



Competitive Meeting Sept 6

Overview

DART	Competitive and Non-Competitive
DART	Site Organization

Mission and Vision

Season

Registration	Oct dues and annual Fee 2 shirts/1 cap/1 sticker
Season Planning	
Season Plans	Posted Week of Sept 8
Daily Workouts	Posted Daily
Attendance	
National	5 days a week
Senior	4 days a week
Junior	3 days a week
Age Group	3 days a week
Joint Practice	Expected attendance
Dryland	2 times a week
Dynamic Warmup	National-additional 3 times per week For meets
Communication	
Website	
Group Me	
Emails	
Goal Setting	
Goal Forms	Mandatory
Goal Meeting	Mandatory
Individual Session	Mandatory
Classrooms Sessions	
Swimmer Sessions	
Goal Setting/Nutrition/Performance/Community Service	
Parent Sessions	
Goal Setting/Nutrition/Performance/TBD	

Individual Sessions

Goal Setting/Meetings

In Water Work

Video Analysis

can include on-site video

must provide video

Swim Meets

Competitive

Performance Meet

at least once month

attend designated performance meets

National-this may require travel

Equipment

Listed on forms

Snorkels

Tempo Trainers

Parachutes

FINIS order

FINIS order

National (Senior can also order)

Volunteer Requirements

Leadership roles on team

Hosted Meets

3 meets in 2025-26

Dec/Feb/Spring TBD

Block Party Meets

\$20 fee/waived for volunteers

Final Info

Week of Sept 15