



## Davenport Metro Swim Team

Davenport Metro Swim Team (“DMET”) is a competitive age-group swim team that competes against other age-group swim teams in Iowa, Illinois and the surrounding states as part of the USA Swimming Inc. system, which produces high school, college and Olympic trial swimmers. Metro utilizes the Davenport Central High School and Davenport West High School pools for swim practices, which are conducted by certified swim coaches. As a DMET swimmer, you will be eligible to compete at swim meets against other competitors in your age-group. DMET has the best swim families in the area! ([www.davenportmetro.com](http://www.davenportmetro.com))

<b>Contact...</b>	Head Coach Ramsey Vens at (563) 940-7063, <a href="mailto:ramseyvens@gmail.com">ramseyvens@gmail.com</a> , or DMET Board at <a href="mailto:dmet-ia@hotmail.com">dmet-ia@hotmail.com</a> if you have any questions.
<b>Swimmers Learn...</b>	<ul style="list-style-type: none"> <li>- Swim strokes and skills</li> <li>- Goal setting and organizational skills</li> <li>- Self-discipline</li> <li>- Sportsmanship</li> <li>- Self-esteem</li> <li>- Team unity</li> </ul>
<b>Practice Times...</b>	<p>Pools: Davenport Central High School &amp; Davenport West High School</p> <p>*Swim practice times are subject to change*</p>
<b>Team Groups...</b>	<p>Bridging/Developmental Group</p> <p>8 &amp; Unders</p> <p>9 &amp; 10 Year Olds</p> <p>11 &amp; 12 Year Olds</p> <p>13 &amp; Overs (Senior Group)</p> <p>Masters Group</p>

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