



In-Service Training for Coaches
2/3/25

Welcome and Introductions

Coach Pictures and Bios

DART-Solano Overview

Membership Report

Ricky

Lacie

Bring a DART shirt

Jan/Feb reports

Vision and Values

DART Swimming is our competitive 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.

Values-Discussion

What are our values?

1-Development

Long Term

Life Skills

Success as student-athletes

2-Hard Work

Technique/Skill Development

Grit

Ability to train

3-Teamwork

Leadership

Community Service

4-Fun

Events

Socials for parents and swimmers

Love of the sport

Programs and Divisions

Competitive Team

Senior Division

AG Comp Division

Developmental Team

Seasonal Teams

Learn to Swim

Intro

Water Polo

Masters

Ricky

Kai

Ricky

Lacie

Ricky/Lacie

Ricky/Lacie

Move to LTS in April

Alex

Nick

Marketing**Jason Wood****ZOOM into meeting****Coach Roles****Ricky/Discussion**

Recruit

Improve

Retain

Coach Expectations/Standards

Facilities

Outside renter/partner

Safety

Teaching

Coaching

Housekeeping Items

Schedules

Timecards

Divisions and Programs

Submit schedules

Competitions

Events

Meetings

Programs (spring and summer)

Communication

Staff

Members

Website/Email/Messaging/Social Media/Other platforms