

Swim Team

KEY FACTS TO KNOW

The West Hillandale Dolphins – a charter member of the Montgomery County Swim League ([MCSL](#)) – is an open, supportive swim team available to children ages 5 to 18 of all fitness and skill levels.

The Dolphins compete in Division O.

- Age groups are: 8 & under; 9-10; 11-12; 13-14; 15-18
- We compete in both “A” and “B” meets. In “A” meets, there are restrictions in how many swimmers compete from each age group, but in “B” meets everyone can swim as many events as they choose.

Please note that due to the COVID-19 pandemic, we are still learning about our season. We will have in-person meets. We are waiting for MCSL to create a schedule for meets.

Cost

The cost will remain \$90 per child, with a family cap of \$180. Registration is now open via [Swimtopia](#).

Season

The season begins June 1 and continues until late July.

Practice

Practice is daily from 5:00-6:00 p.m. until the MCPS school year ends. After that practice is 4:00-6:00 PM, separated by age group with 12 and under having a 45-minute practice and older swimmers having 75 minutes of practice. See practice schedule on [Swimtopia](#) for detailed times.

Regular attendance is required. For meets and practices, please communicate with coaches if you know you will be unavailable/out of town.

Social Events

Social events are subject to state/county health department regulations. However, in the past the swim team holds social activities weekly during the season. These include pancake breakfasts, pajama days, ice cream socials, pizza parties, a lasagna bake-off, and an end-of-season awards banquet with trophies and individual award plates for every swimmer.

Officiating

The Dolphins need officials in order to compete in meets, so parental assistance is appreciated. These positions include referees, stroke & turn, and starters. For existing officials, certifications were extended if they expired in 2020. MCSL is allowing all officials to certify online this year. For more information, [click here](#).

Volunteering

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For a list of descriptions related to running swim team and swim meets, please see this [document](#). As of right now we do not anticipate that a snack bar/concessions will be permitted for 2021, so those positions will not be needed this summer.

Pre-Team

In the past, the swim team has sponsored a pre-team for children ages 3-4 who are just learning to swim. Pre-team swimmers participate in swim classes led by teenagers on the swim team. They also get the opportunity to "race" in swim meets accompanied by an older swim team buddy or parent.

For 2021 we have decided not to offer pre-team in order to limit contact. If you are interested in one-on-one instruction for your younger swimmer, you may be interested in the lessons offered privately at WHSC by Ahuvah Feldman (youcanlearntoswim@gmail.com). For more information please visit: [You Can Learn to Swim](#).

Questions?

Please contact WHSCmembers@gmail.com. The swim team website can be found [here](#).