



2025-2026 Team Information

The DAC Hammerheads Swim Team is a year-round USA Swimming program dedicated to developing each team member's swimming abilities to the fullest potential, promoting good sportsmanship and team camaraderie through practices, swimming events, and social activities. The DAC Hammerheads Swim Team caters to all ages and abilities, with respect to each individual's goals. As each participant continues to develop both physically and emotionally, it is expected that their commitment level continues to grow as well. While participation in a myriad of activities is encouraged, particularly with younger athletes, commitment is the foundation for achievement. Our goal is to provide an environment that is conducive to maximizing each team member's potential consistent with their respective dedication and maturity.

Practice groups are determined by the coaching staff. A swimmer must get permission from Coach Keegan before advancing groups. Group placement is determined by swimming ability, the swimmer's maturity level and the swimmer's level of dedication and practice attendance.

The DAC Team Unify Website: <https://www.teamunify.com/cotdacst>

JR Swim Team Group (swimmers requiring an in-water coach but have graduated from swim lessons).

430pm-5pm Tues/Wed/Thurs

Emphasis: learning how to swim independently and safely in a team setting. Participants should have graduated from swim lesson programming and be comfortable swimming safely in a larger group setting. Should be able to swim 1 distance (25 meters) of the pool by themselves. Will learn how to swim independently for greater distances.

Bronze Practice Group (4 years – 9 years old approx.): 5pm – 5:45pm Tues/Wed/Thurs. Combined teams practice Fridays 5pm-5:30pm. Practice begins Tuesday September 16th

Emphasis: Fundamental skills in all four strokes beginning with freestyle and backstroke and advancing to breaststroke and butterfly. Emphasis will be placed on proper body and head position in the water, building a propulsive kick for all 4 strokes, some aerobic development, racing, streamlining, controlled breathing, and fast finishes.

How to a swimmer is promoted to the Silver practice group.

The swimmer must be at least 9 years old

Must be able to swim all 4 strokes legally.

Must be able to swim 4 x 50 of Freestyle and 4 x 50 Backstroke with proper flip turns and finishes.

Any swimmer looking to advance groups should be considered one of the best swimmers in the Bronze group.

Suggested level of participation:

2-3 practices per week and attend at least 1 meet during the winter season

Silver Group (10 years old-): 5pm - 6pm Mon-Thurs Combined teams practice Fridays 5pm – 6pm Practice begins Monday September 15th

Emphasis: Increasing emphasis on technique work in all four strokes, underwater streamlines, dolphin kick and developing coordination in the water. We are preparing swimmers for competition in all strokes and the 100/200 IM. Skill development is stressed along with building some aerobic base. We stress proper body alignment, kicking, learning the competitive turns, and proper breathing for all four competitive strokes.

Suggested level of participation:

At least 3 practices per week and competition in swim meets is highly encouraged.

Advancement into the Gold practice group must be approved by the coaching staff. Some benchmarks to achieve before advancing to the GOLD group would include:

1. A willingness to attend most of the practices
2. A willingness to compete in most of the DAC swim meets and team events
3. Achieved multiple state level qualifying times in a multitude of events or earned or are close to earning A level time standard based on USA swimming motivational time standards in a multiple events.
4. Be at least 11 years old.

Gold Group (11 years old+): 5:30pm -7:30pm Mon-Thurs. Combined teams practice Fridays 5pm – 7pm Practice begins Monday September 15th

Emphasis: The Gold group is our introduction to learning how to train. Swimmers in this group should already be fluid in all four competitive strokes and be able to execute flip turns and open turns. Our gold swimmers will focus on refining technique, core body conditioning, focus on distance per stroke, proper stroke tempo for racing, continued aerobic development with dryland and longer swims, balanced with higher intensity race pace activities, hitting goal times in practice, underwater speed work and distance training.

Suggested level of participation: At least 4 practices a week. Goal events 100/200/500 Free 100/200 of Primary Stroke and 200/400 IM. Competitions offered twice a month.

