**Mission: Enable.**
To bring the physical and emotional benefits of swimming to people with special needs regardless of age, ability or financial circumstances.

**A Brief History:** Nashville Dolphins started in 2003 when one swimmer with Down Syndrome wanted to improve her swimming skills in order to compete in the Special Olympics, and one volunteer was willing to help her. Today more than 200 swimmers participate in the aquatics programming we provide, ranging from beginners just learning to blow bubbles to long-distance champions practicing several days a week. Because swimming is a lifelong sport with far-reaching benefits for an individual's health and wellbeing, we serve swimmers of all ages with no age-out policy. And because of the intensity of our mission to bring the physical and emotional benefits of swimming to people with special needs regardless of age, ability or financial circumstances, we provide all programming at no cost to the participant.

**Identified Needs**
The needs collaboratively identified by administrative staff and EC student included content for upcoming App to track swimmers’ progress, accessible and convenient education for employees and volunteers, organization of lesson curriculum, and structure to appropriately progress swimmers through various levels of programming.

**Project Goals**
- Interact with and observe the instructors, volunteers, and swimmers who participate in Dolphin programming in order to gain an understanding of their personal needs and interests and existing health maintenance.
- Gather, prioritize, and organize content to create resources to educate instructors/volunteers in regards to teaching swimming skills through the Occupational Therapist’s lens of activity analysis, provide structure to lesson time, and appropriately place and progress swimmers through existing programming.

**Represented Dolphins at TOM Make-A-Thon:**
Student communicated needs of Nashville Dolphins to “makers:”
- Needs expressed included:
  - Fins to accommodate range of foot structures
  - Rocket noodle with structure to decrease demand for grip strength, attachment to support individuals with poor lower extremity and core strength, and structure to support swimmers with poor head control.
  - All creations needed to be able to be constructed/read to use in under 5 minutes and used by someone without in-depth knowledge.

**Future Dolphins App Content and Skills Progression:**
- This document sought to provide language to document a swimmer’s progress within each skill and inform skills addressed within lesson time. Ideally, this will transform into a drop down menu for the App the Dolphins are acquiring.
- Categorized/Prioritized checklist created logical and objective structure (E.g. Focus on accomplishing water safety skills first, or child must be able to demonstrate all Junior Dolphin Prerequisite skills prior to advancing to Junior Dolphins).
- Through OT lens of activity analysis, a logical progression of steps for each skill is listed and could be copied and pasted into weekly emails for convenience.
- Additionally, a very general framework to guide instruction for participants with stronger sensory needs was provided.

**Junior Dolphins Curriculum:**
- This is a 10 week curriculum designed to progress swimmers from meeting the Junior Dolphin prerequisite skills (from the Future Dolphin’s Checklist) to being prepared to join the swim team.
- Through OT lens of activity analysis, each week has logical progression of steps to teach skills that can easily be copied/pasted into weekly email.

**Dolphin Swim Team Drill Manual:**
- Material designed to have many options for swimmer’s of varying ability to perform drills to improve swimming the four basic strokes and other skills needed to participate on a swim team or at a swim meet.
- Grading options (through OT lens of activity analysis), when applicable were inserted for physical and cognitive deficits.
- Also This manual was also provided in form of video to provide visual demonstration.

**Volunteer Brochure:**
- This is a trifold brochure that provides education on person-first language, child-volunteer water safety, and ways to display respect and care for individuals with varying levels of ability.

**Acknowledgements**
This would not have been possible without the relentless support, encouragement, and guidance of Dr. Sue Iliff. Special thanks goes to the Ellen Crosby, Megan Kelly, Beth Scruggs, Dotty Sutter, and all the instructors, volunteers, and swimmers of the Nashville Dolphins. Additional acknowledgment and gratitude to Dr. Theresa Plummer and Dr. Missy Bryan for perspective, encouragement, and wisdom in preparation for the TOM Make-A-Thon.