

Dragon Stroke Team

Stroke Team is a program dedicated to further developing your child's swimming skills. The Dragon Stroke Team program will provide children with a strong foundation and the needed skills necessary to swim at a competitive level. The Stroke team is the transition from swim lessons to a USA swimming team.

Group Requirements

The child's technical improvement is our primary objective. Stroke Team is divided into two groups of well-defined ability levels. We recommend swimmers attend at least two practices per week to stay on track for seasonal move ups.

Green:

Minimum Performance: 2X25 yards of freestyle with bilateral breathing, 25 yards of backstroke and basic knowledge of breast and dolphin kick. Children level 7 and Pre-school level 10 within dragon swim school.

Black:

Minimum Performance: 100 yards of freestyle, 75 yards of backstroke, 2X25 streamline back kick, 4X25 kick with correct use of a kick board, 25 yard legal dolphin or breast kick. Children level 10 of dragon swim school.

Once the swimmer has mastered the exit criteria for the Stroke Team, which is swimming a legal 100 yard Individual Medley (25 yards of each stroke), 8X50 yards freestyle swim on 1:20 and 6X50 yards flutter kick on 1:45 they will be encouraged to join the **North Texas Nadadores** (the USA swimming team at CISD Aquatic Center).

Practice Times and Dues

FALL 2016

The practice group breakdown uses age as the main guideline. Within each practice time swimmers will be placed into the Green/Black category with a designated coach.

8 & under T/TH/F 4:00 to 4:45

9 & Overs M/W/F 4:00 to 4:45 pm

Swim Meets: We will have a number of skills meets over the next few months. Dates will be announced at a later point in time.

To join the Stroke Team:

- 1) Be recommended from the Dragon Swim School by one of our qualified instructors, or

Come to the open assessments which are held twice a year, once at the beginning of each season. Dates and times will be posted online. Space may be limited to practice group size limitations.
- 2) Complete Stroke Team registration form with a check for first month dues to the front desk.
- 3) Your swimmer may start attending his or her group upon completion of registration form and payment.

Dues are \$63 for CISD residents or \$69 for non-residents (checks made out to CISD). You will be billed via email on a monthly basis. This is a year round program, therefore **written notification is required prior to the 1st day of the month if a swimmers wishes to stop participation in the program.** The Dragon Swim School provides inactivation forms which are located in the lobby outside of the front office as our preferred method of written notification.



Program Objectives

Our program is designed and administered by professional coaches interested in developing successful, self-reliant individuals as well as outstanding swimmers. To this end, the following team objectives have been created.

1. To provide opportunities for social and emotional development as well as cultural and educational growth.
2. To motivate young people to continually strive to achieve their maximum potential.
3. To instill the values of goal setting, hard work, self-discipline and sportsmanship.
4. To promote the philosophy of team unity, sacrifice and dedication as the instrument for achieving individual goals and objectives. It is our belief that the process of achieving is as significant as realizing the achievement itself.

OUR PHILOSOPHY OF COMPETITION

- We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. We only encourage skill meets and Summer League meets at this level. The individual's technical improvement is our primary objective.
- A swimmer is praised for improving his/her stroke. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
- Swimmers are taught to set realistic, yet challenging goals for skill improvement and to relate those goals to practice to direct their training efforts.
- Swimmers are prepared and encouraged to learn all strokes, starts, and turns. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming.

CISD AQUATICS
CENTER PRESENTS

FALL 2016 STROKE TEAM

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Due to the overwhelming interest in our program, we are currently limited to only residents and employees of the Carroll school district.

DRAGON SWIM SCHOOL
CISD AQUATICS
1501 W. Southlake Blvd.
Southlake, TX 76092

For more information call
817-949-8209 or go to
www.cisdaquatics.com