

Coach's Letter

Welcome to Dam West Dolphins Swim Team.

The Dam West Dolphins is one of 24 teams in the Mountain High Swim League (www.mhsl.org) and although it is a recreational league it is also competitive on both the individual and team levels. For that reason, it is important that we hold structured and organized practices and meets. For those who have not been part of our team before or are new to summer league swimming you will find that it is different from most other sports in that parents play many key roles in making swim meets possible, so it is extremely important that all parents sign-up on the volunteer sign-up sheet.

Parent/Swimmer/Team meeting: Dam West Clubhouse 7:00-8:30pm, Wednesday May 5th.

Practices will be designed to help prepare the swimmers for the meets by working and improving proper swimming techniques, increasing the swimmers' stamina, power, and speed in the water, and help build a sense of team. Most practices will take place in the water; however, there may be certain circumstances where dry land exercises will be beneficial and implemented as the need arises. With the exception of swimmers who participate in year-round or high school swim teams, most new swimmers may find practices to be demanding. It is common for swimmers to have some muscle stiffness/soreness during the first weeks of practice. The good thing is that if they persist and follow the instructions of the coaching staff, not only will the aches and pains go away, but the swimmers will find that their strokes are improving, they are getting faster in the water, and they will begin to feel a sense of accomplishment. Optionally, on Tuesday and Thursday evenings from 7:00-7:45pm (weather permitting, evening lightning can be a problem) we will be holding stroke and turn clinics to work on specific technique problems that swimmers have and are unable to spend the time necessary during regular practice to fix. Generally on Fridays we allow for some sort of water games during part of the practice to help ease the tension of practice and again continue team building. Although most events in swimming are seen as individual events, it all comes together during the relays and at the end of the meet when they announce the scores for each team, not each individual.

All swimmers are eligible and are expected to participate in prelims. Please plan to participate. Prelims will determine who qualifies to go to Championships; most of our swimmers qualify for Championships in at least one event.

Terry Trieu
Head Coach

GO DAM WEST DOLPHINS!!!