



**YMCA OF LINCOLN  
Dolphin Swim Team**

2022-2023 • 8/29 – 3/31

[ymcalincoln.org](http://ymcalincoln.org)

**JOIN THE  
POD**

## Welcome

Welcome to the LINCOLN YMCA Dolphin Swim Team! Our mission is to offer a program that focuses on individual and team improvement and achievement while striving to promote the character values of honesty, caring, respect, and responsibility.

## How to Register

**The Dolphin Swimming Season August 29 through April 1**

**New swimmers are welcome to join anytime during the season.**

One practice is free, come meet the coaches, swimmers, and try practice. Coach will evaluate skills at that time.

**ONLINE REGISTRATION – [ymcalincoln.org](http://ymcalincoln.org)**

**Step 1– Swim Team–Dolphin Team Questionnaire (ONLY if you plan to join)**

[Click Here](#) Or Search: Dolphin, Swim Team, #39169

Free course: Answer ALL question's, let us know about your swimmer or update your information! ALL NEW and RETURNING Swimmers that are for sure joining the team.

**Step 2– Must have current YMCA Membership**

- Youth, Single Parent, & Family/Household memberships are all acceptable.

You can register online. Search Memberships or [Click Here](#)

**Step 3 – Register for the Team**

- **Returning Dolphins** -You must complete your placement for each swimmer and be registered for the Dolphin swim team before attending practice. Payments are prorated the day you register.
- **New Dolphins** - We will evaluate your swimmer at a practice and then assign them a group. Placement and registration will need to be completed before attending another practice.

**Yearly Registration Fee–**

This is a one time payment at the beginning of the season. This covers the dues we pay to leagues.

- **YMCA League Registration Fee- \$20.00 (Paid at the time of registration)**

- **USA Registration \$76.00**

You will pay this fee when we send out the email with instructions for you to register on the USA website.

You must be a USA member at least 2 weeks before you register for a USA swim meet.

- **Outreach/ Discounted USA Registration Fee:**

If swimmer qualifies for the free/reduced lunch program at school. **MUST HAVE** the acceptance letter.

Contact Tabetha Burnham @ [tburnham@ymcalincoln.org](mailto:tburnham@ymcalincoln.org) for details.

You will also pay for the first month (this is prorated they day you register so don't register to early), then a payment plan then will be drafted at the first of every month.

**Blue** [Click Here](#)

\$49/swimmer

**Silver** [Click Here](#)

\$59/swimmer

**Yellow** [Click Here](#)

\$59/swimmer

**Pre and Post High School Season will be a one time payment.**

**Pre High School Season** [Click Here](#)

\$120.00/swimmer

**Post High School Season** [Click Here](#)

\$55.00/swimmer

- Financial Assistance is available, you can apply online. [Click Here](#)

## Practice Location & Schedule

**Lincoln YMCA Dolphins will be practicing this season at the Northeast YMCA**

**2601 N. 70th Street**

**Front Desk 402-434-9262**

**Pool Phone 402-434-9253**

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	4:15-5:15 pm We understand if swimmers are arriving a little late due to scheduling and/or school releases! Please arrive when you can and we will get swimmers into the appropriate lanes	6:45-7:45pm	4:15-5:15 pm	6:45-7:45pm	4:15-5:15 pm
Silver	3:45-5:15 pm We understand if swimmers are arriving a little late due to scheduling and/or school releases! Please arrive when you can and we will get swimmers into the appropriate lanes	6:30-8:00pm	3:45-5:15 pm	6:30-8:00pm	3:45-5:15 pm
Yellow	3:45-5:15 pm We understand if swimmers are arriving a little late due to scheduling and/or school releases! Please arrive when you can and we will get swimmers into the appropriate lanes	6:30-8:00pm	3:45-5:15 pm	6:30-8:00pm	3:45-5:15 pm

## Arrival / Departure

### Participant Information

- Swimmers will need to enter the pool door on the south side of the building.
- Check in on an attendance sheet.
- Hang swim bag on the hooks hanging on the wall or on the floor underneath
- Bring a towel. We also DO NOT have any towel service available at this time.
- If your child is sick please keep them at home. Self Monitor for symptoms before every practice.  
Symptoms Include: cough, fever, shortness of breath, chills, no taste/smell, sore throat.

## Communication

We use Facebook as our main communication tool. Please Join our closed group. **The Y Dolphins Meet** sign up and any schedule changes will be updated on the Face book page.

