



# PROMOTING SPIRITED COMPETITION

## OTTAWA YMCA Dolphins Swim Team

Fall 2022-Winter 2023

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 ability level. 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 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 team. The swim clinic will review the 4 competitive strokes and starts and turns. Register at the Y Service Desk.

Mondays and Wednesdays, Sept 7-Sept 21 from 4:00-5:00 PM.

Fee is \$30 members / \$60 program participant

### SWIM TEAM REGISTRATON AND FEES

Our online registration will open on September 1 for returning team members. New members may register anytime between September 1 and September 26 but, it might be best to wait until after the swim clinic so the kids have a chance to see what swim team is all about. There will be a parent meeting Wednesday, September 21 at 5:45 PM in the small gym to explain general team information and try on suits. All team registration and payments will be done online through our Team Unify website at [ottawadolphinswimteam.org](http://ottawadolphinswimteam.org).

Swim team fees include 25 weeks of practices and coaching, team t-shirt, awards, and end of season awards banquet. Swimmers will be placed in practice groups by age and ability. We will use the same 10&under / 11&over format that we used last season. It gives us the most flexibility to keep siblings together and balance numbers in each group.

- |                            |              |                                  |
|----------------------------|--------------|----------------------------------|
| • Swimmers 10years & Under | \$312/season | \$52/month                       |
| • Swimmers 11 years & Over | \$348/season | \$58/month                       |
| • Swimmers on HS team      | \$232/season | \$58/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\*\***

## PAYMENTS

Team fees are paid by monthly installments that are automatically drafted on the first of each month. 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, [ottawadolphinswimteam.org](http://ottawadolphinswimteam.org).

## YOUTH CONDITIONING

We are excited to announce a new youth conditioning class called R.I.P.P.E.D., that will help develop athleticism of each and every athlete. The program will address balance, speed, agility, core strength, and conditioning. We strongly encourage all team members 11 & over to register for this class. Register at the Y Service Desk.

Mondays and Wednesdays from 4:45-5:30 PM beginning September 7.

Fee is \$30 members / \$60 program participant per 7 week session.

## OTHER EXPENSES ASSOCIATED WITH SWIM TEAM

These items will be discussed and explained at the parent registration meeting.

- 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
- Invitational and Championship meet entry fees - \$4.00/event and up

## PRACTICE SCHEDULE

Swimmers will be placed in practice groups by age and ability. Swimmers will attend practice times according to their assigned group. The current practice schedule can be found under the practice tab at [ottawadolphinswimteam.org](http://ottawadolphinswimteam.org).

- 10 & Under swimmers will be assigned a practice group red or yellow. They will practice 3 times per week for 45 minutes.
- 11 & Over swimmers will be assigned a practice group blue or green. They will practice 4 times per week for 60 minutes.

## MEET SCHEDULE

Our meet schedule is still in the works. For the most up to date information, see our website, [ottawadolphinswimteam.org](http://ottawadolphinswimteam.org), under the meets and events tab. Hopefully, we will be able to have 2-3 meets per month.

## FOR ADDITIONAL INFORMATION CONTACT

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