

Little Dolphins Frequently Asked Questions

What is the Little Dolphins Program?

It is a developmental swim program that is part of the larger Waynewood Dolphins Swim Team. Our Coaches take beginning swimmers who can propel themselves the length of a 25M pool and teach them legal swim strokes starting with Freestyle and Backstroke. They play games, use kickboards, meet friends and have fun.

When Do Little Dolphins Practice?

Starting after FCPS ends, Little Dolphins meet from 12:00-12:30 every weekday in the lap pool.

Is There an Age Requirement?

No, but most Little Dolphins are between the ages of 4 and 8

How Do I know if my Swimmer is Ready for Little Dolphins?

For safety purposes, Little Dolphins have to be able to swim the length of the WW lap pool. They do not have to swim it in any defined stroke as long as they can make it to the other side (e.g. Dog Paddle, underwater swimming, and various other entertaining combinations all work). At the first practice, swimmers will be asked to swim the length of the lap pool any way they know how. The purpose of this is not to intimidate the children, but rather to determine that the children can get themselves to the side of the pool when a coach is not nearby. The ability to listen and follow instructions from the coaches is also a very helpful skill.

Are Coaches in the Water during Little Dolphins practice?

Yes. There is usually one Coach or helper in each lane. They may get out of the pool to give instruction, get equipment or demonstrate a skill.

Are the children divided by skill level?

As the season progresses and the Coaches get to know the children's abilities and needs, they may loosely group them by skill.

Are Little Dolphins members of the Swim Team?

Yes, they can participate in potluck dinners, pep rallies, games, movie days, end of season party, etc. just like any other member of the team.

Do Little Dolphins need Team Suits?

They are not required. Some Little Dolphins like to wear them, but plenty wear other swim suits. Sometimes (if you're lucky!) older Dolphins may have a hand-me-down to pass your way.

Can Little Dolphins participate in Swim Meets? Do they have to?

Little Dolphins have their own mini-meet as the culmination of their season. It is a very special meet with timers, awards, but no disqualifications. It is meant to be a positive experience all the way around. They do not have to participate. *If your child is ready to participate in Time Trials or meets, they may be ready to move up to the 8&Under age group (See below).*

Do Little Dolphins get a trophy at the end of the Season?

Of course.

Why do Little Dolphins Parents have to volunteer at meets if their children don't participate in them?

This is an excellent question. The costs of participating in Swim Team are kept low because they are subsidized by the money we make from concessions at swim meets. It costs only \$95 for a Little Dolphin to participate in a half hour swim session 5 days a week for more than 5 weeks. That's less than \$20 per week – a pretty good deal. So, you volunteer not just to support the meet, you support your children's practices too by helping to pay our coaches. As a side benefit, your child sees you spending your valuable time supporting their activity showing them that they are valuable. By the way, you can volunteer in positions other than concessions (e.g. timing, set-up/take down, etc.).

What is the difference between Little Dolphins & 8 Under Groups?

Below is a comparison chart of Little Dolphins and 8 & Under groups. If you are on the fence about which group your child belongs in, we encourage you to observe the 8 & Under group which meets every day from 5:30 – 6p.m. until school ends.

	Little Dolphins	8 & Under
Practice Duration	30 minutes	45 min. after school ends
Practice Distances	25 M swims with rest breaks	25 M swims and some longer distances with fewer rests
Strokes Worked on	Mostly Freestyle and Backstroke with diving and other skills	Freestyle, Backstroke, Breaststroke, with diving and other skills. Butterfly as the season progresses
Time Trials and Weekly Meets	No	Yes
Culminating Event	Little Dolphins Mini-meet	Waynewood Invitational on OR Division 6 Individual Championships

What are the answers to the questions I haven't asked?

I don't know, but I think you should ask them.

Who should I ask?

Little Dolphins Point of Contact: Tammy Mannarino (tmannarino@earthlink.net) or Team Reps: Elda Dona, Laura Wainwright and Kirk Jenne