

PASA-DKS

2025-2026

PASA-DKS is one of 6 sites which represent Palo Alto Stanford Aquatics (PASA). Each of these sites is financially and philosophically independent, but all 6 operate with a single mission and guiding vision:

Our Mission: To provide a top-tier, highly recognized swimming program that develops strong, dynamic and successful individuals who positively affect their community both in and out of the water.

Our Vision: To provide a positive, yet competitive, environment structured by professional, highly-trained coaches guided by the long-term growth of the individual and the team, where each member of our organization is provided with the opportunity to excel and succeed to their highest potential through proper technique, confidence, and a love for the sport of swimming.

PASA-DKS Team Philosophy

The PASA- DKS team philosophy flows directly from the PASA Mission Statement. All of our coaches believe in teaching the essentials first, creating a solid base of technique and work ethic, as well as emotional and social maturity for our swimmers to build off of as they move from group to group. Our goal is to produce great people and great elite level swimmers who love the sport and will continue swimming through college and on into adulthood.

Welcome to our Team and
our Family!

Coaching Staff

We believe in a group coaching philosophy where all of our coaches are responsible for all of our swimmers. This way each swimmer has an ability to find a coach that they can truly relate to.

Coach: Dana Kirk



Coach Dana Kirk founded PASA-DKS, an affiliate of Palo Alto Stanford Aquatics in the fall of 2008, since that time the team has grown to over 200 swimmers ages 4-18. Dana began coaching with the Greenmeadow summer league team in 2006, leading them to their first championship (summer 2010) in over 25 years. Over the past 12 years, she has produced many top level age group swimmers as well as Junior National and National Qualifiers,, including 8 qualifiers for the US Olympic Team Trials. As a swimmer Dana grew up in Bremerton, WA swimming for Maki Aquatics and then Tacoma Swim Club. At Stanford University (2002-2006), Dana earned 17 All American nods and won 8 PAC-10 Titles swimming under coaching legends Richard Quick and Lea Maurer. In 2004, she qualified for the Athens Olympic Games by winning the 200 m butterfly at the US Olympic Trials and finished 9th at the Games.

Coach: Paul Coleman



Paul hails from Philadelphia, Pennsylvania where he coached all levels of swimming from Rec League to Country Club to USA Swimming. In 2003 he decided to pass on the family lumber business and start his own USA Club at the William Penn Charter School. He founded and coached The Penn Charter Aquatic Club (PCAC) from 2003-2013 and coached the school's High School swimming and water polo programs as well. In 2013 he joined the Central Bucks Swim Team in Bucks County, Pa and became the Middle Atlantic Sr Coaches Rep. During his time in Pa. Paul coached numerous Olympic Trials and Nationals qualifiers as well as National Age Group Record holders and was named the 2012 Middle Atlantic Age Group Coach of the Year. Paul moved to the Bay Area in 2017 but still loves his Philly sports teams and is a self-proclaimed huge comic book nerd but he also loves exploring and getting to know all that the Bay Area has to offer so please feel free to point him in the right directions.

Coach: Nicole Pang



Nicole began coaching in 2007. Her swimmers have achieved Future, Far Western, Junior Olympic qualifying standards. She has also assisted in the development of a 2008 United States Paralympian, National Youth Team members, Olympic Trial and National qualifiers and Junior National and Sectional champions.

As a swimmer, Nicole is a former team member of the Chinese National swimming team. She has captured the gold medal in the 100M Butterfly and silver medal in the 200M Butterfly at the 1999 FINA World Cup. She is also a China National Champion having captured the gold medal in the 100M

Butterfly and 200M Butterfly multiple times at the China National Championships. She has won Silver Medal at the Universiade 1999. In 2000 She has received the silver medal awarded by Chinese Swimming Association. Nicole holds a BA Business Administration from Beijing University of Technology and MA in Sports Management from Tsinghua University.

