

The DAC Swim Team is designed for children who can complete 25 yards of backstroke and freestyle and wish to advance their competitive swimming skills. As a member of the swim team, your child will be exposed to the following fundamentals of competitive swimming:

- Learn advanced stroke drills
- Improve technique and feel for the water
- Gain endurance
- Participate in competitive swim meets
- Develop mental stamina and confidence

## Rate Information

**Members:** \$35 per month

**Non-members:** \$48 per month

Monthly fees are due on the 2nd Tuesday of every month.

USA Swimming Registration: \$48 per year

\*USA Swimming provides athletic insurance to USA sanctioned teams and athletes.

## Coaches

Caitlin Howlett has been swimming competitively since the age of eight. She continued year round through both high school and for four years at a Division III college in NY. She has coached age group swimming for the past three years. She recently moved to Oregon to begin graduate school in Philosophy, but is excited to still be active in the swimming community as a coach at the DAC.

Alexandra Krowow has been swimming competitively since she was eight, getting her start in her home town of Ithaca, NY. Since leaving Ithaca she has lived in London, New Paltz, NY, Yosemite, and most recently San Francisco where she coached the junior swim team at The Olympic Club. She moved to Eugene in September 2008 to attend the University of Oregon. She will be graduating in March 2010 with a BS in Political Science and Environmental Studies. She is also an active member of the UO debate team.

## Practice Times

**Novice Group: ages 5-9**

M-Th 3:45-4:45 p.m.

**Age Group: ages 10-14**

M-Th 3:45-5:00 p.m.

\*Swimmers may participate 2-4 days per week

Each practice session begins with a 15 minute dry-land warm-up designed to increase strength, balance and flexibility.

Swim lessons and swim team will be cancelled when 4J schools are cancelled *due to weather*.

## Practice Groups

**Novice Group (ages 5-9):** This group focuses on learning the fundamentals of competitive swimming from proper stroke technique to starts and turns.

**Age Group (ages 10-15):** This group continues improving technique while increasing endurance and efficiency.

*Come try us out! The first week is free! For more information please contact Trevor Hoke at 484-4011 ext. 237.*

## Announcements

### DAC Youth Water Polo

Tuesday and Friday

3:45-5:00 p.m.

**Members: \$20/month, Nonmembers: \$30/month**

Youth Water Polo is coming to the DAC! Experienced coaches Doug Smith and Ron Thompson will instruct the kids on the fun and the fundamentals of water polo - passing, dribbling, shooting, and sportsmanship. Participants need to be able to swim 25 yards of the pool. Come on out and give us a try! The first week is free.

March

# SWIM TEAM CALENDAR

2010

Swim Team Dues:  
\$30 members, \$45 non-members  
Payment Due 3/16/2010

Try us out! The first week is FREE!

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	2 <i>Water Polo</i> 3:45 - 5:00	3 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	4 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	5 <i>Water Polo</i> 3:45 - 5:00	6
7	8 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	9 <i>Water Polo</i> 3:45 - 5:00	10 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	11 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	12 <i>Water Polo</i> 3:45 - 5:00	13
14	15 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	16 <i>Water Polo</i> 3:45 - 5:00	17 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	18 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	19 <i>Water Polo</i> 3:45 - 5:00	20
21	22 <i>No Swim Team Practice</i>	23 <i>No Water Polo Practice</i>	24 <i>No Swim Team Practice</i>	25 <i>No Water Polo Practice</i>	26 <i>No Swim Team Practice</i>	27
28	29 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	30 <i>Water Polo</i> 3:45 - 5:00	31 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	1 <i>Novice</i> 3:45 - 4:45 <i>Age Group</i> 3:45 - 5:00	2 <i>Water Polo</i> 3:45 - 5:00	

Novice Team: Ages 5-9

Age Group: Ages 9-15

