

Where do Dolphins go?

The past 37 seasons have seen over 100 swimmers "graduate" from the ranks and to go on to swim in college. Of this group, over half are receiving athletic or academic aid. Schools include: Annapolis, Boston College, Brown, Bucknell, Colgate, Cornell, Dartmouth, Duke, Fairfield, Georgetown, George Washington, Harvard, John Hopkins, Lafayette, Mary Washington, Merchant Marine Academy, Middlebury, Navy, Penn State, Princeton, Richmond, St. Bonaventure, Stanford, Syracuse, Villanova, Washington College, Williams, West Point, and Yale. Many more members participate on area high school and summer club teams.

Dolphins team travels have taken them throughout the Northeast and U.S.A. including Annapolis, Brown, Florida, Harvard, Maine, Charlotte, Penn State, Princeton, Seattle, Toronto, West Point and Yale among others.

The YWCA Pool & Training Facilities

The YWCA's new **6-lane** pool opened in February, 2004 and is the primary training facility for the team. The pool features 8-foot wide lanes a state of the art flow over gutters. The team also uses the Greenwich HS **8-lane** pool in the period of November-April and has access to an outdoor **8-lane** long course facility for selected National swimmers in June-July.

Selected team members will also have use of the YWCA Fitness and Strength facilities on a regular basis thru our strength and conditioning program.

Meets

The Greenwich Dolphins present a unique competitive situation for their team members that allows them to compete on a number of levels: intersquad **Grand Prix Meet Series, Dual Meets** and **United States Swimming** meets. The Dolphins compete in the **Connecticut YMCA Swim League** and members of the CT. Association of USS. Typical Bronze and over swimmers will participate in 1 to 2 meets a month from November to April.

COACHING STAFF

NICK CAVATARO, Head Coach has been at the helm of the Dolphins since 1977. The 2009-2010 season will be his 33rd year at the YWCA.

Under his direction the team has enjoyed tremendous success including YWCA National Championships in 1982 (West Point), 1984 (Penn State) and 1985 (James Madison U.) and a dozen runner-up finishes.

Cavatara is an energetic organizer who is concerned with the needs of swimmers. Regularly scheduled meetings will be held with swimmers and their parents and a biannual newsletter is issued and weekly email updates.

A distance freestyle and butterfly specialist at Iona Prep, Manhattan College and with the Gotham Aquatic Association (USS), Cavatara was a three-time All-Metro Collegiate selection. In addition to the Dolphins, he is the Head Men's and Women's coach and Director of Aquatics at Iona College in New Rochelle, N.Y. Cavatara has had extensive experience working with youngsters ages 5-18, and is also the swim coach at Westchester Country Club where his summer teams have won six Westchester League titles and another dozen top 5 finishes. Cavatara is a member of the American Swim Coaches Association (ASCA-Level 4); the College Swim Coaches Association and United States Swimming. In 1984, 1986, 1988 and 1990 he was a panel speaker at the American and College Swim Coaches Associations World Clinics. He is married to the former Susan Follansbee, an exercise physiologist. The Cavatara's have six children: Stephanie, age 22; Lauren, 20; Matthew, 19; Kristi, 17; Jamey, 12 and Kathryn, 10.

MAURA O'GRADY FOSTER; HEAD AGE GROUP COACH: A Trumbull resident, 2008 will be Maura's 16th year with the teams. Maura directs all FUTURE and TAG I sessions and assists with other levels. A graduate of SUNY-Purchase, she swam competitively at U. of S. Carolina. Maura is also the head coach of Shenorock Shore Club in summers and teaches and coaches Sacred Heart School, Greenwich, CT, and Iona Prep in New Rochelle, NY.

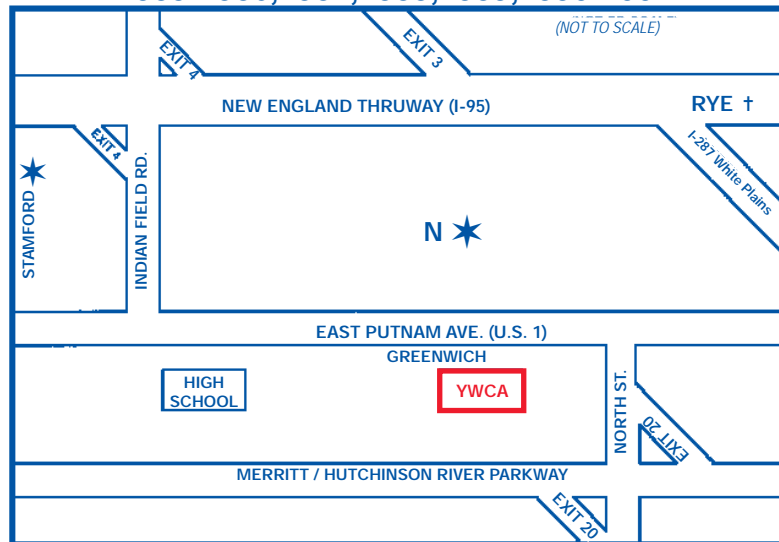
JASON FELIX; ASSISTANT COACH: A native of Chicago, Ill. Jason joined the Dolphins in the Spring of 2008. A May, 2008 graduate of Iona College with a Psychology degree. At Iona Jason was a team captain and 12 time Metro Atlantic Athletic Conference finalist in the 50 and 100-Free and 100-Butterfly as well as a 10 time Eastern Qualifier. Jason will work with all team levels as he pursues graduate degree in Psychology. Jason has coached for four summers at Westchester Country Club, Rye, NY and this will be his third season.

