

Come Train Like a Dolphin With Dolphin Masters Swimming

Do you want to train like a Dolphin? Come join Dolphin Masters Swimming for coached morning workouts throughout the 2017 summer.

Who: DRA adult members (18 and over) who are interested in getting/staying fit through swimming.

What: 60-minute coached swimming workouts.

Where: Damascus Pool

When: Proposed (subject to change)-Mon-Wed -Fri, 6:00am-7:00am (unlimited attendance)

Season: Starting the week of June 19th and ending the week of August 14th. (could extend 1 week)

Cost: \$50 for the season (Will be collected by the coaches at registration and the first week of practice. Make checks payable to Damascus Swim Team)

Coaches: All practices will be administered by the experienced coaches below. The coaches have many years of experience not only coaching but also swimming at the collegiate level.

Shane Hebert * Kevin Beabout * Kate Zimmerman

Information: an Informational meeting and registration will be held at the pool on Tuesday June 13th at 7:00pm. Contact Shane Hebert (sb_hebert@yahoo.com)

Notes:

- Dolphin Masters is run as a program and fundraiser through the Damascus Swim Team (DST). It does not have an affiliation with U.S. Masters Swimming (USMS).
- Dolphin Masters is not a learn to swim program. However, along with building swimming endurance and fitness, stroke mechanics will be emphasized to make you a better swimmer. You do not need to be able to swim all 4 competitive strokes to participate but you should be able to swim at least freestyle and backstroke. In addition, you should be able to share a swim lane by circle swimming with other swimmers.
- Coaches reserve the right to cancel or change practice schedules because of such things as actual enrollment, weather, vacation or illness. Coaches will make every attempt to change/cancel at the earliest possible time. Notices of change/cancelation will be sent via email to an email masters distribution group.
- Training tools (flippers, pull buoy, hand paddles and swim snorkel) are not mandatory for practices but their use can be beneficial. The coaches encourage swimmers to bring training tools if they have them.

