



DART-Solano

Age Group Performance 2023-24

Success and Fun and Every Level





Vision Statement

DART Swimming is our competitive year-round program. It is dedicated to empowering young people to commit to the pursuit of excellence and self-improvement and through these pursuits to acquire life enhancing attributes such as integrity, discipline, dedication and sportsmanship.

Our Purpose

People will have diverse opportunities for lifelong enrichment through the sport of swimming and a cost the members and partners will support.

- Athletes of varying levels have diverse athletic opportunities
- Athletes are benefiting from collegiate athletic opportunities.
- Athletes are inspired to train for Elite levels.
- Athletes have additional opportunities for personal growth outside of regular team activities.
- DART Swimming is a leader and role model in USA Swimming

DART-Solano Age Group Performance Groups

Our Age Group performance groups include swimmers who are 8-14 years of age. These are broken into two groups (Age Group 1 and Age Group 2.) These groups are based on ages/abilities.

DART believes in focusing on long term development of individuals in a team environment. We believe in a “We” versus “Me.”

Coaches-Age Group Performance

Ricky Rascone	Head Age Group Coach
Ricky Silva	Head Coach-DART Solano

**Additional staff will assist the Lead Coaches throughout the season. This brings additional perspective and diversity to our swimmers.*

Focus For Age Group Performance

Technique

- Kicking

- Underwater work

Goal Setting

- Season and Long Term Goals

- Race Strategy

- Developing student-athletes

Physical Development

- Learn how to train/train to develop

- Dryland

Education for swimmers and parents

- Developing a healthy lifestyle

Teamwork

FUN

Age Group Performance Groups

These groups are for 8 and older who have chosen swimming as a competitive sport.

Swimmers include year only swimmers as well as those who participate in more than one sport.

There are attendance and swim meet participation requirements for these groups.

Age Group 1

\$165 per month

This is our introductory performance group for 8-12 year olds. Swimmers must average at least 3 practices per week, swim meets and have goals to progress into Age Group 2.

- Swimmers must be able to swim a 200 IM as well as a 100 of each competitive stroke.
- Swimmers must be able to swim 10x10 on 2:00/kick 10x100 on 3:00

Age Group 2

\$170 per month

This is our performance group for 11-14 year olds (middle school.) Swimmers must average at least 4 practices per week, swim meets and have goals to progress into the Senior 2 or National Development group in the future.

- Swimmers must be able to swim a 400 IM as well as a 100 of each competitive stroke.
- Swimmers must be able to swim 10x10 on 1:45/kick 10x100 on 2:40

Equipment

All swimmers in Age Group 1 and 2 should bring the following equipment to practice on a daily basis.

Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

Front Mount Snorkel

[Light Resistance Band](#) for dryland

DART Attire-Team Spirit

DART Swimmers are encouraged to wear DART items to show their team pride. All swimmers receive a swim cap when registering for the teams. Additional silicone caps can be purchased for \$10 from a DART coach.

Additional items such as shirts, jackets, hoodies and more will be available throughout the year. DART will have team spirit items for sale on our team store and special group orders throughout the year.

Age Group swimmers who attend prelims and finals or travel meets will be required to have podium wear (typically a jacket or hoodie.) This is being finalized by the DART staff.

We will do a January registration (typically in September) that includes team gear for all groups.

Team Store-TYR

Our DART team store with our team sponsor TYR offers a variety of TYR items at a discounted rate.

To register on your team store, visit [TEAMS.TYR.COM](https://teams.tyr.com), click on create account, and use the access code "**TeamDart21**". Once registered you will receive your team's discount as well as additional promotions etc!

Safe Sport-Athlete Protection

DART and USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members.

Free training is offered for parents, swimmers and coaches Athlete Protection Training (APT) is available for athletes. Safe Sport Core Training is available for adults. Swimmers who are 18 and older must take training in addition to APT. Coaches are required to maintain Safe Sport training as a term of their USA Swimming Coach membership.

Parents-Required to Complete by 12/1/24
Swimmer 11 and older Required to complete by 12/1/24
Must have completed APT to attend travel meets.

Swim Meets

Swim meets are offered throughout the season.

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- Race Day Clinics
- Race Days (non sanctioned meets)
- Open Meets-all levels
- Performance Meets (qualifying times)

Age group swimmers should plan to attend swim meets. If they are NOT able to attend a meet on our schedule, they should notify the coach.

Team Travel Meets

We will offer travel opportunities throughout the year for the senior groups. This includes swim meets as well as training opportunities. These will include team travel with chaperones as well as travel with parents.

These opportunities offer team building experiences for our swimmers. Some of the higher level travel meets have time requirements-these will be communicated in emails as well as on our website.

Team and Group Events

We will offer team and group events throughout the year. Swimmers are encouraged to participate in these events. Events are designed to bring the team or group together in a FUN environment. Info will be emailed as well as posted on our website.

Communication

Coaches will communicate with the swimmers in a few different ways. This includes on deck weekly group emails. Info will also be posted on the website.

Monthly newsletter will be sent out starting in the fall of 2023.

Team emails are also sent out throughout the season with team updates.

Social Media

DART maintains social media accounts on instagram, facebook and more. Families and swimmers are welcome to follow and participate in our social media posts, stories and more.

Goal Setting

Goal sheets will be distributed to the swimmer in September. Ricky R will review and meet with swimmers regarding their goal sheets.

Weekly Meetings

The age group swimmers will have a weekly meeting at the start of dryland on Tuesdays. This is subject to change-please check weekly emails.

Seasons

Our team practices and competes on a year round basis. However, the year is broken into three main seasons for National/Senior swimmers. All swimmers should have a performance meet on their schedule at the end of season.

Late August-December	Short Course
January-May	Short Course
June-part of August	Long Course

Volunteer Requirements (see team handbook for more info)

Hosted Meets

Hosted Events-families should pitch in (share the work)

Away Meets-timing and officiating requirements

*Timing buyouts will be available at \$18 per hour at away meets. More info will be included in our team handbook.