WHITNEY WELCH; ASSISTANT COACH: A Greenwich native now residing in Stamford, the 2008 season will be her eleventh with the team. In addition to her coaching with the Dolphins, Whitney is a professional firefighter, EMT and CPR instructor of the Town of Greenwich for the past 19 years. A Physical Education major at St. Lawrence University (NY), Whitney swam competitively through college and continues to swim with the YWCA's Masters program. Whitney competes in open water events and also teaches swimming lessons and is an avid softball player.

SCOTT WITMER; ASSISTANT COACH: A native of Iowa, now residing in Greenwich, Scott has coached in Iowa and Illinois. The father of two children, Kendall, 14, and Emmet, 10, he coaches with all levels. This will be Scott's sixth season on the staff.

SUSAN CAVATARO, Strength & Conditioning Coach, 2009-10 will be her second year coordinating the Dolphins S+C program, which combines aerobic conditioning and core development in a unique blend of use of equipment, spinning and deck work. Sue, holds a degree in Physical Education from Cortland State and a MA in Exercise Physiology from Adelphi University as well as being a certified personal trainer and Spinning Instructor. In addition to 6 kids, Sue also has 4 dogs, Mickey, Nellie, Gibbs and DiNozzo and is a veteran of many triathlons and marathons.

NATIONAL YWCA TEAM CHAMPIONS 1982-1984, 1985 RUNNER-UP TEAM 1983-1986, 1987, 1988, 1989, 1990-2002





GREENWICH
2009-2010

YWCA of GREENWICH
DOLPHINS SWIM TEAM
September 1, 2009 - August 1, 2010

eliminating racism
empowering women
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259 EAST PUTNAM AVENUE GREENWICH, CT 06830 203-869-6501

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DOLPHINS SWIM TEAM

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The Dolphin Difference

Entering its 41st season, the Greenwich YWCA Dolphins Swim Team is committed to providing the community with a competitive program enabling its members to gain team spirit, camaraderie, fellowship and physical and emotional strengthening. These goals are paramount as the team moves to allow each individual to excel to the highest possible level of competitive achievement and development.

The team and parent units work in conjunction with the coaching staff of the YWCA to promote these goals.

As of July 2009, we have had 5 Olympic Trial Qualifiers, 14 Senior National Qualifiers, 55 Junior National and Sectional Qualifiers, 110 YWCA National Champions, 175 State Champions and many USA Meet Champions.

Our experienced coaching staff constantly strives to instill confidence and pride in all team members, while helping to improve their swimming skills.

The Dolphins have programs ranging from **cbYhc ÚjYUzhYfbcbbg** a week depending on ability levels (*optional morning sessions are also available for older swimmers*). The schedule allows for team members to participate in activities other than swimming and to maintain high scholastic levels.

The Dolphin difference is shown by a team with high percentages of individual best times by all swimmers during the season; 100% college placement over the past 29 years and continued growth and expansion of the team levels and coaching staff. We are proud of our consistently low absence and attrition rates and high improvement levels.

Who are the Dolphins and how can I join?

The Dolphin Swim Team has members from Greenwich, Old Greenwich, Cos Cob, Riverside, Stamford, Port Chester, Rye, Mamaroneck, Larchmont, Scarsdale, Armonk, Bedford, White Plains and other area communities.

In 2009-2010 the Dolphins will be limited to 220 members on seven team levels ages 6-and-up. Placement evaluation will be held Sept. 1-10, 2009 and is required for all new members. Details follow at right.

First Time Candidates Note:

The Greenwich YWCA Dolphins is a competitive United States Swimming Team with limited openings. New candidates are welcome to be evaluated and will be accepted on a space and ability basis only! In recent seasons some swimmers have been placed on a waiting list or recommended to lesson or clinic groups.

