



**DART-Solano
Age Group 12-unders Division**



Gold Medal Team.....Gold Medal Standards



Mission Statement

Through the sport of competitive swimming, DART is dedicated to empowering young people to commit to the pursuit of excellence and self-improvement in all aspects of life, while in a safe and supportive environment.

Vision Statement

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

Core Values

Build Character and Develop Life skills. Integrity, discipline, dedication and sportsmanship, time management. Provide an enjoyable experience to athletes and their families.

1. Supportive and safe environment
2. Team Unity
3. Active participation in team activities and events
4. Community Service
5. Provide charitable opportunities for athletes to be involved in the broader community.

Ends Statement

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

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

Coaches-Age Group Division

Head Coach	Ricky Silva	rickysilvascsc@gmail.com
Age Group	Grace Erkeneff	gracekellogg88@gmail.com
Assistant AG Coach	Clinton Freed	cwfreed@gmail.com

DART-Solano Age Group Division

The Age Group is designated for swimmers who are 12 and under. Our team believes in focusing on long term development of individuals in a team environment. We believe in a “We” versus “Me” team environment.

Practice Groups and Schedule

The practice schedule includes days and times for Age Group. You will notice there are specific days and times for this group along with practice requirements. The coaching staff will work individually with each swimmer to determine their group.

[Fall Practice Schedule](#)

The season includes a mix of separated practices by group as well as combined. Our goal is to maintain a balance of swimmers training with all levels of swimmers in their peer group as well as training in a group based on intervals, intensity and volume appropriate to their level.

Swimmers who need to adjust their schedule should talk directly to one of the Age Group coaches but parents are encouraged to email your swimmer’s coach.

Areas of focus for all Age Group swimmers at our site;

Long Term Success

Technique

Ownership

Balance (School and Sport)

Teamwork

Communication

Hard Work

Education

FUN!!!

Long Term Success

Our program takes a long term approach for athletes to become successful as student athletes. This includes maintaining a balance as a student-athlete. We do not believe in taking shortcuts or the “have it all now” approach.

Technique

The foundation of our program is technique. We do A LOT of kicking. The swimmers continue to develop and refine their strokes while adding training at a controlled pace. Proper technique results in faster swimming and less repetitive use injuries.

[DART : Technique and Skills \(teamunify.com\)](#)

Ownership

As your athlete starts to move up within the program, we want your swimmer to start to establish that swimming is important to them and that they are beginning to advocate for themselves in the sport. Such as; knowing their times in swimming, coming to practice when able too, etc. Acknowledging that swimming is important to them and wanting to make it a part of their daily routine.

Balance

We believe in maintaining balance for our swimmers. This includes swimming, academics, activities, family and other areas of life. We will be discussing time management.

Teamwork

“We....not Me.” Our program believes that success in swimming comes from being in a positive and supportive team environment. Each swimmer brings positive aspects to the team.

Communication

Communication between swimmers, parents and coaches is important to an athlete participating and their success throughout the season. Our main goal is to have swimmers in Age Group start communicating directly with the coaches and their parents. Swimmers will be asked to advocate for themselves to develop lifelong communication skills that will carry into college and their adult lives.

Hard Work

Swimmers who want to be successful must learn how to work hard. Swimmers are training to race, refine their technique, etc. These improvements come from the work that they put in on a daily basis. This includes swimming, dryland and academics. Swimmers will also learn how to work through challenges that present themselves within the season.

Education

We will be working with swimmers and parents to increase education about the sport of swimming and athletics. This includes the science behind training, racing strategies, technique, nutrition and more.

FUN!!!

We value fun. Each swimmer may have different opinions on what is fun in swimming. Having fun is an important aspect of being on a team and playing a sport.

DART Attire

Swimmers will receive a cap and two shirts at the start of the season. Additional items will be available for purchase throughout the year. Swimmers are encouraged to wear their DART attire to team meets and some events. Team pride starts with representing the team with the proper attire.

Swimmer **MUST** wear DART caps at all competitions when representing our team.

