

**Greater Newark Boys & Girls Club
Dolphin Swim Team - Winter Season
FAQ's - COVID Edition**

[Practices](#)

[Swim Meets](#)

[Fees / Costs](#)

[Registration](#)

Practices

What is the difference between swim lessons and swim team practices?

- Practices are the periods of time where each swimmer "practices" his/her skills under the supervision of a coach. Please do not confuse practices with swim lessons or classes. Swim lessons/classes are a different program offered at the club to non-swimmers and are comprised of 3 students and one instructor. The goal of swim practices is to prepare swimmers for competition, while the goal for swim classes/lessons is simply to teach participants how to swim and to make students water safe.

How many practices are there per week?

- This depends on the practice group. Each group has a maximum number of practices swimmers may attend. This information can be found either on the calendar ([click here](#)), or the programs page ([click here](#)) of the website. For instance, at the Basic level, swimmers may come a maximum of 2 practices per week. There may be more than 2 practices offered during each week for the Basic level, so swimmers can choose any two of the days. These two days do not have to be the same every week.

What are the days and times of practices?

- Again, this depends on each group. The Beginner and Basic groups have 3 practices available during the week (usually early evening), and a practice on Saturday morning. The Advanced, Junior and JO groups have practices in the early to late evenings on weekdays, and a practice Saturday morning. The HS, and O groups have practices every day except for Sundays. The times for each practice group depends on the group, the day of the week, and the time of year. To look up a specific group practice time, go to the web site calendar ([click here](#)), or click on a respective program from the web site program page ([click here](#)).

What COVID protocols have been put in place?

- COVID has had a dramatic effect on how we are running our programs. [For details, please click here.](#)

Swim Meets

Are the swim meets required?

- The swim meets are optional at the Beginner and Basic Levels. Swim meets are required for swimmers in the Advanced, Junior, Junior Olympian, Olympian-HS Option, and Olympian Groups during the Winter Session (November thru March).

When do the swim meets occur?

- The competitive season runs generally from November thru March, during our Winter Session.

Do the meets cost money?

- Most of the meets do not cost money. There are a few select meets that have entry fees. For these meets, the fees are usually nominal (\$1 to \$2 per event). For USA swim meets, there are meet fees (this is a separate membership; for more info on USA swimming, go to the question regarding types of swim meets).

What type of meets does the team participate in?

- Pioneer Swim League / Inter-Club Dual Meets
 - This is when two (sometimes three) teams swim against each other. These meets are free. There is usually one to four of these meets, total, from November through February. They generally last between 2 and 3 hours. Anyone who is on the team may participate in these meets; there is no required speed or ability level to participate. We strongly encourage everyone to swim at these meets. They are a good measure of improvement. The meet schedule can be found [here](#). For these meets, you must RSVP through our [club portal](#).
- Pioneer Swim League Developmental Meets
 - Sometimes called invitational meets, these meets will have one or more teams participating. Most often, swimmers compete as individuals (for individual placing) rather than acquiring points for a team score. The events may differ from the dual meet events and usually require a nominal entry fee per event (\$1 to \$2). Swimmers can choose the events they would prefer to swim at these meets. This, again, is done through our [club portal](#). Everyone is encouraged to participate - that is why they are called "developmental." They are a great way to gain experience competing.
- USA Swimming Meets
 - USA Swimming is exactly what it sounds like; it is the official organization that the United States has for swimming. They run all the sectional, regional and national meets, and they are the governing body of swimming in the US. If you want to go the Olympics, you go through them.
 - In our area, USA Swimming is represented by our region (or Local Swim Community): Middle Atlantic. Membership is \$75 per year and there are special "USA or Mid Atlantic Meets" that you can participate in with this membership; some meets also have time requirements. There are additional entry fees (usually at least \$5 per individual event).
- Florida! Boys & Girls Club National Championships in St. Petersburg
 - A lot of fun and takes place in April (4/9 thru 4/11 this year). Anyone can come, but it is preferred that the swimmer has had some swim meet experience.

What's the difference between Blue and Green?

- Because of the number of swimmers we have on our team. We traditionally have two teams participating in the Pioneer Swim League for dual meet purposes: the Blue team and the Green team. There is no difference between the teams other than meet dates and times. We will most likely have sign-ups for the teams in early November after the schedule has been posted.

Which meets should my child do?

- How "in to" swimming is your child? If your child is new to the sport, the dual and developmental meets are your best bet. If your child is a veteran at competing, or has a strong desire to pursue swimming seriously, USA meets may be a good idea. Feel free to talk to a coach about this question; we can probably help.

Will there be any swim meets this year (because of COVID)?

- Yes. What they look like is still being discussed/determined. Whether they will be virtual, in-house, or on a small scale with another in-state team, our goal is to somehow incorporate some competition into the season.

Fees / Costs

What fees are required to join the team?

