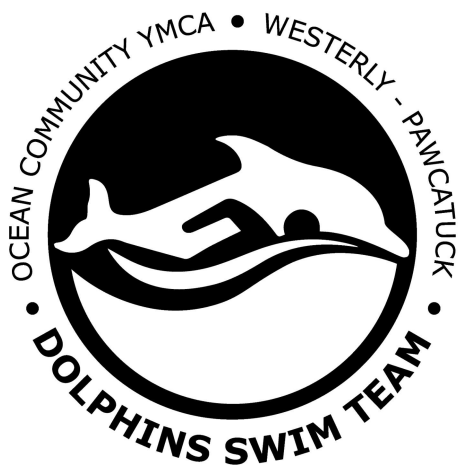




2025-2026 Short Course Season New Parent Meeting



About the Dolphins Swim Team

The Dolphins swim team is a competitive swim program and encourages youngsters to fulfill their potential as:

- Accomplished athletes
- Caring teammates
- Good community members



The Dolphins team has been in existence for over 50 years and continuously strives to help young athletes achieve their athletic and personal goals. The team is led by an outstanding group of active adult volunteers, which is one of the keys to the team's ongoing success.

About the Dolphins Swim Team

- **SENECY League:** The Dolphins are part of the SENECY (Southeastern New England Community YMCA) league which consists of teams from RI, MA, and CT.
 - About 18 teams in our league
- **Volunteer Organization:** We are primarily a volunteer run organization.
 - We are always welcoming of help
- **Two Seasons:**
 - Short Course Season: Sept - Early March
 - Long Course Season: May - July
- **Facility: 2 Pools**
 - Fuller Pool: 25 Yard w/diving blocks
 - Buckley Pool: 20 Yard warm pool
- **USA Swimming and SafeSport Certified Team**
 - All of our coaches go through background checks, SafeSport athlete protection training, Red Cross certifications, and swim Y-USA coach training.
 - Additionally some of our coaches are USA Swimming Certified



Training Groups

Novice (NOV):

- Are comfortable in the water
- Can swim 25 yards unassisted
- Can kick holding a kickboard

Practice in the Buckley Pool (Sept 8-Dec 31):

- Pool is warmer - allows the swimmers to remain comfortable while receiving instruction.
- This group has fun while learning competitive swimming techniques.
- Generally younger swimmers (5-10) but occasionally some older swimmers need to start with this group.
- Recommended attendance 2-3 times per week
- In January, actively participating swimmers must move into the Beginner group in the Fuller Pool.

*Gear: swimsuit, goggles, cap, alignment board, snorkel and fins.



Training Groups

Beginners (BG):

- Freestyle and backstroke
- Dolphin kick
- Streamline
- Rotary breathing
- Developing breaststroke or butterfly skills (breaststroke kick or pull, butterfly pull)

Practice in the Fuller Pool:

- This group has mastered the skills above and is ready to swim more distance while learning the more advanced strokes.
- Generally ages 7-12, some older swimmers will start here as well.
- Recommended practice 3-4 times per week

*Gear: swimsuit, goggles, cap, alignment board, snorkel and fins.



Training Groups

Age Group (AG):

- Can “legally” swim all four strokes
 - To legally swim a stroke means to swim it by the rules defined in the USA swimming rulebook.
- Can do proper flip turns and open turns
- Are ready to take on a 75 minute practice, moving most of the time.

Practice in the Fuller Pool:

- This group can swim all strokes and are working towards becoming more serious swimmers and respectful teammates.
- Generally 9-13 years old but occasionally older and younger swimmers will join this group.
- This tends to be our largest group of swimmers.
- Recommended practice 3-5 times per week.

*Gear: swimsuit, goggles, cap, alignment board, snorkel, fins and pull buoy.



Training Groups

Senior Group (SR):

- This group is our most advanced group
- Swimmers meet time standards to join this group
 - 200 Yard Freestyle - Boys: 2:30 , Girls 2:35
- Demonstrate maturity:
Clear commitment to a regular practice schedule, receptiveness to coaches' suggestions, embrace of teammates and team ideals, and show good sportsmanship.

Practice in the Fuller Pool:

- Generally 13+ years
- This is our most serious and focused group of swimmers.
- Practice for this group is 105 minutes.
- Recommended practice 4-5 times per week.

*Gear: swimsuit, goggles, cap, alignment board, snorkel, fins, pull buoy and hand paddles.



Meets

4 Types of Meets:

League Dual Meet - This is a meet between 2 (or more) teams within our league. These meets have no fee associated with them. Typically we host 3 home meets and attend one or two away meets. We would like our swimmers to try to attend the dual meets if possible.

League Specialty Meet - These are usually themed meets held throughout the season at various locations. These meets will have some sort of fee to attend. Some of these meets will also have qualifying times to participate.

