



**DART-Solano Developmental Division
Spring Season 2026
January-May**



Success and Fun and Every Level





Vision Statement

DART Swimming is a USA Swimming year-round program. It is dedicated to empowering young people to commit to the pursuit of excellence and self-improvement and through these pursuits to acquire life enhancing attributes such as integrity, discipline, dedication and sportsmanship.

Our Purpose

People will have diverse opportunities for lifelong enrichment through the sport of swimming and a cost the members and partners will support.

- Athletes of varying levels have diverse athletic opportunities
- Athletes are benefiting from collegiate athletic opportunities.
- Athletes are inspired to train for Elite levels.
- Athletes have additional opportunities for personal growth outside of regular team activities.
- DART Swimming is a leader and role model in USA Swimming
- Goal Setting for athletes and parents

DART-Solano Developmental Groups

Our Developmental groups include swimmers of all ages and abilities. The focus of the developmental groups is technique, skills, fitness and FUN!!!

DART believes in focusing on long term development of individuals in a team environment. We believe in a “We” versus “Me” mentality for all of our competitive athletes.

Lead Coaches

Intro To Team	Phoebe Arabaraghi
Beginner	Phoebe Arabaraghi
Yellow	Haley Barker
Blue	Haley Barker
Senior Fit	Haley Barker

Assistant Coaches	Nadia Barlow
	Maleena Maupin
	Lacie Lopez

Team Admin	Lacie Lopez
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dartsolanoswim@gmail.com



Intro to Team

Monthly Dues \$90
\$50 annual DART registration

This group is for 12 and under swimmers who are new to the sport. Swimmers MUST be able to swim 25 yards of freestyle. Swimmers will focus on technique, skills and fun. Practices are offered 4 days a week. Participation in meets and events is encouraged, but not required.

Beginner

Monthly Dues \$120
\$50 annual DART Registration

This group is for 12 and under swimmers. Swimmers MUST be able to swim 50 yards of freestyle and 25 yards of backstroke. Swimmers will focus on technique, skills and fun. Practices are offered 4 days a week. Participation in meets and events is encouraged, but not required.

Yellow

Monthly Dues \$135
\$50 annual DART Registration

This group is for 10 and under swimmers. Swimmers MUST be able to swim 50 yards of free and back, 25 yards of breaststroke. Swimmers will focus on technique, skills, fitness and fun. Practices are offered 4 days a week. Participation in meets and events is encouraged, but not required.

Blue

Monthly Dues \$145
\$50 annual DART Registration

This group is for 11 and older swimmers. Swimmers MUST be able to swim 50 yards of free and back, 25 yards of breaststroke. Swimmers will focus on technique, skills, fitness and fun. Practices are offered 4 days a week. Participation in meets and events is encouraged, but not required.

Senior Fit

Monthly Dues \$145
\$50 annual DART Registration

This group is for 14 and under swimmers. Swimmers MUST be able to swim 50 yards of free and back, 25 yards of breaststroke. Swimmers will focus on technique, skills, fitness and fun. Practices are offered 4 days a week. Participation in meets and events is encouraged, but not required.

Athlete Requirements-USA Swimming Membership

DART-Swimming is a USA Swimming team.

Swimmers in Senior Fit, Blue, Yellow and Beginner must be registered with USA Swimming. New swimmers must register within a week of joining the team.

Swimmers in Intro to Team must register with USA Swimming to compete in swim meets.

Membership Options include:

Premium Membership-swimmers of all ages (mandatory for 13 and older as well as swimmers in competitive groups.)

Flex Membership-swimmers who are 12 and under. Swimmers with Flex memberships MUST upgrade to participate in more than two USA Swimming meets or a USA Swimming Championship meet.

A registration code is available on our website for new swimmers and will be received in a welcome to the team email.

Returning swimmers will be registered by DART-Swimming in December (or upon their return to the team if taking a break during the winter.)

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.

October dues will be charged when swimmers register (or re-register) for the team.

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

Volunteer Requirements

Developmental families are encouraged to participate and volunteer throughout the year. The Board of Directors determines these volunteer requirements-which will be communicated to the membership.

- Timing/Officiating at away meets if swimmer is interested (required)
- Participation/Volunteer at hosted meets (encouraged-required if attending)
- Participation/Volunteer at team fundraisers or events (encouraged)

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.

Group Moves

Group moves happen several times a year. These are based on the progress of each individual athlete as well as the group move parameters.

[Group Move Info](#)

These moves will typically take place in:

Dec

Mar

June

Aug

Season Plans

The coaching staff plans out each season for the groups to include workouts, skills, technical development, meets, events and more. This information can be found on our website at:

[Season Plan-Developmental Groups](#)

Swim Meets

Swimmers are encouraged to attend swim meets throughout the year. A schedule of swim meets is available on the website. Coaches will communicate information about meets and meet entries via emails. Any specific questions can be directed to the Lead Coach or our Team Admin at dartsolanoswim@gmail.com.

Rec Meets-these are non USA Swimming meets that include our Developmental swimmers.

