

**Welcome to the Dolphin Club in Troy Swim Team.** We are so very glad you have chosen to be a part of our team. We believe competitive swimmers learn many skills other than how to get from one end of the pool to the other.

- *Some of the skills we hope to inspire this summer include:* Forging New Friendships, Goal Setting, Building Self-Esteem, Discipline, Responsibility, Time Management, Interaction with coaches and other swimmers, Character Development and Good Sportsmanship.

**#1) The number one thing we would like for you to know is that if you want to improve in the sport of swimming you must attend practices...if you do not attend practices you will not feel a part of the team and if you do not feel a part of the team you will not want to be a part of the team! The more times you come to practice the more times you will want to come to practices - we hope to see you soon!**

This handbook is designed to answer questions that may arise during the season. If you have questions or concerns that are not addressed in the this book, please ask Coach Pam. Your comments and suggestions will help our program to be more successful and are greatly appreciated.

**Official Start of the Summer Swim Season at the Dolphin Tuesday Evening, May 28th, 2019!** Practices may start before this date depending on weather and school schedules. We are a part of the Tri-County League, which has the advantage over other some of the other leagues in our area to be able to be finished early in the evenings with meets ~ no late midnight finishes over an hour away :)

- We have fewer events in our meetline-up - which allows us to be finished quicker.
- All swimmers can swim a maximum of 3 individual events and 2 relay events in each meet.

**\*We have many practices each week so that you can come to as many or as few as you want, of course the more you come to the better you become swimming/diving.** Come to what you can! We want you to be able to fit swimming into your busy family, summer fun.

**Normal Swim Team Practices are:**

**Monday - Friday mornings:**

- 9:00 - 10:00 am for 11 and up swimmers
- 10:00 - 11:00 am for 10 and under swimmers

**Monday - Thursday evenings:**

- 8:00 - 9:00 pm for all ages

**Normal Dive Team Practices are:**

Monday - Thursday evenings 8:00 - 9:00 pm for all divers.

**\*If the weather is not good we may not be in the water by the May 28th "start of the season" date listed above - stay tuned to emails, Remind app and Facebook.**

\*\*Depending on the finish of area schools we will begin morning and evening swim practices as soon as conditions allow stay tuned to your email and Remind Text messaging service and the Dolphin Club of Troy Facebook page ~ become a friend today.

**Practice Guidelines:**

- Practices will start on time and finish on time, please allow for time to get to the pool and be ready to get in the water on time.
- Swimmers should not leave the deck without permission of coach of their lane.
- Swimmers misbehaving will be excused from practice.
- Parents are welcome to observe practices. Parents should not come into the coaching-deck area to talk with the coaches or swimmers during practices, before or after practices is always best.
- Practices will occur unless you are notified via email, Remind text message and Dolphin FB page, sometimes FB or Remind are the only option...check there first.
- Practices may be cancelled due to inclement weather...there is a ½ hour mandatory out of the pool time if lightning or thunder are spotted/heard.

**\*\*Kelly's Poco Loco will be at the Dolphin with swim gear coming up on Wednesday,**

**April 17th at 5:00 - 7:00 pm #1 Dolphin Club Open House for the season.**

- We are asking all swimmers purchase the team suit and then a latex (thin material) Dolphin cap will be given to all swimmers to wear in meets.
- We are looking to add silicone (thick material) Dolphin caps as an additional cost for anyone interested in ordering. (Price will depend on number of those who want to order these.)

- **\*\*\*If you plan on purchasing a suit, or if you need other swim gear ~ this is the night to come, make plans now to attend!! Team suits do not go by regular sizing for kids.\*\*\***
- Kelly will bring goggles, team suits, practice suits, bungee cords and other swim gear for the season ~ please be here to purchase a team suit.

**Coaching Staff:** We are still working on solidifying coaches for the 2019 summer season.

*Head Coach Pam Fulton* - Head Coach of the Miami County Marlin Swim Team, Assistant Coach at Troy Christian High School and coaching/parent of a swimmer in the Troy area for the last 22 years.

- We also have several College and High School swimmers who will be helping out with the swim program, most have swam all of their lives and have helped here at the Dolphin for many years.

**Team Communication** ~ All information about the team, practices, meets, team pictures and Spirit wear will be communicated through:

#1) *Team email list* ~ make sure Coach Pam has all emails that will allow information to get to the right places, if grandma is picking up/dropping off they can be on here as well.

#2) *Dolphin Club of Troy Facebook Page* ~ become a Facebook friend of the Dolphin Club of Troy today, updates on meets/practices go here first.

#3) *Remind texting service* ~ make sure you follow the directions for being a part of this group. Will be used for any cancellations, meet directions or team problems, good news, etc.

**Family Folders:** Your family will have a folder in the Dolphin Club House where swimmers/parents can come and check regularly for ribbons/medals ~ if you would like to help get ribbons into these files please let Coach Pam know if you can volunteer. Thank you!

**Meet Workers:** We will need many, many meet workers for all home meets, it takes at least 40 workers for each home meet and 15 for each away meet...mostly timing and several other really easy-to-train jobs. If we can get everyone to work ½ of the meet, no one family has to do more than one job ~ we thank you for your efforts here!

- We know this can be intimidating to new families, but please know there is job for everyone, we will train you to work and you only have to help for ½ of the meet. Good news we also have jobs you can do with younger siblings in tow.

**Swim and Dive Meets** ~ We would love to have you swim in at least three swim meets and possibly even more and then swim for the Dolphin at one of the Championship meets.