Championship Meets - These will have requirements for attending.

USA Meets - These meets are only for our swimmers who are also registered with USA swimming. These meets will have fees associated with attending.



More on Meets:

- Generally take four hours from the time the meet starts
 - There will be a period of about an hour before the meet starts for warm-up
- During a dual meet and the SENEKY Champs, the coaches will select appropriate races and relays for the swimmers.
- Specialty meets - swimmers/parents can select the races.
- For most league meets, we set up in the gym of the facility.
 - Swimmers should bring:
 - Swimsuit, cap, goggles, towels, foldable chair, something to keep warm, easily removable footwear, snacks, water and something for entertainment between races.
- We cannot run a home meet without volunteers and sometimes need to volunteer at away meets as well.
- At a dual meet, for each age group/ gender swimmers are awarded ribbons for 1st, 2nd, and 3rd place in events.
- At specialty meets, ribbons/awards may go to higher places (6-12).
 - Most ribbons/awards are handed out at the annual team banquet at the end of the season.



SENEKY League Championships

This is the final meet of the regular season where all teams in our league come together to compete against each other.

We expect all swimmers to participate in the SENEKY League Championship meet which is held Feb 28- March 1 at URI.

This meet will be separated into 5 unique sessions over 3 days.

One session for each of the age groups.

- (8&U) (9/10) (11/12) (13/14) (15&O)

To be eligible to participate a swimmer must have competed in 3 regular season league meets (Dual or Specialty).

**USA Only meets do not count toward this requirement.*



Boosters / Volunteer Opportunities

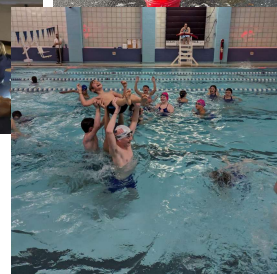
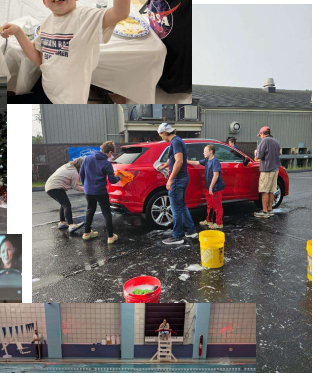
- All parents/guardians are automatically a member of the Boosters Club
- The boosters club runs meetings about once a month
 - Consists of 5 elected officials, coaches and a YMCA rep
 - President - Stephanie Troupe
 - Vice President - Amy Raiche
 - Treasurer - Paula Jutkiewicz
 - Secretary - Alli Lathrop
 - Meet Manager - Jim McCabe
- The boosters club:
 - organizes fundraisers
 - decides our budget
 - plans events and activities
 - sets up subcommittees for events like the swim-a-thon and banquet.
 - Awards senior scholarships
 - Runs our team store
 - Designs our team suit and gear



2025- 2026 Booster Events

This year's planned booster events:

- Fundraisers:
 - Grey Sail Chili/Mac n Cheese Cook Off
 - Trivia Night
 - Car Washes
 - Swim-a-Thon
- Fun Events:
 - Team Movie Night
 - Team Game Night
 - Team Picture and Pizza Night
 - Pasta Dinner
 - Annual Team Banquet



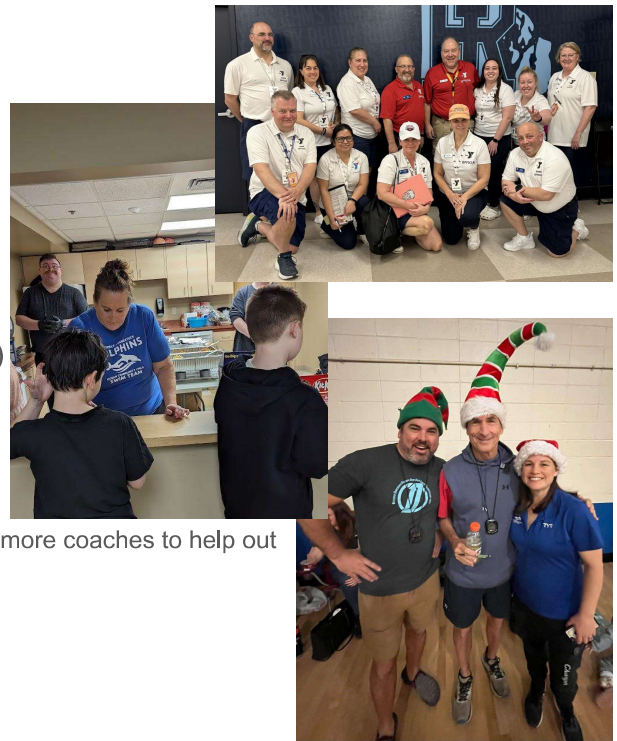
Volunteer Opportunities

Meet Volunteers:

