



LOUISVILLE DOLPHINS SWIM TEAM



2011 Parent Handbook

Welcome to the 41st year of the Louisville Dolphins Swim Team. Our enduring team philosophy to provide an environment that helps swimmers learn the values of sportsmanship, competition, and the skills needed to participate in the sport of competitive swimming makes the Louisville Dolphins one of the best teams in the Boulder Valley Summer Swim League. We are happy you've decided to swim with us this summer. The following information is provided to help you be informed and ready to swim.

SWIM TEAM GUIDELINES & REQUIREMENTS

Competitive Age Divisions:

There are 5 competitive age groups - 8 & Under "Silver" Team, 9-10, 11-12, 13-14, 15-18 years olds. We also have an 8 & Under Developmental "Blue" Team. Age as of May 15th, 2011 will determine which age group the swimmer will compete this season.

Minimum Swimming Skills Required

Participants must be between the ages of 5 and 18 to register. In all age groups, participants must be able to meet specific skill criteria in order to continue participation in the program. The skill level of each new swimmer will be evaluated in March. If a participant's skill level does not meet the criteria, he/she will have the option of enrolling in the City of Louisville's Learn to Swim Program. Enrollment in the Learn to Swim Program is possible only if space is available. Any swimmer joining the Louisville Dolphins Swim Team must be safe in the water and comfortable in the deep end of the pool. All swimmers, including the 8 and Under Blue team must meet the following minimum requirements:

8 and Under Blue Team

The Blue Team is our developmental team. This team is for swimmers who do not know all of the competitive strokes. It is a place for them to learn swimming skills without pressure. Blue Team swimmers do not participate in the regular Saturday dual meets but have the opportunity to participate in several "Blue" meets of their own during the season.

Criteria: Swimmers must be able to swim 25 meters of freestyle and backstroke without stopping

8 and Under Silver Team

The Silver Team is our competitive team for 8 & under swimmers who have mastered their competitive strokes. The emphasis is to not only improve their stroke technique, but also to improve conditioning and endurance in the pool. Typically, swimmers on the Silver Team are 7 or 8 years of age and have been on the team for at least one season.

Criteria:

- Continuously swim 50 meters of freestyle and backstroke
- Correctly demonstrate the whip (breaststroke) kick or the dolphin (butterfly) kick
- Listening skills and positive attitude
- If a swimmer was on the silver team during the previous season and is still age eligible, they are automatically on the silver team

Criteria for 9-10 and 11-12 Age Groups:

- Continuously swim 50 meters of freestyle and backstroke
- Swim 25 meters of legal breaststroke or butterfly

Criteria for 13-14 and 15-18 Age Groups:

- Continuously swim 100 meters of freestyle and backstroke
- Swim 25 meters of legal breaststroke or butterfly

REGISTRATION INFORMATION

Registration will be conducted online for the 2011 season. There will be an Open House on **Tuesday, March 1, 2011 from 5:30 – 8:00 pm** at the Louisville Recreation Center. Representatives from High Point Swim from Boulder will be there to do swimsuit fittings and sales. Dolphins Spirit Wear may also be ordered.

Registration Fees for 2011

Louisville Resident \$185

Non-Resident \$200

Each swimmer's fee includes a \$25 non-refundable deposit. No refunds after June 1, 2011.

Returning swimmers have priority but must register by March 1st, 2011. All new swimmers who register on or after March 2nd will be waitlisted. If a coach feels a swimmer's skills do not meet the requirements you will receive a full refund (less the non-refundable deposit). Waitlist priority will be given first to siblings of returning swimmers, second to Louisville residents and third to non-residents.

****WE STRONGLY ENCOURAGE PARENTS NOT TO ENROLL THEIR CHILD IN THIS PROGRAM IF THEY KNOW THAT THEIR SKILLS DO NOT MEET THE STATED CRITERIA****

PRESEASON EVALUATIONS

There will be evaluations for all new swimmers and returning Blues on March 10, 12 & 16. You will be contacted to schedule an evaluation day/time. After all evaluations have been completed, you will be notified of your swimmer's team placement or status.

BOULDER VALLEY SUMMER SWIM LEAGUE (BVSSL)

Louisville Dolphins Swim Team is part of the 13-team Boulder Valley Summer Swim League. Each swimmer needs to complete a BVSSL eligibility form. In order to be eligible to participate in this league, a swimmer may not swim with a USA swim club from November 1 to July 23 or participate in coached workouts, other than stroke clinics.