Safe Sport-Athlete Protection

DART and USA Swimming is committed to providing a healthy and positive environment free from abuse for all its members. USA Swimming's Safe Sport program, a comprehensive abuse prevention program, consists of a multi-layered approach to keep kids safe, including: required policies and best practice guidelines; mandatory screening, including criminal background checks and employment screening; training and education; monitoring, supervision and mandatory reporting. These measures are informed by experts in the field of child safety and are among the strongest safeguards found in youth-serving organizations.

[Safe Sport \(usaswimming.org\)](https://usaswimming.org)

Our team maintains Safe Sport policies as well as a Minor Abuse Athlete Prevention Policy.

[MAAPP Policy](#)

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.

Age Group

APT for Swimmers who are 11	Required
Safe Sport for Parents	Required

Swim Meets

Swim meets are offered throughout the season. Meets levels vary from race days (practice meets) to championship meets. Coaches will announce on deck and via email when meets open for entry. Swimmers should enter as soon as possible to avoid being "shut out" of a meet that fills.

Meets are an opportunity to support the team, evaluate progress as well as get to know other swimmers and families. Meet requirements vary by group.

Age Group swimmers must attend meets listed on the meet schedule as per designation. Swimmers must attend performance meets. Meet options will be made available for swimmers not able to travel. Swimmers **MUST** attend hosted meets (swim or volunteer as designated.) Swimmers who cannot attend meets on the schedule should communicate with a lead coach.

Team Travel Meets and Events

We will offer travel opportunities throughout the year for the Age Group Division. All travel meets will be with parents of the swimmers, no group travel.

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 and individual meetings and emails. Info will also be posted on the website.

Family Volunteer Requirements

Our team relies on volunteers to run meets and events as well as some operations such as team socials throughout the year. Hosted meets are both team building events as well as fundraisers for our team. Away meets require volunteers such as timers and officials.

A full overview of our volunteer requirements is available in our team handbook. The requirements by group include three areas:

- Hosted Meets
- Hosted Events and Operations
- Away Meets (timing, officiating, etc.)

Age Group

Level 2 volunteer requirements. This will include;

Designated number of any volunteer hours (same for all performance groups)

Designated number of leadership volunteers hours-Level 2

Volunteer hours at hosted meets (same for all performance groups)

Leadership Volunteer Hours for Age Group parents

These volunteer hours will be broken into levels and include positions such as (but not limited to:)

- Committee Chairs or Participants
- Event Organizers
- Swim Meet Manager Roles
- Officials
- Computer or Colorado Operator
- Fundraising Organizers
- Apparel Orders and Distribution
- Website or Social Media Support
- Chaperone or Travel Support
- Coordinator Positions (Timing, Volunteer, Parent Trainings and Meetings)



Age Group 9-12 year olds

Age Group (previously Junior) is a competitive group for our 9-12 year olds. Swimmers have chosen swimming as one of their main sports focuses. This is one of our Performance Groups.

Practice Schedule

Practices are offered 6 times a week. Swimmers are encouraged to attend as many practices as fit their schedules, but are not required to attend all practices.

Mon-Fri	5:00-6:30 pm	
Fri	4:30-6:30 pm	includes dryland
Sat	8:00-10:00 am	optional dryland 8-8:30 am

**Practices are also available in American Canyon on Tue/Thu*

Attendance

Swimmers should attend 4 or more practices per week. Swimmers who are participating in two sports in the same season should talk to their Coach Grace about an adjusted schedule.

Practice Standards

The following practice standards are in place to ensure that swimmers in Age Group maintain progress within the group. Swimmers who are placed in Age Group should be able to achieve these by December.

Able to swim 12x75 free on 1:30 interval

Able to swim 8x100 IM on 2:15 interval

Able to kick 5x100 on 2:15 interval

Meets

Swimmers **MUST** attend DART-Solano hosted meets.

Swimmers **MUST** attend performance meets on our schedule.

Swimmers must attend a minimum of 3 meets per season.

Registration

Swimmers will receive two DART shirts and one DART cap. Additional items can be purchased throughout the season.

All swimmers must also be registered with USA swimming. See our team handbook for more info.

Volunteer Requirements

Families must fulfill Level 2 volunteer requirements

Equipment

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

Light Resistance Band

Tempo Trainer-optional