



2025-2026 Dolphins Swim Team Evaluation Details

The YWCA of Greenwich Dolphins Swim Team will hold a series of 9 evaluation sessions for both new and returning* candidates for the upcoming 25-26 season.

The evaluations with placement decisions emailed will be emailed to parents within 24 hrs.

Mon. July 28 – swimmers ages 8/under – 5:30-6:00pm

Mon. July 28 – swimmers ages 9/over – 6:00-6:30pm

Tue. July 29 - swimmers ages 8/under – 5:30-6:00pm

Tue. July 29 - swimmers ages 9/over – 6:00-6:30pm

Wed. July 30 – swimmers ages 8/under – 5:30-6:00pm

Wed. July 30 - swimmers ages 9/over – 6:00-6:30pm

Mon. Aug 4 – swimmers ages 8/under – 5:30-6:00pm

Mon. Aug. 4– swimmers ages 9/over – 6:00-6:30pm

Tue. Aug 5- swimmers ages 8/under – 5:30-6:00pm

Tue. Aug 5 - swimmers ages 9/over – 6:00-6:30pm

Wed. Aug 6 – swimmers ages 8/under – 5:30-6:00pm

Wed. Aug 6 - swimmers ages 9/over – 6:00-6:30pm

Tue. Sept 2 - swimmers ages 8/under – 5:30-6:00pm

Tue. Sept 2 - swimmers ages 9/over – 6:00-6:30pm

Wed. Sept 3 - swimmers ages 8/under – 5:30-6:00pm

Wed. Sept 3 - swimmers ages 9/over – 6:00-6:30pm

Thu. Sept 4- swimmers ages 8/under – 5:30-6:00pm

Thu. Sept 4 - swimmers ages 9/over – 6:00-6:30pm

*** Returning members can come for re-evaluation in any of age group slots *noted above***

An Introduction to the 2025-2026 Greenwich YWCA Dolphins Swim Team

The Greenwich YWCA Dolphins Swim Team is a competitive Age Group and Senior team that has been ranked in the top 200 of USA Swimming teams in the country by virtue of a ten-year streak of USA Swimming Bronze and Silver Club recognition status. As a member club of USA Swimming, the Dolphins compete primarily in the Local Swimming Committee (LSC) known as Connecticut Swimming. The team's home pool is at the YWCA of Greenwich, 259 East Putnam Ave, in central Greenwich. Additionally, the team uses the Greenwich HS pool and more recently has accessed long course time at the Velocity Center in Norwalk.

The Greenwich YWCA Dolphins Swim Team will begin the 2025-2026 season with the same team levels as we had in 24-25 season.

The team will operate with eight team levels, with assigned practice time during the period of Sept. to Aug. In mid-November we will adjust programming for our upper 3 levels as we expand hours with our use of the Greenwich High School pool, beginning in November. The levels include National (including NAT-High School Girls & Boys), State 1, State 2 (including HS Prep & Away Prep), TAG 3, TAG 2, TAG 1, Future and Future 56. Details of each level along with recommended entry level test skills are noted below.

New swimmers must be evaluated for placement. Returning members will be pre-placed for the 25-26 season and can request re-evaluation at a scheduled session on the team calendar.

ANSWERS TO COMMON QUESTIONS ABOUT THE 2023-24 DOLPHIN SWIM TEAM EVALUATION PROCESS

Q: How many Evaluation sessions do I need to come to?

A: In order to be considered for placement on a team level, swimmers must attend **1 of the sessions** offered. There is ***no advantage*** in attending multiple sessions; in fact, it detracts from the staff's ability to evaluate all swimmers in the limited time available. This includes candidates for Future Team and returning swimmers who have asked for re-evaluation. **There is no pre-registration needed to come to the evaluation session. You will be asked to complete a short demographic questionnaire at site and e-mailed an electronic registration link with fee info.**

Q. What exactly occurs in the Evaluation sessions?

A. Swimmers will be asked to demonstrate all 4 strokes ***if possible***, as well as dives and turns. Swimmers receive some instruction on skills and then will be timed in free, back and breaststroke and evaluated by the coaches.