- Boys & Girls Club Membership Fee - \$15 (per year, per person ages 5 to 20). Any person participating in any program here at the Newark Club must be a member, primarily for insurance and funding reasons.
- Participation Fee - \$60 (per year, per family). The \$60 fee is our team fundraiser fee and is charged once per school year per family. It covers items and events like new equipment, the holiday party, the end of the year party, the team gift, and some coach expenses (HS & Spring Warm Up Programs are exempt).
- Program Fee(s) - Varies depending on the group and length of time participating. The program fee can be paid monthly, by session, or in full (for entire school year, Sept-May). For this year, we are holding off on the full year option for obvious reasons. We hope to bring it back for 2021-2022. These fees can be found on the web site at <http://www.gnbcdolphins.com/programs.html>.

Registration

How do I join the team?

- It is strongly recommended that swimmers "try-out" the team for a practice or two before officially joining the team. This way, swimmers get a chance to see how practices are run (and whether they like it or not), and the coaches get a chance to see the swimmers and make sure they are in the most appropriate group. Once a swimmer has decided that he/she would like to join, registration is available online.

How do I know which group/level to join?

- Descriptions for each program can be found on the "Programs" page of the website: <http://www.gnbcdolphins.com/programs.html>. Simply click on a program to see further information, including a description of the group, practice days and times. Choose a group that looks to fit best and try a practice or two before committing to the team.

What do I need to do to come and try a few practices?

- You will need to join our Team App (<https://gnbcdolphins.teamapp.com/>). Be prepared to ask for permission to join a specific level (like Basic, or Advanced). Once you are approved, go to "Events." From here you should see a list of practices (assuming we have practices scheduled). Click on a practice you would like to attend and RSVP. Because of COVID, we have to limit the number of swimmers at each practice. The RSVP's assist in this. You will also need to sign a COVID waiver. For a link to the waiver, as well as to all of our COVID protocols, [please click here](#).

How does Spring Warm Up work?

- Our spring warm up program is designed for swimmers who wish to "get in shape" for their respective summer swim teams. The 8-week session focuses on 8 topics (1. freestyle, 2. backstroke, 3. breaststroke, 4. butterfly, 5. free starts, turns & finishes, 6. back starts turns & finishes, 7. open starts, turns & finishes, and 8. relays starts & finishes/review). Swimmers registering for spring warm up pay one flat fee (plus the \$15 club membership). Swimmers participate with one of our current program levels based on ability and speed.

How/Where do I register?

- Registration is online on the website, www.gnbcdolphins.com. Before registering though, please read the following words of advice.
 - **Decide which sessions/months to participate in, and how to pay.** There are three ways to pay and participate in our programs:
 - **Monthly:** Choose this option to pay by month. An option for automatic payments is available. Use this option if joining mid-session. Advantages: Smaller initial payment; spread payments out; join for smaller amounts of time; smaller commitment. Disadvantages: If joining for the full school year, the sum of all payments is more than the other options.
 - **Session:** Choose this option to pay for a complete session (the Fall Session is September-October, Winter is November - March, and Spring is April-May). Advantages: slightly cheaper than paying monthly; break payments up into 3 smaller payments for the school year (instead of one lump sum); join for a specific session. Disadvantages: larger initial payment (compared to monthly); the sum of the three session payments are slightly more expensive than the year payment.
 - **Year:** This option is a one-time payment for the entire school year - September thru May (Fall, Winter & Spring Sessions). Choose this option for a swimmer who is committed to swimming the entire year. Advantages: One payment and done; cheapest option. Disadvantages: Must pay all at once; option is offered during September only.

Can I register at the club?

- No. Online registration is required.

Can I pay for registration online?

- Yes. In light of COVID and the current non-touch way of things, online payment is preferred and can be done during registration, or at a later date by logging into your account on our portal: <https://swimportal.active.com/?a=284283406>

Can I pay at the club?

- Yes, however, this would have to be via check (that your swimmer would bring into the club). Or you can call and make payment over the phone. NO cash.

Is there a discount for multiple children?

- Yes. There is 5% discount for the second child. The discount for each additional child (after the 2nd) is 10%. Please note that this is per immediate family or household. Swimmers must be registered on the same order for the discount to automatically populate.

Am I able to register more than one child at the same time?

- Yes. Once all information for the first child is in (and you are on the check-out page), DON'T check out. There is a link in the upper right-hand corner of the check-out page: **+Add Another Registration**. Click this to add another child. In fact, do not check out until all family members are registered in order to receive the 2nd child, etc. discount automatically.

Do I need to create a new account each time I register?

- NO. Please do not create multiple accounts. Please use the same email and password you used during your initial registration (including those participants coming from our lesson program). This way, all of your purchase history, as well as all of your swimmers' meet participation and times will be all in one place.

How do I get to my account?

- This is the link to our club portal: [club portal](#). There is also a link to the club portal on the home page of our [website](#). I highly recommend bookmarking both our [website](#) and our [club portal](#).