

2024 Dolphin Club Summer Swim Information: Team Handbook

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 sincerely believe competitive swimmers learn many skills other than how to get from one end of the pool to the other, here are a few:

- *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.

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 this handbook, 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 Monday Evening, June 3rd, 2024!!**

- 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 some of the other leagues in our area to be able to finish early in the evenings with meets ~ no late midnight finishes over an hour away :)
- No Saturday meets except for the Championship meet at the end of the season and we would like all swimmers to plan on swimming in this meet or the B Championship meet on Monday night before the A Championship meet at the end of the season.
- We have fewer events in our meet line-up - which allows us to be finished quicker in the evening.

- 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 at 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 - start date June 1st, 2024 weather permitting:***

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 are currently subject to finding a coach. At this time we are trying to find coaches to take on the evening practices - until we find this coach we do not plan on having evening practices:***

- We realize this may cause hardships for some swimmers, but we cannot continue these practices at this time.
- 8:00 - 9:00 pm for all ages subject to change

Dive Team Practices:

We are working on the exact Diving schedule as we get closer to the start of the season we will let everyone know.

This is dependent on the coach's availability - Coach Christina Roberts will be returning this year for another season after a great start last year!!

There will be several assistant coaches helping Coach Christina

****If weather happens we may not be able to have scheduled practices. Stay tuned to emails, Remind app and our Closed Dolphin Club of Troy Swim/Dive team Facebook page.***

*****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 ~ ask to 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 the 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 canceled due to inclement weather...there is a ½ hour mandatory out of the pool time if lightning or thunder are spotted/heard.

Poco Loco Swim Gear Company located in downtown Piqua:

- It is a good idea to have all swimmers purchase the team suit and then a latex (thin material) Dolphin Club of Troy cap will be given to all swimmers to wear in meets.
- Any cap may be worn at practices - we do encourage a swimmer to wear caps at practices so they are ready to wear @ meets.

Head Coach Pam Fulton - Head Coach of the Miami County Marlin Swim Team, Assistant Coach at Troy Christian, Newton, Covington, Sidney Lehman, Russia and Anna High Schools along with coaching/parent of a swimmer in the Troy area for the last 27 years.

- Coach Jen McCormick ~ currently coaches swim @ Miami County Marlins
- Coach Baylee Morgan ~ previous Dolphin Club of Troy swimmer and just returning to the area wanting to get involved with a sport she loves
- We also have a multitude of 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. They are really good at coaching and taking care of swimmers so that they learn the proper technique of the four competitive swim strokes.

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

#1) *Swim/Dive 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 added here as well.

#2) *Dolphin Club of Troy Swim and Dive Group page* ~ ask to be a member today. This is a great opportunity to post team pictures and get team information.

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

#4) *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 File 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 $\frac{1}{2}$ 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 a job for everyone, we will train you to work and you only have to help for $\frac{1}{2}$ of the meet.
- Good news: we also have jobs you can do with younger siblings in tow.

Swim/Dive Meets ~ We would love to have you swim in at least three swim meets and we would be absolutely thrilled if you can swim all meets for the Dolphin and 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.

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 Thursday, June 6 @9:00 AM

These pictures are 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. Those attending will be announced by July 13th, 2023 at the latest..all other 12 and under swimmers will be welcome to swim at the B Championship meet on July 15th.

Troy Dolphin Swim Team Meet Schedule Summer 2024:

Pre-Season Team Dates:

April 30th: Dolphin Open House from 6:30 - 8:30 pm @the Dolphin Club in Troy

- Poco Loco from Piqua will be in attendance @the Dolphin

May 25th - Opening Day @ the Dolphin Club in Troy

June:

June 6th Thursday Team Photos with Better Images 9:00 AM individual/10:00 AM Team Photo @the Dolphin

June 10th First day of Mighty Mites Monday/Wednesday/Friday @the Dolphin

June 11th First day of Mighty Mites Tuesday/Thursday @the Dolphin

June 12th Wednesday - The Dolphin/Tecumseh Woods Tri-Meet @Coldwater

June 18th Tuesday - New Bremen @the Dolphin (All Mighty Mites will swim before the meet)

June 25th Tuesday - Celina @the Dolphin (All Mighty Mites will swim before the meet)

June 27th Thursday - The Dolphin @St. Henry's

June 29th Saturday - Celina Pentathlon @Celina (This is not a regular team event...each Swimmer swims 5 events, a slight cost involved of \$7 a swimmer. This is for swimmers that are able and willing to swim all four strokes legally plus an Individual Medley.)**

July:

July 9th Tuesday - St. Marys @the Dolphin

July 13th Saturday - Dive Championships @St Marys

July 15th Monday - (evening start time 6:30) - B Championships @Celina

July 20th Saturday - (morning through early afternoon) - A Championships @Coldwater

July 22nd Monday - End-Of-The-Season Awards @the Dolphin 7:00 pm

***We ask that all swimmers come to as many swim meets as possible and plan to attend one of the end of the season Championship meets.**

- We know it is summer and families are busy with fun...come to as much as you possibly can for the fun-of-learning to swim and being in the sun together as a team!

*** Home meets are in bold.**

****Approximate Start times HOME MEETS:**

Home Dive meets begin at 5:00 pm with Home team warm-ups at 4:00 pm.

Home Swim meets begin at 6:30 pm with warm ups at 6:00 pm.

*****Mighty Mites swim only-at-Home-meets...will swim at approximately 6:25 pm before the start of Home meets.**

******Approximate Start times AWAY MEETS:**

Away Dive meets begin at 5:00 pm with warm-ups at 4:30 pm.

Away Swim meets begin at 6:30 pm with warm-ups at 6:15 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 meet to have for those who are new to the sport of swimming to be able to attend this Championship meet.*

Meet Entries:

- **Coaches are responsible for all team entries.** Swimmers are expected to swim all events they have 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.

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

Thank you!

pamelalfulton@gmail.com or headcoach@swimmcy.com