

AGE-BASED SWIMMING GROUPS

Swimmers are grouped together by age group. Each age group will have their set practice times, and swimmers will be placed into lanes with swimmers of similar abilities.

Throughout the season, coaches will work with each swimmer to help them improve their strokes and techniques. Swimmers may be asked to move to different lanes throughout the season. In some circumstances, coaches may request a swimmer to move up to an older age group or down an age group based on maturity and performance. Swimmers should plan to attend the time slot assigned to their age group. The groups and "typical" age levels are:

Swimming Groups

- A** - 7th & 8th (some 6th) - primarily 13&14 yrs, maybe 12, HS swimmers w/o
- B** - 5th & 6th (some 7th) - primarily 10, 11&12, new older
- C** - 3rd & 4th (some 5th) - primarily 9&10, some new older, younger if ready
- D** - K-2nd (some 3rd) - primarily 8&U, some older if new

PRACTICE SCHEDULE

The practice schedule for the 2024-2025 winter swim season is listed below. Check Remind messages and the Facebook group for updates or changes. **All practices are closed to on deck spectators.**

	Mon	Tues	Wed	Thurs	Fri
A	3:30-5:00	3:30-5:00	3:30-5:00	3:30-5:00	3:30-4:30
B	3:30-4:30	3:30-4:30		3:30-4:30	3:30-4:30
C	4:30-5:30		4:30-5:30	4:30-5:30	
D	5:00-5:30		5:00-5:30	5:00-5:30	

Practice Cancellation Policy: If the DuBois Area School District cancels school due to the weather, swim practice is also canceled for that day.

TEAM COMMUNICATION

- ***Remind Notification System***

- Primary communication with parents will be through **text messages** and **direct email**. The team uses a tool called Remind to send out messages to parents. **Parents must sign-up to receive notifications**. Downloading the Remind App provides a better experience and additional options for notifications, however, direct text messaging is also available.
- To **sign up for the Remind group**, text @duboisdol to 81010. You can also join by visiting <https://www.remind.com/join/duboisdol>.

- ***DuBois Dolphins Swim Team Facebook Group***

- The team maintains a Facebook group to provide information to swimmers and families and to collect information throughout the season (e.g., swim meet registration details, volunteer signups, etc.). This is a **private** group that only current DuBois Dolphins families have access to.
- Although this is not an official mode of communication for the team, the coaches and parent organization members try to post information and answer questions regularly.