



**DART-Solano  
Senior Division 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 Senior Groups**

Our Age Group performance groups include swimmers who are 14 and older (high school.) Swimmers who are 13 may be moved into the Senior division with coach approval.

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 Silva	Head Coach-DART Solano	Lead-National Development
Nick Lillard	Senior Coach	Lead-Senior Group
Ray Wieser	Senior Coach	National/Senior

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

## **Focus For Senior**

### Technique and Race Awareness

- Kicking
- Skills (turns and starts)
- Cycle Rates
- Kick Count/Stroke Count

### Goal Setting

- Season and Long Term Goals
- Race Strategy
- Developing as student-athletes
- High School/College Swimming

### Physical Development

- Increased Training (bigger engine)
- Specificity Training
- Dryland

### Education for swimmers and parents

- Performance in Athletics
- Injury Prevention
- Time Management
- Leadership
- Self Reliance
- Nutrition

### Teamwork

- Team/Site Events
- Group Events
- Community Service

### FUN

## **Senior Groups**

These groups are for high school age swimmers who have chosen swimming as a competitive sport. A senior fit group MAY be offered November-January for swimmers (these swimmers should either swim with Blue or Senior in the fall of 2023.)

### **Senior**

**\$175 per month**

Swimmers are 14 and older. This group is for high school aged athletes who want to improve in the sport of swimming. Swimmers will focus on participation, goal setting, technique and fitness. Practices are offered six days a week. Swimmers in this group include year round swimmers as well as multi-sport athletes. On-site dryland will be offered two days a week.

Attendance at meets and events is recommended (coaches will communicate with individuals)

- Swimmers must be able to swim a 200 IM as well as a 100 of each competitive stroke.

**National Development****\$220 per month**

Swimmers are 14 and older. This is the highest level in our program. meet, practice and attendance requirements are required. Swimmers have chosen swimming as their primary sport on a year round basis. Practices are offered six days a week (2 times per day twice a week.) Dues include Pinnacle Fitness gym workouts (2 times per week.) Dues include a DART-Pinnacle membership. Attendance at meets and events is required.

- Swimmers must be able to swim a 400 IM as well as a 200 of each competitive stroke.
- Swimmers must be able to swim 20x10 on 1:20/kick 16x100 on 1:45

***DART Coaches may move swimmers to groups outside of the age ranges listed above if they feel that it is in the best interest of the development of the swimmer.***

**Equipment**

Mesh Gear Bag

Water Bottle

Kickboard

Hand Paddles (stroke maker or TYR catalyst)

Pull Buoy

Front Mount Snorkel

Tempo Trainer

*\*National Development only*[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.

National Development swimmers and Senior 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!

### **Senior and National Development**

Parents-Required to Complete by 12/1/23

Swimmer 11 and older Required to complete by 10/1/23

Must have completed APT to attend travel meets.

18 and older must complete specific training before turning 18.

### **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.

### **Swim Meets**

Swim meets are offered throughout the season.

- 
- Race Strategy Clinics
- Race Days (suit up-practice racing)
- Open Meets-all levels
- Senior Meets (qualifying times)
- Performance Meets (qualifying times)

Senior Division swimmers are expected 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.

The coaching staff will work with the National Development and Senior group to set up a group messaging account for swimmers in the groups. This will be used for communication throughout the season.

A 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**

We will have a goal setting meeting on Monday, September 11. Goal sheets will be distributed to the group following the meeting and will be due no later than Saturday, September 30.

### **Weekly Meetings**

We will have our weekly swimmer meetings at the start of our Monday practices. We will offer additional meetings and educational sessions for swimmers and parents throughout the season.

### **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.