

JUNIOR DOLPHINS: INTRODUCTION TO COMPETITIVE SWIMMING	
Prerequisites	<p>Age: 5- 8 or coach discretion</p> <p>Placement by coach assessment and:</p> <ul style="list-style-type: none"> • Comfortable in the deep end. • Has skills required to complete equivalent of Swimmer 3. • Required equipment: flippers, kickboard (CDSC), goggles.
Season	January through June.
Progression Opportunities	<p><u>White Group</u> 9 yrs. & under, + ability to swim Freestyle & Backstroke.</p> <p>Ability to perform somersault/flip turn, breaststroke kick.</p>
Program Information	<p>1 Workout a Week:</p> <ul style="list-style-type: none"> • 55 min of swimming per week. <p>To develop skills needed to enter competitive swimming stream.</p>
Swimmer Commitments	<ol style="list-style-type: none"> 1. Attend as many workouts as possible. 2. Familiarize yourself with and follow the Club Code of Conduct.
Swimmer Goals	<ol style="list-style-type: none"> 1. Gain skills to move up to White Group (3 practices/week) within 6 months. 2. Work on swimming and listening skills. 3. Have fun and make friends!
Parent Commitments	<ol style="list-style-type: none"> 1. Arrange to have your swimmer attend as many practices as possible ON TIME, as well as social events, and let your swimmer's coach know by email in advance if your swimmer will be absent. 2. Support swimmer's goals and support swimmer's progression to next group when recommended. 3. Stay informed by reading the website and newsletters, reading and responding to emails, and communicating with your swimmers' coach by email or scheduled meeting. 4. Familiarize yourself with the Club Manual and follow protocols set out. 5. Meet or exceed fundraising goals, if any. 6. Keep credit card on file updated and pay fees on time. 7. Understand that there will be coaches in the water with your child, and some physical contact will be necessary to improve basic swimming strokes and for your child's safety.
Equipment	Required: fins (flippers), kickboard (CDSC), goggles, swimsuit, CDSC t-shirt & cap.