

2010 Dolphin's Handbook

Table of Contents

Page 1	Letter from the Board
Page 2	2010 Dolphin Calendar
Page 5	2010 Dolphin Board of Directors
Page 6	Introduction
Page 7	Coaching Information
Page 8	Map to Micki Krebsbach Pool
Page 9	Map to Lake Creek Pool
Page 10	Swimmer Eligibility
Page 11	Withdrawal Policy
Page 12	Northwest Swim Circuit Swimmer and Parent Code of Conduct
Page 13	Registration and Fundraising
Page 14	Round Rock Pool Rules
Page 15	Practice Times
Page 16	Swim Meets
Page 19	2010 NW Swim Circuit Invitational Times
Page 20	Volunteer Position Descriptions
Page 23	What to Take & What to Do at a Swim Meet
Page 24	Other Information for Parents
Page 25	Glossary



Round Rock Dolphins Swim Team Inc.
P.O. Box 1776
Round Rock, TX 78680
www.rrdolphins.org

WELCOME to the 2010 swim season. We are looking forward to another great season swimming. We are proud to be offering recreational swimming for the youth of Round Rock for over 30 years.

We would like to thank our swimmers, coaches, and volunteers for their hard work. You are the BEST! We know that without your dedication we would not have the great team we have today. Together we have created an exceptional team with goals of fun, personal improvement and growth for all our swimmers..

This season we will be having six meets plus Divisionals and most will be away due to the construction situation with the new recreation center at Micki Krebsbach. We are making plans for a Schlitterbahn trip, Midsummer Night's Scream and lots of other events that make Dolphin's the great team that we are.

We hope you enjoy another great season with us. See you all at the pool!

GO DOLPHINS!

Sincerely,

The 2010 Dolphin Board

May 2010

Round Rock Dolphins

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 ONLY New Swimmer Practice 8 & UNDER 4:30-5:15 PM 9-12 GROUP 5:15-6:00 13 & UP 6:00-7:00	11 ALL Swimmers Practice 8 & UNDER 4:30-5:15 PM 9-12 GROUP 5:15-6:00 13 & UP 6:00-7:00	12 Evening Practice	13 Evening Practice	14 Evening Practice	15
16	17 Evening Practice	18 Evening Practice	19 Evening Practice	20 Evening Practice	21 Practice Meet	22
23	24 Evening Practice	25 Evening Practice	26 Evening Practice	27 Evening Practice	28 Last Day of School Evening Practice	29
30	31 Memorial Day No Practice					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Day Practice	2 Day Practice	3 <u>Dolph-a-thon</u> During AM Practice time	4 Day Practice	5 DUAL MEET <u>AWAY</u> vs Anderson Mill
6	7 Day Practice	8 Day Practice	9 Day Practice	10 Day Practice	11 Day Practice	12 DUAL MEET <u>AWAY</u> vs Georgetown
13	14 Day Practice Picture Day	15 Day Practice	16 Day Practice	17 Day Practice	18 Day Practice	19 DUAL MEET <u>HOME</u> vs Pflugerville Midsummer Night Screen and Silent Auction
20	21 Day Practice RR Express Swim Team Night@ Dell Diamond	22 Day Practice	23 Day Practice	24 Day Practice	25 Day Practice	26 DUAL MEET <u>AWAY</u> vs Steiner Ranch
27	28 Day Practice	29 Day Practice	30 Day Practice			

July 2010

Round Rock Dolphins

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Day Practice	2 Day Practice	3 DUAL MEET <u>AWAY</u> vs Balcones
4	5 Day Practice	6 Day Practice	7 Day Practice	8 Day Practice	9 Day Practice	10 DUAL MEET <u>AWAY</u> vs Cedar Park
11	12 Day Practice	13 Day Practice	14 Day Practice	15 Day Practice	16 Day Practice	17 NWSC Divisional Meet at Steiner Ranch
18 NWSC Invitational Meet at University of Texas	19 Dolphin Award Ceremony and Annual Meeting @ First United Methodist Church					

2010 Dolphin Board

President	Kara Ritthaler	246-3223	President@rrdolphins.org
Vice President	John Hosang	238-6413	VicePresident@rrdolphins.org
Treasurer	Margaret Van Norstrand	218-4832	Treasurer@rrdolphins.org
Secretary	Lisa Cuellar	244-7936	Secretary@rrdolphins.org
Sponsorship	Myra McDonald	296-2077	Sponsorship@rrdolphins.org
Concessions	Page Krebsbach	310-7609	Concessions@rrdolphins.org
Circuit Reps	John Adcock Nancy DeBeau	632-5722 310-0112	CircuitRep@rrdolphins.org CircuitRep2@rrdolphins.org
Operations	Vicki Schaefer	238-0556	Operations@rrdolphins.org
Information Systems	Brian Booth	388-0560	InformationSystems@rrdolphins.org
Meet Directors	Ziad Fanous Dawn McCourry	310-9591 248-8681	MeetDirector@rrdolphins.org MeetDirector2@rrdolphins.org
Fundraising	Audrey Hatch Libbi Jaillet	310-5745 255-4939	FundRaising@rrdolphins.org FundRaising2@rrdolphins.org
Volunteer Coordinators	Robyn Burris Candy Holder	255-0213 244-0991	Volunteer@rrdolphins.org Volunteer2@rrdolphins.org
Publications	April Knox	828-0875 431-0440 Cell	Publications@rrdolphins.org
Merchandise	Colleen Dienstbier	388-1365	Merchandise@rrdolphins.org
Past President	Nancy DeBeau	310-0112	CircuitRep2@rrdolphins.org
Head Coach	Tom Arredondo		Coach@rrdolphins.org