Coach: Rick Gould



Rick grew up in Los Altos Hills swimming for Los Altos Aquatic Club and Fremont Hills Country Club. He went on to swim at Stanford University where he was an All-American and helped the Cardinal with the team NCAA championship. Rick still swims regularly today and is the current Master's World Record holder in his age group for the 50 meter backstroke (28.58) and the National Record Holder for the 200 yard backstroke (1:56.18).

Rick lives in Los Altos with his wife, twin college-age daughters, dog, and two cats. He is currently working in Sales and Business Development for a couple of startups.

We will have several returning coaches who have coached with us throughout the years and have moved on to outside professions. We invite these coaches back whenever they have time, as it is a tie to our past and a reflection of the family atmosphere we like to foster and create at our site!

Group Breakdowns and Expectations

PASA- DKS believes that, to perform your best, you need a great foundation to build off. We have 2 tracks for swimmers based on both their experience with the sport as well as their current ability level. All our groups will focus on the fundamentals of great technique, and our group structure reflects this belief. Swimmers will be asked to complete the skills necessary at each level before they are considered eligible for moving up.

The main difference between the structure of the Non-Competition and Competition Programs is that the Competition programs have both practice and meet requirements. By requiring swimmers to attend a certain number of practices per week, we are giving the minimum that we believe will allow that age of swimmer to continue to progress with their age group. While requiring racing at Meets allows for swimmers to learn how to track their progress, set goals, and evaluate their swimming. Swimmers in the Non-Competition Program have the freedom to decide how many practices to come to per week as well as meet attendance.

When looking at moving a swimmer to a different group coaches will start with the swimmer's age, commitment level, progress, and attitude as well as additional factors such as "coach-ability," social and emotional maturity, and a swimmer's ability to be part of the TEAM before making a final decision. The swimmer's current coach will make the final decision.

Swimmers/Families who contact other coaches to advance WILL NOT be eligible for advancement.

The Non-Competition Program:

The Non-Competition Program is all about learning! PASA-DKS decided to open additional entry points for swimmers to allow for greater access to our sport, while also allowing multi-sport athletes to continue having access to our program! The Non-Competition Group is a huge part of our program consisting of a Clinic Group, Red Group and JV Group! It is also where our swimmers learn the details that will become the habits that make the difference when they grow into Elite Athletes!

Clinic: *(generally 8 and under)* 5-week session to get any swimmers that are a little uncomfortable without a coach in the water ready for the Junior 1 group.

This year the Clinic group will run from 9/2/25-10/3/25.

Red Group: *(generally 12 and under)* This noncompetitive program allows for swimmers to get exercise, come on their own schedule, and allows for swimmers to have many different focuses.

JV Group: *(generally 13 and above)* This group is a fitness group aimed at our Junior High and High School kids that may have varied interests outside of the pool but still love to work hard and swim without the pressure of practice requirements and meets.

***Please note that age ranges are approximate and are not concrete guidelines.**

<u>Non Competition Groups</u>	Practice Times	Description		Monthly Mem/Non	Quarterly Mem/Non
Clinic Group	4-4:40 Mon and Wed	Swimmers should be able to comfortably do a 25 freestyle with side breathing and backstroke with an on back finish.	Dana	190/215 (5 weeks)	N/A
Red Group 12& under	Mon- Thurs: 4:45-5:30pm	Swimmers should be able to do 50 Fr and Back and an understanding of Breaststroke and Butterfly	Dana	175/195	475/525
JV Group 13& over	M-Thurs: 5:30-6:30	Ages 13 and older, focus on meet details/legal races and I.M., focuses on preparing for High School Swimming	Lesley	195/220	525/580

Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.

Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.

The Annual Registration Fee for these groups is \$225 for your first swimmer, \$200 for your second and \$185 for remaining swimmers within your immediate family. This registration fee covers our Club and Coaches Insurance, and allows for our initial pool rentals, as well as 2 T-shirts, a swim cap, along with prizes and other incentives.

