

Eno Valley Little Orcas

The links below will answer most of your questions, but if you have more, email enovalleyorcas@gmail.com.

Little Orcas FAQ

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The Little Orca Program

Little Orca instruction aims to quickly prep and transition swimmers to the swim team. We are in search of swimmers who are almost ready for swim team. Please note that Little Orcas is not to replace traditional swimming lessons. These swimmers will participate in swim meets in the first event and they will be assisted by a coach or older member of the big team.

Little Orcas focuses on building strength and stamina while learning the skills necessary to join the swim team. Each session works on refining and advancing swimming skills through the development of stroke technique (including breathing), competitive entry, and circle swimming (including lane etiquette and turning). This program is fast-paced, fun and will hopefully prepare students for joining the swim team through improvement of existing swimming skills, increasing endurance, and introducing the students to some friendly competition.

Group swim lessons, which are handled outside of swim team, focuses on how to swim, not how to swim competitively. You can find information about group swim lessons on the pool Facebook page and on the bulletin board at the shack.

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Requirements for Little Orcas

Child can independently and comfortably:

- Submerge (place face in water)
- Float (front and back without flotation)
- Jump into the water
- Take a breath (while floating/ after jumping in/ while making forward progress)
- Make forward progress (at least two body lengths without flotation) to return to the wall.

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What is a Little Orcas Practice like?

Little Orcas is a 30 minute workout during the big team practice. Each session works on refining and advancing swimming skills through the development of stroke technique (including breathing), competitive entry, and circle swimming (including lane etiquette and turning). This program is fast-paced, fun and will hopefully prepare students for joining the swim team through improvement of existing swimming skills, increasing endurance, and introducing the students to some friendly competition. Our coaches will run the class from a combination of on deck and in water instruction.

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How Do I Sign My Child Up for Little Orcas?

Go to our [swim team web page](#) and click the registration button. It's that simple! The cost for swimming on Little Orcas is roughly half of being on the big team. Once your child makes it to the big team, the remainder of the fee is due.

You will also need to get on the team text list (send this text: **@enovalle** to this number: **81010**). This is different than the pool's closing text list. You should also send an email to enovalleyorcas@gmail.com asking to join the group.

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What Happens When My Child Can Make It Across the Pool?

Once our Little Orca coaches, the swimmer, and you the parent decide your child is ready, we move up to the big team (trophy time!). We will help transition the kid to the new practice (nobody is getting thrown in cold turkey!). Now your child can participate in the age group portion of the meet and at all practices for his/her age group. At this point the remainder of the balance is due and the treasurer will send you an invoice in the mail.

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Age Groups for Little Orcas

Typically, Little Orcas range from 4 to 7. There are rare occasions where a 3 year old is ready for this, but that is unusual. The practices are broken by age group/skill level. The Little Orca coaches will divide them up as they see skill levels.

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What Are Swim Meets Like for Little Orcas?

The Little Orcas will warm up in the smaller pool while the big team warms up in the competition pool. The Little Orcas will also participate in the team cheers. Before the meet begins, the developmental heats (Little Orcas) will swim their race. Swimmers can dive off the blocks or side, jump off the blocks or side, or start in the pool. There will be a coach or older swimmer in the lane with the Little Orca to assist them. Once they have finished that part of the meet, they are free to go, but we do encourage parents to let them watch a few of the other races before leaving.


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Does My Child Have to Participate in the Meets?

We encourage meet participation because that is what being on a team is all about. However, if the child is very hesitant, no one is forced to participate.

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Are Little Orcas Included in the Team Picture?

Yes! Orcas are orcas no matter how small! We want them in the picture. They are team members! It is OK if you do not have a team suit for the picture.

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Little Orcas at Champs

Unfortunately, Little Orcas are not allowed to participate at Champs. In order to swim at Champs, a swimmer must participate in two meets and have a legal time. Swimming in the developmental portion of the meet, while qualifies for a meet participation, does not count as a legal time.

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Last updated 6/10/19 by Mark Alford