

Delaware Swim Team – Competitive Team Overview

DIVISIONS	GROUPS	PURPOSE	RELATIONSHIP	WORKING ATHLETE DEVELOPMENT CURRICULUM
Senior Division				
Ages: 15 & up # Practices/wk: 6-8 Practice Durations: 90-180 minutes	Blue Yellow Green	“Compete to Excel” – DST athletes continue to learn and be taught progressively as well as take ownership to put it all together for the purpose of “excelling” towards their career goals.	Swimmer Led-Coach Directed & Parent Supported Value Drivers: Partner – Empower – Celebrate	Mastery of racing skills & strategy. Character ownership, strength development. Exposure to a variety of camp & champ experiences (team to national level). Performance prep (nutrition-rest recovery-psychology)
13-14 Division				
Ages: 13-14 # Practices/wk: 5-8 Practice Durations: 90-120 minutes	Yellow Gold	“Practice to Compete” – DST athletes will be taught progressive skills, drills, & technique in a variety of ways to prepare them for not only the present but also the senior level. They will learn race strategies, build upon practice habits & skill development to use in meets. Also, swimmers will learn “outside” the pool habits & decision-making will have an effect on meets as much as the “day to day” work they put into practices. DST athletes will compete at the local, state, regional level & potentially nationally as well.	Coach & Swimmer Led – Parent Supported Value Drivers: Support – Serve – Layered Commitment	Progression of racing skills & strategy. Character ownership, strength development. Exposure to a variety of camp & championship experiences (team to national level). Performance preparation (nutrition-rest-recovery-mental edge).

10-12 Division				
Ages: 10*-12 # Practices/wk: 4-6 Practice Durations: 90-105 minutes	Super Dawgs* (10-12) Mighty Dawgs (11-12)	“Learn to Practice” – DST athletes will progress from the fundamental skills & technique taught in the 10 & under divisions and continue to build towards an advanced level of learning. They will also start understanding how to implement learned skills & technique into “practice sets”. This will be useful to increase their skill level at meets as well as for long-term development in the sport of swimming. DST athletes will compete at local, state, and regional levels.	Coach Led – Parent & Swimmer Supported Value Drivers: Support – Serve – Layered Commitment	Foundational skills & technique. Character development. Kinesthetic awareness. Exposure to camps & championship format (team & LSC/regional level); nutrition.
10 & Under Division				
Ages: 10 & under # Practice/wk: 2-5 Practice Durations: 60-75 minutes	Wonder Dawgs (9-10) Mini Mutts (8u)	“FUN”damentals – To teach DST athletes entering the sport of competitive swimming a great foundation of skill development & technique in a style that can be FUN & FRUITFUL for long term growth in the sport of swimming. DST athletes & parents are introduced to competitive meets with the thought in mind of “family” friendly atmosphere & grow into championship meets.	Parent – Coach Led Value Drivers: Invest – Connect – Ignite	Foundational skills & technique. Athletic development/character. Education/intro to competition.

JOURNEY THROUGH
DST
DELAWARE SWIM TEAM

Graduation from DST

GREEN

YELLOW

BLUE

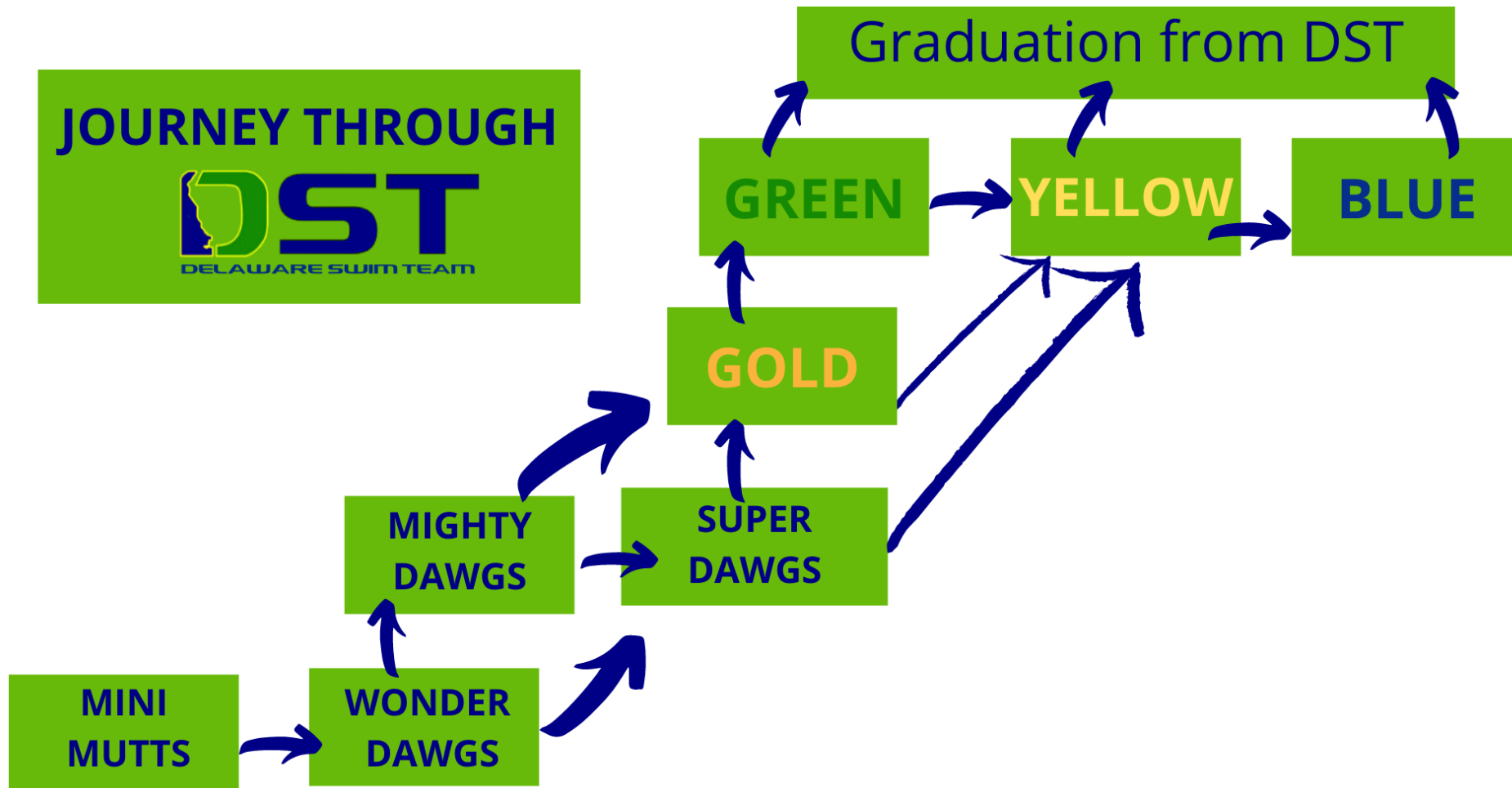
GOLD

**MIGHTY
DAWGS**

**SUPER
DAWGS**

**MINI
MUTTS**

**WONDER
DAWGS**



Ages 10 & under



+



lead the



Swimmer

Ages 11-12



+



+



=

work
together

Ages 13-14



+



Swimmer

work
together
while



support

Ages 15 & over



Swimmer

drives the
vision



Coach

+



Parent(s)

support

Delaware Swim Team – Competitive Team Overview – 15 & Over Division

15 & Over Division								
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
Blue								
Ages: 15 & up # Practices/wk: 8 Practice Durations: 90-180 minutes	Swimmers are expected to EPITOMIZE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are expected to attend 8 OUT OF 8 practices offered each week.	Solidify the ability to arrange the future based on a specific plan design.	Swimmers are able to plan long term and know the path they need to take.	Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of achieving Sectional, Futures, Junior National, National, & Olympic Trial cuts.	DST is a TYR sponsored club. TYR suits will be the PREFERRED suit worn at meets.	Competes in multiple events &/or strokes at the highest level possible.	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Pull Buoy 6. Nose Clip *See TYR Group Equipment Package
Yellow								
Ages: 15 & up # Practices/wk: 7-8 Practice Durations: 90-180 minutes	Swimmers are expected to EPITOMIZE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are expected to attend 7 OUT OF 8 practices offered each week.	Solidify the ability to arrange the future based on a specific plan design.	Swimmers are able to plan long term and know the path they need to take.	Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of achieving Senior Champs, Sectional, & Futures cuts.	DST is a TYR sponsored club. TYR suits will be the PREFERRED suit worn at meets.	Competes in multiple events &/or strokes at the highest level possible.	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Pull Buoy 6. Nose Clip *See TYR Group Equipment Package

Delaware Swim Team – Competitive Team Overview – 15 & Over Division

15 & Over Division								
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
Green								
Ages: 15 & up # Practices/wk: 5-7 Practice Durations: 90-180 minutes	Swimmers are expected to EPITOMIZE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are encouraged to attend 5-6 OUT OF 7 practices per week.	Solidify the ability to arrange the future based on a specific plan design.	Swimmers are able to plan long term and know the path they need to take.	Swimmers are encouraged to compete in the highest level meet qualified, based on plan with coach. Goals of achieving Silver Champs and Senior Champs cuts.	DST is a TYR sponsored club. TYR suits will be the PREFERRED suit worn at meets.	Competes in multiple events &/or strokes at the highest level possible.	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Pull Buoy 6. Nose Clip *See TYR Group Equipment Package