Q. What happens if a swimmer cannot do a skill or stroke?

A. This is not a problem; however, this gives the coaches just one more piece of information on a swimmer's ability at this time, so they can make an accurate evaluation of the swimmer.

Q. Is there any fee involved in the Evaluation sessions?

A. There is no fee or membership necessary for the Evaluation sessions. To accept placement families will be given a link to begin the formal enrollment.

Q. Do swimmers need a racing suit/speedo, cap and goggles on evaluation day?

A. All 3 of these items are helpful! Swimmers can wear any type of one-piece suit. Specific team suits and caps will be available at a fitting date noted in the newsletter text.

Q. Does everyone "make" the team?

A. From time to time, over the past few years, we have been overloaded with certain ages and ability levels and have had to place swimmers on a "waiting list" and recommend other swimmers to "lesson classes" to stay within our skill and roster guidelines per level. The decision as to who makes what level is done by the coaches, with the goal of developing the most workable team levels of similar ability. However, every effort is made to place all swimmers; however, occasionally some swimmers may not be placed on a level due to over enrollment and recommended to classes or placed on a waiting list.

Q. What determines the team level of my swimmer?

A. The coaches review all swimmers on a total of over 20 skill items, including the ability (or inability, which

is understandable with many swimmers possibly new to competitive swimming) to perform racing starts, turns and stroke technique skills and integrate time trials as well. The staff evaluates all this information – as well as considers past experience when available - and places the swimmer on the most appropriate level based on a review of their overall skills using our existing guidelines.

Q. What about rosters, carpools, meets, equipment, meeting the coaches and a parents meeting?

A. Those are all critical questions and we will detail all of them via e-mails and at the **new** parents meeting to be announced. The new parents meeting will on ZOOM and we will detail our season, goals, meets and organization and take all questions.

Q. When do I find out my team level?

A. After “instant” evaluations we will inform you within 24 hours of placement. We will e-mail complete team rosters to all swimmers on Sun, Sep 7 by 6pm. Normal practices begin the week of Sept. 8.

Q. What about the commitment?

A. The Dolphins have a long-standing policy of encouraging strong commitment to practice and participation in meets. We feel this leads to optimal results for individuals and the team. This commitment has led to year-round scheduling and billing. However, we recognize and support swimmers and parents involved in outsid sports and programs; however, if you have a substantial seasonal or year-round commitment to another sport and or activity, in addition to maintaining quality school work, please discuss this with the head coach prior to placement.

- The bulk of the competitive season occurs in the period of Sept 8 to March 30 and this is where we stress attendance requirements of 85% for all levels. However, the National and State levels should target 100% attendance. Meet participation is a key component of a successful season. Over the past decade we have seen a great jump forward in participation in the "long course" phase of our season, which is April-July and can provide numerous competitive opportunities, including Open Water Races.
- The long course “spring/summer” season is particularly important for the development of swimmers ages 9-and-over. All swimmers are expected to participate in our Grand Prix Intersquad Meets, team sponsored Town and State Championships, when qualified. Additional meets are on a sign-up basis will be detailed at the parent’s meeting TBA.

Q. How do I reach Coach Nick Cavataro?

A. The best way to reach Nick, is by email or call him at his office at Iona University (914-633-2323 from 9am-2pm) Monday through Friday or by e-mail at n.cavataro@ywcagreenwich.org or ncavataro@iona.edu.

The Dolphins Swim Team Levels

The Dolphins Swim Team levels include: **Future 56; Future Team; Team Age Group I (TAG1); Team Age Group II (TAG2); Team Age Group III (TAG3), State (1+2) and National.** As in past seasons, the Dolphins have specific Minimum Test Skills to help encourage and motivate swimmers through the team ladder and to guide new candidates. These skills are used to place 2024-2025 members and act as evaluation guidelines for the 2025-26 team.