At the end of the season, BVSSL Championships (Finals) are scheduled. Preliminary meets (prelims) are divided by age group (see meet schedule) and the Finals meet is held on Saturday, July 23rd. Swimmers may enter up to 3 individual events in the prelims. The top 16 finishers in each event go on to compete in the Finals. Swimmers may also participate in relays at Finals. Each team is allowed to enter ONE relay from each age group. The coaches may assign a swimmer to a relay, even if the swimmer has not qualified in an individual event. Whoever swims the relay in the prelims will swim the relay in the Finals.

PRACTICE SCHEDULES

All practices and home meets take place at Memory Square Pool. It is a Team Policy that parents not be on the pool deck during practice. Preseason practices begin May 16 in the afternoon. Regular season begins on May 27. During regular season all swimmers are expected to practice at least 4 days a week, unless excused by the coach. Swimmers should arrive 10 minutes early to get pool equipment ready (lane lines, boards, etc.) and their personal needs (cap, goggles, etc.) prepared. Swimmers are expected to help store equipment at the end of the practice. *Practice participation determines meet participation.*

Preseason Practice Schedule (May 16 – May 26)

8 & Under Silver	3:45-4:30 pm (M-F)
9-10	4:30-5:30 pm (M-F)
11-12	5:30-6:30 pm (M-F)
13-14, 15-18	6:30-7:30 pm (M-F)

Regular Season (May 27 – July 22)

8 & Under Blue*	6:00-7:00 pm MTTh
8 & Under Silver	9:00-10:00 am M-F
9-10	8:00-9:15 am M-F
11-12	7:00-8:15 am M-F
13-14, 15-18 am	6:00-7:30 am M-F
13-14, 15-18 pm	7:00-8:30 pm M-F

* Note for 8&Under Blue swimmers: Only the 8&U Silver Team swimmers will practice during the preseason; the Blue Team's Season is May 31 through July 14.

2011 SWIM MEETS

Swim meets are fun and exciting events; they are a chance for everyone to see how much they have improved. Unfortunately, there are a limited number of spaces available for swimmers in each event. Therefore we use the following criteria to decide who swims in individual and relay events: attendance, effort, legal stroke, and time. Coaches ask swimmers for their event preferences on Monday and Tuesdays so that line-ups can be finalized by Thursday and posted by Friday. Event line-ups are always posted at the swim meet. Coaches have the final decision in deciding the meet line up.

If a swimmer cannot attend a meet the coach must be notified by Monday of that week. Please report all practice and meet absences to absences@louisvilledolphins.org.

Meet Schedule

Practice Meet

Saturday, May 28

Dual Meets

Saturday, June 4	Meadows	Home
Saturday, June 11	Fox Hill CC	Away
Saturday, June 18	Boulder CC	Away
Saturday, June 25	Flyers	Home
Saturday, July 2	BYE	
Saturday, July 9	Elks	Away
Saturday, July 16	Mesa	Home

League Prelims & Finals

Monday, July 18	8& Under	Meadows
Tuesday, July 19	9-10	Rock Creek
Wednesday, July 20	11-12	Memory Sq
Thursday, July 21	13-14, 15-18	TBD
Friday, July 22	Rain Date	Meadows
Saturday, July 23	Finals	TBD

Special Meets

Monday, June 20	Pentathlon	Fox Hill CC
Wednesday, June 29	Hot Shot	Rock Creek
Wednesday, June 29	Long Shot	Rock Creek

We will have our End of the Season Banquet on Sunday, July 24th.

DOLPHINS SWIM TEAM INFORMATION & PROGRAMS

Team Communication

Communication between coaches, coordinators, the POD and parents is accomplished via the following:

- The team web site – www.louisvilledolphins.org
- Emails from info@louisvilledolphins.org
- Information placed in your child's file folder at Memory Square Pool
- The team bulletin board at Memory Square Pool

Absences

With the size of our team, it is difficult for the coaches to keep track of verbal and hand written notes from all the swimmers. Please report all absences from practices and meets due to vacation, camps, and illness by email to absences@louisvilledolphins.org. This information is compiled and given to the coaches so they can plan accordingly. Thank you for your cooperation on this.

Inclement Weather

Sometimes we must cancel practice due to inclement weather. Please call our Rain Line at (303) 952-5036 to find out the status of your practice. Sometimes our Coaches will conduct dry land training in lieu of swimming.

