

PUPS

A swimmer who has completed swim lessons and demonstrated the ability to complete 25 yards of freestyle and backstroke, is ready to join our Pups Program. The basics of all four competitive strokes are taught by coaches who are in the water with the swimmers. This group, designed for children 8 years old and younger, provides an internal focus on mechanics, while maintaining a fun, friendly, and competitive environment for our swimmers.

HOT DAWGS

This program is intended for 6-9yr old swimmers who have a clear working knowledge of the four strokes, and a curiosity to explore the competitive side of the sport. In this group, coaches will create a fun and interesting environment that will focus on advancing each swimmers grasp of stroke mechanics and the skills that are needed for competition.

WONDER DAWGS

This program is for swimmers, ages 7-12, who can legally complete 25 yards of all four competitive strokes, perform basic flip turns, and have the ability to dive. An enhanced approach to stroke mechanics is the primary focus of this stage in our program, with a gradual introduction to conditioning and race preparation.

The Delaware Swim Team's Traditional Program

MIGHTY DAWGS

This program is intended for swimmers, ages 9-13, who possess an advanced skill set, demonstrate a desire to pursue competitive swimming, and have a willingness to participate in a structured practice environment. Mechanics remain a strong focus in this program, while an enhanced level of conditioning, race technique and goal setting is instilled.

SUPER DAWGS

This program is aimed at swimmers, ages 12-15, who have strong technical development, a desire to improve and participate in local competition, and the physical capability to train in a structured practice environment. This program is designed to prepare its swimmers for the Senior and High School levels of the sport.

BIGG DAWGS

This program is designed to offer High School age swimmers the opportunity to participate in an advanced training and competition environment. A balanced training program is designed to prepare athletes to set and achieve goals through heightened physical, mental, and time commitments

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 TRADITIONAL PROGRAM

TENTATIVE PRACTICE SCHEDULE (begins Monday September 12, 2011)

GROUP	LOCATION	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.
BIGGS	DSFC PC		8:00-10:30am	3:30-6:00pm		3:30-6:00pm		3:30-6:00pm
	DSFC NC	9:30-12:00pm			5:30-8:00pm		5:30-8:00pm	
SUPERS	DSFC PC	8:30-10:30am	8:00-10:00am	6:45-8:30pm	6:45-8:30pm		6:45-8:30pm	6:45-8:30pm
	PS DUPONT	8:00-10:00am		6:45-8:30pm	6:45-8:30pm	6:45-8:30pm	6:45-8:30pm	6:45-8:30pm
MIGHTY	DSFC PC	8:30-10:00am	9:30-11:00am	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm		5:15-6:45pm
	PS DUPONT	9:30-11:00am		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm
WONDER	DSFC PC	10:00-11:30am	9:30-11:00am	5:15-6:45pm		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm
	PS DUPONT	9:30-11:00am		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	5:15-6:45pm
HOTS	DSFC PC	10:30-11:30am	11:00-12:00pm		6:15-7:15pm		6:15-7:15pm	
	UD CIP			6:00-7:00pm		6:00-7:00pm		6:00-7:00pm
	PS DUPONT	9:00-10:00am		6:15-7:15pm	6:15-7:15pm	6:15-7:15pm	6:15-7:15pm	6:15-7:15pm
PUPS	DSFC PC	10:30-11:30am	11:00-12:00pm		5:15-6:15pm		5:15-6:15pm	
	UD CIP			5:00-6:00pm		5:00-6:00pm		5:00-6:00pm
	PS DUPONT	10:00-11:00am		5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm