6 with some ability of free and back.

The Golf level will be for swimmers ages 9-14 with limited or no competitive experience and will be an introduction to competitive swimming.

Where all our levels participate in our in-house Grand Prix Race series, Future, FT56 and Golf will not have any travel meets available.

Competitive experience in the A-B-C level is a must. Race experience in the D-E-F level is helpful. No experience is needed is necessary for placement on Future, Future 56 or Golf.

All new candidates must be evaluated for placement. The YWCA Policy is that swimmers and coaches only may be on the pool deck. Parents may watch from the balcony. Swimmers should come with suits on have caps and goggles.

8/under – Mon. Aug 16 – 5:30-6:00pm

9/over – Mon. Aug. 16 – 6:00-6:30pm

8/under – Tue. Aug 17 – 5:30-6:00pm

9/over – Tue. Aug. 17 – 6:00-6:30pm

8/under – Wed. Aug 18 – 5:30-6:00pm

9/over – Wed. Aug. 18 – 6:00-6:30pm

8/under – Thu. Aug 19 – 5:30-6:00pm

9/over – Thu. Aug. 19 – 6:00-6:30pm

8/under – Thu. Sep. 2 – 5:30-6:00pm

9/over – Thu. Sep. 2 – 6:00-6:30pm

8/under – Fri. Sep. 3 – 5:30-6:00pm

9/over – Fri. Sep. 3 – 6:00-6:30pm

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

ANSWERS TO COMMON QUESTIONS ABOUT THE 2021-2022 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 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, carpools, 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 to be announced. The new parents meeting will be on ZOOM and we will detail our season, goals, meets and organization and take all questions.

Q. When do I find out my team level?

A. We will e-mail out complete team rosters to all swimmers on Sunday, 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 the 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 TBA.

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.