The Age Group Competition Program:

The Age Group Program consists of 4 groups (Junior 1 & 2 Groups, Silver Group and Gold Group) that focus primarily on 14 and Under swimmers, their development and entry into competitive and championship level swimming. Our goal for these groups is for each group to build into the next creating a clear and concise path for swimmers to move from the 8 and Under beginning competitor through to the Farwestern finalist, while laying the foundation for success in our Senior Program.

Junior 1: (*generally 8 and under swimmers*) This is our entry level competitive group; swimmers are expected to do a 25 free and 25 backstroke easily with basic knowledge of all four competitive strokes. Swimmers are required to come to 2 practices/ week and participate in 1 meet per season

Junior 2: (*generally 7-11 years old*) Our second level competitive group, swimmers are expected to be able to do all 4 strokes legally and to be able to dive from a block and complete turns for all 4 strokes. Swimmers are required to come to 3 practices/ week and participate in 1 meet per season.

Silver: (*generally 9-13 years old*) This group requires swimmers to be able to do 100s of all strokes, be interested in competing in 200s as well as IMs. Swimmers should plan on attending 4 workouts/ week and 2-3 meets/ season.

Gold: (*generally 11-14 years old*) Full competitive group, this group should plan on traveling for meets, commit to 5-6 practices/ week, and compete in all meets available to this age group.

These groups have practice and meet requirements.

<u>Age Group</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
Junior 1	M-F 4:00-4:45p	4:45-5:00p	Legal in all four strokes, starts, & turns Required: 2 practice/week and 1 meet/ season	Dana/ Nicole	175/195	475/525
Junior 2	M-F 4:45-5:45p	4:15-4:40 p	Required: 3 practices/week and 2 meets/season	Nicole	195/220	525/580
Silver Group	M-F 5:45-7pm *Sat will be emailed	5:10-5:40p	Required: 4 practices/week and Qualifying Meets and 3 C/BB/A meets/ season	Nicole	225/245	610/660
Gold Group	M-F 4-5:45pm *Sat will be emailed	5:55-6:30pm	5-6 practices/ week Offered C/BB/A meets and Qualifying Meets	Paul	270/295	730/795

Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.

Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.

The Annual Registration Fee for these groups is \$250 for your first swimmer, \$225 for your second and \$200 for remaining swimmers within your immediate family. This registration fee covers our Club and Coaches Insurance, and allows for our initial pool rentals, as well as 2 T-shirts, a swim cap, along with prizes and other incentives.

The Senior Program:

The Senior Program is for our most dedicated 14 and over swimmers that include high school and college swimmers. They are expected to train 6 days per week w/ morning practices TBA. Senior swimmers should expect to continue to grow and race towards maximizing their potential as they learn to manage and budget their time. Our Senior swimmers competition goals are extremely important to us but we also want to see our Senior swimmers grow as individuals and human beings by giving back to the program and volunteering to help lead our younger age swimmers at practice and meets

Senior swimmers are expected to be Role Models to the entire team at all times.

<u>Senior Program</u>	Practice Times	Dryland	Description	Coach	Monthly Mem/ Non	Quarterly Mem/ Non
Senior Group	M-F 5:45-7:45pm, Sat 7:00-10:00a Inc 3 mornings/ wk	4:45-5:40p	Qualifying Meets and select C/BB/A Meets, Ages 15+	All	325/355	880/955
<p>Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.</p> <p>Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.</p>						
<p>The Annual Registration Fee for these groups is \$250 for your first swimmer, \$225 for your second and \$200 for remaining swimmers within your immediate family. This registration fee covers our Club and Coaches Insurance, and allows for our initial pool rentals, as well as 2 T-shirts, a swim cap, along with prizes and other incentives.</p>						

The Barracuda Program:

The Barracuda Program is exclusively offered to FHCC Members, these Swimmers are those who are planning to only swim through our Candy Meet Champs in November or the Winter Frolic Meet in December and will take a break from that point through the start of the Spring Barracudas in March. These swimmers will be matched with either Red, Junior 1 or Junior 2.

