



2010 Summer Swim Team



If you have any questions, please contact Dave Kuck
614-410-4566 or dkuck@dublin.oh.us

The City of Dublin offers two swim team programs, the Dublin Dolphins (consisting of 3 separate teams) and the Dublin Sea Dragons. These programs provide the opportunity for an enjoyable experience that caters to the goals of individual swimmers. One can participate in both Dolphins and Sea Dragons, as each program contributes its own enrichment opportunities to an athlete, however each program is fundamentally different in its design and execution.

The Dublin Dolphins consists of three separate teams that run for approximately two months at the beginning of the summer. The Dolphin Teams practice in the mornings at either the North or South Community pools. The Dolphin swim program is designed to teach and promote the sport of swimming in a fun and light atmosphere. There are weekly competitions with other N.E.W. League teams on Wednesday nights. Swimmers are expected to know some key fundamentals of competitive swimming before participating.

The Dublin Sea Dragons is a club swim team that operates under the banner of USA Swimming. The Sea Dragons program runs year-round with 2 major seasons. The fall and winter season runs 5 – 6 months, training at the DCRC and competing at local and occasional out-of-town weekend competitions. The spring and summer season runs 4 – 5 months, training indoor and outdoor with both local and travel competitions available. The Sea Dragons is open to both new members and experienced athletes who have set high goals for advancement in the sport of swimming. Swimmers are expected to know some key fundamentals of competitive swimming before participating. To set up an evaluation please contact Dave Kuck at dkuck@dublin.oh.us.

Please note, our staff is not permitted to transport children from one program to another (for instance, from Wyandot Camp to swim team). An authorized parent or guardian must sign participants out of each program.

New Swimmer Evaluations

Swimmers who have never been a member of a Dublin swim team must attend an evaluation session prior to registering for a team. Attending (and passing) an evaluation session places the swimmer in a prerequisite class required for registration at a later date, but does not guarantee a spot on the team. Evaluations are conducted on the days and times listed below.

SeaDragons	By appointment 614-410-4566		
Dolphins (walk-in)	Monday	April 12	4 – 7 p.m.
	Wednesday	April 14	4 – 7 p.m.
	Saturday	April 20	11 a.m. – 2 p.m.

Prerequisites

If you have never been on a Dublin swim team YOU MUST ATTEND AN EVALUATION SESSION in order to meet the prerequisites to register for the team. If you do not meet the prerequisite, YOU WILL NOT BE ABLE TO REGISTER!

To check to see if you meet the prerequisite for registration, follow the steps below:

1. Verify that you are in our online system. Go to www.dublin.oh.us/recreation/dcrc/swim/index.php. Login using your home phone number and last name as instructed at the top of the web page. (or login using your current User ID and Password)
2. Verify we have a record of your being on the team or passing an evaluation. Click on the “My Account” tab, and then click on “View My Shopping History”. Make sure that each returning swimmer is enrolled in at least one of the following activity numbers:

34701.xx	34301.xx	34302.xx
34303.xx	44701.xx	386999.xx

3. Once you have confirmed you meet the prerequisite, you may register online at the date and times below.

Registration Dates

ALL REGISTRATIONS MAY BE DONE ONLINE THIS YEAR!

	2009 Participants	2009 Siblings	City of Dublin Resident (New Swimmers)	School District Residents (New Swimmers)
Dolphins	Monday April 19 @ 9 a.m.	Thursday April 22 @ 9 a.m	Monday April 26 @ 9 a.m	Thursday April 29 @ 9 a.m
SeaDragons	Monday March 22 @ 9 a.m			



SeaDragons Registration Instructions

Age Group: The Age Group swimmers are elementary age swimmers. Practices include light dry land activities and a strong focus on technique and aerobic training. Summer league participation is always encouraged for swimmers in early middle school or younger.

CR/SDR fee: \$160/\$176

386110.01	Apr 26 – Jun 5	T, Th Sa	5:30 – 6:45 p.m. 12:30 – 2 p.m.	DCRC DCRC
	Jun 7 – end	T, Th, F	8 – 9:15 a.m.	South Pool

Junior Group: The Junior group is designed for swimmers in or going into middle school who have a strong grasp of training and understand the proper techniques of all four strokes. Practices include dry land conditioning, technique refinement, aerobic training, and race-specific training. It is possible to participate in summer league swimming as part of this group if desired, but it is expected that practices are attended each day if the swimmer is 12 or older.