- Bullpen (4-5 per meet)
- Timers (14 per meet)
- Officials (3-4 per meet)
- Check-in table (1-2 per meet)
- Concession stand volunteers (5-8 per meet)
- Setup or cleanup help (4-5 per meet)

Other volunteer opportunities include:

- Coaching
 - We are a large team and are ALWAYS looking for more coaches to help out
- Helping run event
- Volunteering on a subcommittee
 - Banquet
 - Scholarships
 - Swim-a-thon



Registration and Fees

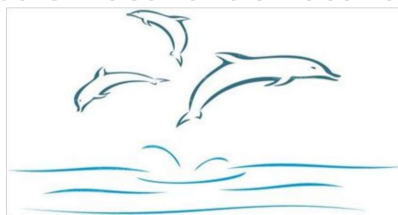
Registration and billing is done through our team portal on TeamUnify (Sports Engine)

* It is not done through the YMCA front desk

You will need to create an account on the team website and register.

- Add a credit card for payment
 - All registration fees and meet fees are charged through TeamUnify

All swim team members must have an active YMCA Membership





2024-2025 Fall/Winter Season

Welcome to the **Westerly-Pawcatuck YMCA Dolphin Swim Team** Electronic Registration platform for our upcoming 2024-2025 swim season!

We are pleased to offer electronic payment processing and registration. The process is simple for both new and returning members. You will get access to your own private account that will enable you easily declare for swim meets, sign-up for jobs, see your children's swim times histories, maintain your own contact information, and more.

****New this season -** There is an option to select a payment schedule during registration.

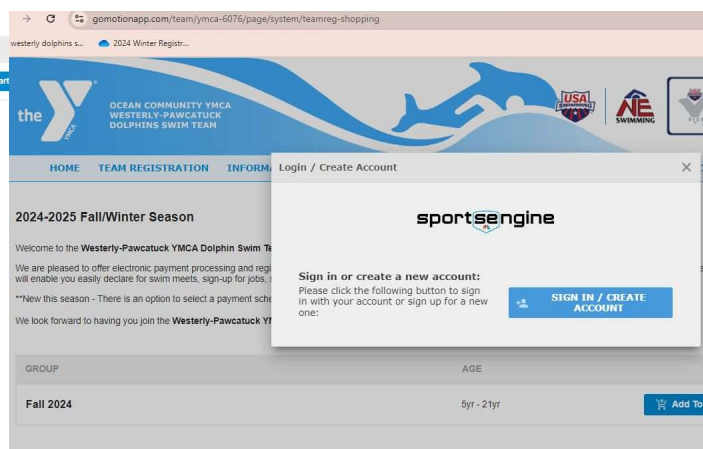
We look forward to having you join the **Westerly-Pawcatuck YMCA Dolphin Swim Team** and are excited for another great season!

Open for Beta
Jul 28, 2024 -

Open for New
Jul 28, 2024 -

GROUP	AGE	
Fall 2024	5yr - 21yr	Add To Cart

Team Registration and signing up for meets and events are all handled through our TeamUnify site.



Fees

Program Fees:

\$300 Novice
\$409.00 Beginner
\$456.00 AG
\$652.00 Senior

Swim Fees Schedule Options:

1 payment - Sept 19
2 payments- Sept 19 and Oct 17
3 payments - Sept 19, Oct 17, Nov 14
4 payments - Sept 19, Oct 17, Nov 14, Dec 12

*All fees must be paid by Dec 12.

Discounts:

\$163.00 (25%) discount for HS swimmers who are participating on a high school team.
\$30.00 discount for multiple children families, discount applied to each additional swimmer.

Financial assistance is available via the Y Cares Program:

- Contact Michelle Smith for more info
(msmith@oceancommunityymca.org)





Mon, Wed, Thurs, Fri - 4:15 - 5:30 PM
Tues: 4-5pm

Mon, Wed, Thurs, Fri - 5:30-6:15 PM

Mon, Wed, Thurs, Fri - 6:15 - 8:00
Tues: 5-6:45 PM

Mon/Wed/Fri - 4:45-5:45 PM

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2025 - 2026 YMCA Meet Schedule

Dual Meets:

Mystic @ Westerly - Oct 25th
Cranston @ Westerly - Nov 15
Westerly @ Hale - Dec 20
Hale @ Westerly - Jan 10
Muti-Dual @ Kent - Feb 7

Championship Meets:

SENECY League Champs - Feb 28 - March 1

YMCA New England Champs - March 14-15

Specialty Meets:

Y Virtual Meet - Oct 11-12
Freestyle Frenzy - Nov 1-2
Holiday Classic - Dec 13-14
Winter Carnival - Jan 17-18
New Year's Splash - Jan 24-25
Newport Pentathlon - Feb 1



Questions?

