

2023 SWIM & DIVE MEET

SCHEDULE

DATE	OPPONENT	LOCATION
June 13 (SWIM ONLY)	Ellisville	Ellisville
June 20 (swim and dive)	Crestwood	Ballwin
June 22 (DIVE ONLY)	Sunset Hills	Sunset Hills
June 26 (DIVE ONLY)	Kirkwood	Kirkwood
June 29 (swim and dive)	Webster	Ballwin
July 5 (SWIM ONLY)	Manchester	Manchester
July 13 (swim and dive)	Clayton/ Chesterfield	Chesterfield
Dive Meet 2:30 pm warm-ups		
Dive Meet starts 3:30 pm		
Swim Meet 5 p.m. warm-ups		
Swim Meet starts 6 pm		
DIVING FINALS		
July 14 (11 & older) 8 am	Clayton	
July 15 (10 & under) 8 am	Clayton	
*Rain date July 16		
SWIMMING PRELIMS		
July 17 (11 & older) 7 am	Ballwin	
July 18 (10 & under) 7 am	Ballwin	
*Rain date July 19		
SWIMMING FINALS		
July 20 (all ages) 6 pm	Manchester	
*Rain date July 21		

MORNING PRACTICE TIMES

JUNE 5 - JULY 14

MONDAY - FRIDAY

Swim:

7:00-8:15 am 11-18 year olds

8:15-9:05 am 9-10 year olds

9:05-9:45 am 5-8 year olds

Dive:

7:00-8:00 am 9-10 year olds

8:00-9:00 am 5-8 year olds

8:30-10:00 am 11-18 year olds

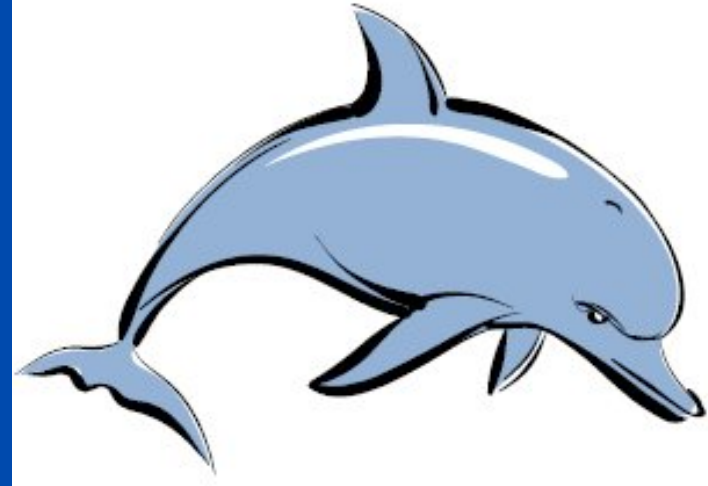
We will not have evening swim practices. As an alternative, we will reserve the 2 lap lanes during open swim 6:30 - 7:30pm Monday - Thursday evenings at North Pointe. Coaches will provide workouts for swimmers to complete; coaches will not be present. Workouts will be self led.

Space is limited. Circle swim will be in effect.

END OF YEAR PARTY

Tuesday, July 18 7-10 pm at North Pointe
All team members and family are invited to celebrate another great summer season. It will include awards, drinks, food, and swimming fun.

We'll see you there!



BALLWIN BLUE DOLPHINS SWIM & DIVE TEAM

**"BRINGING PEOPLE
TOGETHER"**

Find the Ballwin Blue Dolphins Swim and Dive Team on Facebook!

www.ballwinswimanddiveteam.com

North Pointe Aquatic Center
335 Holloway Rd
Ballwin, MO 63011
636-227-2981

Aquatic Specialist, Anna Nickel
636-207-2328 or
anickel@ballwin.mo.us



REGISTRATION INFO

We strive to promote a positive and fun environment for swimmers and divers. The Ballwin Blue Dolphin Swim and Dive Team is a recreational team with an emphasis on developing basic competitive skills. Swimmers and divers, ages 5-18 years, are welcome to participate. We welcome all skill levels on our team. Our team requires a swim test for all new members under the age of 8. **Please note that swim team is NOT a substitute for swim lessons.** You must register by MAY 14, 2023 in order to ensure correct t-shirt size.

REGISTRATION MEETINGS

Saturday, April 1 at 10 am

Monday, April 3 at 6 pm

Wednesday, April 5 at 6 pm

These meetings allow new families to walk through the registration process, introduce you to our website, and give you time to ask coach and parent reps your questions. After the meeting, new families are able to register for the upcoming season. Please bring your checkbook for the check hold system for volunteer shifts. Returning families are not required to attend the registration meetings, but are always welcome if they wish.

REGISTRATION FEES

First Swimmer or Diver:

VIP \$140, Reg \$160

Additional Family Member:

VIP \$120, Reg \$140

Combo Swim and Dive:

Additional \$20 per participant

Registration opens April 1, 2023. Credit Card, Cash or Checks made to the City of Ballwin will be accepted for payment at registration. Each participant will receive a t-shirt. In order to ensure correct size, you must register by Sunday, May 14, 2023

2023 TEAM SUITS

Female suits \$60.00

Male suits \$45.00

Suits can be purchased through B&B Aquatics.



PRE-TEST INFORMATION

Saturday, May 6 9:15 am The Pointe Indoor Pool
All new swimmers (including siblings of returning swimmers) age 8 and under are required to participate in a swim test. Young swimmers will be required to swim 25 yards (one length of the pool) unassisted with constant forward movement. The swimmers may not stop and/or grab the wall or lap lane while taking the test. We do not expect your swimmer to have perfect technique. These steps are taken for safety precautions. We want to ensure your swimmer is able to meet the minimum needs for practices and swim meets. If you cannot attend the scheduled date, please reach out to the Aquatic Specialist at anickel@ballwin.mo.us

PARENT VOLUNTEER POLICY

The Ballwin Blue Dolphin team requires 3 volunteer shifts from a parent of each family. To ensure 3 shifts are covered, please submit 3 checks for \$150 each during registration made to Ballwin Swim and Dive. You cannot register without your volunteer checks. These checks will be held and only deposited if your volunteer shift is not fulfilled. After each volunteer shift is fulfilled, one of your checks will be destroyed. Buy out program \$400. Volunteer sign ups are located on the team website

www.ballwinswimanddiveteam.com

TEAM WEBSITE

For all your Ballwin Swim & Dive team needs head to our team website at

www.ballwinswimanddiveteam.com

Here, you will be able to contact the coaches and parent reps, RSVP to your meets, select your volunteer shifts, view your swimmer's times and meet results, see photos, receive notifications and more.