<p>Monthly Fee covers each month and is due before the 5th day of each month and will be considered late after the 15th day of each month. A late fee of 15% will be added to accounts that are over 21 days late.</p> <p>Quarterly Fees cover the following periods: Quarter 1: Sept-Nov, Quarter 2: Dec-Feb, Quarter 3: March-May. June and July will be combined for a reduced fee.</p>
<p>The Annual Registration Fee for these groups is \$175 for your first swimmer, \$150 for your second and \$125 for remaining swimmers within your immediate family. This registration fee covers our Club and Coaches Insurance, and allows for our initial pool rentals, as well as 2 T-shirts, a swim cap, along with prizes and other incentives.</p>

2025/26 Equipment Requirements

Please visit: <http://www.swimandtri.com/TeamView PaloAltoStanfordAquaticsDKS.aspx>

This is our team store which will allow you to get exactly what you need for each group, while also earning a percentage to be returned to the team on any purchase made through **the DKS portal of the website- please choose the “DKS” tab at the top of the page .**

<u>Clinic and Red Groups</u> PASA Cap (will be provided) Goggles Youth Kick Board Long Fins	<u>Junior 1 and 2</u> Black PASA Cap (will be provided) Goggles Water Bottle Youth Kick Board Long Fins
<u>JV</u> PASA Cap (will be provided) Goggles Youth Kick Board Youth Buoy Snorkel Long Fins Equipment Bag	<u>Silver</u> Black PASA Cap (will be provided) Goggles Water Bottle Youth Kick Board Youth Buoy Long and Short Fins Snorkel Equipment Bag
<u>Gold</u> Black PASA Cap (will be provided) Goggles Kick Board Buoy Paddles Long and Short Fins Snorkel Water Bottle Equipment Bag	<u>Senior Groups</u> Black PASA Cap (will be provided) Goggles Water Bottle Youth Kick Board Youth Buoy Paddles Long Fins and Short Fins Snorkel Equipment Bag

**Please Note That Swim and Tri has Start of the Season Incentive
Packets- please check out their website [HERE!](#)**

2025-2026 Meet Schedule

***Please note that swimmers MAY ONLY compete at meets that are listed below.**

Due to Pacific Swimming regulations a swimmer's coach must be present for a swimmer to compete at the meet and a team's timing and officiating expectations are based on swimmers registered.

It is PASA regulation that swimmers competing at non-scheduled meets will be excused from the team.

(Preliminary- We will be adding Candy Meets, Senior Meets, and Championship Meets as they are released)

This schedule is also posted under the “Events” tab on our website: dkswim.com

Date	Type	Meet	Course	Location	Groups	Entries
Aug 25-28	Try Outs	Team Try Outs	SCM	Los Altos Hills, Ca	All	Online
Sept 2nd	First Day	First Day of Practice	SCM	Los Altos Hills, Ca	All	
Sept 19th	Candy Meet	Candy Meet #1 @ TBA	SCY	TBA, CA	Junior 1, 2, Silver, Red, JV	Coach
Sept 20th	Super League	Super League	SCY	Palo Alto, CA	Senior	Coach
Oct 3	Candy Meet	Candy Meet #2 @ Rinconada	SCY	Palo Alto, CA	Junior 1, 2, Silver, Red, JV	Coach
Oct 11-12	C/B/A	DACA C/B/A (This date may change)	SCY	Saratoga, CA	Junior 1, 2, Silver, Gold	FastSwims.com
Oct 18th	Super League	Super League	SCY	Clovis, CA	Senior	Coach
Oct 25-26	C/B/A	Burlingame C/B/A	SCY	Burlingame, CA	All Swimmers	FastSwims.com
Nov 1-2	Invite	PASA Invite	SCY	Palo Alto, CA	All Qualifiers	FastSwims.com
Nov 8th	Champs	Candy Meet Champs (hosted)	SCY	Palo, CA	Junior 1, 2, Silver, Red, JV	FastSwims.com
Nov 22-23	Invite	PASA Grand Challenge	SCY	Palo, CA	Junior 1, 2, Silver, Red, JV, Gold	FastSwims.com
Dec 6-8	Invite	Dallas Invite	SCY	Dallas, TX	Silver, Gold, Senior Qualifiers	FastSwims.com
Dec 11-14	Champs	Winter Junior Nationals	SCY	Austin, TX	All Qualifiers	Coach
Dec 13-14	Champs	Age Group Champs	SCY	Moraga,, CA	All Qualifiers	Coach
Dec 20th	Invite	Winter Frolic (hosted)	SCY	Palo Alto, CA	Full Team	FastSwims.com

