

GENERAL INFORMATION ABOUT OUR SWIM TEAM (2011-2012)

Thank you for inquiring about **Developmental Organized Competitive Swimming (DOCS)**, the best swimming experience in Central Illinois. While DOCS 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.

FACTS ABOUT THE DOCS PROGRAM:

- We have been providing a year-round, consistent, high quality swim program since 1992.
- DOCS 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.
- Our swim team is open to boys and girls in early elementary school (starting at age 4) 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.

CONTACTS:

Aaron Points - President	email: apoints@ydocs.org	phone: 309-208-8214
Brian Points - Age Group Head Coach	email: bpoints@ydocs.org	phone: 309-208-7819
Emily Points - Admin Assistant. . . .	email: epoints@ydocs.org	phone: 309-303-3946

PRACTICES:

DOCS offers three practice sites – Manual High School, Five Points Washington, and Pearce Community Center in Chillicothe. You will choose the practice site that fits your family best.

1. **Manual High School** conducts practices every evening, 5 days/week (Mon-Fri).
2. **Five Points Washington** offers two practice options: 2 days/week (Mon & Wed) **or** 4 days/week (Mon-Thu). Weekend practice sessions are also available.
3. **Pearce Community Center** offers 2 practices per week (Tue and Thu).

COMPETITION:

Swimmers have the choice to compete in meets throughout the season if so desired. DOCS offers two options for those that wish to compete.

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 in relay race events 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.

DOCS BELIEFS ABOUT 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 INFORMATION:

Pre- Registration- Swimmers must secure a spot by submitting a non-refundable \$75 deposit. Print and mail the Pre-Registration form along with a \$75 check to:

DOC Swimming, 1151 N. Byerly Hills Dr, East Peoria, IL 61611

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.

Competition Meets – Participation in meets is 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 cap when they compete.

Communication - Each week you will receive a team newsletter keeping you up to date on team events. We also maintain a web site (www.ydocs.org) that is constantly updated with team news, accomplishments, meet information, practice schedules, and coaches.

Practice Cancellations – Practices will not be cancelled unless the practice site is closed for holidays, pool maintenance, or facility repairs.

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. Parents can help with activities such as assisting with our home meet, organizing team socials, travel coordination, and fundraising. Please mark the box on the Pre-Registration form if you would like to help out in any way.

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

Trial Period - We will offer a one-week trial period if space permits at the practice site you choose. Call Emily if you would like to request a trial period.