INTRODUCTION

Welcome to the 2010 Round Rock Dolphin Swim Team! We are glad to have you as a part of our family. We are a non-profit organization with the mission of **PROVIDING RECREATIONAL, ORGANIZED SWIMMING TO THE YOUTH OF ROUND ROCK IN A FAMILY-ORIENTED ENVIRONMENT**. We foster teamwork and team spirit, focus on "personal best" improvement, and teach and develop swimming skills.

Since 1977, the Round Rock Dolphin Swim Team has offered recreational league swimming in the Round Rock area for swimmers ranging from 4 to 17 years of age. The Dolphins have been training and competing in the northwest Austin area as a part of the Northwest Swim Circuit (NWSC) for over 20 years. For the month of May we will be practicing at the Micki Krebsbach Memorial Pool and then will be switching in July to the Lake Creek Pool (800 Deerfoot Drive, Round Rock). This year, we anticipate having approximately 270 swimmers.

The Dolphin Swim Team is a charter member of the Northwest Swim Circuit (NWSC), which provides a summer program of fun and recreational swimming for more than two thousand young swimmers in the North Austin, Round Rock, Pflugerville, Cedar Park and Georgetown areas. The objectives of the NWSC are to help young swimmers develop physical fitness, self-discipline, self-confidence, proficiency in competitive swimming strokes, a determination to do one's best, good sportsmanship, and to provide an enjoyable summer activity for all of its members.

The Dolphin Swim Team is an incorporated non-profit organization governed by a Board of Directors and bylaws approved by the membership.

We receive no financial support from any public agency. Instead, membership fees, fundraising projects, and donations from civic-minded businesses and professionals cover our expenses. Our sponsors are recognized in a number of ways (sponsor boards, sponsor name on the back of team T-shirts, our heat sheets and verbal recognition and thanks at all home meets). This year, each swimmer will be required to raise \$45 for Dolphathon. **REMEMBER, THE FUND RAISING OPTIONS PAY FOR THE SWIM TEAMS EXPENSES.**

As with other youth sports there is a need for volunteer staff to fill positions at swim meets and to participate in fundraising activities. Swimming needs more staff than most other sports. Positions that need to be filled at every meet include: timers, runners, scoring and ribbons, equipment set-up and take down, meet director, announcer, starter, pit parents, ready bench, concessions, and stroke judges.

In all, about seventy volunteers are needed at each meet. Also volunteers are needed for fundraising projects. ALL PARENTS NEED TO SHARE IN THE RESPONSIBILITY OF FILLING THESE POSITIONS.

An annual Membership Meeting and Awards Ceremony is held at the end of the season. At this time, the membership votes on the Board of Directors for the following season. The Nominating Committee recommends the Board of Directors. Any parent wishing to serve on the Nominating Committee should contact the team president.

COACHING INFORMATION

Head Coach - Tom Arredondo

Tom returns as the head coach of the Round Rock Dolphins for his tenth season. He believes the main goal of Dolphins is to promote good sportsmanship, improve swimming ability, achieve time improvements and to have fun swimming.

Tom is currently the head coach of the Round Rock High School swim team. While coaching at Round Rock, the boy's and girl's teams have placed in the top three at District competition the past nine years. The team has also had State Finalists for the past eight years, including State Champions in the 200 Medley Relay and 100 Breaststroke in 2009.

Tom was raised in Southern California and moved to the Austin area to attend UT. Tom graduated with his BA in History and teaches U.S. History at Round Rock High School in addition to his coaching responsibilities.

Tom, his wife Nancy and their children have made their home in Round Rock.

