

## 2025 SWIM & DIVE MEET

### SCHEDULE

| DATE                              | OPPONENT                 | LOCATION  |
|-----------------------------------|--------------------------|-----------|
| June 12<br><i>(swim and dive)</i> | Chesterfield<br>/Clayton | Ballwin   |
| June 16<br><i>(swim and dive)</i> | Ballwin                  | Kirkwood  |
| July 2<br><i>(swim and dive)</i>  | Ballwin                  | Crestwood |
| July 10<br><i>(swim and dive)</i> | Sunset Hills             | Ballwin   |

Dive Meet 2:00 pm warm-ups

Dive Meet starts 3:00 pm

Swim Meet 5 p.m. warm-ups

Swim Meet starts 6 pm

### DIVING FINALS

July 11 (11 & older) 8 am Clayton

July 12 (10 & under) 8 am Clayton

\*Rain date July 13

### SWIMMING PRELIMS

July 14 (11 & older) 7 am Manchester

July 15 (10 & under) 7 am Manchester

\*Rain date July 16

### SWIMMING FINALS

July 17 (all ages) 6 pm Ballwin

\*Rain date July 18

## MORNING PRACTICE TIMES

JUNE 2 - JULY 11

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 15 7:30-10 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!



## SWIM & DIVE TEAM

"BRINGING PEOPLE TOGETHER"

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

<https://www.gomotionapp.com/team/recslbst/page/home>

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

Aquatic Manager 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 11, 2025 in order to ensure correct t-shirt size.

## REGISTRATION MEETINGS

**Monday, March 31 at 6 pm**

**Saturday, April 5 at 10 am**

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:

VIP \$150, Reg \$170

First Diver:

VIP \$140, Reg \$160

Additional family members = \$20 off

Combo Swim and Dive:

Additional \$20 per participant

Registration opens March 31, 2025. 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 11, 2025.

## 2025 TEAM SUITS

Female suits \$60.00

Male suits \$45.00

Suits can be purchased through B&B Aquatics.



## PRE-TEST INFORMATION

Sunday May 4 at 10 am at 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 Manager at [anickel@ballwin.mo.us](mailto: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 \$450. Volunteer sign ups are located on the team website

[www.ballwinswimanddiveteam.com](http://www.ballwinswimanddiveteam.com)

## TEAM WEBSITE

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

[www.ballwinswimanddiveteam.com](http://www.ballwinswimanddiveteam.com)

Here, you will be able to contact the coaches and parent reps, RSVP to your meets, select your volunteer shifts, see photos, receive notifications and more.