



## **DART-Solano Junior Group 2025-26 Spring 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 Junior Group**

Our Junior group includes swimmers who are 11-13 (14 if still in middle school.)

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**

Lead Coach

Abby David

Lead Coach

Support Coaches

Steph Sit

## **Junior Group**

This group is for swimmers ages 11-14 who have chosen swimming as a competitive sport.

### **Junior**

**\*\$225 per month/\$50 annual DART registration**

Swimmers are 11-14 years old. This group is for swimmers who have a proven track record in swimming as a competitive sport. The group focus is technique, skills, education, goal setting, 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.

*\*Dues are being reviewed for the upcoming 2025-26 season-adjustments would begin in Oct.*

### **Spring Schedule**

Mon/Wed

Tue/Thu

Fri

Sat

### **Feb-May**

5:30-7:00 pm

5:00-7:00 pm

5:00-6:30 pm

8:00-10:00 am

### **Dryland**

Dryland will be held from 5:00-5:25 pm on Tuesdays and Thursdays. This is typically run by Steph Sit. Swimmers should bring proper dryland attire.

We have several swimmers who participate in our Pinnacle Fitness program. This is an added cost-and requires swimmers to attend at least 80% of the offered swim workouts for Junior. Swimmers who are interested in Pinnacle can reach out to Site Lead Ricky Silva.

### **Classroom Sessions**

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

### **Seasons**

The seasons for swimmers in our Senior division are:

January-March

April-August

Performance meet in March

Performance meet late July

### **Practice Requirements**

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

Senior Fit/Blue Groups are available for swimmers who are not able to make the Junior requirements.

### **Swim Meets**

Junior swimmers are required to attend at least two meets a season as well as designated performance meets (if qualified.) Swimmers who cannot attend a particular meet are required to meet with the Lead Coach (conflicts will arise throughout the season.) Travel meets are optional for Junior Group swimmers. Race days are additional opportunities to race at home.

### **Hosted Meets**

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

### **Events**

Swimmers in Junior are highly encouraged to participate in team events.

### **Equipment List**

Mesh Equipment Bag

Water Bottle

Regular Fins

Hand Paddles

Strokemaker or TYR catalyst

Pull Buoy

[Resistance Bands](#)

Light Resistance Cords

Front Mount Snorkel

Tempo Trainer

Optional

### **Insurance 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.

### **USA Swimming Athlete Protection**

All Junior swimmers are required to complete their USA Swimming athlete protection training (free online course.)

### **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.

## **Volunteer Requirements**

Competitive groups are required to volunteer throughout the year. A full overview will be included in our team/volunteer handbook.

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.

## **DART Attire**

DART is now a Mizuno team. We have shirts on the way for each swimmer. Swimmers will also receive one Mizuno DART cap (additional caps are available for purchase at \$15.)

A DART team store will be available three times per year. The store will typically stay open for 2-3 weeks for swimmers to take advantage of discounts when ordering Mizuno items. The store can be found on our website (emails will be sent out when the store opens for purchases.)

## **Communication**

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

The group currently uses GroupMe for additional messages. These are short messages that enable our staff to communicate without sending out multiple emails.

The website will be updated throughout the season with meet info, practice info, event info and more. We are moving to an updated website platform in March of 2026.

[www.dartsolanoswim.org](http://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
TBD	Awards	

### May

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

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