



## **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 Senior Division**

Our Senior competitive groups include swimmers who are 14 and older (high school.) Swimmers who are 13 may be moved to the group with coach recommendation and approval.

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 while in high school, in college and beyond.

**Coaches**

National Development	Ricky Silva	Lead Coach
Senior	Ricky Silva	Lead Coach
Support Coaches	Nick Lillard, Abby David, Jeff Greer, Ray Wieser, Steph Sit	

## **Senior Division**

These groups (National Development and Senior) are for high school age swimmers who have chosen swimming as a competitive sport. Senior Fit group is offered and is part of our Developmental program (for swimmers 14 and older.)

## Senior

**\$240 per month/\$50 annual DART registration**

Swimmers are 14 and older. This group is for high school aged athletes who want to improve in the sport of swimming. Swimmers will focus on participation, goal setting, technique and fitness. Practices are offered six days a week. Swimmers in this group include year round swimmers as well as multi-sport athletes. On-site dryland will be offered. Attendance at meets and team events is expected.

## National Development

**\*\$340 per month/\$50 annual DART registration**

Swimmers are 14 and older. This is the highest level in our program. meet, practice and attendance requirements are required. Swimmers have chosen swimming as their primary sport on a year round basis. Practices are offered six days a week (including morning and afternoon swim practices and strength and conditioning). Dues include Pinnacle Fitness gym workouts (2 times per week.) Attendance at meets and team events is required.

## High School Associate

**\$45/\$50 annual DART registration**

One DART practice a week with DART Swimming. Can attend events and meets as an associate. Maintains membership status (providing volunteer requirements are fulfilled.)

## **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 National Development and Senior swimmers are required to complete their USA Swimming athlete protection training (free online course) within 30 days of their start to the season.

18 and older athletes must complete an additional USA Swimming required training prior to them turning 18 years of age.

## 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 a DART shirt, DART silicone cap and a DART water bottle sticker. 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. Fees for Pinnacle are included in monthly dues.

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.

Information for the spring session (February-May) will be sent out directly to swimmers and families.

## **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.

National Development swimmers are required to attend these sessions. Sessions are encouraged for Senior swimmers.

## **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.

## **Practice Schedule**

[Winter Practice Schedule](#)

Jan

[Spring Practice Schedule](#)

Feb-May

Summer Practice Schedule

May-Aug

will be posted in February

### **Equipment List**

Mesh Equipment Bag	
Water Bottle	
Regular Fins	
Hand Paddles	Strokemaker or TYR catalyst
Pull Buoy	
<a href="#"><u>Resistance Bands</u></a>	Light Resistance Cords
Front Mount Snorkel	
Tempo Trainer	Recommended
<a href="#"><u>Parachute</u></a>	Recommended

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

### **Seasons**

The seasons for swimmers in our Senior division are:

September-December	Performance meet in December
January-May	Performance meet in May
Mid May-early August	Performance meet late July

### **Practice Requirements**

National Development swimmers are required to attend practices at least 5 days per week.

Senior group swimmers are required to attend practices at least 4 days per week (more is encouraged.) Multi-sport athletes should communicate with Coach Ricky regarding an adjusted schedule to accommodate two sports.

HS Associate does not have an attendance requirement-but should be attending at least 1 practice per week during their high school season.

Senior Fit is available for swimmers who are not able to make the Senior requirements.

### **Group Meetings**

Meetings will be offered for parents and swimmers throughout the season. Attendance is highly suggested for these informative meetings.

Classroom sessions will also be available throughout the season. We will cover a variety of topics that relate to swimming as well as success as a student athlete.

### **Swim Meets**

National Development swimmers are required to attend team meets as posted on the schedule. Swimmers who cannot attend a particular meet are required to meet with the Lead Coach (conflicts will arise throughout the season.) Swimmers who cannot attend travel meets MUST work with the Lead Coach to have another meet instead as travel meets typically are performance meets.

Senior swimmers are required to attend at least 2 meets a season 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 Senior Group swimmers. Race days are additional opportunities to race at home.

### [Spring Meet Schedule](#)

### **Hosted Meets**

Swimmers in National Development and Senior 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 National Development and Senior are highly encouraged to participate in team events.

### [Spring Event Schedule](#)

### **College Meeting**

A college informational meeting will be offered once a season. All swimmers are encouraged to attend.

### **Senior Recognition**

We will recognize all of our outgoing high school seniors in May as well as at our awards banquet. High school seniors should fill out the following form.

### [High School Senior Form](#)

### **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 Apparel Store](#)

## **Communication**

Swimmers and families will receive a weekly email for Senior and National Development from Coach Ricky. Additional emails may be received from time to time with program updates.

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

### [GroupMe Link](#)

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

## **Individual Sessions**

Swimmers are encouraged to set up individual sessions directly with Coach Ricky. These may include:

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](http://www.dartsolanoswim.org)