

Junior Nationals

An 11 Month a year program, designed to challenge age group swimmers who have progressed through our traditional program, to reach the higher levels of regional competition. This group is intended to create a training environment that is focused on success at championship meets. Swimmers are expected to fully participate in a year round competition schedule, and commit to a coach advised, age appropriate practice schedule. Candidates must possess championship qualifying standards, and will be selected by the coaching staff.



Delaware Swim Team's National Program

Senior Nationals

A 7 day per week, 12 month per year program, the National group is designed for athletes ages 13 and older with aspirations of swimming at the national and international level. Prior to joining the group, athletes must have demonstrated the physical and mental ability to complete rigorous training on a consistent daily basis. Athletes and their families must fully understand and support the time commitment required to reach the highest levels of the sport. A pre-season meeting with the coaching staff is required before registering for the group.

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

2011-2012 DST NATIONAL PROGRAM

TENTATIVE PRACTICE SCHEDULE (Begins Tuesday September 6, 2011)

GROUP	LOCATION	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.
Senior Nationals	DSFC NC am	7:00-10:00am	8:00-11:00am	5:30-7:00am		5:30-7:00am		5:30-7:00am
	DSFC NC pm			3:30-6:30pm	3:30-6:30pm	3:30-6:30pm	3:30-6:30pm	3:30-6:30pm
Junior Nationals	UD CIP	10:00-12:00pm	12:00-2:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm	5:00-7:00pm
	DSFC NC	TBA	TBA					