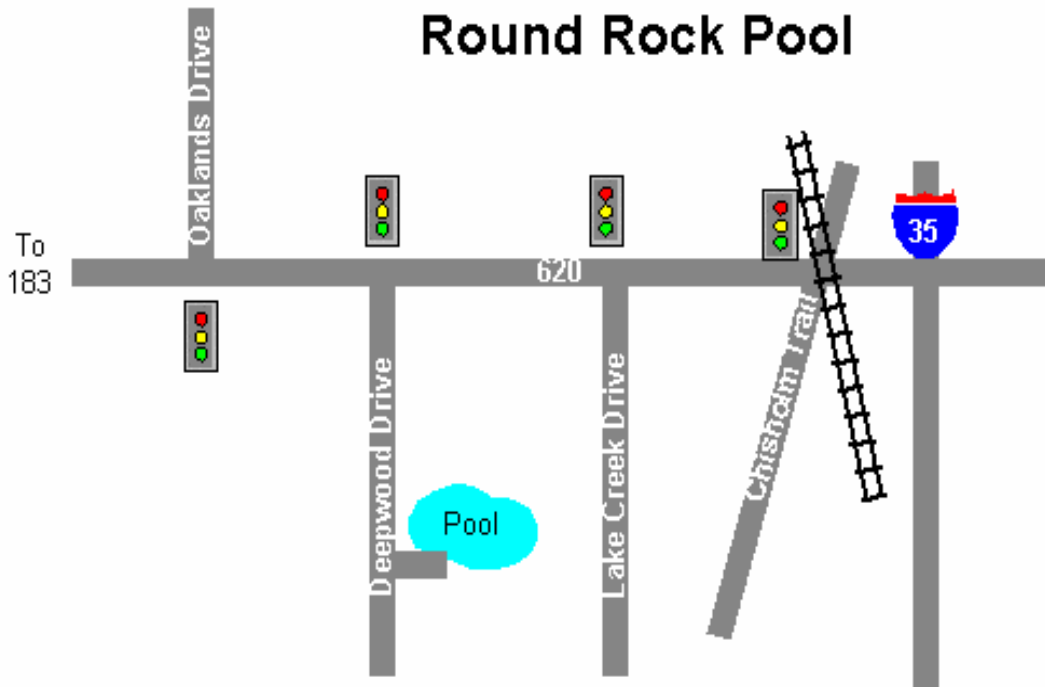
COACHING STAFF

The head coach is responsible for the overall Dolphin swimming program, instruction, discipline, sportsmanship, etc. The head coach and assistant coaches work directly with the swimmers in the various age groups. All coaches are employees of the Round Rock Dolphin Swim Team.

Micki Krebsbach Pool

Office Phones --- 218-7089, 218-7090

This is the fourteenth season that the Round Rock Dolphins are will be using the Krebsbach pool. The pool is named in memory of a Dolphin swimmer, Micki Krebsbach. The swimming facility is located on Deepwood Drive just to the west of the Round Rock High School football field. The pool features 8 competition lanes, a separate deep end and a bulkhead placed at 25 yards. There are 4 short "warm-up" lanes on the other side of the bulkhead. **The shallow recreational area with play equipment and the slide will be totally off-limits during practices.**



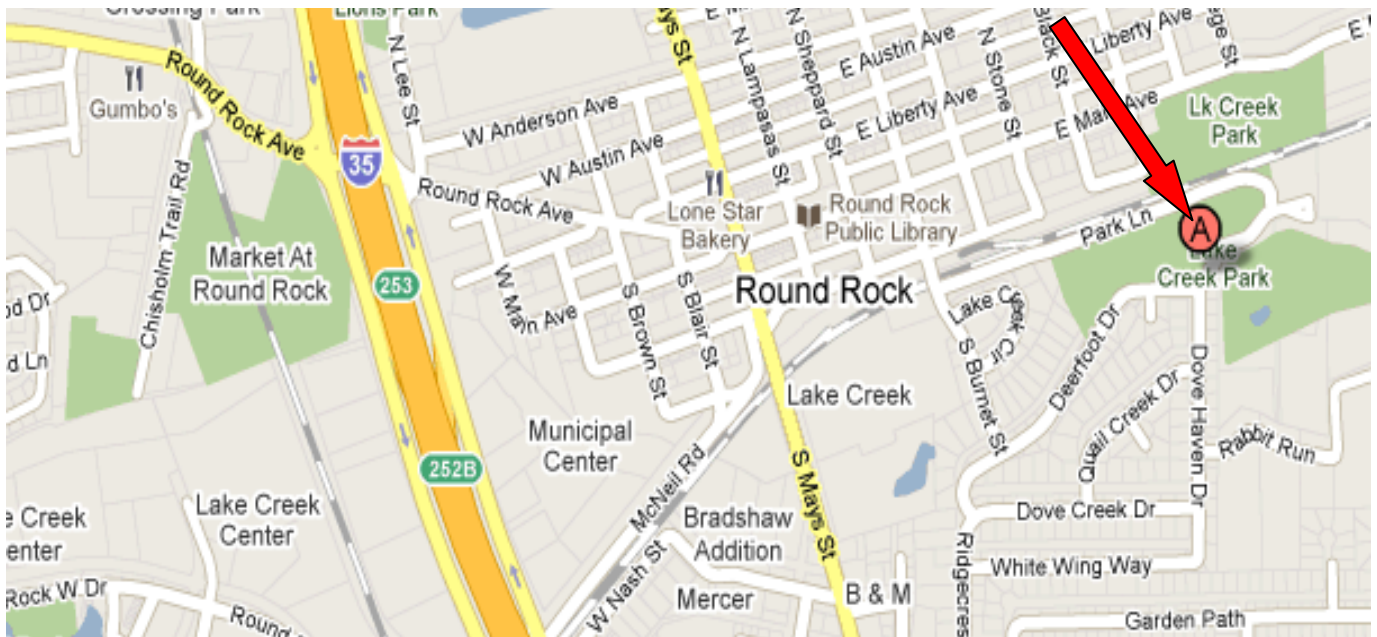
Micki Krebsbach Pool is located on Deepwood Dr. just off 620.
Go south on Deepwood Dr. approximately 1/4 mile.
Parking and pool on left.