Block Party Meets-typically short one day meets open to all swimmers

Open Meets/Invite-these are USA Swimming meets. Check emails to confirm which groups are attending each of these meets

Performance Meets-these meets have qualifying times. Swimmers MUST have the qualifying times to attend these meets.

www.dartsolanoswim.org



Senior Fit

Group Coach Haley Barker

Ages 14 and under

Attendance Requirements

No requirements. Recommend attending at least 2 practices per week

Practice Schedule Mon-Thu 5:30-6:45 pm

Required Gear for Practices

Kickboard Also available at the pool
Fins

DART Attire

Registered swimmers will receive a DART shirt and cap. Additional items will be available for purchase throughout the year. Swimmers **MUST** wear a DART cap and shirt to swim meets.

USA Swimming Membership

Swimmers are required to have a USA Swimming premium membership.

Volunteer Requirements

Hosted Meets Required if swimmer attends hosted meet
Away Meets Timing shift or shifts based on number of swimmers attending

Swim Meets

Swimmers are encouraged to attend swim meets throughout the year.

Group Requirements:

Swimmer must be able to swim 50 yards of freestyle and back
Swimmer must be able to swim 25 yards of breast and dolphin kick
Swimmer must be able to perform a racing dive (from side of blocks)
Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly
Swimmer must be able to perform a racing dive from blocks
Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock



Group Coach Haley Barker

Ages 14 and under

Attendance Requirements

No requirements. Recommend attending at least 2 practices per week

Practice Schedule Mon-Thu 5:30-6:45 pm

Required Gear for Practices

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USA Swimming Membership

Swimmers are required to have a USA Swimming membership.

Volunteer Requirements

Hosted Meets Required if swimmer attends hosted meet

Away Meets Timing shift or shifts based on number of swimmers attending

Swim Meets

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Group Requirements:

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Swimmer must be able to swim 25 yards of breast and dolphin kick

Swimmer must be able to perform a racing dive (from side of blocks)

Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly

Swimmer must be able to perform a racing dive from blocks

Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock



Yellow

Group Coach	Haley Barker
Ages	10 and under
Attendance Requirements	No requirements (at least 2 days a week recommended)
Practice Schedule	Mon-Thu 4:30-5:30 pm
Required Gear for Practices	
Kickboard	Also available at the pool
Fins	

DART Attire

Registered swimmers will receive a DART shirt and cap. Additional items will be available for purchase throughout the year. Swimmers **MUST** wear a DART cap and shirt to swim meets.

USA Swimming Membership

Swimmers are required to have a USA Swimming membership.

Volunteer Requirements

Hosted Meets	Required if swimmer attends hosted meet
Away Meets	Timing shift or shifts based on number of swimmers attending

Swim Meets

Swimmers are encouraged to attend swim meets throughout the year.

Group Requirements:

Swimmer must be able to swim 50 yards of freestyle and back

Swimmer must be able to swim 25 yards of breast and dolphin kick

Swimmer must be able to perform a racing dive (from side of blocks)

Swimmer must be able to perform legal turns and finishes for all free, back, breast and fly

Swimmers must be able to swim 10x25 free on :55 interval or faster using a pace clock



Beginner

Group Coach	Phoebe Arabaraghi	
Ages	12 and under	
Attendance Requirements	No requirements (at least 2 days a week recommended)	
Practice Schedule	Mon-Thu	5:00-5:50 pm

Required Gear for Practices

Kickboard Also available at the pool

DART Attire

Registered swimmers will receive a DART shirt and cap. Additional items will be available for purchase throughout the year. Swimmers **MUST** wear a DART cap and shirt to swim meets.

USA Swimming Membership

Swimmers are required to have a USA Swimming membership.

Volunteer Requirements

Hosted Meets	Required if swimmer attends hosted meet
Away Meets	Timing shift or shifts based on number of swimmers attending

Swim Meets

Swimmers are encouraged to attend swim meets throughout the year.

Group Requirements:

Swimmer must be able to swim 50 of freestyle and backstroke
Swimmer must be able to swim 25 yards of backstroke
Swimmer must be able to jump from the starting block.



Intro to Team

Group Coach Phoebe Arabaraghi

Ages 12 and under

Attendance Requirements No requirements (at least 2 days a week recommended)

Practice Schedule Mon-Thu 4:30-5:00 pm

Required Gear for Practices

None Kickboard available at the pool

DART Attire

Registered swimmers will receive a DART shirt and cap. Additional items will be available for purchase throughout the year. Swimmers **MUST** wear a DART cap and shirt to swim meets.

USA Swimming Membership

Swimmers are required to have a USA Swimming membership.

Volunteer Requirements

Hosted Meets Required if swimmer attends hosted meet

Away Meets Timing shift or shifts based on number of swimmers attending

Swim Meets

Swimmers are encouraged to attend swim meets throughout the year.

Group Requirements:

Swimmer must be able to swim 25 of freestyle

Swimmer must be able to jump from the side of the pool