

## FRESNO DOLPHINS SWIM TEAM

### TEAM PHILOSOPHY

Established in 1981, the Fresno Dolphins Swim Team is a full-spectrum age group and senior aquatics team supported by the Fresno Dolphins Swim Team Booster Club and affiliated with USA Swimming, Inc. and USA Water Polo. We provide coaching and programs which encourage young people to reach their full potential in competitive swimming and water polo.

There is a place for young people of all ability levels on our team, from the beginning swimmer who can barely swim one length of the pool, to the collegiate swimmer with Olympic aspirations.

We guard against the "too much, too soon" syndrome. We strive to develop swimmers in a graduated system which encourages consistent improvement from their elementary school through collegiate years. Proper technique is a major focus at all levels of our program. Swimmers are placed in groups after our coaching staff has evaluated their age, skills, and level of commitment. As these factors change, swimmers progress through the program. There is a gradual increase in time and effort required as each swimmer grows toward their full potential.

We want all our swimmers to experience the joy of collegiate swimming. With this in mind, we set a sure, steady course, and encourage our swimmers to follow it.

### USA SWIMMING AND USA WATER POLO REGISTRATION

We are affiliated with USA Swimming, Inc. For insurance purposes, each team member must register yearly with USA Swimming. The current fee is \$86.00. If an athlete becomes involved in water polo programs, USA Water Polo registration is separate.

### COACHING STAFF

***Head Coach, Rick Klatt– Masters, Elite Team, Senior Group***

***Head Age Group Coach, Tanya Lane, Gold and Silver Groups***

***Age Group Coach, Kelsey Patton, Bronze Plus Group***

***Age Group Coach, Hunter Lane Mini Dolphins and Bronze Groups***

***Age Group Coach, Aiyannah Gann, Mini Dolphins and Bronze Groups***

***Our coaches work hard to teach effective fundamental stroke technique in a fun, multi-faceted program.***

## THE DOLPHINS PROGRESSION SYSTEM

### MINI-DOLPHINS

This is a group for very new swimmers who are 4 to 9 years-old. Swimmers must be able to swim 25 yards of freestyle or backstroke. Stroke, start and turn instruction are emphasized.

### BRONZE TEAM

Novice swimmers who are 5 to 11 years-old. Swimmers must be able to swim 50 yards of freestyle and backstroke. Once again, stroke, start and turn instruction are emphasized.

### BRONZE PLUS TEAM

Swimmers generally 7-12 years-old who are nearly Silver Team ready, but are still working on technical aspects of freestyle and backstroke along with breaststroke and butterfly. Dryland and water fitness training is used to help improve each athlete's fitness level.

### SILVER TEAM

Swimmers generally 9-13 years-old who demonstrate proficiency in freestyle and backstroke and are currently learning breaststroke and butterfly. All strokes, starts and turns will be refined in this group. Swimmers will learn to use a pace clock in practice sessions and start interval training. Silver Team swimmers will compete mainly in the Central Valley.

### GOLD TEAM

Swimmers generally 11-15 years-old who are becoming experienced workout swimmers and competitors. Strong proficiency in all four competitive strokes, starts and turns is expected. Tougher interval training will be required in this group. Gold Team swimmers will have the opportunity to compete in age group competition both locally and regionally.

### SENIOR TEAM

Swimmers generally 13 years and older who are proficient in all four competitive strokes, starts and turns. The workout schedule is increasingly demanding. Local and regional competitions will be attended.

### ELITE TEAM

Swimmers 13 years and older who are working toward peak senior swimming performance. Mandatory attendance and optimum effort required.

### MASTERS FITNESS SWIMMING FOR ADULTS

This group is for people 18 and over who are interested in using the world's greatest sport to stay healthy. Competition is optional, however, all members must join U.S. Masters Swimming on a yearly basis.

The second immediate family member's dues are 80% of their group rate. The third is 70% of their group rate.

Group	Monthly Dues
Mini Dolphins	\$63/month
Bronze Group	\$74/month
Bronze Plus	\$89/month
Silver Group	\$109/month
Gold Group	\$137/month
Senior Group	\$145/month
Elite Team	\$160/month
Masters I Group	\$59/month

### PAYMENT POLICY

For families with multiple swimmers, the second swimmer's dues are 80% of that swimmer's group rate and the third is 70% of their group rate. Membership is assumed to be continuous and fees are due and payable on the 1st of each month. All fees are based on a 12-month schedule. Individual cases of extended illness or hardship must be brought to the attention of the Head Coach. Your first month's dues must be paid by credit card when registering for the team online. If a swimmer withdraws from FDST and returns within a 90 day period, a \$50.00 re-registration fee will be charged.