Lake Creek Pool

This season the Dolphins will also be using the Lake Creek Pool beginning in July for our practices while construction on the new Recreation Center begins in the parking lot of Micki Krebsbach. The Lake Creek Pool is located at 800 Deerfoot Drive in Lake Creek Park.

According to the City of Round Parks and Recreation Website:

Lake Creek Park is a large multi-use park. One portion of the park has large shade trees, picnic pavilion, several picnic tables and a small creek. The [Lake Creek Pool](#) is also located in the park. The newer portion, behind the pool, has the [Dog Depot Dog Park](#), an open practice field, a multi-use basketball/hockey court and sand volleyball courts. The park is also a major trailhead to the [Greater Lake Creek Trail System](#).



Swimmer Eligibility

The following are eligibility rules for the Round Rock Dolphin Swim Team and the NWSC.

- **The minimum requirements for a 12 and under swimmer are as follows:**
 - 1) A swimmer must be able to swim one length of freestyle (25 yards) in order to be on the team. Any swimmer who registers with the understanding of our minimum requirements and are not able to swim one length of freestyle by the time of the practice meet will not be allowed to practice with the team and will be asked to take outside swim instructions and/or individual stroke clinics. These clinics are available in the local area and may be available through Dolphin coaches. After completion of the private lessons the Head Coach will review the swimmer's ability for possible reinstatement to the team.

The minimum requirements for a 13 and up swimmer are as follows:

- 1) A swimmer must be able to swim one 50-yard freestyle in order to be on the team. Any swimmer who registers with the understanding of the minimum requirements and is not able to swim a 50 yard freestyle by the time of the practice meet will not be allowed to practice with the team and will be asked to take outside swim instruction and /or individual stroke clinics. These clinics are available in the local area and may be available through Dolphin coaches. After completion of the private lessons the Head Coach will review the swimmer's ability for possible reinstatement to the team.
- Swimmers must abide by all Round Rock Dolphin and City of Round Rock rules and regulations as they pertain to swimmers and use of the pool facilities.
 - The swimmer's age on May 1 determines the age group with which the swimmer may compete for the season.
 - Due to our current situation with the Micki Krebsbach pool, the NWSC has made a one year exception to their normal policy regarding swimming with other organized swim clubs/organizations. **For the 2010 season only, and only while we swim at the Lake Creek Pool**, our swimmers will be allowed to practice with their year round swim club. This is entirely the choice of the swimmer and their family. We encourage all of our swimmers to continue to take advantage of the great coaches that the Dolphin's employs and attend Dolphin practice.

This special circumstance applies to practice at Lake Creek Pool only. **Swimmers are not allowed to participate in any swim meets outside the NWSC**. As always, this rule does not apply to swimmers in the 13 and over age group and swim camps are permitted. Any swimmer that does participate in a non-NWSC meet will be assumed to have resigned from the Member Club and will no longer be eligible to practice with any member Club or to compete in a NWSC meet.

Reimbursement Policy for Withdrawals from Dolphins

The reimbursement policy for a withdrawal from the Dolphins will be as follows:

- (1) AAU fees will not be refunded.
- (2) Prepaid Dolph-a-thon contributions will be refunded any time up to the date of the Dolph-a-thon event.
- (3) Prior to 2 weeks before practice begins, 100% of the registration fee will be refunded.
- (4) Withdrawal between the 2 weeks prior to the start of practice and the end of the second week of practice will refund 50% of the registration fee.
- (5) After the start of the third week of practice, no money will be refunded.

NORTHWEST SWIM CIRCUIT SWIMMER AND PARENT CODE OF CONDUCT

The Northwest Swim Circuit was formed with the objective of helping young swimmers to develop: physical fitness, self discipline, self confidence, proficiency in competitive swimming strokes, a determination to do one's best and good sportsmanship. The expectation of the Executive Board is participants will exhibit the highest standards of sportsmanship at all times while participating in all NWSC and member club affiliated events. Every participant, including swimmers, coaches, officials, board members, parents and spectators, has a responsibility to behave in a respectable manner and to comply with and support the Code of Conduct.

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall:

- At any time strike, shove, threaten to strike or lay a hand upon an official, swimmer, coach or spectator.
- Engage in an abusive, verbal attack upon any official, swimmer, coach or spectator on or off the pool area.
- Use trash talk, profane, obscene or vulgar language, or gesture under any circumstances, on or off the pool area.
- Engage in an objectionable demonstration of dissent or unsportsmanlike conduct such as throwing equipment or any other forceful action.
- Refuse to abide by an officials decision

Any violation of the above policy will result in the following action at the discretion of the Home Meet Director:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from any and all meets or events for the remainder of the current swim season

If this individual is acting in the capacity of a coach or meet official at the time of the offense then the additional sanctions will be as follows:

First Offense – Ejection of the person(s) from the meet/event by the Meet Director

Second Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for the total of one year from the date of infraction.

