



DART Solano Mentor Program

This program is open to swimmers and college alumni from DART-Solano.

Mentors

Mentors will be current or former swimmers at DART-Solano. This will include swimmers from our National, Senior as well as swimmers who are in college.

Mentors will be required to attend an initial ZOOM meeting for a training session on working with young athletes.

Athletes

This program is open to swimmers from Senior Fit, Junior, Age Group, Blue, Yellow and Beginner.

How it Works

Mentors and athletes will fill out the provided Google forms. Swimmers will be paired up with a mentor based on schedule, age and other mentors. There is no cost for this program.

Mentors will reach out to schedule an in-person introduction meeting and session in September. They will also hold a session in October and in November (ZOOM or in-person.) All sessions will be 30 minutes in length. Any college mentors will most likely hold their Sept session on ZOOM due to logistics.

Mentors will be paired up with NO MORE than two athletes per quarter. If we have more athletes than mentors, we will offer a second quarter for this program Jan-Mar.

Sessions

Swimmers can connect with mentors on a variety of topics, including goal setting, meet preparation, practice tips and more.

Sessions are intended to be one on one between the athletes and the mentor.

Mentors will also see their athletes at the pool during meets, events and practices. This is a great way for our older swimmers to get to know our younger swimmers.

Timeline

All swimmers and mentors MUST fill out a form no later than the end of the day on September 11.

Mentors will have a training session from 4:30-5:00 pm on Sept 15 with Maddie Ching-who is a UC Davis swimmer and a mentor with [Athlete to Athlete](#). All mentors will receive the contact info for their athletes on this day.

Volunteer Hours

Hours worked as mentors may count toward high school mandatory volunteer hours. Staff will sign off on any forms needed.

Communication

Anyone in the mentor program (mentors and athletes) will receive a monthly update email with a few suggested topics to cover in their sessions.

How to Sign Up

Mentors will fill out a google form. This will include several questions to allow staff to pair them up with an appropriate athlete.

[Athlete Form](#)
[Mentor Form](#)

Senior Fit, Junior, Blue, Yellow, Beginner
Senior, National and Alum

Mentors and Athletes will receive a confirmation email prior to Sept 15 with additional information.

End of the Quarter

The November session will be the last session of the quarter. We plan on offering this program again Jan-Mar provided interest and availability.

www.dartsolanoswim.org