If you're having trouble receiving team information please contact:

Tabetha Burnham 402-434-9267 [tburnham@ymcalincoln.org](mailto:tburnham@ymcalincoln.org)

You may receive emails from [neaquatic@ymcalincoln.org](mailto:neaquatic@ymcalincoln.org). This is our general email account.

Please email both director and team if you need anything.

Pickup/Drop - the YMCA will not be responsible for children left unattended prior to the actual start time of the program.

## Dolphin Levels

### Blue

In this level, swimmers are just discovering the world of competitive swimming. The primary focus of this group is on increasing the efficiency/endurance of freestyle and backstroke, teaching the fundamentals of breaststroke and butterfly, race starts, turns and having fun. Swimmers will begin to learn how to read a pace clock, along with swimming and set language.

**Level Prerequisites: 25 yd. continuous freestyle w/ rotary breathing and 25 yd. continuous backstroke**

Previous Blue group member

Ages 5-9 years old of Coach's/Swim Instructor recommendation

Introduction to Breaststroke and Butterfly

- Practice Sessions: M, T, W, TH, F, 45 - 60 minutes
- We recommend 2-3 practices/week and 3 meets throughout the season.  
YMCA and USA swim meets are highly recommended. Must swim 3 Y meets to qualify for Y State

### Silver

The focus for swimmers in this group, will be stroke development and refinement of all four competitive strokes, starts, turns, and having fun. Dryland training will be introduced emphasizing core strength and athletic movements. Flip turns will be implemented for all freestyle and backstroke swims, as well as legal turns for butterfly, breaststroke, Individual Medley transitions, underwater dolphin kick, and underwater pullouts for breaststroke. Reading the pace clock, longer aerobic swimming sets, kick sets, race preparation, and goal setting are all part of this group.

**Level Prerequisites: We ask swimmers have achieved 2 of the 4 possible pre-requisites.**

Able to swim Butterfly, Backstroke, Breaststroke, and Freestyle legally.

Ages 10 - 13 years old or Coach's recommendation

Able to swim 50 Freestyle in 42.00 or under

"B" Qualifying time in 50 free or "B" Qualifying time in any event

- Practice Sessions: M-F, 90 minutes
- We recommend 3 practices/week and 3-6 Y and/or USA meets throughout the season.  
You must swim 3 Y meets to qualify for Y State meet

### Yellow

In this level, swimmer's primary focus will be on continued refinement of stroke mechanics, improvement of starts and turns and an increase in aerobic, anaerobic, interval training, and being part of a fun team environment. Race pace training will be incorporated along with increased dryland training.

Long and Short term goal setting, using the pace clock, pushing oneself to their highest effort, positive attitude, leadership, and having fun are all important components to this group.

**Level Prerequisites: We ask swimmers have achieved 2 of the 4 possible pre-requisites.**

11 years old on or before December 1 during the current year

Able to swim 50 Freestyle in 35.00 or under

11/12 "B" time 200 IM, 100 Free, and/or 100 stroke

Coach's recommendation

- Practice Sessions: M-F 1/12 hours
- We recommend a minimum of 4 practices/week and 3-6 Y &/or USA swim meets.

## What to Bring to Practice

Swimmers should bring a training suit, goggles, a cap, towel, and water bottle to practice. We will NOT be able to share or loan out goggles this season. We also DO NOT have towel service available.

Pickup/Drop Off: The South Pool Door

## Locker Rooms

Please be respectful of the locker room and the other members who use that space. During practices, swimmers are asked to place all bags and belongings in a locker or they can be brought on the pool deck and hung up on the hooks. Do not leave valuable items unattended in an unlocked locker.

**Please do not leave your bags and personal belongings unattended in the locker room on benches or the floor!** Swimmers are expected to get through the locker rooms as quickly as possible.

## Philosophy

### Why should you join the Pod?

- Health, fun, family, and friends, Dolphin swimming brings it all together.
- Only Dual chartered through Y of the USA and USA Swimming in the Capital City
- Opportunity for improvement, meets and success at all levels of ability
- Professional staff, focusing not only on speed, but also healthy swimming techniques.
- We “Flip” for multisport athletes– We encourage you to be well rounded and offer flexibility in our program

The Y Dolphin Swim Club is a competitive age group swim team that offers opportunities for many age and ability levels. The team offers year-round training with both local and travel competitions. We strive to enable swimmers to grow as individuals, achieve their goals as swimmers and expand their overall potential in a nurturing, safe, yet demanding environment. We (coaches/parents/officials) dedicate ourselves to a holistic approach for athletic achievement through teamwork, spirit, and unity among all team members to deliver a positive athlete experience.