Third Offense – Suspension of the person(s) from participating in an official capacity at any and all NWSC sanctioned events for life.

**Any violation will be reported in writing to the vice president of the NWSC Executive Board either by electronic or traditional mail prior to the next NWSC sanctioned event or within 30 days of infraction if occurrence is at the last sanctioned event for the swim season.*

By signing below, I do hereby certify that I have read and agree to abide by the Northwest Swim Circuit Code of Conduct.

Parent/Guardian/Coach/Official Signature Date

Parent/Guardian/Coach/Official Signature Date

Date

Date

Date

Swimmer(s) Signature(s) Date

REGISTRATION

IT COSTS A LOT OF MONEY TO HAVE A SWIM TEAM! Part of belonging to any organization includes the responsibility to raise money necessary for the group to operate. For the Round Rock Dolphins, this means we need funds to pay for use of the pool for practice and meets, salaries for our coaches, insurance, team pictures, team T-shirts, computer costs, and trophies and ribbons for our meets. Our primary sources of income to meet these expenses come from registration fees, team sponsorship from local businesses, and fundraising events.

Each year the Round Rock Dolphin Board evaluates the team's projected budget and sets the registration fees, targets for local business sponsorship and fundraising events. The basic charge per swimmer this year is \$115 for the first two swimmers in a family. There will be a 15% discount for the 3rd swimmer and then a 25% discount for the 4th swimmer. Any additional swimmers beyond four will all receive the 25% discount. Additionally, there is the \$12.00 AAU insurance fee. Your registration fee includes the following:

- registration
- facility fees
- coaching fees
- team T-shirt
- end of season medals
- Mid Summer's Night Scream

It is required that all Dolphin swimmers, coaches and any officials have current AAU membership. Swimmers are covered at any organized practice of the Dolphins, every scheduled swim meet and all Dolphin team activities. It is important to note that the AAU insurance coverage requires that bills be submitted to any group hospital and/or medical plan for which the swimmer is eligible. The AAU insurance policy deductible is \$250 or the sum of any benefits from other insurance sources, whichever is greater. The AAU coverage is secondary unless the insured has no primary coverage, in which case it becomes the primary coverage. If you need more information regarding insurance coverage, please contact John Hosang, Board Vice-President.

TEAM SWIMSUIT

Our team swimsuits for the 2010 season will be the Speedo Sonic Splice with a Y-back for the girls and the Speedo Sonic Splice Jammer for the boys. We change our team suits every two years and the first year for this new suit. The team swimsuits are available from Lane Four Swim Shop, 512-836-5152, at a team rate.

FUNDRAISING

There is only one mandatory fundraising event for every swimmer and that is Dolph-a-thon. The Dolphathon is a fundraising event, which will be used to help with Dolphin expenses and operating costs. Prizes will be awarded for various levels of monies earned beginning with expenses paid to the year-end trip for \$150 contributors. Dolphathon laps will be held June 3rd during regular swim practice.

There also will be various restaurant nights planned throughout the season. All other fundraising events will be found on the calendar or in the newsletter.

POOL RULES

The POOL RULES of the Round Rock Dolphins and the City of Round Rock are:

1. NO SMOKING inside the pool area.
2. NO PETS are allowed.
3. NO GLASS CONTAINERS in the pool area.
4. NO METAL OBJECTS in the pool (i.e. hair clips, bobby pins)
5. NO ALCHOLIC beverages.
6. Chewing gum is not permitted during practice.
7. Use kick boards, pull buoys and all other swim equipment with care and replace after use.
8. Put all paper, cans, and disposable items in the garbage cans.
9. No horseplay or running on decks.
10. Place clothes and all personal items in your bag while swimming.
11. Remove all personal property after practice and meets.
12. No bicycles inside the pool area.
13. The wading pool is closed during practice and swim meets.
14. Swimmers must be picked up promptly after their practice time.
15. No playing in the volleyball sand pit.

PRACTICE TIMES

The following practice schedule is provided as a guideline and is subject to change. Coaches will reschedule some swimmers in order to have swimmers with similar needs and abilities in the pool at the same time.

While at Micki Krebsbach:

MAY 10-28	Age Group	June 1st – June 30th
4:30 – 5:15 PM	8 & Under	9:00 – 9:45 AM
5:15 - 6:00 PM	9 - 12	8:00 – 9:00 AM
6:00 - 7:00 PM	13 & Over	6:30 – 8:00 AM

While at Lake Creek Pool:

Beginning July 1st	Age Group
6:30 – 8:00 AM	13 & Over
8:00 – 9:00 AM	11 - 12
9:00 – 9:45 AM	9 – 10
9:45 – 10:30 AM	7 - 8
10:30 – 11:00 AM	6 & Under

Our practice or training program is designed to acquaint and teach young swimmers the strokes and training involved in today's competitive swimming. Emphasis is placed on learning the proper stroke, start and turn techniques, and "personal best" improvement. Swimmers are introduced to competition through weekly swim meets.

