



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILD CONFIDENCE

Dolphins Swim Team



**BENTON HARBOR-ST. JOSEPH
YMCA FAMILY CENTER**

www.bhsjymca.org

Team Eligibility

Fall/Winter Session: Any swimmer 18 years old and under that can swim 1 length (25 meters) of both freestyle (front crawl) and backstroke is welcome to be on our team. You must be a member of the Benton Harbor-St. Joseph YMCA to compete during this session.

High School Swimmers: High School swimmers are welcome and encouraged to extend their high school season and swim with the team before or after competition. Please see head coach as soon as possible for details.

Fall/Winter Session: September–February
(State, Zones and Nationals extend into March)

Summer Session: May–July
(YMCA Membership not required for summer swim team.)

Team Goals

The YMCA Dolphins Swim Team allows swimmers to discover the friendship, excitement, and self-confidence that comes with competitive swimming.

The goals of team membership include:

- Learn and develop competitive swimming techniques and skills
- Increase physical fitness
- Set and accomplish personal goals
- Build a sense of team spirit and pride
- Strengthen Character
- HAVE FUN!

Swim Meets

A meet schedule will be posted on the Dolphin's Bulletin board.

Dolphins Swimmers compete in both HOME and AWAY swim meets.

When the YMCA Dolphins host a home meet, parents are asked to help organize and run the meet. Parent volunteers as timers, scorekeepers, etc. No experience is necessary; experienced parents assist newcomers!

Interested parents are encouraged to further their swimming knowledge by become a Y swim meet official. More information will be available regarding these opportunities at the beginning of the season and as well as the parent meetings.

Parents are responsible for transportation to and from all meets. Many of our parents car pool.

The Dolphin Swim Team competes with YMCA's of the following communities: Sturgis, Niles, Grand Rapids, and Muskegon during the fall/winter season. While summer meets are held with Niles, Elkhart, Sturgis, LaPorte, Kendallville, and Michiana area Y.

Coaches

Swim team coaches are trained and certified by The YMCA of The USA. Coaching staff is also certified in Lifeguarding and CPR for the professional rescuer.

Our coaching staff has been carefully chosen by the Benton Harbor-St. Joseph YMCA to positively impact each swimmer by promoting youth development, healthy living, and social responsibility.

Dolphins Parent Committees

The YMCA Dolphins Swim Team Parents committees meet as needed throughout the fall-winter swimming season, as well as the summer season. The committees are on a volunteer basis and are only a commitment for the current season.

Committees include, but are not limited to: Party Committee, Meet Committee and Concessions Committee. More information regarding committees will be available at the beginning of the swim season.

Coaching Volunteers

The swim team staffs three coaches trained and certified by The YMCA of The USA. However our team continues to grow. To meet the changing and growing demands of the team, we are always looking for adults to assist in making the team a superior experience for each swimmer. If you are interested in assisting the team through coaching, please e-mail the head coach for more information at sjydolphins@yahoo.com.

Stroke Clinics

Stroke Clinics run before the seasons throughout the year, lasting 2 to 4 weeks. All competitive swimmers benefit from the clinic by building a strong foundation for the coming season. See the swim team board located outside the aquatics office or email the coach (sjydolphins@yahoo.com) for exact times and prices. This is a great opportunity whether or not you are currently part of the swim team.

Team Practices

Practices vary according to the swimmer's age and ability. The general guidelines are as follows:

<u>Age Group</u>	<u># of practices per week</u>
10 and under	2 to 4 days
11 and up	3 to 5 days

PRACTICE SCHEDULES: (times subject to change)

FALL/WINTER

Monday-Friday
4:00-5:30pm

Monday-Thursday
6:30-8:00 pm

Swim meets are held on Saturdays.

SUMMER

Pool: Monday-Thursday
4:00-5:30 pm

Gym workouts: Monday and Wednesday
3:15-4:00 pm

Swim meets are held on Fridays.

YMCA MISSION

To put Christian principles
into practice through programs
that build a healthy spirit, mind
and body for all.



Prices and Fees

**Y Membership required to participate on
the swim team October-February.**

First Child: \$200/season

2nd & Add'l Child: \$160/season

Full payment due by December 1, 2011.

Some meets will have entry fees. These fees will be posted on the team bulletin board (by the Aquatics Office) with the meet sign-up sheet. All entry fees must be paid in full prior to participation in these meets.



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