

August 26, 2013

Welcome to the Dearborn Dolphins!

It is the mission of the Dearborn Dolphins (DRD) competitive swimming program to help develop goal-oriented, ambitious, and dedicated student-athletes. Our objective is to provide a foundation for success that will stay with the individual for his/her entire life. We encourage our swimmers to set high standards and expectations for themselves - to face challenges head on and learn to overcome adversity. This requires not only the physical ability, but also the mindset that, "Anything you can conceive of and believe in, you can ACHIEVE!" Through sport, an athlete may gain an understanding of the value of hard work, self-confidence, respect, team camaraderie, and sportsmanship. One may even find lasting friendships in the fiercest of rivals. These are the principles we believe in.

To join, you need to go to the DRD website – www.swimdrd.org – and click on the Register with DRD ANYTIME button on the right top of the home screen. We accept Credit Card, or automatic checking account debit or check. Payment and completed registration is required before your swimmer will be allowed in to practice.

We provide several means of communication to keep you informed -- our website has a wealth of information regarding our team; and we have a hotline that provides up-to-the-minute information regarding practice changes.

Our hope is that you will use the team's website www.swimdrd.org regularly to keep better informed of what's going on with the club. Information regarding practice changes, meet entry availability and due dates, meet updates, and other notices will be posted on the website and updated daily.

We offer four ability levels:

Novice swimmers are beginning the development of competitive swimming skills.

Emphasis for Novices is on introducing the fundamental skills, movements and terminology of the four competitive strokes. We offer Novice practice 4 nights, with Novices allowed to attend 3 nights a week (you choose which three nights). Novices must be able to swim one length of the pool without stopping.

Intermediate swimmers show the ability to exceed past the fundamental stage of competitive swimming. The Intermediate swimmer must have the ability to perform all competitive strokes according the USA Swimming Standards. This group continues to work on improving skills and movements and different types of competitive training are introduced and enhanced.

Junior swimmers have shown continuous physical and mental development as a competitive swimmer. The Junior swimmer has the willingness to train at a progressive level based on their own ability, in addition to the ability to swim all four strokes legally.

Senior swimmers are able to compete, train and comprehend competitive swimming at an advanced level. The Senior swimmer must have the willingness to

train on land with stretches and exercises as well as in the pool to take swimming to the highest level.

Our bottom line is swimming fast, racing and training "smart," recognizing the lessons learned, and enjoying the experiences we share each day.

Thank you!

The Dearborn Dolphins Swim Team

Fees -- Below is a table with our Training Fees listed. Each swimmer must also become a member of USS-Michigan at a cost of \$63.00. If you are interested in joining, please go to the website.

Training Fees (which are subject to change):

Group	Novice	Intermediate	Junior	Senior
Monthly Fee	\$70	\$100	\$120	\$145
*Training Fees are collected during the following months: September, November, December, January, February, March, April (50%), May, June and July				

Swim Meets

All practice and no meets? No way! Here at DRD, we offer each swimmer two different types of meets so they can check their progress.

League Meets -- each fall, DRD swims against several area swim teams in League Meets. The meets are usually scheduled on a weeknight, starting at either 6:00 or 6:30pm. There is no swim practice on those nights. Due to our new league, there is a \$5.00 to swim in these meets -- you just need to make sure you sign up on the website. The meet schedule will be posted on our website, www.swimdrd.org. League Meets are low pressure, high fun meets.

USA Meets -- scheduled weekends, from October to July, different USS swim clubs in Michigan host swim meets. Your swimmer may participate in as many or as few of these meets as you like. These cost \$5.00 per event, plus a \$5.00 meet charge. Information on how to sign up for these meets will be posted on the website. These meets are more competitive than League meets, but can be just as much fun.

DRD hosts two USS Meets each year – our Winter meet in February and the Freeze or Fry in June. These meets provide approximately 30% of our yearly income and we require all families to work these meets; three 5 hour work sessions per meet are required.