Swimmers must come to practice with a suit, goggles (in good working order), and a towel. Swimmers are asked to attend all training sessions, but it is understood that there will be absences from time to time.

SWIM MEETS

On most Saturdays, the Round Rock Dolphins compete in swim meets (dual meets) with one of the other teams in the NWSC.

Swimmers must sign up for each swim meet by the Monday prior to each meet. This sign-up indicates a swimmer will attend the meet. Our coaches will enter swimmers in events best suited to the swimmer and the team. Failure to sign up for a meet means the swimmer will probably not swim in that meet. It is the swimmer's responsibility to sign up. It is not possible for coaches to check with all swimmers to ensure that they sign up. Even if you are not intending to swim in a meet, please indicate on the sign-up sheet that you won't be swimming. **NOT LETTING THE COACHES KNOW CAN LEAD TO DISAPPOINTED SWIMMERS WHO MUST BE SCRATCHED FROM RELAY EVENTS WHEN OTHER TEAM MEMBERS DON'T SHOW.**

All age groups are open to swimmers of that age group or younger. If a swimmer swims in an age group older than his or her own, then that swimmer must swim in that age group for each event in which he or she may compete in that meet. Two exceptions to this exist:

- If a swimmer competes in an older age group in an individual event, which is not offered in his or her age group, the swimmer is then not required to compete in the older age group for other events.
- A swimmer may "**swim up**" for a relay and then return to his or her own age group for the individual events. The swimmer may not swim on two different age levels in relay events, with one exception, 6 & under swimmers may compete in the 6 & under free relay and the appropriate 7 & 8 medley relay.

Meets can begin only after each team has submitted its official heat sheet to the official scoring table. Once submitted no changes may be made to the meet entries without approval of both meet directors. No swimmer may swim in an event unless his name appears on the event card.

The following paragraph is very important...

Each team is allowed 30 minutes of warm-up time. The home team has warm-up first and should be out of the water 40 minutes prior to the meet start time. The visiting team begins warm-up 35 minutes prior to the start of the meet and should be clear of the pool 5 minutes prior to that time. For example, an 8:00 a.m. meet start time means that swimmers must arrive for home meets by 6:45 a.m. and for away meets by 7:15 a.m. **Prior to warm up, swimmers must report to their pit parents. Late arriving swimmers may be scratched from events.** All last minute changes due to absences must be reflected on the official heatsheet. In some cases, when agreeable to both teams, additional heats may be added. Be sure to check the information board during daily practices to find out what time each week's meet and warm-ups will start.

Visiting teams swim in odd numbered lanes. Home teams swim in even numbered lanes. Where multiple heats are scheduled for an event, the anticipated fastest swimmers are entered in the first heat.

Up to eight swimmers from each team may enter each individual event to swim for team points. Points will be awarded for the first three place finishes only. Only three relay teams from each team are eligible to swim for points.

A swimmer may compete in a maximum of three individual events in dual meets. Events for Official Time only will NOT be allowed. Normally no more than three heats per event for 6 or 8 lane pools, or 4 heats per event for 4 lane pools are to be swum. In some cases, when agreeable to both teams, additional heats may be added.

From the time a heat is called to the starting blocks until that heat has finished swimming, the swimming pool belongs to that heat only. Any other individual who enters the water during this time is considered an intrusive swimmer and may result in Disqualification of swimmers. This rule does not apply if water entry is to save a swimmer in obvious danger.

Official event finish results will be posted as soon as possible at a place accessible to both teams. Each pool that we swim in is not exactly 25 yards; therefore each pool has a conversion factor. The times that are posted are converted times, the "clock time" is the time from the stopwatch and is an "unconverted" time.

The order of finish in dual meets is based on the times of all swimmers in all heats, except those swimmers who have been disqualified. Three stopwatches are used for timing each lane; the middle time becomes the official time.

In regular season meets, points and ribbons are awarded on the following basis:

Individual Events

1ST	4 points and a Blue Ribbon
2ND	3 points and a Red Ribbon
3RD	1 point and a White Ribbon
4TH	Yellow Ribbon
5TH	Green Ribbon
6TH	Purple Ribbon
7TH	Orange Ribbon
8TH	Teal Ribbon
9TH	Peach Ribbon
10TH	Gray Ribbon

Relay Events

1ST	5 points and Blue Ribbons
2ND	2 points and Red Ribbons
3RD	1 point and White Ribbons

No more than two relay teams from any team may be awarded points in an event. Disqualified swimmers receive no awards or points. Time improvement ribbons are awarded to swimmers in

recognition of their improved times. Participation ribbons are awarded to all swimmers who compete in a swim meet and do not receive any other ribbon.

