



DART-Solano Junior Group 2025-26 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

Junior	Steph Sit	Lead Coach
Support Coaches	Ricky Silva, Nick Lillard, Abby David	

Junior Group

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

Junior

***\$185 per month/\$80 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.*

Athlete 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) within 30 days of their start to the season.

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.

Pinnacle Fitness

Pinnacle Fitness attendance is required for swimmers in the National Development group. Swimmers in Senior will have the option to participate in Pinnacle workouts. The cost is \$300 per trimester (Sept-Dec, Jan-April, May-August.) Families will be invoiced \$75 per month-however, they are responsible for the full trimester cost.

Swimmers are required to attend all Pinnacle Fitness workouts. Any swimmers who miss more than one Pinnacle session per month will be required to meet with the Lead Coach.

[Pinnacle Info](#)

Classroom Sessions

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

Volunteer Requirements

Competitive groups are required to volunteer throughout the year. A full overview will be included in our team/volunteer handbook that will be sent out and posted the week of September 8.

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.

Fall Schedule

(Sept-Dec)

Junior

Mon-Thu	5:00-7:00 pm	Dryland T/Th 5:00-5:30
Fri	4:30-6:30 pm	
Sat	8:00-10:00 am	

Junior swimmers will be broken into training groups.

Group A will typically swim with Senior on Tue, Thu and Fri.

Group B will typically swim with Junior Mon-Fri

Groups will be broken into training groups based on events on Saturdays.

Seasons

The seasons for swimmers in our Senior division are:

September-December	Performance meet in December
January-March	Performance meet in March
April-August	Performance meet late July

Competitive Division Meetings

Swimmers and a parent of each swimmer in a competitive group will be required to attend Competitive Division meetings to be in any competitive groups at DART-Solano (college swimmers do not need to attend.)

Meetings will be held on September 6 and in the spring (date TBD.)

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 1 meet a month as well as designated performance meets. 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.

[Meet Schedule](#)

Hosted Meets

Parents of swimmers in the Junior group are expected to assist/participate in our hosted 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.

[Events](#)

Equipment List

Mesh Equipment Bag

Regular Fins

Hand Paddles

Pull Buoy

Jump Rope

[Resistance Bands](#)

Front Mount Snorkel

Tempo Trainer

Swimmers should have items by Sept 8

Strokemaker or TYR catalyst

Light Resistance Cords

Recommended

Recommended Junior "A"

**Swimmers are encouraged to keep an extra set of goggles and swim cap in their mesh bag for practices.*

DART Attire

DART is now a Mizuno team. We are working with the other DART sites to finalize any items for purchase for parents and swimmers.

DART attire is available on the Squad Locker website at:

<https://teamlocker.squadlocker.com/#/lockers/dart-swimming>

Communication

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

Swimmers and families are encouraged to join our Junior GroupMe. This will be used for the majority of our announcements (info will always be included in our weekly emails.)

[Group Me Link](#)

The website will be updated throughout the season with meet info, practice info, event info and more.

Individual Sessions

Swimmers are encouraged to sign up for individual sessions throughout the season. Swimmers can sign up for these using the following link:

[SignUp Link](#)

These can be used for the following:

1-Individual meetings or meetings with parents and swimmers. Topics can include goal setting, college swimming, season planning and more.

2-In water stroke and skill work (only applied to Mon-Fri sessions before practices.)

3-Video Analysis-coach and swimmer will review swim meet videos. Swimmers MUST provide the video (can be from any swim meets.)

www.dartsolanoswim.org