

Who We Are

Keith Jessop and Diana Stambaugh established the Greater Newark Boys and Girls Club Swim Team in 1997. The team is a registered member of the United States Swimming Organization and the Pioneer Swim League.

Philosophy

A positive learning environment which facilitates athletes' competitiveness and enjoyment of swimming regardless of age and ability through proper stroke technique.

Coaches Goals

The continual success of every swimmer in and out of the water.



Meets

Pioneer League

The Dolphin Swim Team participates in the Pioneer Swim League (Winter Session only). These meets are developmental, but are regulated by USA Swimming rules. There is no additional cost to participate in these meets.

USA Swimming

Swimmers have the option to participate in swim meets sponsored by Mid Atlantic (USA Swimming) throughout the season. These meets have individual entry fees (usually \$4 per event) and require USA Swimming membership (\$60 fee).

Nationals

We participate in the annual National Boys & Girls Club Championships held in St. Petersburg, Florida. This meet takes place in April and is voluntary.

Program Costs & Payment Options

By Month

This is the most flexible payment option. Payments are made monthly, rather than in one lump sum. Payment is due the 15th of any month swum.

By Session

Program fees can be paid each session (fall, winter & spring), or swimmers can opt to choose which sessions to swim.

Full Year

For swimmers who plan to swim for the entire year, this is the most cost effective option. Payment is due in September or within the first month of participation.

Session Dates:

- Fall: September 6 thru October 29, 2011
- Winter: October 31, 2011 thru March 31, 2012
- Spring: April 2 thru May 24, 2012

Program Fees					
	By Month	Fall	Winter	Spring	Full Year
Beginner	\$47	\$85	\$200	\$85	\$338
Basic	\$53	\$95	\$225	\$95	\$382
Advanced	\$67	\$121	\$285	\$121	\$482
Junior	\$67	\$121	\$285	\$121	\$482
JO	\$81	\$146	\$344	\$146	\$583
HS Plus	\$105	\$189	\$446	\$189	\$756
Olympians	\$117	\$211	\$497	\$211	\$842
HS Warm Up		\$214			
Spring Warm Up				\$139	

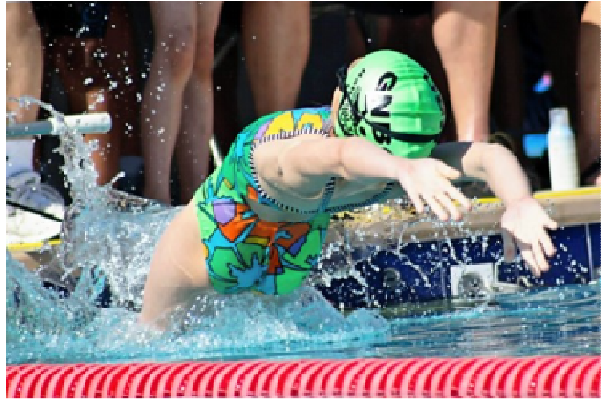
Other Fees:

- G. Newark Boys & Girls Club Membership (required)..... \$15
- Fundraiser Fee (required; once per family)*..... \$60
- *high school & spring warm-up programs exempt.
- USA Swimming Registration Fee (optional)..... \$60

**Greater Newark
Boys & Girls Club
DOLPHIN SWIM TEAM
Program Brochure
2011-2012**



302-836-6464
www.gnbcdolphins.com



Thanks to Maureen Zappacosta for all the great photos!

Programs

Beginner

This program is for any swimmer who is just learning to swim and is able to make the length of the pool. The basic fundamentals of the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle) will be introduced. Swimmers will begin learning a competitive racing start for each stroke.

Prerequisites: one length of the pool.

Age: generally 10 and under

Practices: 1 to 2 times weekly

Basic

This program is for any swimmer capable of performing any two of the four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). Swimmers will develop the proper stroke, start, turn and finish techniques for each competitive stroke.

Prerequisites: proficient in two competitive strokes.

Age: any.

