



COMPETITIVE PROGRAM GROUP GUIDELINES

****TYR Portal Webpage****

This season, DST swimmers should be using our customized DST webpage for ALL your swimming needs; practice suits, goggles, technical suits, training equipment, etc.

Why should you use the DST TYR Portal?

- When you use the portal, DST earns credits to help support the team! YAY!
- As a TYR sponsored team, we always have a 25% discount on ALL equipment and customized apparel
- To receive team credits, items must be purchased via our DST team portal
- Items ship directly to your home!

To register and utilize the portal –

- Please visit [TEAMS.TYR.COM](https://teams.tyr.com)
- Create an account and then enter " DELSWIM25 " when appropriate

You will then get access to your custom team portal.

See the chart on the next page for your swimmers' group equipment needs.



		2024-2025 TYR Equipment List [order via the Team Store [tab] on website]						Practice Details		
	Groups	Fins	Junior Kickboard	Snorkel	Nose Clip	Pull Buoy	Catalyst Hand Paddles	Recommended # of Practices per Week	Dryland offered during practice	Approximate Practice duration (minutes)
13 & Over Groups	Blue							7	7 (shoes req'd)	120-180
	Yellow							6	7 (shoes req'd)	120-180
	Green							5-6	7 (shoes req'd)	120-180
	Gold							5-6	7 (shoes req'd)	120-180
12 & Under Groups	Super Dawgs							4-5	5 (shoes req'd)	90-180
	Mighty Dawgs							4	5 (shoes req'd)	90-120
	Wonder Dawgs							3-4	5 (shoes req'd)	75-90
	Mini Mutts							3	5 (NO shoes req'd)	60

