



## Dolphins 1 and 2:

### **Q. Do the Dolphins groups run the same way as Dippers?**

A. The only similar aspect is the continuous assessment of the 3 stages, once all competencies are achieved a badge and certificate can be purchased at the reception desk of the venues.

### **Q. Why are these classes different?**

A. These groups provide an effective structure for the delivery of the final stages of the Swim England Awards. The criteria for these stages include endurance based swims and training activities. The Dolphins Groups provide a pathway to competitive swimming for those who have the ability to progress with their performance.

### **Q. Is it compulsory to attend all sessions on offer?**

A. It is recommended that swimmers attend all sessions to maximise their skill development but it is understood that some sessions may be missed. Those who are keen to progress into competitive swimming should aim to make most sessions.

### **Q. Are the Dolphins part of a swimming club?**

A. The Time to swim pathway provide development and training programmes, but where swimmers reach the stage of entering competitions they also need to be a member of an ASA affiliated swimming club. Swimmers who are 9 years old and above are eligible to compete and we have swimming club links. If you would like further information please speak to your group coach.

### **Q. How long will children train in each group?**

A. The criteria for stages 8-10 concentrate on increasing endurance as well as improving skill level. The rate at which swimmers develop varies greatly and while very talented children may be fast tracked through the programme, many will spend a year or more in each group. The Dolphins section targets the development of competitive swimming with an emphasis on high skill demand which determines when swimmers are ready to be promoted to the next group.

### **Q. Do swimmers move groups each time they pass a stage?**

A. As a guideline Dolphins 1 work towards Stage 8 and Dolphins 2 towards Stages 9 and 10 to specifically develop skills for competitive swimming. Group moves will only take place where the increase in training sessions is deemed appropriate for the individual. A young swimmer with a high skill level may be best to complete a stage and begin working towards the next in the same group until they are physically and mentally able to increase their training volume. This is in line with the Learning to Train section of the Swim England Athlete Development Support Pathway for Swimming (ADSP).

### **Q. What happens after Stage 10?**

A. When swimmers have completed all awards there are a number of options available.

- Competitive Development Squad (Selection Only)
- Local swimming Club
- Rookies



Time to swim pathway: Dolphins



**Q. What is the Selection Process?**

The selection process is strict and takes into account the individual's talent, ability and willingness to commit and compete. Those selected will be given the opportunity to progress through the competitive academy training groups and continue regular training to develop their skill set. Those who do not qualify for the criteria or do not wish to commit to the number of sessions required may wish to consider other options, please speak with your coach.

**Q. Are Dolphins sessions on in the school holidays?**

A. There is a short break at Christmas and Easter and there are no sessions during August. Please note that the buildings are closed on Bank Holidays including Good Friday and the Louisa Centre, Stanley is a competition pool therefore some Saturday sessions will not take place. Please check at the reception desk and the website for gala details.

**Q. How and when will payments be made?**

A. Fees are paid at the reception desk of the venue on a monthly basis and your child's membership card should be presented at the point of payment. Payments must be made by the 15<sup>th</sup> day of each month with the exception of August when the summer break takes place. If this date is not convenient a more suitable alternative can be arranged. Any funds not used from Dippers will be transferred as credits and the price remains the same no matter how many sessions you attend.

**NB: If a payment is missed you run the risk of your child being refused entry to future sessions.**

**Q. How do I cancel my membership?**

A. Anyone leaving the programme for any reason must write to the Head Performance Swimming Coach. If this procedure is not followed bookings will continue to be made and payment reminders issued for non-payment of fees.

**Q. How early should I turn up for lessons?**

A. 5 minutes before the lesson is early enough and 5 minutes towards the end for collection.

**Q. What should we bring to the group sessions?**

A. A water bottle should be brought to every session. Kickboard and pull buoy will be provided, however if you have this equipment and would like to use it then you can also bring them.

**Q. Is my child still entitled to FREE swimming?**

A. Yes, FREE swimming is available during public sessions for Dolphins 1 and 2, membership cards are needed for entry.

Further Dolphins information is available by contacting Paul Woodley, on 03000 262464 or email [paul.woodley@durham.gov.uk](mailto:paul.woodley@durham.gov.uk)