Equipment needed for every practice (GOLD):

Finis agility paddles (smallest or medium size based on hand size)

Fins – Recommended brand **DMC FINS** however any brand that fits comfortably will work. Shorter blade fins allow for faster foot movement and increased ankle flexibility. Longer blades slow down foot speed but increase the speed of the swimmer.

Center Mounted Snorkel *finis, MP, A3, Speedo etc.

Swim Meets:

As a team we participate in about two swim meets a month. Participation in meets is highly encouraged. All meets will be listed under the events tab on the team website: <https://www.teamunify.com/cotdacst>

Volunteers:

Like any organization, we always are looking for volunteers to help with team functions and timing at swim meets. If asked to volunteer please say, “yes.”

Swim Meet Officials:

There is a growing shortage of meet officials in Colorado Swimming. If you are interested, contact coach Keegan for information and training dates.



Swim Team Fees:

Monthly dues – Bronze/Silver/Gold Groups \$70.00 a month

Annual USA Swimming Registration Fee \$85 for “Premium” or \$30 for “Flex”. Please note that the level of participation in swim meets is impacted by these options. Those looking to attend more than 2 meets in a year should opt for the “Premium” option. If you have a younger swimmer or anticipate minimal to no swim meet participation then the flex option may be sufficient.

Plus any additional fees that may include meet entry fees, swim caps and purchasing equipment.

Billing will be submitted at the end of the month to your DAC account. The above fees do not include your required DAC Membership fees.

We do not prorate for missed practice, injuries or partial attendance. If you wish to cancel your swim team billing or have questions regarding your DAC bill please email coach Keegan at Kgallik@denverathleticclub.org.



2025-26 Parent/Athlete Contact Form – Medical Information

Does your swimmer have any know disabilities? These can include blindness, deafness, physical disabilities or cognitive disabilities. Feel free to list any pertinent information here. This will be kept confidential if desired.

Parent/Legal Guardian

Frist Name:

Last Name

Home Phone:

Cell Phone:

Address:

In the case of medical emergency, DAC personnel will contact the following persons in the order specified. If DAC personnel are unable to contact one of the designated Emergency Contact Persons, then DAC personnel will seek medical assistance appropriate for the situation. In a life threatening medical emergency, DAC personnel will seek appropriate medical assistance (ambulance, paramedic, emergency room, etc) prior to contacting the designated Emergency Contact Persons.

Emergency Contact Persons (In order of priority)

Name	Relationship to child	Phone number
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1.

2.

3.

Physician's Name:

Phone:

Dentist's Name:

Phone:

Know Medical Problems:

☐ Asthma ☐ Diabetes ☐ Seizures ☐ Vision ☐ Allergies

Additional Information: _____

Medications Currently Being Taken: _____

Other Medical History Information: _____

Insurance Company: _____ **Phone:** _____

Policy/Group Number: _____

IN AN EMERGENCY, THE ABOVE PERSONS HAVE MY PERMISSION TO AUTHORIZE EMERGENCY TREATMENT FOR MY CHILD. IF THE PEOPLE NAMED ABOVE CANNOT BE CONTACTED, DAC PERSONNEL ARE AUTHORIZED TO USE THEIR BEST JUDGEMENT IN AN EMERGENCY SITUATION. PARENTS/GUARDIANS WILL ASSUME ALL FINANCIAL RESPONSIBILITY.

Parent/Guardian Signature: _____ **Date:** _____



The Denver Athletic Club Team Policies and Safe Sport

I have read and understand all the Denver Athletic Club Team Policies. All team policies can be found on the team website under the 'SAFE SPORT' tab: <https://www.teamunify.com/cotdacst>

Please initial that you have gone over the safe sport information and team policies.

	Swimmer	Parent/Guardian
USA Swimming Safe Sport Information:	_____	_____
- Minor Athlete Abuse Policy (MAAP)		
- Best Practices		
- How to report a concern		
Swimmers Code of Conduct:	_____	_____
Parents Code of Conduct:	_____	_____
Locker Room Policy:	_____	_____
DAC Swim Team Bullying Policy	_____	_____

Swimmer _____ Date _____

Parent/Guardian _____ Date _____