Team Photos

The ALL-TEAM PHOTO will be taken right after our home meet on June 4th. Blues are encouraged to come for the photo after the meet. The AGE-GROUP TEAM and INDIVIDUAL photos will be taken on Tuesday, June 14 during regular practice times. Individual photos are optional but we would like all swimmers to be part of their team pictures.

Team FUN – Big Fish Little Fish (BFLF)

This will be the 8th year of BFLF and each year is better than the one before! BFLF is a mentor program matching older swimmers with younger ones. This program provides younger swimmers with extra help and encouragement throughout the season and especially during swim meets. In addition BFLF activities are scheduled to give swimmers an opportunity to connect while having fun. Sign up sheets will be posted at Memory Square Pool the first week of practice. Participation in BFLF is optional but highly recommended.

Swimmer Recognition

Swimmers' efforts are recognized in several ways each week:

- Swimmers who finish first in their heat receive a "Heat Winner" ticket redeemable for a Popsicle at the concession table.
- Swimmers who improve their times receive a "Speeding Ticket" redeemable for a sweet treat from their coach. Speeding tickets are cumulative; swimmers receive fun rewards when they have earned 5, 10 and 15 speeding tickets.
- Swimmers who break a team or league record are recognized on the Team Record Board at Memory Square Pool.
- Swimmers may also be recognized at the end of the season Awards during prelims week.
- Richard Lacey Prize for Team Spirit is awarded at the end of the season to a girl and boy from each age group who consistently demonstrates teamwork, hard work, sportsmanship, and team spirit.

TEAM PARENT ORGANIZATION

On February 1, 2008, the Louisville Dolphins Swim Team was established as a 501(c)(3) non-profit, private swim team, organized and run by parent volunteers. A parent organization, PARENTS OF DOLPHINS (POD) plans and runs the swim meets and other team activities during the summer swim season. A subset of this group

comprises the Board (*) and it is responsible for recruiting and hiring coaches, coordinating with the City of Louisville, developing the annual budget, and handling other administrative details for the swim team throughout the rest of the year. The POD/Board members for 2011 are as follows:

Heidi Bolles	Vicki Greff *	Amy Rens
Ann Chesnut *	Charlie Heath	Deb Ruppert
Lori Commander	Elizabeth Kaufman	Matt Stonesmith
Brett Commander *	Mikki MacKenzie *	
Maria Dresselhaus	Kellie Mendicino *	

GOALS AND EXPECTATIONS FOR SWIMMERS AND PARENTS

Swimmers

Effort – Swimmers are expected to improve their competitive swimming skills while having fun. Swimmers have many opportunities to improve strokes, increase endurance, and decrease times. How much and how fast a swimmer improves depends on how much effort and hard work they put into practices and meets.

Sportsmanship – Good sportsmanship is a hallmark of the Dolphins Swim Team. We pride ourselves on the quality of our swimmers and the sportsmanship they demonstrate. Swimmers are expected to be respectful of fellow teammates and competitors. Good sportsmanship is demonstrated by offering “good luck” to others before races and congratulating swimmers in adjacent lanes after the race. At home meets swimmers are expected to be good hosts and welcome visiting teams. At away meets swimmers are expected to be mindful that we are guests and need to follow the rules and keep our team area clean.

Behavior – Any swimmer who vandalizes property, either at our home pool or at a visiting pool will be removed from the team for the remainder of the season. The swimmer will be responsible for restitution. Any swimmer who disrupts practice or a meet will be asked to leave. Disruptive behavior includes, but is not limited to:

- Failure to follow a coach’s request
- Splashing, dunking, pushing, pulling of other swimmers
- Any action that stops the flow of a lane’s workout
- Disrespect to fellow teammates or coaches
- Horseplay, bullying, or verbal abuse in the locker room.

Parents

Perspectives - As the season progresses swimmers and parents get more involved with performance at the swim meets. Try to maintain a healthy emotional detachment that allows your swimmer to participate and even fail without risking a reprimand or disappointment of a parent. Also, resist the temptation to coach your child. Please leave the coaching to our coaches. Crossing these role boundaries confuses the younger swimmer and angers the older swimmer.

Volunteering – Unlike other youth sports swim meets are labor intensive. A large number of parent volunteers are needed to conduct a successful swim meet and without parent volunteers there can be no swim meet. Each team is responsible for staffing their home meets with timers, stroke judges, runners, and scoring officials just to name a few. Therefore, volunteering is **mandatory** and a swimmer will not be registered until a volunteer preference form is filled out and submitted.

Communication – Parents are expected to communicate with coaches regarding swimmer absences & concerns. Absences are reported via email to absences@louisvilledolphins.org.