Another award a swimmer may earn is the heat winner ribbon. It is given to the swimmer who comes in first place for the heat in which they participated. Each heat in individual events (relays not included) will have a heat winner.

The events for a dual meet are as follows:					
<u>No.</u>	<u>Age</u>	<u>Event</u>			
1	6&U	100 Mixed Free Relay	44-45	6&U	25 Butterfly
2-3	7-8	100 Medley Relay	46-47	6&U	25 Breast
4-5	9-10	100 Medley Relay	48-49	7-8	25 Breast
6-7	11-12	100 Medley Relay	50-51	9-10	25 Breast
8-9	13-14	200 Medley Relay	52-53	11-12	25 Breast
10-11	15-17	200 Medley Relay	54-55	13-14	50 Breast
			56-57	15-17	50 Breast
12-13	6&U	25 Freestyle	58-59	7-8	50 Freestyle
14-15	7-8	25 Freestyle	60-61	9-10	50 Freestyle
16-17	9-10	25 Freestyle	62-63	11-12	50 Freestyle
18-19	11-12	25 Freestyle	64-65	13-14	100 Freestyle
20-21	13-14	50 Freestyle	66-67	15-17	100 Freestyle
22-23	15-17	50 Freestyle			
24-25	9-10	100 IM	68-69	7-8	25 Butterfly
26-27	11-12	100 IM	70-71	9-10	25 Butterfly
28-29	13-14	100 IM	72-73	11-12	25 Butterfly
30-31	15-17	100 IM	74-75	13-14	50 Butterfly
			76-77	15-17	50 Butterfly
32-33	6&U	25 Backstroke	78-79	7-8	100 Free Relay
34-35	7-8	25 Backstroke	80-81	9-10	100 Free Relay
36-37	9-10	25 Backstroke	82-83	11-12	100 Free Relay
38-39	11-12	25 Backstroke	84-85	13-14	200 Free Relay
40-41	13-14	50 Backstroke	86-87	15-17	200 Free Relay
42-43	15-17	50 Backstroke			

Pool lengths are usually not exactly 25 yards or 25 meters in this circuit; a 25 will be considered to be one pool length, a 50 will be 2 pool lengths, etc. The times achieved in these pools must be adjusted to obtain actual 25-yard times. Our team records and the seeding for the Divisional

Championship meets are based on adjusted times. Times posted at dual meets and recorded on ribbons are the adjusted times.

In even numbered years girls will swim the even numbered events and boys will swim the odd-numbered events. In odd-numbered years, the odd-numbered events will be swum by girls and boys will swim even-numbered events.

INVITATIONAL ALL-STAR MEET

Our swim season will conclude with an invitational meet on July 18th. This meet is truly an invitational meet and is open only to those swimmers who equal or better the qualifying standards in a NWSC dual meet or in the divisional. The qualifying times are as follows:

2010 NW Swim Circuit Invitational Times

Event	Girls 2010	Event	Boys 2010
6 & U 25 Free	24.61	6 & U 25 Free	24.21
6 & U 25 Back	29	6 & U 25 Back	30.56
6 & U 25 Breast	32.64	6 & U 25 Breast	34.28
6 & U 25 Fly	33.76	6 & U 25 Fly	33.41
7-8 25 Free	18	7-8 25 Free	18.12
7-8 25 Back	22.97	7-8 25 Back	22.74
7-8 25 Breast	24.62	7-8 25 Breast	25.5
7-8 50 Free	41.67	7-8 50 Free	41.86
7-8 25 Fly	21.85	7-8 25 Fly	23.16
9-10 25 Free	15.72	9-10 25 Free	15.3
9-10 100 IM	1:33.90	9-10 100 IM	1:38.14
9-10 25 Back	20.33	9-10 25 Back	19.56
9-10 25 Breast	20.45	9-10 25 Breast	21.17
9-10 50 Free	35.66	9-10 50 Free	34.69
9-10 25 Fly	18.34	9-10 25 Fly	18.25
11-12 25 Free	14.34	11-12 25 Free	13.85
11-12 100 IM	1:22.71	11-12 100 IM	1:23.04
11-12 25 Back	18.05	11-12 25 Back	17.7
11-12 25 Breast	18.57	11-12 25 Breast	18.97
11-12 50 Free	31.7	11-12 50 Free	30.32
11-12 25 Fly	16.16	11-12 25 Fly	15.75
13-14 50 Free	29.81	13-14 50 Free	27.63
13-14 100 IM	1:19.20	13-14 100 IM	1:13.05
13-14 50 Back	35.81	13-14 50 Back	35.93
13-14 50 Breast	39.86	13-14 50 Breast	36.59
13-14 100 Free	1:08.35	13-14 100 Free	1:03.63
13-14 50 Fly	34.54	13-14 50 Fly	32.17
15-17 50 Free	28.49	15-17 50 Free	25.36
15-17 100 IM	1:14.36	15-17 100 IM	1:07.79
15-17 50 Back	34.47	15-17 50 Back	31.47
15-17 50 Breast	37.81	15-17 50 Breast	35.44
15-17 100 Free	1:01.99	15-17 100 Free	56.31
15-17 50 Fly	31.91	15-17 50 Fly	27.84

Description of Volunteer Positions

Introduction: The dolphin swim team exists and functions due to the efforts of volunteers and coaches. Without the volunteer efforts of swimmer's parents the team would not exist. The parents or guardians of the swimmers on the team are counted upon to support the team by volunteering their time and effort. Most volunteer positions and jobs are at swim meets, although there are a few positions where the work is done outside of meet settings. These pages describe the primary volunteer positions. There are approximate 180 positions to be filled! Please review and plan to select your 2009 volunteer position prior to checkout at registration.

