

**DART-Solano Age Group
2025-26 Season**



Success and Fun and Every Level



Mission Statement: Through the sport of competitive swimming, DART is dedicated to empowering young people to commit to the pursuit of excellence and self-improvement in all aspects of life, while in a safe and supportive environment.

DART Solano Values:

- Development (Long Term, Life Skills, Academic and Athletic Success)
- Hard Work (Technique, Fitness Development, Grit)
- Teamwork (We Mentality, Community Service, Leadership)
- Progression (designed such that our swimmers are allowed to advance athletically and emotionally at a pace which is developmentally appropriate)
- Fun (Events, Socials, Love of the Sport)
- Goal Setting

DART-Solano Age Group

Our Age group includes swimmers who are 7-10 years old that have excelled in the Developmental groups. Swimmers in this group have chosen swimming as a main sport.

DART believes in focusing on long term development of individuals in a team environment. We are an athlete centric team and strive to provide the support for all levels of swimmers-from local to national level and above.

Our program provides an environment for our swimmers to be successful in and out of the pool.

Coaches

Age Group Abby David

Support Coaches Steph Sit

Age Group

Our Age group includes swimmers who are 7-10 years old that have excelled in the Developmental groups. Swimmers in this group have chosen swimming as a main sport (although they may still play others as well.)

Age Group***\$185 per month/\$50 annual DART registration**

Swimmers are 7-10 years old. This group is for swimmers who have a proven interest in swimming as a competitive sport. The group focus is technique, skills, fitness and fun in a team environment. Practices are offered six days a week. On-site dryland will be offered. Attendance at meets and team events is expected.

Athlete Requirements-USA Swimming

USA Swimming membership. New swimmers must register with USA Swimming within a week of joining the team. DART will re-register swimmers on an annual basis (December) and invoice for the amount.

Monthly Dues and Annual Registration

DART-Solano charges monthly dues as well as an annual DART-Registration fee. Monthly dues are charged to the card on file on the first of each month. September dues will be charged when swimmers complete their fall registration.

Registration fees include two DART shirts and a DART silicone cap. Fees are used to cover the costs of these items as well as Sports Engine and USA Swimming fees for DART-Solano.

Dryland

We will be offering organized dryland this year on Tuesdays and Thursdays. Coach Steph will lead the dryland from 5:00-5:30 pm.

Swimmers should have a jump rope as well as the appropriate dryland shoes and attire.

Classroom Sessions

We will offer monthly classroom sessions throughout the year. These are both educational and informative for the growth of our athletes in and out of the pool.

Volunteer Requirements

Competitive groups are required to volunteer throughout the year.

Volunteer requirements for competitive groups include:

- Participation/Volunteer at hosted meets.
- Timing/Officiating at away meets.
- Participation/Volunteer at team events and fundraisers.

Volunteering is a way to show your DART team support as well as financially support the team. Hosted meets and fundraisers support DART-Solano in a variety of ways, including travel, equipment, guest speakers and more.

Spring Schedule

Mon/Wed

Tue/Thu

Fri

Sat

Feb-May

4:30-5:45 pm

5:00-7:00 pm

5:00-6:30 pm

8:30-10:00 am

Dryland T/Th 4:30-4:45

Seasons

The seasons for swimmers in our Age Group group:

January-March

April-August

Performance meet in March

Performance meet late July

Practice Requirements

Age Group swimmers are required to attend practices at least 3 days per week (more is encouraged.)

Swim Meets

Age Group swimmers are encouraged to attend at least 2 meets a season as well as designated performance meets. Swimmers who cannot attend a particular meet are required to meet with the Lead Coach (conflicts will arise throughout the season.) Race days-block parties are additional opportunities to race at home.

Hosted Meets

Parents of swimmers in the Age Group are expected to assist/participate in our hosted meets as communicated to the team. These will be listed on our meet schedule.

Events

Swimmers in Age Group are highly encouraged to participate in team events.

Equipment List

Mesh Equipment Bag

Water Bottle

Regular Fins

Hand Paddles

Pull Buoy

Strokemaker or TYR catalyst

DART Attire

DART is now a Mizuno team. We are working with the other DART sites to finalize any items for purchase for parents and swimmers.

Additional items will be available for sale up to three times per year in our team store. This will be communicated via email.

Communication

Swimmers and families will receive a weekly email for Age Group. Additional emails may be received from time to time with program updates.

Swimmers and families are encouraged to join our Age Group GroupMe. This will be used for the majority of our announcements (info will always be included in our weekly emails.)

[GroupMe Link](#)

We are in the process of updating our website and billing system to go live in March of 2026.

www.dartsolanoswim.org



Meet Schedule-Spring

Jan

13	AG/Junior Meeting	ZOOM
19	Movie Day	Solano Town Center
23	Black and Blue Meet	Solano College
24-25	VACA Meet	Vacaville

Feb

6	Block Party	College
7-8	Pacific Sea Lions Invitational	Pacifica
16	President's Day	TBD
18	Psych Day	Solano College
21-22	Last Chance Invite	Solano College
23	No Swim Practice	Off-day after hosted meet
26	Swim Social	Solano College

Mar

6-8	SN Short Course Champs	Folsom
13	Block Party Meet	Solano College
18	Swim Social	Solano College
27-30	SWAGR	Clovis
28-29	VACA Meet	Vacaville

April

10-12	Far Westerns	TBD (South Bay)
11-12	Marlins Long Course Meet	Folsom
26	Long Course Invitational	Solano College
<i>TBD</i>	<i>Awards</i>	

May

15-16	Long Course Training Camp	College
16	Block Party	College
29-31	VJO LC Meet	Vallejo
<i>TBD</i>	<i>Senior Recognition</i>	

**Additional events may be added to the schedule and will be communicated by the team.*