**Swim Team Groups:** (start Tuesday, September 4th, 2018)

Blue(Beginner, Developmental group) price $42.00-
Blue is the first step as a member of the QFY Dolphin Swim Team and is for swimmers who can perform 25 yards of Freestyle with an idea of side to side breathing under 1:00 min. and also make 25yards in backstroke under 1:00 min. without stopping. Refining the four strokes and having fun are the main points of emphasis. Swimmers will also begin to focus more on proper turns and starts. Parent and swimmer involvement is important at ALL meets.
**Mon/Tues/Wed/Thurs 5:00pm-5:30pm**

Red (Advanced Beginner, Developmental Group) price $44.00-
Red is the second step as a member of the QFY Dolphin Swim Team and is primarily for all swimmers who can perform a 25 yard of freestyle and backstroke in :50 seconds or under without stopping. They are also able to perform 50 yards freestyle under 1:00 min. Refining of the four strokes and having fun are the main points of emphasis. Swimmers will also continue to focus more on the proper turns and starts and pace clock training will be introduced. Parent and swimmer involvement is important at ALL meets.
**Mon/Tues/Wed/Thurs 4:45p- 5:30p**

Bronze (Intermediate Advanced Age Group) price $47.00-
A bronze swimmer must be able to complete 50 yards freestyle with rotary breathing under a: 45 seconds to be in this group and 4x50’s on the 1:05. They must also have basic knowledge of the breaststroke and butterfly. Basic Stroke and skills instruction are still emphasized along with pace clock training. Swimmers will learn how to complete training on specific repetitions. Parent and swimmer involvement is important at ALL meets.
**Mon/Tues/Wed/Thurs 4:00p-5:00p
Dryland Tues/Thurs 3:30p-3:55p**

Silver (Advanced Age Group) price $49.00-
Silver is primarily for rising swimmers who are still developing all four strokes legally for 50 yards without stopping. This group focuses on further refinement of technique and racing skills. Swimmers receive enhanced swim training and dry land is mandatory at this level. Solid attendance is expected as is attendance at all swim meets. Must swim a legal I.M. 50 free under 36.99 seconds, and 6x50’s on the :50 second interval or 300 yards under 4 mins. :50 seconds. Parent and swimmer involvement is important at ALL meets.
**Mon/Tues/Wed/Thurs 4:00pm-5:15pm
Saturdays 7:00a-8:15a
Dryland Tues/Thurs 3:30p-3:55p**

Gold 2 (age requirements 13&up).price $50.00
Gold 2 group is primarily for swimmers who are 13 and older, multi-sport athlete, and still want/need the cross-training. Swimmers will continue to meet the standards of effort, attendance, attitude and long-range goal focus in the Gold 2 group. Emphasis is on technique, dry land, power and in-water training. Regular attendance is necessary for scheduled practices and at least 3 meets are required. They must also be able to swim a 200 I.M. in 3:00 mins, 50 freestyle under 31.5 seconds and 6x100’s on 1 min and 30 seconds. Parent and swimmer involvement is important at ALL meets.
**Tues/Wed/Thurs 5:30a-6:45a
Tues/Wed/Thurs 4:00p-5:30p
2 Saturdays /month 7:00a-8:30a
Dry-land Tues/Thurs 3:30p-3:55p**
**Mon/Fri- will be on the swimmer to come in for training (workout will be posted in coach’s office on corkboard) 5:30a-6:45a**

Gold 1(Age Requirements 12& up/ Full commitment to practices & meets).price $55.00-
Gold is primarily for swimmers with District/State Championship qualifying times and for serious swimmers committed to meet participation. Stroke technique is strongly emphasized. Very high fitness levels are attained utilizing advanced pool and dry land training sessions. This group also focuses on long- range goal-setting, training commitment, personal development, and responsibility. Strong commitment, attendance, and personal responsibility are expected. Regular attendance is necessary, as is participation in at least 5 meets is required. They must also swim a 200 I.M. in 2 minutes and 50 seconds, 50 freestyle under 30.5 seconds, and 6x100`s on the 1 min and 35 seconds. Parent and swimmer involvement is important at ALL meets.
**Tues/Wed/Thurs 5:30a-6:45a
Mon/Tues/Wed/Thurs 4:00pm-5:30pm
2 Saturdays /month 7:00a-8:30a
Dryland Tues/Thurs 3:30p- 3:55p**

Locker Rental pricing for 11 months- $50.00 (which is $4.55/month)