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# PROMOTING SPIRITED COMPETITION

## OTTAWA YMCA Dolphins Swim Team

Fall 2020–Winter 2021

For youth ages 5–21 years

### YMCA DOLPHINS SWIM TEAM

The Ottawa YMCA Dolphins Swim Team welcomes all swimmers and ability levels. We are a competitive swim team offering quality coaching and technique instruction for all ages. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability. From novice swimmer to national competitor, every swimmer is important to our team!

### SWIMMING ABILITY AND REQUIREMENTS

- Must be able to swim one pool length each of freestyle and backstroke without stopping.
- Must demonstrate a basic level of comfort and confidence in the water.
- Must demonstrate certain fundamental skills such as rotary breathing and a rhythmic kick.

For swimmers who are not yet ready to join the team, alternative options include group or private swim lessons.

### SWIM CLINIC

The swim clinic is for children 5–12 years old that have either been on the Ottawa Dolphins team or are thinking about joining the team. This is a good opportunity for all new Dolphins (rookies) and parents to meet the coaches and give swim team a try prior to joining. The swim clinic will review the 4 competitive strokes and starts and turns. Register at the Y Service Desk. Fee is \$30 members / \$60 program participant Monday and Wednesday, Sept 9–Sept 23 from 4:00–5:00 PM.

### SWIM TEAM REGISTRATON FEES

Swim team fees include; 26 weeks of practice and coaching, team t-shirt, awards, and end of season awards banquet.

This year, with additional COVID-19 concerns, swimmers will be placed in practice groups by age, ability, school district, and social groups. There will be a maximum of 12 swimmers per practice group.

- |                           |              |                                  |
|---------------------------|--------------|----------------------------------|
| • Swimmers age 10 & Under | \$276/season | \$46/month                       |
| • Swimmers age 11 & Over  | \$312/season | \$52/month                       |
| • Swimmers on HS team     | \$208/season | \$52/month (only 4 installments) |

*Families pay full price for first 2 swimmers then receive 15% off each additional child. The lowest monthly rate will be discounted.*

**\*\*All swimmers must be a member of the Ottawa YMCA\*\***

## REGISTRATON

There will be a parent meeting Wednesday, September 23 at 7:00 PM via Zoom to explain general team information, new COVID-19 procedures, and the team registration process.

## PAYMENT

Due to uncertainties related to COVID-19, monthly installments will be the only payment option this season. The first installment is due at time of registration. The other 5 installments are November 1, December 1, January 1, February 1, and March 1. Scholarships are available for those who qualify. Applications are available at the service desk.

All team registration and payments will be done online through our Team Unify website at [www.ottawadolphinswimteam.org](http://www.ottawadolphinswimteam.org).

## OTHER EXPENSES ASSOCIATED WITH SWIM TEAM

- Practice Suits - \$15 and up
- Practice Cap - \$5 and up
- Team Suit for meets - \$40 Male/\$60 Female
- Team Cap for meets- \$12-\$15
- Goggles for practice and meets- \$10 and up
- Travel to/from meets - varies

## PRACTICE SCHEDULE

This year, due to additional COVID-19 concerns, swimmers will be placed in practice groups by age, ability, school district, and social groups. Swimmers will attend practice times according to their assigned group. The current practice schedule can be found under the practice tab at [www.ottawadolphinswimteam.org](http://www.ottawadolphinswimteam.org).

10 & Under swimmers will be assigned a practice group red, yellow, or orange. They will practice 3 times per week for 45 minutes.

11 & Over swimmers will be assigned a practice group blue, green, or brown. They will practice 4 times per week for 60 minutes.

## MEET SCHEDULE

The Illinois YMCA Swim Committee and the Northwest District Coaches are working together to figure out ways to have swim meets this season that safely follow the guidelines set by the IDPH. It is our hope that we will be able to have 1-2 meets per month.

Meet Schedule to be determined.

## FOR ADDITIONAL INFORMATION CONTACT

Christy Ovanic, Head Coach  
OTTAWA YMCA  
201 East Jackson Street, Ottawa, IL 61350  
P 815-433-2395  
E [ovanic91@hotmail.com](mailto:ovanic91@hotmail.com)  
[www.ottawadolphinswimteam.org](http://www.ottawadolphinswimteam.org)