CR/SDR fee: \$300/\$330

386120.01	Apr 26 – Jun 5	M, T, Th Sa	5:30 – 7:45 p.m. 9:30 – noon	DCRC DCRC
	Jun 7 – end	M, W, F T, Th	7 – 9 a.m. 3:30 – 5:30 p.m.	South Pool DCRC

Summer Elite: The Summer Elite group is comprised of swimmers who have the highest goals for continued success in swimming. Swimmers are moving into high school or older, or have 13-14 JO times. This group will do in-depth dry land conditioning mixed with occasional games and activities. In the water, we work on stroke refinement, aerobic training, and peak performance training. Participation in summer league competitions is possible, however, substituting practices is not encouraged and is dealt with on a case-by-case basis. Please obtain a team season calendar for accurate practice dates.

CR/SDR fee: \$400/\$440

386121.01	Apr 12 – Jun 5	M – F Sa	3:15 – 5:45 p.m. 8 – 10:30 a.m.	DCRC DCRC
	Jun 7 – end	M – F T, Th	6:30 – 9 a.m. 2:30 – 4 p.m.	South Pool DCRC

High School Conditioning Group: This group is for high school swimmers wishing to maintain a level of conditioning and fitness through the spring and summer. Swimmers practice only 3 days of the week. We work in conjunction with the summer elite group, doing the same dry land activities; technique work and in-water swim training. Competitions are encouraged throughout the summer. Please obtain a team season calendar for accurate practice dates.

CR/SDR fee: \$250/\$275

386130.01	Apr 12 – Jun 5	M – F Sa	3:15 – 5:45 p.m. 8 – 10:30 a.m.	DCRC DCRC
	Jun 7 – end	M – F T, Th	6:30 – 9 a.m. 2:30 – 4 p.m.	South Pool DCRC

1. Go to www.dublin.oh.us/recreation/dcrc/swim/index.php. Login using your home phone number and last name as instructed at the top of the web page. (or login using your current User ID and Password)
2. Move your mouse over the “Shop” tab on the left of the screen, then click on “Activity Enrollment”.
3. Enter the activity and section number you wish to enroll in.
4. Select the family member to enroll.
5. Click on the “Add to Cart” button at the bottom of the page.
6. Follow steps 4-6 above if you have any other swimmers, then click “Checkout” and pay for the registration with your credit card.
7. **Print the receipt for your records, this is very important!**



Dolphins Registration Instructions

The Dublin Dolphins Swim Team is a developmental team that competes in the N.E.W. swim league.

Members of the Dolphins team are required to have a Dublin Community Pool season pass and to be City of Dublin or Dublin City School District residents.

CR/SDR fee: \$90/\$100

Dolphins Summer Practice Schedule

June 1 – June 4

11 & older	4:30 – 5:30 p.m.
10 & younger	5:30 – 6:30 p.m.

June 8 – July 20

8 & younger	11 a.m. – noon	
9 – 10	10 – 11:15 a.m.	
11 – 12	9 – 10:15 a.m.	
13 & older	North Pool	7:30 – 9 a.m.
	South Pool	8:30 – 10:00 a.m.

2010 Dolphin's Class and Section #s

Arctic- North Pool

386210.01 girls 6 & younger
 386210.02 boys 6 & younger
 386210.03 girls 7-8
 386210.04 boys 7-8
 386210.05 girls 9-10
 386210.06 boys 9-10
 386210.07 girls 11-12
 386210.08 boys 11-12
 386210.09 girls 13-14
 386210.10 boys 13-14
 386210.11 girls 15-18
 386210.12 boys 15-18

Atlantic- North Pool

386220.01 girls 6 & younger
 386220.02 boys 6 & younger
 386220.03 girls 7-8
 386220.04 boys 7-8
 386220.05 girls 9-10
 386220.06 boys 9-10
 386220.07 girls 11-12
 386220.08 boys 11-12
 386220.09 girls 13-14
 386220.10 boys 13-14
 386220.11 girls 15-18
 386220.12 boys 15-18

Pacific- South Pool

386230.01 girls 6 & younger
 386230.02 boys 6 & younger
 386230.03 girls 7-8
 386230.04 boys 7-8
 386230.05 girls 9-10
 386230.06 boys 9-10
 386230.07 girls 11-12
 386230.08 boys 11-12
 386230.09 girls 13-14
 386230.10 boys 13-14
 386230.11 girls 15-18
 386230.12 boys 15-18

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