



## **Intro to Team 12 and under swimmers**

This is our Introduction to swim team. The group is primarily 12 and under swimmers who are making a transition from lessons to team. Coaches are in the water with the swimmers to assist them with technique and skills.

### **Practice Schedule**

Practices are offered 2 times per week. Swimmers can choose any of the following practice days and times:

Mon/Wed	4:05-4:35 pm
Mon/Wed	5:50-6:20 pm
Tue/Thu	4:05-4:35 pm
Tue/Thu	5:50-6:20 pm

Swimmers are encouraged to attend two times per week. Head Age Group Coach Grace will coordinate with swimmers and families practices days and times once they are registered with the group. Swimmers interested in attending more than two days a week should talk to Coach Grace.

### **Pre-Requisites**

Swimmer is able to swim unassisted 12.5 yards without stopping.

Swimmer is able to kick 25 yards of flutter kick with or without a kickboard.

### **Meets**

Swimmers can enter race day meets at Solano College.

### **Registration**

Swimmers will receive 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**

Parents should plan to help out at meets that swimmers attend (timing or other roles.)





## **Yellow 10 and under swimmers**

The group is composed of 10 and under swimmers who are capable of swimming most of the competitive strokes. The focus of the group is stroke and skill development, fitness, an introduction into competitive swimming and fun!!!

### **Practice Schedule**

Practices are offered 4 times a week. Swimmers are encouraged to attend as many practices as fit their schedules, but are not required to attend all practices.

Mon-Thu                      4:15-5:15pm

### **Attendance**

Swimmers should attend 2 or more practices per week.

### **Pre-Requisites**

Swimmer is able to swim 25 yards and 25 back without stopping.

Swimmer is able to kick 75 yards of flutter kick with or without a kickboard.

Swimmer is able to swim 25 yards of breaststroke.

Swimmer is able to kick 25 yards of dolphin kick with or without a board.

### **Meets**

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

Swimmers should attend at least 2 away meets per season (Sept-March and April-August)

### **Registration**

Swimmers will receive one DART shirt 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 1 volunteer requirements.



## **Blue 11 and older swimmers**

The group is composed of 11 and older swimmers who are capable of swimming most of the competitive strokes. The focus of the group is stroke and skill development, fitness, an introduction into competitive swimming and fun!!!

### **Practice Schedule**

Practices are offered 4 times a week. Swimmers are encouraged to attend as many practices as fit their schedules, but are not required to attend all practices.

Mon-Thu                      5:15-6:30 pm

### **Attendance**

Swimmers should attend 2 or more practices per week.

### **Pre-Requisites**

Swimmer is able to swim 25 yards and 25 back without stopping.

Swimmer is able to kick 75 yards of flutter kick with or without a kickboard.

Swimmer is able to swim 25 yards of breaststroke.

Swimmer is able to kick 25 yards of dolphin kick with or without a board.

### **Meets**

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

Swimmers should attend at least 2 away meets per season (Sept-March and April-August)

### **Registration**

Swimmers will receive one DART shirt 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 1 volunteer requirements.



## **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.



## **Senior Prep 13 and older**

This is the first of our three senior groups. The senior groups include swimmers who are 13 and older. This group will focus primarily on technique, fitness, skills and fun.

The focus of our senior program is to develop swimmers in the following areas:

Balance of being a student/athlete, consistency, hard work, teamwork, respect, sportsmanship, participation and fun. Athletes in our senior groups are expected to be self-reliant, take ownership and communicate with the coaching staff.

### **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-Thu 5:00-6:30 pm

Fri 4:30-6:30 pm

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

### **Attendance**

Swimmers should attend 2 or more practices per week.

### **Practice Standards**

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

Able to swim 50 yards of each stroke.

Able to swim a 200 freestyle without stopping.

Able to swim 10x100 free on 2:00

Able to swim 6x100 IM on 2:30

Able to kick 6x100 on 2:30

### **Meets**

Swimmers **MUST** attend at least one DART-Hosted meet.

Additional meets are offered on the schedule.

**Registration**

Swimmers will receive one DART shirt 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 1 volunteer requirements.

Able to kick 10x100 on 1:55





## **Senior 13 and older**

This is the second of our three senior groups. The senior groups include swimmers who are 13 and older. This is one of our Performance Groups. Swimmers in this group have chosen swimming as one of their competitive sports.

The focus of our senior program is to develop swimmers in the following areas:

Balance of being a student/athlete, consistency, hard work, teamwork, respect, sportsmanship, participation and fun. Athletes in our senior groups are expected to be self-reliant, take ownership and communicate with the coaching staff.

### **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	4:30-6:30 pm	(dryland 4:30-5:00 on Tue/Thu)
Sat	8:00-10:00 am	

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

*\*\*Swimmers can attend mornings in lieu of afternoons on Tue/Thu (one per week)*

*\*Pinnacle Fitness will be held at 5:30-6:30 pm on Tue/Thu*

### **Attendance**

Swimmers should attend 4 or more practices per week.

### **Practice Standards**

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

Able to swim a 200 of each competitive stroke. Able to swim the 500 free.

Able to swim 16x100 free on 1:30 interval.

Able to swim 12x100 IM on 1:45 interval.

Able to kick 10x100 on 1:55 interval.

### **Meets**

Swimmers must compete in DART meets listed on our schedule.

Swimmers must compete in Performance meets listed on our schedule.

**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.



## **National Development 13 and older**

This is the top senior group in our program. The senior groups include swimmers who are 13 and older. This is one of our Performance Groups. Swimmers in this group have chosen swimming as their sport and are looking for success at the regional and national levels.

The focus of our senior program is to develop swimmers in the following areas:

Balance of being a student/athlete, consistency, hard work, teamwork, respect, sportsmanship, participation and fun. Athletes in our senior groups are expected to be self-reliant, take ownership and communicate with the coaching staff.

### **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	4:30-6:30 pm	(dryland 4:30-5:00 on Tue/Thu)
Tue/Thu	5:30-7:15 am	
Sat	7:00-9:00 am	

\*Pinnacle Fitness will be held at 5:30-6:30 pm on Tue/Thu

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

### **Attendance**

Swimmers should attend 4 or more practices per week.

Swimmers attend at least two mornings per week (three offered T/Th/Sat)

### **Practice Standards**

Able to swim 20x100 on 1:15 interval or faster

Able to swim 16x100 IM on 1:30 interval or faster

Able to kick 10x100 on 1:45 interval or faster

### **Meets**

Must attend DART hosted meets.

Must attend performance meets included on schedule.

**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 3 volunteer requirements