- Please note that this is subject to change and correction

PASA-DKS Parent Contract 2025-26 Season

Successful swimming comes from the cooperation of the Coach, Swimmer, and Parent. No coach can be successful without committed swimmers, no swimmer can be successful without great coaching and supportive parents, and no club can exist without parental support. Please read the information below. **Initial and sign where indicated.**

Our Commitment as coaches:

As coaches we commit to doing everything in our power to make our swimmers as successful as possible both in and out of the pool.

PARENT CONTRACT OF PARTICIPATION

Parental involvement is crucial to every USA Swimming Club and parents are a vital part of the team at PASA-DKS! Many swim parents develop long-term friendships and enjoy the family-like atmosphere that we have been able to develop at PASA-DKS.

PASA-DKS parent volunteers are needed to help with swim meets (officiating and timing, coordinating social events, and numerous other tasks). Our greatest need is officials as they are key to running approved meets for swimmers to perform recordable times. As for timing, we divide our team's timing responsibilities into slots and each family is responsible for timing at least 1 slot at each session of each meet that they sign up for. The main fundraisers for most team's involve running meets and helping with social events. Volunteering is a great way to get involved, meet other parents, have fun, and teach your child about commitment. When your child sees you devoting time and energy to help the team, he or she understands that team loyalty is important and worthwhile.

Facility Use Agreement with Fremont Hills Country Club

Please Initial - _____

Fremont Hills Country Club is a privately owned, member-only club that is allowing us to rent space to run our program. We are not considered a club program and must treat the facility and members with respect as we are guests. Below are the requests made for us to continue to rent from Fremont Hills and continue our program.

- Please PARK when picking up or dropping off. Do not block parking spots or traffic.
- When parking to stay for practice, please park in the Equestrian Lot above the Tennis Courts.
- When watching practice, please sit along the lane 8 side of the pool. Do not sit near the shallow end.
- Please do not block the locker rooms, access to the Rec Room or to the Swim Office.
- Outdoor showers are available at the lane 8 side of the deep end as well as changing facilities. All renters will utilize these changing areas.
- Swimmers bags should be kept under a designated gazebo, or on the deep end of the pool only.

These requirements are very reasonable considering the availability of pool space in this area. Please help us retain this pool space by following these guidelines and encouraging your swimmers to follow these guidelines as well.

Financial Agreement with PASA-DKS

Please Initial- _____

As an organization that exists to help our athletes, PASA-DKS is devoted to the membership experience of each athlete and family. That being said, we are still responsible for covering our financial obligations and that starts with our families. Please help us make this team as successful as possible.

- All Families must have automatic payment information on file.
 - Families wishing to pay by check must have their payment in at least 1 week prior to the start of the new month.
- Payments received more than 21 days late will be subject to a 15% fee for late payment.
- Changes to account must be made 15 days prior to the start of the month they are to affect.
- Payments are due at the beginning of each month.

Thank you for helping us maintain the level of coaching and performance that we have come to expect.

- I have read and understood the team policies and will conform to these policies. _____ initial
- In order to ensure compliance with the Guidelines for USA Swimming's Athlete Protection Policy, I will pick up my swimmer promptly at the end of practice. _____ initial
- I understand the financial obligation that comes with being a member of the PASA-DKS swim team. I will ensure my family account is kept current. _____ initial
- I understand that parental participation is part of the swim experience at PASA-DKS and that there are many opportunities for participation. _____ initial

SWIMMERS' NAME(S): _____ PARENT'S NAME: _____

PARENT SIGNATURE: _____ DATE: _____