Future Team 56: Exclusively for swimmers ages 5 and 6 with the ability to swim some degree of freestyle (crawl) for a length of the pool with some rhythmic and/or bilateral breathing and flutter kick. Additional straight arm backstroke and flutter kicking combined with steady backstroke body position are important. Some ability of breaststroke and/or butterfly as an introductory skill is helpful, but not required. This group is highly instructional and will race periodically at the YWCA in intersquad meets only.

The Future Team: Primarily for swimmers ages 6 to 7 with limited or no competitive experience. Swimmers must be able to swim a length (25 yards) of the pool freestyle (crawl) and backstroke for consideration and entry into the program. In recent seasons, candidates also have had some ability to swim breaststroke and butterfly. The group will work on the competitive techniques of all four strokes. Intersquad meets only.

Team Age Group I (TAG I): Primarily for swimmers ages 7 to 9 with a season or more of competitive experience and the need for additional technique development in all four strokes, as well as an introduction to conditioning. Intersquad and USS meets complement this development. Seasonal plan will include 3 - 4 8/u USS meets; State 8/u Championships and periodic intersquad meets. Target Test Skill: Swim 100-yard Individual Medley according to USA Rules and 50 yards of Freestyle with alternate breathing under 2:30 combined.

Team Age Group II (TAGII): Primarily for swimmers ages 9 to 10 with several seasons of competitive experience and have the need for additional technique development in all four strokes as well as advanced conditioning through interval training. Intersquad and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets and State Championships and periodic intersquad meets. Target Test Skill: Achieve two of the following: 10 x 50-Free in 1:15; 100-yard Freestyle time under 1:30; 100-yard Individual Medley in 1:45 or better.

Team Age Group III (TAG III): Primarily for swimmers ages 11 to 12 with several seasons of competitive experience, endurance skills and the ability to repeat all four strokes continuously. Technique development in all four strokes as well as conditioning is stressed. Intersquad, dual meets and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets; and conditioning for State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. Target Test Skill: Achieve two of the following: 10 x 50-Free in 1:00; 5 x 100yard Individual Medley in 1:45; 200- yard Freestyle in 2:30 or better. On Monday & Wednesday **High School/Prep** will also be part of this practice slot as these swimmers ages 13/over transition to National level.

State 1 Team: Primarily for swimmers ages 11 to 13 with several seasons of competitive experience. Swimmers must have demonstrated within TAG III group or similar swim club, significant endurance, and

commitment to training. Swimmers must have reached or can be projected to reach the March Connecticut State Championship qualifying standards to be ready and available to attend. Target Test Skill: 10 x 100 Free in 1:40; 200-Fly, Back, Breast or IM under 3:10. On Tue & Thur. **High School/Prep** will also be part of this practice slot as these swimmers ages 13/over transition to National level.

State 2 Team: Primarily for swimmers ages 11 to 13 with several seasons of competitive experience. Swimmers must have demonstrated within the TAG III group, or similar swim club, significant endurance, and commitment to training. Swimmers must have reached or can be projected to reach the March Connecticut State Championship qualifying standards and be ready and available to attend. Target Test Skill: 10 x 100-Free in 1:30; 200-Fly, Back, Breast or IM under 3:00 and 500-Free under 7:00.

National Team: Primarily for swimmers ages 11 and over with several seasons of competitive experience, endurance skills and the ability to repeat all four strokes at a fast pace continuously. Technique development in all four strokes is stressed, as well as a higher degree of commitment and attendance. Intersquad and USS meets complement this development. Seasonal plan will include 5 - 6 USS meets; League and State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. Target Test Skill: Achieve three of the following: 10 x 100-Free in 1:30; 500- Free under 6:30; 200-IM under 2:30; either a 200-Fly, Back or Breast time of under 2:45.

Away Prep for swimmers away for the academic year can also be placed in this level.

###

Please see the Dolphins Calendar for weekly practice schedule and note starting in late-November, the Dolphins will modify this schedule by using both the YWCA and Greenwich High School pools simultaneously: STATE/NATIONAL will tentatively move to GHS on Mondays and Thursdays from 7:00-8:30 pm.

Please check the Dolphins' website, www.greenwichdolphins.com , for schedule updates.