Placement, Evaluation & Registration

The Dolphins will hold open placement and evaluation sessions for new team candidates from September 1-10, 2009. These evaluations will feature a variety of start, turn and stroke drills and analysis as well as timing of different strokes. New swimmers **must** attend **ONE** evaluation session and then will be notified of their placement on a team level, waiting list or recommendation to a lesson group on Sept. 10 on the team website and via email. Normal sessions will begin Sept. 14.

Members of the 2008-2009 team have been notified by mail of their placement in advance by the coaching staff, who reviewed their past season performance and attendance. These swimmers must have responded by the specified deadline to secure their roster spot. In the event that the returning swimmer does not agree with their advance placement they may come to appropriate "new" swimmer evaluation sessions for re-evaluation. There is no fee for this period; however all swimmers must pay a yearly \$55 registration fee with United States Swimming by Oct. 15, in addition to program and YWCA membership fees.

| SEPTEMBER | MON 31 st | TUE 1 st | WED 2 nd | THU 3 rd | FRI 4 th | SAT 5 th |
|-------------|----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| 6:00-7:00pm | | 11/overs 6pm-7pm | 8/unders 6pm-7pm | 8/unders 6pm-7pm | Any age Today | Any age Today |
| 7:00-8:00pm | | | 9/10's 7pm-8pm | 9/10's 7pm-8pm | 5pm-6pm | 1:30-2:30pm |

| SEPTEMBER | MON 7 th | TUE 8 th | WED 9 th | THU 10 th | FRI 11 th | SAT 12 th |
|-------------|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|
| 6:00-7:00pm | LABOR DAY | 11/overs 6pm-7pm | 8/unders 6pm-7pm | 8/unders 6pm-7pm | | |
| 7:00-8:00pm | LABOR DAY | | 9/10's 7pm-8pm | 9/10's 7pm-8pm | | |

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Mandatory New Parents Orientation Meeting
at YWCA Thur. Sept. 17 & Fri. 18 6-7pm

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The Team Levels & Fees

The team levels are: **Future, Future Team 56, Age Group I, Age Group II, Age Group III, State and National.** As in past seasons, the Dolphins have outlined specific **Minimum Test Skills** to help encourage and motivate swimmers through the team ladder. These skills were also used in the advance placement of 2008-09 members and will be used as evaluation guidelines.

Future Team 56 (FT Limit 35 swimmers): Exclusively for the swimmers ages 5 or 6 with the ability to swim some degree of freestyle (crawl) for a length of the pool and some movement on their back. This group is where highly instructional will race periodically at the YWCA in intersquad meets only.

The Future Team (FT-Limit 36 swimmers): Primarily for the swimmer age 6-7 with limited or no competitive experience. Swimmers must be able to swim a length (25-yds) of the pool freestyle (crawl) and backstroke for consideration and entry into the program. In recent seasons, candidates have also had some ability of breaststroke and butterfly. The group will work on the competitive techniques of the four strokes. Intersquad meets only.

Team Age Group I (TAG I-Limit 36 swimmers): Primarily for the swimmer 7-9 years old with a season or more of competitive experience; yet, have the need for additional technique development in all for four strokes as well as an introduction to conditioning. Intersquad, Dual meets and USS meets compliment this development. Seasonal plan will include 3-4 8/u USS meets; 3-4 dual meets; League and State 8/u Championships and periodic intersquad meets. **Target Test Skill:** Must legally swim 100-yard Individual Medley according to USS Rules and 50-yards of freestyle with alternate breathing under 2:30 combined.

Team Age Group II (TAG II-Limit 40 swimmers): Primarily for the swimmer 9-10 years old with several seasons of competitive experience and have the need for additional technique development in all for four strokes as well as advanced conditioning via interval training. Intersquad, Dual meets and USS meets compliment this development. Seasonal plan will include 5-6 USS meets; 3-4 dual meets; League and State Championships and periodic intersquad meets. **Target Test Skill:** achieve two of the following: 10 x 50-Free on 1:15; 100-yard Freestyle time under 1:30; 100-yard Individual Medley at 1:45 or better.

Team Age Group III (TAG III-Limit 40 swimmers): Primarily for the swimmer 11-12 years old with several seasons of competitive experience with endurance skills and the ability to repeat continuously all four strokes. Technique development in all for four strokes as well as conditioning is stressed. Intersquad, Dual meets and USS meets compliment this development. Seasonal plan will include 5-6 USS meets; 3-4 dual meets; and conditioning for League and State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. **Target Test Skill:** achieve two of the following: 10 x 50-Free on 1:00; 5 x 100-yard Individual Medley on 1:45; 200-yard freestyle at 2:30 or better.

