the YMCA
YMCA OF LINCOLN
Dolphin Swim Team
2026-2027 • 8/24– 3/31
ymcalincoln.org
JOIN THE POD

Welcome

Welcome to the Ymca of Lincoln Dolphin Swim Team! Our mission is to offer a program that focuses on individual and team improvement while striving to promote the character values of honesty, caring, respect, and responsibility. We are the only dual chartered club team, which means we swim in both USA Swim and YMCA Swim leagues. This gives the kids a wider range of meet opportunities.

How to Register

New swimmers are welcome to join anytime during the season. Look at our practice schedule and come on by to try it our for free. Meet the coaches, they will evaluate skills at that time.

ONLINE REGISTRATION - ymcalincoln.org

Step 1– Swim Team-Dolphin Team Questionnaire (Only if you plan to join)

Click Here Or Search: Dolphin, Swim Team, # 67369

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 memberships are acceptable along with other packages.
  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.

One Time 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- $25.00(Paid at the time of registration)
- USA Registration $82.00

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. You must have the form and can register as an outreach member.

Monthly Payment

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	**Silver** Click Here	**Yellow** Click Here
$63/swimmer	$76/swimmer	$86/swimmer

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

Pre High School Season Click Here	**Post High School Season** Click Here
$124.00/swimmer	$62.00/swimmer

- **Financial Assistance is available, you can apply online.** Click Here

Practice Location & Schedule

Northeast YMCA

2601 N. 70th Street Front Desk 402-434-9262 Pool Phone 402-434-9253

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	4:15-5:15 pm	7:00-8:00pm	4:15-5:15 pm	7:00-8:00pm	4:15-5:15 pm
Silver	3:45-5:15 pm	6:45-8:15pm	3:45-5:15 pm	6:45-8:15pm	3:45-5:15 pm
Yellow	3:45-5:15 pm	6:45-8:15pm	3:45-5:15 pm	6:45-8:15pm	3:45-5:15 pm

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

Arrival / Departure

Participant Information

- Swimmers enter the pool door on the south side of the building.
- Check in on our attendance sheet.
- Hang swim bag on the hooks hanging on the west wall or on the floor underneath.
- Bring a towel. We also DO NOT have any towel service available at this time.
- Water bottles to stay hydrated during practice.

Communication

Facebook is our main communication tool. Join our closed group. **The Y Dolphins.**

This is meant for outgoing communication. If you have questions or concerns please send us an email.

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

You may receive emails from neaquatic@ymcalincoln.org. This is our general email account.

Please email both director and team if you need anything.

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 rules 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.

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.

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, cap, towel, and water bottle to practice.

We also DO NOT have towel service available.

Pickup/Drop Off: The South Pool Door or Main Entance

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. Showers should be no longer five minutes. Please do not play in the shower.

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)

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.

Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be redirected and their parents will be informed.

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.

- It gives the coaches an opportunity to evaluate the swimmer in all events, thus helping to determine the team's best line-up for championship meets at the end of the season.
- It assists the coaches in evaluating what strokes a swimmer may need additional work with.
- 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 and build friendships. We ask that swimmers sit together as a team.

Participants must swim 3 Y meets to qualify for Y State

◊ Meet information will be via email, Facebook, & Midwestern Swimming .

◊ Please take note of all swim meet deadlines on events USA meets have early deadlines that can not

Parent Involvement

Parents are a vital part of our team. 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 person works **one UNL game for each swimmer** that is on the team.
- Swimmers 14 and up can also volunteer to work the stand. It is a lot of fun to be in the stadium.
- You can sign up on our Husker Volunteer document on Facebook.
- We run stand #35 on the 3rd Floor of the north stadium. Right inside Gate 12
- Parking is available for free in Lot #55 when full Lot A by innovation campus. A shuttle bus will pick you up and take you to the stadium. They run shuttles after the meet staring fourth quarter.
- There is a clear bag policy and you MUST bring your photo id/drivers license with you.
- Dress: They would like us to wear Husker Apparel (Red if possible) no spaghetti straps.
- Arrive at the stand at least 2.5hours before kick off. After the game, we usually leave within .5 hour.

Activity & Fundraising Schedule

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

Date	Activity	Location/Time
September TBA	Camp Kitaki	Kitaki
November	Team Pictures	TBA
December	Pool Party	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.

Meet Dates	Location	Time
October TBA	Beatrice Y	TBA
November 7	Lincoln Northeast HS	TBA
December TBA	Beatrice Y	TBA
January TBA	Fremont Y	TBA
February TBA	Beatrice Y	TBA
March TBA Midwest Champs	Fremont Y	TBA
March TBA YMCA State Meet	Femont Y	TBA
March 19-21 Y Regionals	Iowa– Des Moines	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.

These deadlines are early and we can not refund fees if you are unable to attend after deadline.

Meet Dates		Location/Time
September 26-27	HLA September Splash	Lincoln
Oct 24-25	Spooky Splash	Lincoln
November 21-22	Goggle Gobble	Southeast High School
January 23-24	LSS Winterfest	TBA