

Dolphin Club of Troy ~ Mighty Mites Handbook 2023:

~ Thank you for signing up for the 2023 Mighty Mites at the Dolphin Club of Troy.

Welcome! We consider it a huge honor to serve you and your swimmers this summer!

Here is some information you will need as we get closer to the start of the season. Right now we already have several Mighty Mites signed up for the season and are looking forward to summer weather and being at the pool.

- ***Mighty Mites is not a babysitting situation, but instead a branch of our Dolphin Swim Team and the Dolphin Club of Troy.***
 - ***We invite you to watch these lessons as long as your swimmers participate.***
- MM's lessons at the Dolphin Club of Troy are group lessons held in the two smaller blocked off areas of our pool ~ the area around the stairs and the area around the slide.
 - We will look at height and ability to make determinations on how to group swimmers each and every day as not everyone attends MM's each day, since we never know exactly who will be in attendance. **This is a work in progress - daily attendance is a great way to learn.**

Mighty Mites run on Monday, Wednesday and Fridays from 10:15 - 11:00 am ~ you can meet near the steps of the pool. Those that are more mature and older swimmers will be taking these Mighty Mites lessons.

The ages are listed on our application form and are for a general guideline not an absolute as all little are a bit different.

“Lessons” run Tuesdays and Thursdays from 10:15 - 11:00 am and are for less mature and younger swimmers. These lessons will be with much smaller groups, more of a one-on-one type of lessons.

The start date will be Monday, June 12th and swimming through Friday, July 7th, four weeks of lessons Tuesday and Thursdays “Lessons” will start June 13th - July 6th.

Swimming:

- We consider Mighty Mites to be a part of the Dolphin Club Swim Team ~ and we eventually hope you will consider having your young swimmers coming out for the team as your swimmers become more proficient at swimming and are able to cross the pool on their own, without assistance.

● Swimming is an absolutely great sport that the whole family can come out and be involved in a sport together ~ no matter your kids age ~ 5 through 18, but also what

swimming can do for your family as a sport of choice:

- Swimmers will learn how to be safe in the water
- Swimmers will make new friends from all of the surrounding schools
- Swimming Competition usually brings out the idea to strive to be better at what they practice every day and will show them why they are practicing - they have a goal.

Just a blurb about swimming in general...it can grow with your kids as they get older.

- They can get a job that revolves around swimming like Life Guarding or working at the Dolphin as we are always looking for quality workers at the Dolphin!! :)

- Something you probably don't care much about right now, but we also have a booming swim team here in Miami County that runs through the winter months at the Miami County YMCA's and there are currently 10 area High Schools with teams and we are looking to add schools as kids come out for the sport of swimming!

- So even if they choose a different sport than swimming for a few years in between... they will have the basics to take it up when they get bigger and we definitely believe there is nothing better than the sport of Swimming!!

Communication for the season:

● You are currently signed up to receive emails from me about Mighty Mites 2021. And you will receive emails from two email groups, the Mighty Mites group and the Dolphin Club Swim Team group.

● If you need any other email addresses added please let me know, it is easy to add.

● The reason for both is when I only have time to send a blurb to one group it will be the entire Swim Team - one for maximum coverage for all involved with activities, and might be in case of cancellation due to lightning/storming/something goes wrong with the facility as these do not happen often, but can occur 1 or 2 times a season ~ we hope they are few.

● We are also using a texting service, Remind Texting Service, you will want to follow the email prompts on how to sign up for that service, details coming soon.

Mighty Mites Goals:

- Our Goals ~ to get your swimmers to enjoy being in the water and learn how to get around in the water safely, learning the freestyle and backstroke if possible.
- We have two, long-time swim team members/guards who are in charge of the Mighty Mites who have been swim team members since they were 5. They will have quite a few helpers who are 15 and up who will all be in the water with your swimmers. We hope to have enough helpers at all practices that there will be 2 of your swimmers with each helper.
- There are no makeup lessons - unless we have bad weather for an extended amount of time and we will let you know as we know - stay tuned.
- The MM will be working on playing games to go under the water, learn how to blow bubbles under the water, kick across the pool with kickboards and hopefully without. They will learn how to jump in the deep end with help, without if they choose, jump off the blocks, and learn to dive if they are ready and swim the length of the pool with a helper or without if they choose.

Swim Meets:

- The Mighty Mites are encouraged to swim a lap at the start of each home meet jumping off the blocks or the side if needed and across the length of the pool **with or without a helper.**
- We have three home meets: June 13th, June 15th and July 29th that they can come to swim.
- Usually a small snack is provided for all Mighty Mites at the end of the race and they receive a ribbon. Snacks are provided by volunteers of the Mighty Mite parents so if you would like to offer please let me know, only about 30 for each meet.

Questions:

- Please call or email me at any time with questions or comments, Pam Fulton 937.572.7664. pamelalfulton@gmail.com (all "i's" are lowercase "L's") and headcoach@swimncy.com, manager of the Dolphin Club of Troy and Head Swim Coach.

● Thank you for signing up for the Mighty Mites this summer ~ we exist to make your children into swimmers, maybe not the fastest in the world ~ but hopefully they will learn to love to swim.

I truly believe that the constant swimming, day after day in a certain amount of time will make your children into swimmers.

- I have been the Head Coach at the Dolphin since 2006 and love the pool, the people who come to the pool and the sport of swimming in general...so please let me know what you think and how to help your family.
- I have coached swimming in the Troy area since 1996 starting with my oldest daughter at the Troy Aquatic Park and then moving to the Dolphin Club of Troy.
- I am currently the Head Coach at the Miami County YMCA Marlins and the Assistant Coach for the Troy Christian High School team.
- All four of my kids swam for summer leagues in our area and for the Miami County Marlins from the time they were 6. All four have graduated from the University of Cincinnati where they all swam for the Club team and LOVE the sport of swimming!
- Next in line would be baby Elsie who is just turning a year old this April...watch out swimming here she comes!! :)
- Gotta love something that has stood the test of time!!

Head Coach Pam Fulton :)
937 572 7664

PS - Please, feel free to contact me anytime to help with anything at all needed.

A small word about problems around the pool...they hardly ever occur here at the Dolphin Club of Troy, but better to know how to deal with before you have to:

- **If you have any problems at all with what is happening during lessons please make sure to let me know after the lesson if at all possible, if any of us take our attention off of our swimmers during the practice to speak with you, it could be dangerous to all the swimmers in the water.**
- **If you could help us out by sitting on any of the chairs provided around the pool, to watch your Mighty Mites, we would love to have your input after lessons on how your swimmer is doing or how we can improve your experience.**

- **So excited to start another season of swimming at the Dolphin Club in Troy!!**