

July 28, 2010

**Five Points Washington**

Greetings!

Thank you for inquiring about Developmental Organized Competitive Swimming OR DOCS, the best swimming experience in Central Illinois. While DOC Swim Team has swimmers at all ages and competitive levels, including the State and National level, we continue to welcome the beginner swimmer. Our program strives to teach important life skills and discipline to every team member.

Here are some facts about the DOCS program:

- DOC Swim team has been providing a year-round, consistent, high quality swim program since 1992.
- DOC Swim team belongs to United States Swimming, Inc. (USS), the national governing body of amateur swimming chartered by Congress under the Amateur Sports Act.
- DOCS is the only swim team in Peoria to offer YMCA swimming opportunities through its affiliation with the Greater Peoria Family YMCA. The YMCA provides competitive swimming through its district, state, and national level competitions.
- DOCS is open to boys and girls in early elementary school (starting at age 5) to the post high school, regardless of swimming ability, race, color, ethnic origin, or religion.
- We offer a balanced program of practice, competition, and social activities.
- We provide instruction and training in competitive swimming for boys and girls in a highly structured closely supervised, regularly scheduled format.
- We encourage participation according to age and ability level in competitions by USS and the YMCA to ensure fair competition in a safe setting.
- We also offer just-for-fun social activities including holiday celebrations and end of the season festivities to bring the team together.

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**2010-2011 Season** \*\* *Prices have not yet been confirmed by ISI, so they are subject to change.*

Practices at Five Points Washington Pool will be offered through a two or three day option. Practice days must be determined at Registration. Practice times are: Mondays 5:30-7:00 pm, Tuesday 5:30-6:30 pm, Wednesday 5:30-7 pm, or Thursday 5:30-6:30 pm. Swimmers can now select the days they want to practice. It is recommended that you choose a day of rest in between practice nights. Days CANNOT be changed or swapped after the first night of practice. Sessions of weekend practices are also available.

There are two options for swimming with DOCS:

**OPTION 1: YMCA Team Member** - With the YMCA Team Member option your swimmer must join the Greater Peoria YMCA. By doing so, he/she will be able to participate in ALL meets, including the YMCA sponsored meets, and will also be eligible to swim relays with the DOCS YMCA team. The YMCA option is highly recommended for new or younger swimmers.

**OPTION 2: Junior Team Member** - As a Junior Team Member you may participate in ISI meets only and score individual points. You receive all the same attention, motivation, involvement, practice time, etc. Membership at the Peoria YMCA is not required.

**\*\*Please see the Five Points Washington Registration Form for Pricing.**

DOC Swim team believes in the following values of competitive swimming:

- **Swimming has no bench sitters. Competitive swimming is a sport in which there are no bench sitters because all programs are by age group and ability level.**
- **Swimming is healthy.** Injuries are few and mild. The sport has been shown time and time again to be the best sport for overall conditioning of the body. Swimming provides cardiovascular fitness, muscular fitness, and increased flexibility.
- **Swimming provides self-discipline.** No one can make a person swim. All swimmers must develop an inner sense of discipline to devote themselves to the sport.
- **Swimming is a direct reward system.** In swimming, the harder you work, the greater your reward. The time clock is an objective judge of the result. There are no judges with subjective scores, no dependence on the efforts of others; only you and the clock evaluate your effort.
- **Swimming teaches organization.** Swimmers have to organize their day to fit in all the life activities they want. They learn to do so, and in so doing, usually become much better students. Swimmers are frequently better students when they are training and competing.
- **Swimming teaches people how to win, how to lose with grace, and how to develop a personal philosophy that will make them long-term successes in life.** Swimmers learn to evaluate their efforts, set goals, and achieve. They develop an athlete's mind that says, "I can control my life, and the results of it. If it is to be, it's up to me."

Additional Info...

**Practices-** DOCS does not require that you attend every practice. We understand that you have other commitments. We want all swimmers to know that you do get better if you practice more frequently, so attendance is highly encouraged.

**Meets-** Meets are not required, but we encourage swimmers that are comfortable to try it at least once. A great time to do that is at our home meet in December at Five Points Washington. All swimmers are required to wear a team suit (and if desired a team cap) if they choose to compete in a swim meet.

**Weekly Communication-** Each week you will receive a team newsletter keeping you up to date on all the events, etc.

**Practice Cancellations-** DOCS Five Points practices will not be cancelled unless the Five Points pool or facilities are closed.

**Parent Involvement-** Our team is successful due to a great group of parent volunteers. There are a lot of ways to help out through out the season. PARENT COMMITTEES: HOME MEET, SOCIAL, TRAVEL, FUNDRAISING

**Payments-** All DOCS & YMCA accounts must be kept in good standing for swimmers to continue participating in the program. We accept check or cash.

**Trial Period-** Due to the limited numbers of swimmers we can accept at this time, we are unable to offer a trial period at Five Points Washington.