

September 10, 2016

# Welcome to the Dearborn Dolphins!



It is the mission of the Dearborn Dolphins (DRD) competitive swimming program to help develop goal-oriented, ambitious, and dedicated

student-athletes. Our objective is to provide a foundation for success that will stay with the individual for his or her entire life. We encourage our swimmers to set high standards and expectations for themselves - to face challenges head on and learn to overcome adversity. This requires not only the physical ability, but also the mindset that, "**Anything you can conceive of and believe in, you can ACHIEVE!**" Through sport, an athlete may gain an understanding of the value of hard work, self-confidence, respect, team camaraderie, and sportsmanship. One may even find lasting friendships in the fiercest of rivals. These are the principles we believe in.

To **JOIN**, you need to go to the DRD website – [www.swimdrd.org](http://www.swimdrd.org) – and click on the New Member Registration button on the left side of the home screen. Prior to registering, please use the "**Contact Us**" button to schedule a skills evaluation or attend one of our **New Member Nights** to ensure placement in the proper group. **Payment** and **completed registration** are required before your swimmer will be allowed to practice. If you need help completing registration, please contact us to help you through the process.

We provide several means of communication to keep you informed, first and foremost is our website. On our website, [www.swimdrd.org](http://www.swimdrd.org) you will find a wealth of information regarding our team.

Our hope is that you will use the team's website [www.swimdrd.org](http://www.swimdrd.org) regularly to keep better informed of what's going on with the club. Information regarding practice changes, meet entry availability and due dates, meet updates, and other notices will be posted on the website and updated daily.

## We offer FOUR ability levels:

**NOVICE:** Swimmers are beginning the development of competitive swimming skills. Emphasis for the Novice group is on introducing the *fundamental skills, movements and terminology* of the four competitive strokes. We offer Novice Practice 5 nights a week, with Novices allowed to attend **3 nights** a week of your choice. Novices must be able to swim one length of the pool without stopping.

**INTERMEDIATE:** Swimmers show the ability to exceed past the fundamental stage of competitive swimming. The Intermediate swimmer must have the *ability to perform all competitive strokes* according to the USA Swimming Standards. This group continues to work on *improving skills and movements* and *different types of competitive training* are introduced and enhanced. We offer Intermediate practice 5 nights a week, with Intermediates allowed to attend **4 nights** a week of your choice.

**JUNIOR:** Swimmers have shown continuous physical and mental development as a competitive swimmer. The Junior swimmer has the *willingness to train at a progressive level* based on their own ability, in addition to the ability to swim all four strokes legally. Junior practice is offered 5 nights a week.

**SENIOR:** Swimmers are able to *compete, train and comprehend competitive swimming* at an advanced level. The Senior swimmer must have the willingness to train on land with stretches and exercises as well as in the pool to take swimming to the highest level. Senior practice is offered 5 nights a week.

## Dearborn Dolphins Swim Team Fees

We charge a monthly training fee. It is preferable to set up your account with a credit/debit card to ensure proper billing on the 1st of every month. **ALL** of our swimmers must be athlete members of USA Swimming. This is a yearly \$74.00 fee. We do offer a multi-swimmer discount for families with more than one swimmer. The table below shows the monthly training fees by group.

Once a swimmer is enrolled and swimming, it is assumed that the child will remain in the program until we are notified by a parent. It is the **RESPONSIBILITY** of the parent to notify the treasurer at least **2 WEEKS PRIOR** to their child suspending their practice.

## Swim Meets

We participate in swim meets throughout the year so swimmers can gauge their progress. They are typically held on Fridays, Saturdays and Sundays from October to July by USS Swim Clubs throughout Michigan. Your swimmer may participate in as many or as few of these meets as you like. Typically, there is a \$5.00 per event charge. This will be charged to your account. Information on meets and how to sign up for meets is available on our website.

DRD hosts **two** USS Meets each year. Our short course meet, Ground Hog Splash, is held in the end of January/beginning of February and our long course meet, Freeze or Fry is held in the middle of June. These meets provide approximately 30% of our yearly income and we **REQUIRE ALL FAMILIES** to work these meets. Each family is expected to work at least three volunteer shifts per meet. Shifts are typically in five hour blocks. Incentives are available for those families that work more shifts.

	NOVICE		INTERMEDIATE	JUNIOR	SENIOR
	Blue	Gold			
Number of Practices a Week:	Up to 3 Practices a Week		Up to 4 Practices a Week	5 Practices a Week	5 Practices a Week
Monthly Fee	\$70.00 per month		\$100.00 per month	\$120.00 per month	\$145.00 per month
USA Swimming Fee	\$74.00 annually		\$74.00 annually	\$74.00 annually	\$74.00 annually