



Coach In-Service Training  
Feb 3, 2025



## Vision

*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*

## 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 sports



# Programs and Divisions

## Programs and Divisions

Competitive Team

Senior Division

AG Comp Division

Developmental Team

Seasonal Teams

Learn to Swim

Intro update

Water Polo

Masters

Monthly Reports

Membership Reports

Weekly/Monthly Meetings

**Ricky**

Kai

Ricky

Lacie

Ricky/Lacie

Ricky/Lacie

Alex

Nick

Leads

In Person/ZOOM report to members

Leads



# Marketing

Jason Wood

Marketing Committee

## Coach/Staff Roles

Recruit

Improve

Retain



A promotional poster for DART SWIMMING. The top half features a large image of a swimming pool with the DART SWIMMING logo (a stylized swimmer) and the text "DART SWIMMING". Below this, the poster is divided into three sections: "DART SWIM TEAM", "JUNIOR WATER POLO", and "DART SWIM LESSONS". Each section includes a list of bullet points. To the right of the text sections are three inset images: a swimmer in a pool, a swimmer in a pool, and a group of swimmers. At the bottom, there is a QR code and a cartoon duck.

**DART SWIMMING**

**DART SWIM TEAM**

- Several swim group levels based on swimmer skills
- Heated outdoor pool at Solano College
- Focus on fitness, technique and skill development
- **Year-Round and Seasonal** swim team options

**JUNIOR WATER POLO**

- No water polo experience needed
- Open to athletes 8-14 years old
- Spring session one beginning **March 3**

**DART SWIM LESSONS**

- Private lessons
- Learn to swim with qualified swim instructors
- Heated outdoor pool at Solano College
- Many Spring schedule options beginning in **February 2025**

**CONNECT WITH A COACH**



## Coach Expectations/Standards

- Facilities
- Safety
- Teaching
- Coaching

## Schedules

- Timecards
- Divisions and Programs
- Competitions
- Events
- Meetings

## Communication

- Staff
- Members
  - Website
  - Email
  - Messaging
  - Social Media
  - Other platforms



DART Solano-Serving Solano County, American Canyon and Winters

