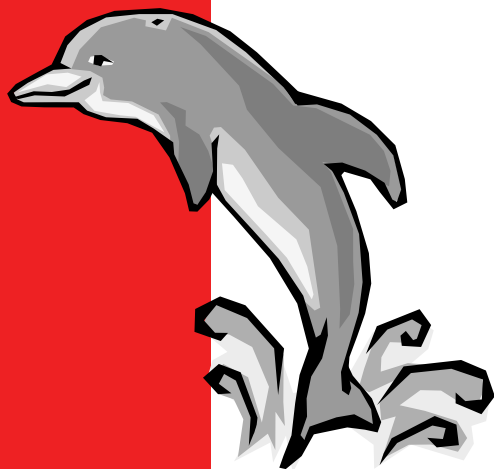




## DOLPHINS SWIM TEAM



### Benton Harbor-St. Joseph YMCA Family Center

3665 Hollywood Road  
St. Joseph, MI 49085

269-428-YMCA (9622)  
[www.bhsjymca.org](http://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.

**Summer 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 do not need to be a member to compete during this session

**Fall/Winter Session: September-February**  
(State, Zones and Nationals are in March)

**Summer Session: May-July**

## 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:

- Having fun!
- Learn competitive swimming techniques
- Learn competition starts and turns
- Increase physical fitness
- Set and accomplish personal goals
- Develop a sense of team spirit and pride
- Character development
- Compete and 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 take special training to become swim meet officials. Information will be handed out about these special sessions at Dolphins Parent Organization meetings.

Parents provide transportation to away meets. Many of our parents car pool to the away meets.

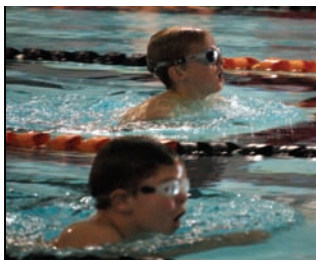
On average, half of the swim team meets are out of town. Away swim meets are held at YMCAs in Grand Haven, Sturgis, Niles, Grand Rapids, and Muskegon. In the summer the swim team competes against other local teams, including Niles, Elkhart, Sturgis, LaPorte, Michiana, and South Bend.

YMCA Dolphins will also have the opportunity to swim in regional and state meets.

## Dolphins Parent Organization

The YMCA Dolphins Swim Team Parents Organization meets once every month throughout the fall and winter swimming season. Notices of these meetings are posted on the Dolphin's Bulletin Board near the pool entrance in the lobby.

Parent meetings are informational and important and should be attended as often as possible.



## "Fun"amentals

The "Fun"amentals class meets twice a week. The program is an introduction to competitive swimming...for those who are not sure if the swim team is for them, or for those whose skills need to be developed further. Current swim team members may also enroll to help brush up on their techniques. Emphasis will be put on the four competitive strokes, turns, racing starts, and other basic skills. Capability of swimming one length of backstroke and freestyle (front crawl) required. See current YMCA Program Brochure for dates and times.

## Team Practices

Practice recommendations 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 through Friday

4:00-5:30pm (11 and up)

4:30-5:30pm (10 and under)

\*Unless other arrangements are made

**Saturday is Meet Day**

#### Summer

Monday through Thursday

4:00-5:30pm

**Friday is Meet Day**

## Prices and Fees

<b>First Child</b> (\$30 per month)	\$120 Fall Session \$60 Winter Session \$90 Summer Session
<b>Second Child</b> (\$20 per month)	\$80 Fall Session \$40 Winter Session \$60 Summer Session
<b>Additional children</b> (\$10 per month)	\$40 Fall Session \$20 Winter Session \$30 Summer Session

\*Some meets we attend will have entry fees. These fees will be posted on the team bulletin board with the meet sign-up sheet.

## YMCA MISSION

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



*We build strong kids,  
strong families,  
strong communities.*



### YMCA Dolphins Swim Team

Benton Harbor-St. Joseph YMCA Family Center  
3665 Hollywood Road  
St. Joseph, Michigan 49085

Phone: 269-428-YMCA (9622)

Fax: 269-429-5482

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