



# THE DOLPHIN POD

Spring 2017



*WOW!*

*Time has Flown!*

We are on the home stretch of the swim season! Temperatures are finally warming up and we are starting to make plans for the next season. This Dolphin Pod is all about moving up and the changes in the team for the 2016-17 season.

## HEADS UP!

### DST FAMILY SUMMER PARTY

Sunday May 14 12:00 - 3:30  
at NSC. Bar-B-Q and water fun!

## UPCOMING MEETS

April 22 Best Development 3  
April 27-30 Schroder LC Age Group  
Championships  
May 13 Development Meet 3  
May 18-21 BASA Validus LC  
Championships  
June 9-10 Harbour LC Open  
**REMINDER:** We do consider meet  
participation when assessing  
swimmer readiness to move  
up within the club.

## COACHES

Head Coach Elinor Quarterly

Head Seniors Coach Simon Moore

Seniors Coach Patty Zevallos

Head Juniors Coach Elinor

Juniors Coach Carol Hulst

Juniors Coach Charmaine Smith

Head Flippers Coach Elinor

Flippers Coach Laurie Orchard

Flippers Coach Brice Pursell

Junior Coaches Emily & Lorena

# MOVING UP

You may see that we will move some swimmers up to the next level on Mondays. We move our swimmers up in two waves to ease the transition for both swimmers and coaches. We will move a second wave up in September. Those swimmers and the ones who have currently moved up on Mondays will move up "full time" in September. Moving up is a trickle down effect. We can only move up as many swimmers as we have space for and it is the Seniors group that determines this space and so the number of space we have available next season. Meanwhile what does a swimmer need for each group?

**FLIPPERS** To enter Flippers, swimmers need to be able to complete 25 m of freestyle with head in and correct rotational breathing, 25 m of backstroke, be able to dive off the side and have a basic breaststroke. We require that swimmers be able to pay attention, follow instruction, behave in a safe manner and to respect the coaches and other swimmers. We find that most children aren't "mentally ready" till at least age 7. Swimmers at this level are still learning to swim and beginning to learn to train. Flippers are expected to compete in meets by the end of their first year although we will not force children who are not ready to compete.

**JUNIORS** Swimmers should have completed at least one meet, must be able to swim 100 m freestyle and backstroke with good form and 100 m of basic breaststroke. Swimmers should be able to fly kick for 50 m dive off the blocks and know their turns. Swimmers must be demonstrate that they can train for an hour with minimal "messing around". Swimmers must respect both their coaches and other swimmers and be able to demonstrate the ability to understand and follow basic sets. Swimmers are still learning swim skills and are learning to train.

**Seniors** Swimmers will need to have fundamental mastery of the strokes and turns, the abilities to read and follow the clock, more complicated sets and stroke corrections. Swimmers will need to have demonstrated a strong swimming work ethic and a good attitude with respect for their coaches and other swimmers. Swimmers need to be able to swim 2000 meters and train for one hour. Ideally swimmers will have a B time and participate in meets although exceptions may be made. Swimmers are still working on stroke improvement, training to train and training.

**ALL SWIMMERS** Need a good attitude and a willingness to listen to the coaches and work hard and this must be demonstrated at their current level. Swimmers should be attending regular practice at least twice a week to be considered for the next level. Swimming ability alone is not enough to move up, a strong component of training is mental and behavioral and coaches will take this into account.

**IMPORTANT**

## PLEASE SIGN UP

We will be sending a Google sign up form to sign up for next season's swimming. No fees are due until September but we need to get an idea of how many new swimmers we can accommodate in the 2017-18 season.

**IN ORDER TO SECURE YOUR SWIMMER'S SPOT IN DST IN 2017-18 PLEASE SIGN UP BY THE DEADLINE**

## CONGRATULATIONS

Coach Elinor, Coach Simon and Junior Coach Lorena on becoming Red Cross Lifeguards. This was a 4 day course and by no means easy!

**Thanks for committing to DST Swimmer safety.**

**THANK YOU**

## Coach Rob

For a great job as Flippers Head Coach.

Rob is getting super busy with Americas Cup making sure our roads and water are safe.

We'll miss you on deck!