## Behavior

Swimmers are asked to remember that they are representatives of the Lincoln Y Dolphins Swim Team. As representatives, we ask them to behave in a manner that is responsible and respectful of others. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and any host facilities cleaner than the way they found them.

Swimmers at all program levels will be expected to value sportsmanship and respect for teammates, coaches and opponents. They will be encouraged to work together to help foster a positive training environment that is as enjoyable as it is productive.

## Meet Line-Ups & Entry Procedure

To help each swimmer develop overall skill and help achieve our team goal of IM STRONG, swimmers will be encouraged to swim different strokes and distances throughout the season. Coaches discourage specializing in any one stroke and/or distance for a variety of reasons.

1. It gives the coaches an opportunity to evaluate the swimmer in all events, thus helping to determine the team's best line-up for the championship meet at the end of the season.
  2. It assists the coaches in evaluating what strokes a swimmer may need additional work with.
  3. It challenges the developing swimmer to experience events he/she might not otherwise would have chosen, and therefore results in a well rounded swimmer.
- ◇ Participation in swim meets is not required but it is the best way for swimmers & coaches to gauge swimmer's progress & development. It is also where they have the most fun.
  - ◇ Meet information will be via email, Facebook, & [Midwestern Swimming](#).
  - ◇ Please take note of all swim meet deadlines on the Dolphin season calendar. USA meets have early deadlines that can not be missed. Unfortunately we can not get refunds if you are unable to attend the meet at last minute for USA meets.
  - ◇ Respond to the Facebook swimming events for all swim meets.

## Parent Involvement

Parents are a vital part of our team. This year we will be adding a parents group.

We will also be holding parent meetings via Zoom to help us deliver information and stay connected throughout the season. We will update Face Book with Dates.

We welcome you to get involved with the program in several ways. We always need parents to help with various responsibilities at our home meets. We ask that each family provides a volunteer (or two) multiple times throughout the season. We are sure that every parent can find a job that he/she enjoys doing. Our biggest fundraiser is working the UNL Husker Home Game Concessions.

Our team requirement is that a volunteer works one UNL game for each swimmer that is on the team.

## Activity & Fundraising Schedule

**Activities will be updated and subject to change as things continue to develop.**

Date	Activity	Location
September 24th/25th	Overnighter	Camp Kitaki
October	Roca Campfire Fun	TBA
November 9th	Team Pictures	Lincoln YMCA Pool
November	TBA	TBA
December	Century Club Swim	Northeast Y
January	Ice Skating	TBA
February	Bowling	TBA

## Nebraska YMCA Swim League

YMCAs have been at the forefront of competitive swimming since the beginning of the sport. YMCAs built the country's first indoor swimming facility, developed the first instructional swimming lesson program, and currently host the country's largest swim meet (YMCA Nationals) in Fort Lauderdale, FL. YMCA Competitive Swimming and Diving is unique in that, like other YMCA sports programs, it emphasizes the overall development of the athlete. It promotes mental and spiritual growth as well as physical achievement. The Lincoln YMCA Dolphins participates in the Nebraska YMCA Swim League. This also allows additional regional qualifying meet opportunities.

\*Times will be announced when we have more information from our Host Teams.

Mett Dates	Location	Time
October 22nd	Beatrice Y	TBA
November 6th	Lincoln Northeast HS	TBA
December 11th	Beatrice Y	TBA
January 7th	Fremont Y	TBA
February 18th	Beatrice	TBA
March 11th/12th	Fremont	TBA
March TBAY Regionals ( Date could change)	Iowa– Must Have Qualifying Times	TBA

**Regional Qualifying Times are released sometime in October**

## USA/Midwestern Swimming

We are the only club in Lincoln with dual charter status, but 5 other Y's throughout Nebraska enjoy the benefits of participating in both Y and USA swimming. USA Swimming is a great opportunity to gain further experience and opportunities as swimmers compete in additional meets. Our team competes in Midwestern Swimming, one of the 59 LSCs of USA Swimming.

\*Times and Location will be announced when we have more information from our LSC.

Mett Dates		Location/Time
October 21	Friday Night Races	Brown Talbot
November 19-20	Goggle Gobble	Southeast High School
December 9-11 (14 & Under)	BT Winter Classic	Brown Talbot
January TBA	MAC Winter Blast	TBA
February TBA	BSC Carnival	TBA
March TBA	HLA Champ Challenge	TBA