- **League Dual Meet** ~ A meet that consists of two teams from the Tri-County Swim/Dive League: Celina, Coldwater, New Bremen, St. Henry's, St. Marys, Tecumseh Woods in Piqua and the Troy Dolphin.
- **Championships** ~ A qualifying meet held at the end of the season consisting of the teams from the Tri-County League, we have two different Championship meets available to team members. \*\*Teams are able to enter four swimmers per event. Due to the nature of the event, not all swimmers may be able to participate in A championships. To be eligible, swimmers must be registered with the Dolphin Swim team and compete in a minimum of two league meets during the season in order to be eligible to compete.
- **In general** ~ Swim and Dive meets are optional, but the more you swim/dive the more you find success in these swim/dive skills, become friends with others on the team and love the sport of swimming and in general, just have fun.
- ***Our goal at the Dolphin Club of Troy is to have you like swimming as much as we do and continue swimming for a very long time.***

**We will have Spirit wear that is available to order out to you all soon** ~ this is optional for swimmers, parents and other family members.

**We will have team pictures taken by Better Images TBA**...as soon as we have the date we will make that known to all. This is available for all Swim/Dive Swim team members and all Mighty Mites interested in being in the pictures.

**Team Goals:** Have Fun and learn the 4 competitive strokes in swimming!

- We want everyone to have fun, swimmers, parents and coaches should all have a goal of having fun.
- We want all swimmers to learn the correct technique of the four competitive strokes, turns and starts.
- We want everyone to be able to improve their practice performances, meet performances and knowledge of competitive swimming

It is the goal of the coaches that all swimmers on the team attend one of the Championship meets at the end of the season. *We would love it if all swimmers could attend the A Championship meet on Saturday, July 20th, but we have room for only so many swimmers.*

### **2019 Meet Schedule:**

**\*June 12th, Wednesday - Tecumseh Woods@Home**

June 20th, Thursday - Away@New Bremen

June 22nd, Saturday - Away@Celina Pentathlon (Not a regular team meet...each Swimmer swims 5 events, slight cost involved \$5 a swimmer. This is for swimmers that are able and willing to swim all four strokes legally plus an Individual Medley.)

**\*June 25th, Tuesday - St. Marys@Home**

June 27th, Thursday - Away@Celina

**July 1st, Monday - Coldwater@Home**

July 8th, Monday - Away@St. Henry's

July 13th, Saturday - Diving Championships at Coldwater July 15th Rain date

July 15th, Monday - B Championships at St. Marys at 6:00 pm

July 20th, Saturday - A Championships at Celina begins at 9:00 am - 2:00 pm

**\* Home meets in bold.**

**\*\*Approximate Start times ~ Home Dive meets begin at 5:00 pm with warm-ups at 4:00 pm. Home Swim meets begin at 7:00 pm with warm ups at 6:30 pm.**

**\*\*\*Mighty Mites swim only at Home meets...will swim at approximately 6:50 pm before the start of Home meets.**

**\*\*\*\*Approximate Start times ~ Away Dive meets begin at 5:00 pm with warm-ups at 4:30 pm. Away Swim meets begin at 7:00 pm with warm-ups at 6:45 pm.**

**\*\*\*We also have the opportunity to have many of our 12 and under swimmers swim at the B Championships on Monday night, July 15th.** *This is a great idea to have especially those who are new to the sport of swimming attend this Championship meet.*

### **Meet Entries ~**

- **Coaches are responsible for all team entries.** Swimmers are expected to swim all events they have been entered. Swimmers will not be assigned to events that they are not physically ready to do.
- Practice attendance may affect a swimmer's placement in a meet.
- All entries will be sent via email, Remind text and Facebook page the day of the meet.
- **We do have to know about attendance at meets ahead of time,** so unless there are broken arms or severe sudden illnesses please give notice if you cannot attend meets.
- Coaches take much time to fit everyone in their best events, please make sure they know attendance at least 2 - 3 days prior to all meets.
- Complete a Vacation Slip with the swim meets you have to miss if they cannot attend.

### **What to take to a meet ~**

- Swimsuit, goggles, extra goggles, Dolphin cap, several towels, Blanket or Sleeping Bag to sit on, Extra clothes to wear when dry, flip flops, Healthy Snacks, Drinks, games, Lawn chairs, camera
- Make sure all personal possessions are labeled with the swimmer's name.

### **During the Meet ~**

- Parents are responsible for their children during a meet.
- All team members should stay in the Dolphin Team area - it helps when we can find all swimmers during the meet behind the blocks.

### **Terms You Might need to Know this Season ~**

- Age Group Division, Swimmers/Divers are divided according to their age and only swim against those of their same age group at meets. 8 and under, 9 - 10, 11 - 12, 13 - 14 and 15 and up.
- DQ = disqualification, elimination of the swimmer from the race usually because of an incorrect stroke, turn or start or error.
- False Start, leaving the starting blocks before the start in an individual event, or leaving the blocks before the previous swimmer touches the wall on a relay event.

- Heat, entries are divided into groups of swimmers based upon the number of lanes in the pool. The slowest swimmers, based upon previous times submitted by the coach, are entered in the first heat of the event, while the fastest swimmers are in the last heats of the event.
- Individual Medley (IM), one swimmer swims all four strokes in one event in the following order: Butterfly, Backstroke, Butterfly and Freestyle.
- Swimming Up, a swimmer may compete in an older age group than their actual age. This is not done often but is a good way to utilize an overabundance of swimmers in one age group to make up for a shortage in another.

Welcome to the Dolphin Club in Troy Swim and Dive Team!

Please let me know how I can make this summer better for you and your family!

Coach Pam :)

937.572.7664 c. texting welcome, just make sure I know who it is from.

[pamelafulton@gmail.com](mailto:pamelafulton@gmail.com) or [headcoach@swimmcy.com](mailto:headcoach@swimmcy.com)