



How to Join the FHD Swim Team

The Fort Hood Area Dolphins are a USA Swimming sanctioned team serving the communities of Copperas Cove, Fort Hood, Killeen and Central Texas.

The team is a member of the South Texas Local Swimming Committee (LSC).

Membership is open to 6-18 year olds. The Fort Hood Dolphins Masters Team is available for those 19 and over.

Tryouts are held the first week of the month. Swimmers, please be ready to swim at 5:15 pm. Swimmers should have a suit, goggles and swimming cap (if they have long hair). Girls must wear a one-piece swimsuit.

This is not for swim lessons; this is for already established swimmers looking to improve their strokes for swim meet competition and fun. Swimmers should be Red Cross Level IV certified or equivalent prior to trying out.

Blue Group Pre-Competitive Swimmers

Practice - Every weeknight
40 min 6:20p.m.-7p.m.
Saturdays 8:50a.m.-9:30a.m.
Abrams Pool, Fort Hood
\$55 per month

Bronze 2 Swimmers

Practice - Every weeknight
1 hour 5:30p.m.-6:30p.m.
Saturdays 8:00a.m.-9:00a.m.
Abrams Pool, Fort Hood
\$60 per month

Bronze 1, Silver & Gold Swimmers

Practice - Every weeknight
1 ½ hours 5:30p.m.-7p.m.
Saturdays 8:00a.m.-9:30a.m.
Abrams Pool, Fort Hood
\$65 per month

MASTERS

Practice - Every weeknight
1 ½ hours 5:30-7:00pm
Saturdays 8:00a.m.-9:30a.m.
Abrams Pool, Fort Hood
\$65 per month
(Master swimmers may join USA Swimming or USMS)

Each additional Swimmer from the same family is \$55 each per month.

USA Swimming Registration Fee -
Renewed every September for the next calendar year \$66 - 2010

Meet entry fees, suits, personal equipment (caps & goggles) are additional costs incurred by the swimmer.

Standard Practice equipment required of all swimmers **Swim Fins, Swim Cap, Swim Goggles, Water Bottle, Mesh carry bag, Competitive Quality Swimsuit!** Kick boards and pull buoys, are team equipment. Individuals may purchase their own if they desire.

Fees current as of December 2009.

FHD PRACTICE TIMES UNTIL THE END OF
MAY 2010

Abrams Pool, Ft. Hood
Monday - Friday
5:30- 7pm
Saturdays 8:00-9:30a.m.

Coaches - Lisa Parmeter, Paige McCord,
Stacey Griffin & Reina Mason

Club President - Catherine Blashack

Vice President - Clare Utter

Treasurer - Ellen Birch

Secretary - Janis Stout

Statistician - Jennifer Carpenter

Updated: December 2009

Information Contact
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Providing year-round, multi-level U.S. Aquatics and Masters Swimming for competitive swimmers with opportunities to learn sportsmanship and teamwork.