Delaware Swim Team – Competitive Team Overview – 13-14 Division

DIVISIONS	13-14 Division							
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
Yellow								
Ages: 13-14 # Practices/wk: 7-8 Practice Durations: 90-120 minutes	Swimmers are expected to CULTIVATE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are expected to attend 7 OUT OF 8 practices offered each week.	Solidify the ability to arrange the future based on a specific plan design.	Swimmers are able to plan long term and know the path they need to take.	Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of achieving JO, Zone, Sectional, Futures, and Junior National cuts	DST is a TYR sponsored club. TYR suits will be the PREFERRED suit worn at meets.	IMX Events: 500 Free 200 Fly 200 Back 200 Breast 200 IM 400 IM Plus: 1000 Free 1650 Free	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Pull Buoy 6. Nose Clip *See TYR Group Equipment Package
Gold								
Ages: 13-14 # Practices/wk: 5-6 Practice Durations: 90-120 minutes	Swimmers are expected to CULTIVATE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are encouraged to attend 5 OUT OF 6 practices per week.	Solidify the ability to arrange the future based on a specific plan design.	Swimmers are able to plan long term and know the path they need to take.	Swimmers are encouraged to compete in the highest level meet qualified, based on plan with coach. Goals of achieving JO and Zone cuts.	DST is a TYR sponsored club. TYR suits will be the PREFERRED suit worn at meets.	IMR Events: 200 Free 100 Fly 100 Back 100 Breast 200 IM Plus: 400 IM 2 of 3: 200 Fly 200 Back 200 Breast	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Pull Buoy 6. Nose Clip *See TYR Group Equipment Package

Delaware Swim Team – Competitive Team Overview – 12 & Under Division

DIVISIONS	12 & Under							
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
Super Dawgs								
Ages: 10-12 # Practices/wk: 5-6 Practice Durations: 90-120 minutes	Swimmers are expected to DEMONSTRATE & UPHOLD the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are expected to attend 5 OUT OF 6 practices offered each week.	Mastery of the Fundamental Progressions and Skills. Developing a base set of racing skills.	Swimmers are able to plan for a season, build a strong work ethic, and recognize the values of Long Term Athlete Development.	Swimmers are expected to compete in the highest level meet qualified, based on plan with coach. Goals of competing at JOs and Zones.	DST is a TYR sponsored club. TYR suits will be the ONLY acceptable suit worn at meets. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any meet.	IMX Events: 500 Free 100 Fly 100 Back 100 Breast 200 IM Plus: 400 IM 1 of 3: 200 Fly 200 Back 200 Breast	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Nose Clip *See TYR Group Equipment Package
Mighty Dawgs								
Ages: 11-12 # Practices/wk: 4-5 Practice Durations: 90-120 minutes	Swimmers are expected to DEMONSTRATE & UPHOLD the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are encouraged to attend 4-5 practices per week.	Mastery of the Fundamental Progressions and Skills. Developing a base set of racing skills.	Swimmers are able to plan for a season, build a strong work ethic, and recognize the values of Long Term Athlete Development.	Swimmers are encouraged to compete in the highest level meet qualified, based on plan with coach. Goals of competing at JOs/ Silver/ Bronze Champs.	DST is a TYR sponsored club. TYR suits will be the ONLY acceptable suit worn at meets. No Technical Suit may be worn by any 12 & Under USA Swimming athlete member in competition at any meet.	IMX Events: 100 Butterfly 100 Backstroke 100 Breaststroke 100 Freestyle 200 Freestyle 200 IM	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Paddles 4. Junior Kickboard 5. Nose Clip *See TYR Group Equipment Package

Delaware Swim Team – Competitive Team Overview – 10 & Under Division

DIVISIONS	10 & Unders							
Groups	Expectations	Attendance	Goals	Measurement	Meet Policy	Suit Policy	Competitive Goals	Equipment
Wonder Dawgs								
Ages: 10 & under # Practices/wk: 3-5 Practice Durations: 75-90 minutes	Swimmers are expected to USE the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are encouraged to attend 3-4 practices offered each week.	Laying a foundation of skills and knowledge in order to promote the ability to arrange the future.	Swimmers are able to complete all four strokes and execute major competitive swimming skills and practices.	Swimmers are encouraged to compete in as many meets as possible, in order to compete in all four strokes. Goals of competing at JOs/ Silver/ Bronze champs.	DST is a TYR sponsored club. The DST TYR team suit will be the ONLY acceptable suit worn at ALL meets.	Compete in:: 50 Butterfly 50 Backstroke 50 Breaststroke 50 Freestyle 100 Freestyle 200 IM	All equipment is at practice and in good working order. 1. Snorkel 2. Fins 3. Junior Kickboard *See TYR Group Equipment Package
Mini Mutts								
Ages: 8 & under # Practices/wk: 2-4 Practice Durations: 60 minutes	Swimmers are expected to LEARN the DST Team Values of Dedication, Sportsmanship, & Teamwork both in and out of the water at all times.	Swimmers are recommended to attend 2-3 practices offered each week.	Laying a foundation of skills and knowledge in order to promote the ability to arrange the future.	Swimmers are able to complete all four strokes and execute major swimming skills and practices.	Swimmers are recommended to compete in as many meets as possible, in order to compete in all four strokes. Goals of competing at Mini Champs.	DST is a TYR sponsored club. The DST TYR team suit will be the ONLY acceptable suit worn at ALL meets.	Compete In: 50 Butterfly 50 Backstroke 50 Breaststroke 50 Freestyle 100 IM	All equipment is at practice and in good working order. 1. Fins 2. Junior Kickboard *See TYR Group Equipment Package