**All families must have an active credit card connected to their account. Your credit card will be automatically charged for dues on the first of each month. If your credit card fails and your account is delinquent for more than 10 days, your swimmer will not be allowed to participate until you have paid the past due amount.**

**All members of the Fresno Dolphins Swim Team must be members of USA Swimming, our sport's National Governing Body. The United States Swimming registration fee is currently \$90.00 per year per athlete.** This fee is due and payable when first applying for membership with the team and must be renewed each fall. USA Swimming registration/membership must be completed by parents at [www.usaswimming.org](http://www.usaswimming.org). The swimmer must be registered yearly. It is each family's responsibility to make sure there is no lapse in USA Swimming membership. Instructions for registering for USA Swimming are available in the "News" section of our team website at [www.fresnodolphins.org](http://www.fresnodolphins.org).

**DUES PAYMENTS ARE DUE AND PAYABLE IN FULL BY AUTOMATIC CREDIT CARD PAYMENT ON THE FIRST DAY OF EACH MONTH. A FEE OF \$10.00 WILL BE ASSESSED TO YOUR ACCOUNT IF YOUR CREDIT CARD IS DENIED.**

***For additional information please email  
rickklatt@gmail.com or call  
Head Coach, Rick Klatt at (559) 448-7676***

## FALL-WINTER-SPRING PRACTICE SCHEDULE

<b>Mini-Dolphins</b>	MWTh	5:00-5:30 <u>or</u> 5:30-6:00 p	Bullard High
<b>Bronze</b>	MWTh	6:00-6:45 p.m.	Bullard High
<b>Bronze Plus</b>	M-Th	5:30-6:45 p.m.	Bullard High
<b>Silver</b>	M-F	5:30-7:00 p.m.*	Bullard High
<b>Gold</b>	M-F	5:30-7:15 p.m.*	Bullard High
<b>Senior/Elite</b>	M-F	5:30-7:30 p.m.*	Bullard High
<b>Elite Team Only</b>	T/Th	5:30-6:45 a.m.	Bullard High
	M-F	5:30-7:30 p.m.*	Bullard High
	Saturday	selected/announced	Bullard High
<b>Masters I</b>	M,W,F	5:00-6:15 a.m.	Bullard High

\* Friday afternoon practices start at 5:30 and end at 6:30 p.m.

## SUMMER PRACTICE SCHEDULE

<b>Mini-Dolphins</b>	MWTh	7:30-8:00 a.m.	Bullard High
	<b>Or</b>	8:00 to 8:30 a.m.	Bullard High
<b>Bronze</b>	MWTh	7:00-7:45 a.m.	Bullard High
<b>Bronze Plus</b>	Mon	8:45-10:00 a.m.	Bullard High
	Tues/Thurs	7:15-8:30 a.m.	Bullard High
	Wed	6:45-8:00 a.m.	Bullard High
<b>Silver</b>	MWF	8:15-10:00 a.m.	Bullard High
	Tues/Thurs	6:45-8:30 a.m.	Bullard High
<b>Gold</b>	MWF	8:00-10:00 a.m.	Bullard High
	Tues/Thurs	6:30-8:30 a.m.	Bullard High
<b>Senior</b>	MWF	7:45-10:00 a.m.	Bullard High
	Tues/Thurs	6:15-8:30 a.m.	Bullard High
	Sat	TBA	Bullard High
<b>Masters I</b>	MWF	5:00-6:15 a.m.	Bullard High

**Seasonal programs are also available.**

For more information visit [www.fresnodolphins.org](http://www.fresnodolphins.org) and click on “Seasonal Programs” or call (559) 448-7676

*Fresno Dolphins Swim Team  
758 W Enterprise Ave  
Clovis, CA 93619*

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**A TRADITION OF EXCELLENCE IN  
COMPETITIVE SWIMMING AND  
WATER POLO**

*Established in 1981*

(559)-448-7676  
<http://www.fresnodolphins.org>