

The Delaware Swim Team's "Keep Your Feet Wet Program"

High School Prep

September 12th - November 13th, 2011

This program is designed to prepare High School age swimmers for the upcoming scholastic season. Coaches begin the season with a strong focus on stroke mechanics, and gradually complement that instruction with a progressive training program. The group can accommodate all levels of skill development, individual commitment, and offers a fall sports/activity friendly practice schedule.

Keep Your Feet Wet

September 12th, 2011 - through May 25, 2012

The *Keep Your Feet Wet* Program offers school age swimmers the opportunity to participate in organized swimming practices and activities without the commitment of our Traditional program. This program is intended to give Summer League swimmers, as well as children who have moved on from swimming lessons and are new to the sport, an avenue to stay active and familiar with their swimming skills through mechanic oriented, low intensity practices.

Spring Conditioning

April 2nd—May 25th, 2012

This program is designed to prepare swimmers of all ages for the upcoming summer league season. Coaches begin the season with a strong focus on stroke mechanics, and gradually complement that instruction with a progressive training program. The group can accommodate all levels of skill development, individual commitment, and offers a spring sports/activity friendly practice schedule.

Our 2011-2012 Coaching Staff includes...

Bruce Gemmell ~ Sean Dougherty ~ Jocelyn Saunders ~ Doug Copper ~ Steve Early ~ Clark Bickling ~ Chris Belair ~ Cindy Millison ~ Jay Lynch ~ Chris Early ~ Kathy Drysdale ~ Kathy Minka ~ Matt Aungst ~ Chris Burslem ~ Cristina Valcarel ~ Rory Connell

2011-12 DST "KEEP YOUR FEET WET" PROGRAM

TENTATIVE PRACTICE SCHEDULE (begins Monday September 12, 2011)

GROUP	LOCATION	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.
KYFW <i>(Keep Your Feet Wet)</i>	DSFC PC	5:00-6:00pm	5:00-6:00pm			6:45-7:45pm		
	PS DUPONT	10:00-11:00am			6:45-7:45pm		6:45-7:45pm	
HIGH SCHOOL PREP	DSFC PC	5:00-6:30pm	5:00-6:30pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	
	PS DUPONT	8:00-10:00am		6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm	6:45-8:15pm
SPRING CONDITIONING	DSFC PC	<i>Program begins April 2nd, 2012</i>						
	PS DUPONT	<i>Schedule to be announced in early 2012</i>						