State (Limit 24 swimmers): Primarily for swimmers 10-13 with several seasons of competitive experience. Swimmers must have demonstrated within the TAG II group significant endurance and commitment to training. Swimmers must have or can be projected to make the March CT State Championship qualifying standard and be ready to available to attend. **Target Test Skill:** 10x 100-Free on 1:30; 200-Fly, Back, Breast or IM under 3:00 and 500-Free sub 7:00.

National Team (NAT-Limit 40 swimmers): Primarily for the swimmer 11 and over with several seasons of competitive experience with endurance skills and the ability to repeat continuously all four strokes at a fast pace. Technique development in all for four strokes as well as conditioning are stressed as well as a higher degree of commitment and attendance. Intersquad, Dual meets and USS meets compliment this development. Seasonal plan will include 5-6 USS meets; League and State Championships and periodic intersquad meets. Eligible swimmers may qualify for YWCA National Championship. **Target Test Skill:** achieve three of these four items: 10 x 100 Free on 1:30; 500-free under 6:30; 200-IM under 2:30; either a 200-Fly, Back or Breast time of sub 2:45.

NORMAL PRACTICE SCHEDULE & 2009-2010 FEES

{Note this schedule is effective for the period of September 1-Nov. 13. On November 16 the scheduled is modified for the period of November 14-April 4, 2010. On April 7 there will be a new "spring-summer schedule" through July 29, 2010, which will be detailed in team newsletters.}

| LEVEL | MON | TUE | WED | THU | FRI | SAT | FEES |
|------------------|--------------------|--------------------------|-----------|-----------|-----------|-------------|---------|
| FUTURE 56 | | | | | | 2:30-3:15 | \$760 |
| FUTURE | | | | | | 1:30-2:30 | \$786 |
| TAG 1 | | 4:30-5:15 | 4:30-5:15 | | 5:30-6:30 | | \$1,689 |
| TAG 2 | 5:15-6:15 | | 5:15-6:15 | | 6:30-7:30 | | \$1,810 |
| TAG 3 | 6:15-7:15 | 5:15-6:15 | 6:15-7:15 | 5:15-6:15 | | | \$2,075 |
| STATE NATIONAL | 7:15-8:15 | 6:15-8:15 | 7:15-8:15 | 6:15-8:15 | 3:30-5:30 | 6:30-8:00AM | \$2,228 |
| STATE HS BOYS | 7:15-8:15 | 6:15-8:15 | 7:15-8:15 | 6:15-8:15 | 3:30-5:30 | 6:30-8:00AM | \$1,260 |
| STATE HS GIRLS | 7:15-8:15 | 6:15-8:15 | 7:15-8:15 | 6:15-8:15 | 3:30-5:30 | 6:30-8:00AM | \$1,798 |
| DRYLAND* | 6:00-7:00 | | 6:00-7:00 | | | | \$550 |
| PRIVATE INST** | | | | | | 3:15-4:00 | TBA |
| ALL TIMES ARE PM | *BY COACH APPROVAL | **CONTACT COACH FOR APPT | | | | | |

*Occasionally pre-empted for meets and events as noted on team monthly calendars

In addition to the seasonal fee, all team members must be youth members of the YWCA (\$150/year) and pay the team's \$195/year Meet, Equipment and Supply fee. All first time Dolphins will pay a one time processing fee of \$25, USS yearly Registration fee of \$65 is also additional.

Credit Card payments are available at the customer service desk. Bills will be mailed after placement.

Team members on the active roster as of September 14, 2009 are responsible for all fees regardless of practice and meet programming adjustments.

Attendance, Commitment and Participation

There is a critical relationship between attendance, participation and commitment. These three elements combined with enthusiasm and desire yield tremendous cumulative results. Daily attendance will be taken and should attendance at any point fall below 85%, the parent and swimmer will be asked to meet with the Head Coach and discuss their future participation.

All swimmers should be prepared to be on time; attend meets and strive for excellence. Swimmers who fall short of minimum standards will be asked to meet with the head coach and parent as soon as they are identified.

State/National Swimmers are expected to have 100% attendance during the period of September 14-April 1. These swimmers may supplement or enhance attendance at weekday morning practices (5:45-7:15am) with coach permission.

The staff recognizes outside sport and activity participation by some swimmers; however, it is critical that all members recognize the attendance requirement is in place for the period noted.

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ON NOV. 16 A NEW PRACTICE SCHEDULE AT GHS & YMCA

Starting on November 16, 2009 and running through April 1, 2010 the Dolphins will modify the above practice schedule in the following manner, using both the YWCA and Greenwich HS pool simultaneously:

STATE/NATIONAL..... Will move to GHS on Mondays and Thursdays from 6:30-8:30pm.