

The DAC Swim Team is designed for children who can complete 25 yards of backstroke and freestyle and wish to advance their competitive swimming skills. As a member of the swim team, your child will be exposed to the following fundamentals of competitive swimming:

- Learn advanced stroke drills
- Improve technique and feel of the water
- Gain endurance
- Participate in competitive swim meets
- Develop mental stamina and confidence

Rate Information

Members: \$35 per month

Non-members: \$48 per month

Monthly fees are due on the 2nd Tuesday of every month.

USA Swimming Registration: \$48 per year

*USA Swimming provides athletic insurance to USA sanctioned teams and athletes.

Swim Meets

Mini meets: There will be three intra-squad meets this winter at the DAC pool. Children on the team may participate or just watch. The dates will be January 30th, February 21st, and March 19th. These meets are at regular practice time.

End of Winter session party: March 20th. Join us on the last day before Spring break for special swim day filled with fun, games and prizes. Bring a friend to swim with you as well as some food to share with the rest of the team.

*Swimmers from both training groups are welcome to attend both invitational and novice meets as they wish.

Practice Times

Novice Group: ages 5-8

M-Th 3:45-4:45 p.m.

Age Group: ages 8-14

M-Th 3:45-5:00 p.m.

*Swimmers may participate 2-4 days per week

Each practice session begins with a 15 minute dry-land warm-up designed to increase strength, balance and flexibility.

Practice Groups

Novice Group (ages 5-9): This group focuses on learning the fundamentals of competitive swimming from proper stroke technique to starts and turns.

Age Group (ages 9-15): This group continues improving technique while increasing endurance and efficiency.

Coaches

Jordan Sies is the head coach, and coach of the age group swimmers. She was a competitive swimmer throughout middle and high school and currently competes on the University of Oregon water polo team. She has taught swimming for over 7 years and loves working with children.

Teigh Bowen is the novice coach. Teigh was a competitive swimmer growing up in Portland. He has 3 years coaching experience and the DAC welcomes his positive attitude and his high energy.

Come try us out! The first week is free! For more information please contact Spring Adamo at 484-4011 ext. 237.