Practices: 2 times weekly

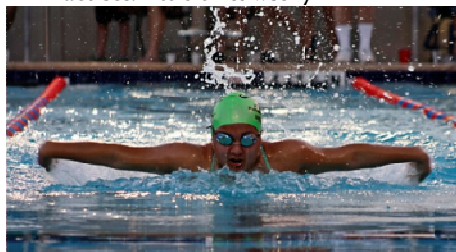
Advanced

The techniques and stroke mechanics learned at the Beginner and Basic levels are enhanced and refined. Swimmers will begin participating in short conditioning sets that reinforce proper stroke technique.

Prerequisites: proficient in the four competitive strokes.

Age: any.

Practices: 2 to 3 times weekly



Junior

This program is designed for younger swimmers who show a high aptitudes for the sport, but are too young for senior style training. Yardage increases and practice elements become more structured as the swimmers are introduced to the concepts of training, endurance, pace, and goal setting.

Prerequisites: approval of coaches.

Age: generally 9 to 12

Practices: 2 to 3 times weekly

Junior Olympians (JO's)

This program is designed to transition swimmers from the less intense training utilized for younger swimmers to the more mature and intense training required for success in the older age groups. Flexibility to participate in various senior level training will be built into the program to meet the needs of the swimmer and at the discretion of the coaches (i.e. dry-land, extended practices, long course practices).

Prerequisites: approval of coaches

Age: generally 11 to 14

Practices: 3 to 5 times weekly

High School Plus

The High School Plus program is designed for swimmers 13 and older as a supplement to high school team practices. Practices are tailored to each swimmer ranging from rigorous conditioning to development of proper stroke mechanics, start, turn and finish training.

Age: generally 13 or older

Practices: 2 to 5 times weekly

Olympians

This is the most aggressive and competitive program the club offers. Commitment and attendance are crucial. Swimmers are expected to set short and long term goals, and take an active role in achieving them.

Prerequisites: approval of coaches

Age: generally 13 or older

Practices: 6 to 8 times weekly

Seasonal Programs

High School Warm Up

In this program, a combination of mechanics drills, conditioning, start, turn and finish training are designed to prepare swimmers for the high school season. Program runs 9/6 thru 11/12.

Practices: 2 to 4 times weekly

Days & Times:

Mon thru Thurs: 7:45 to 9pm

Spring Warm Up

This program is designed to prepare swimmers for participation in summer league competition. Work-outs are focused on stroke mechanics, starts and turns. Program runs from 4/2 thru 5/24.

Practices: 2 to 4 times weekly

Days & Times:

Swimmers are placed in a program group from the left (Beginner, Basic, Advanced, Junior, or High School Plus) appropriate to their needs and ability.



Session Dates:

- Fall: September 6 thru October 29, 2011
- Winter: October 31, 2011 thru March 31, 2012
- Spring: April 2 thru May 24, 2012

Fall and Spring Practice Schedule

	Mon & Wed	Tues & Thurs	Fri	Sat
Beginner	5:30-6:15p	11-11:45a & 5-5:45p	none	8:15-9a
Basic	5:30-6:30p	11a-12p & 5:45-6:45p	none	8-9a
Advanced	5:30-6:45p	11a-12:15p & 5-6:15p	none	7-8:15a
Junior	6:30-7:45p	11a-12:15p & 6:45-8p	none	7-8:15a
JO	6:45-8:15p	6:15-7:45p	6:30-8:30p	6-9a
HS Plus	6:45-9p	5:30-7a & 7-9p	6:30-8:30p	6-9a
Olympian	6:15-9p	5:30-7a & 6:15-9p	6:30-8:30p	6-9a

Winter Practice Schedule

	Mon & Wed	Tues & Thurs	Fri	Sat
Beginner	6:15-7p	11-11:45a & 5:30-6:15p	none	8:15-9a
Basic	6:15-7:15p	11a-12p & 6:15-7:15p	none	8-9a
Advanced	5:30-6:45p	11a-12:15p & 6:15-7:30p	none	7-8:15a
Junior	6:45-8p	11a-12:15p & 7-8:15p	none	7-8:15a
JO	7-8:30p	7:15-8:45p	6:30-8:30p	6-9a
HS Plus	7:15-9p	5:30-7a & 7:30-9p	6:30-8:30p	6-9a
Olympian	6:15-9p	5:30-7a & 6:15-9p	6:30-8:30p	6-9a