



# Competitive Team Swimming

## Our team goals

- Emphasize the teaching of sound competitive swimming skills
- Athletic training through work on basic stroke, start and turn techniques
- Promote individual swimmer improvement
- Publish swimmer times so they can see how they are improving
- Demonstrate good sportsmanship at all times
- Have a good time!

## Regular Season

Practice begins in April and the swim season runs from May through June and consists of:

- One time trials meet
- Five dual meets vs other swim teams
- One divisional meet

All dual meets are held on Saturday mornings. **Check in is normally at 7:00 - don't be late!** Meets start at 8:30 AM and usually end at about 2:00 PM. Each meet consists of 80 events.

## Time Trials

### **Compulsory meet for all swimmers**

Under NWAL rules, no swimmer may enter an event without an official fastest time recorded at a sanctioned meet or time trial. Time trials only involves the Dolphins team, but it is run like an official meet to give new swimmers an opportunity to gain experience.

## Dual Meets

The core of the season is five competitive meets against other NWAL W2 swim teams. Teams take part in 80 events with points awarded for the fastest swimmers in:

- Freestyle all ages
- Backstroke all ages
- Breaststroke all ages
- Butterfly all ages
- Individual Medley 8 and up
- Free Relay all ages
- Medley Relay 8 and up

## Divisionals

### **Most important meet of the season!**

Official NWAL team places are decided at Divisionals. All NWAL teams compete and the team that collects the most points at the meet are crowned champions for the season.

## Invitationals

The fastest swimmers can qualify for Red, White & Blue or the Ponderosa invitational meets and swim against the top swimmers from the Houston area.