STARTERS: Starts each event with the announcement of the age and stroke and the words "SWIMMERS TAKE YOUR MARK", pauses to make sure that all swimmers are motionless, and then gives an electronic sound or a blast of a whistle. He/She shall be the sole judge of FALSE STARTS and all false starts shall be restarted. The Starter signals a false start with repeated blasts from the starting device. One false start shall be tolerated by any individual and charged to the field. A false start by any individual on the second attempt to start an event will result in his or her disqualification from that event. (2 volunteer slots. Position requires working ½ meet shifts at all home meets)

ANNOUNCER: Is responsible for calling the event number, age group, sex, and event name so that the swimmers will know when to report to the ready bench. The announcer calls the "first" and later the "final" call for each age group pair of events in coordination with the flow of the ready bench. The announcer will need to anticipate based on the number of swimmers, the stroke, the number of lengths to be swum, and the age of the swimmers. (2 volunteer slots. Position requires working ½ meet shifts at all home meets)

HEAD TIMER: Organizes and briefs the Lane Timers on their duties prior to the meet and is in charge of the lane timers throughout the meet. The head timer has the authority to remove and replace any lane timer, with the approval of the home meet director. The head timer, when assigning timers to a lane, avoids wherever possible having all three timers in any given lane associated with the same club. The head timer shall run two watches for use as backups during each event. (1 volunteer slot usually assigned by Meet Director or Team President)

LANE TIMERS: Keep accurate time of the swimmer in the lane to which they are assigned and record all three times on the event card at the end of the event. The timers also verify that the event card is correct for that lane, swimmer, and event. (40 volunteer slots. 24 timers are needed to work ½ meet shifts at each home and away meet. Timers will be contacted by the head timer during the week before the meet. Volunteers are expected to plan to work multiple meets)

STROKE JUDGES: Work in pairs on each side of the pool with one member of a pair being from each team. Judges only rule on infractions on their side of the pool. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. (8 volunteer slots. 4 judges are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

EXCHANGE JUDGES: They are only required for relay events and shall be positioned at each corner of the pool. One Exchange Judge from each team shall be positioned at the corners of the pool. These exchange judges shall be responsible for observing exchanges. (10 volunteer slots. 8 judges are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

READY BENCH: They are the keys to keeping a meet on schedule. They organize the swimmers into heats before the start of each event. Swimmers must arrive at the ready bench with an event card for their event. Ready bench workers must:

1. Verify each swimmer or relay team has a valid event card (i.e., with their name and the correct event, heat, and lane) for the event being staged.
2. Check their copy of the official heat sheet to verify that all swimmers on the list are present. Notify the age group parents of any missing swimmers, and notify the coach of any swimmers not on the official heat sheet.
3. Arrange the swimmers from both teams into individual heats. During this process the ready bench workers may reassign a swimmer to an earlier heat if there is an open lane and a remaining swimmer is not left to swim alone in the previously assigned heat. Such changes should only be initiated when they will result in fewer heats.
4. If there are very few swimmers in two events (e.g. in the older age groups) then the ready bench workers may combine the swimmers into a single race. . (8 volunteer slots. 6 volunteers are needed to work ½ meet shifts at all home meets. Volunteers are expected to plan to work multiple meets)

RUNNERS: Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table. . (10 volunteer slots. 8 runners are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

SCORING/RIBBON OFFICIALS: Identify the official time for each swimmer in an event and determine the official order of finish, according to the recorded times. Scoring/ribbon officials keep an accurate count of the team points as the meet progresses, post official results, and prepare ribbons. In addition, a volunteer determines the winner of each individual event heat and awards that swimmer a heat winner ribbon. . (8 volunteer slots. 3 volunteers are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

PIT (AGE GROUP) PARENTS: Receive all event cards for their age group prior to the start of the meet. Pit parents distribute event cards to the swimmers at the time the announcer calls "first call" for their event. These parents listen to the announcer and begin locating their swimmers about 2 events prior to the "first call" for an event. The Pit Parents for the youngest ages (6 & under and 7-8) are critical to the timely start of the meet. About 15 minutes prior to the start of a meet, pit parent for these ages begin organizing their swimmers. Pit parents must report absentees to the scoring table 10 minutes before the start of the meet. Younger swimmers are personally escorted to the ready bench for each event to prevent them from getting lost or losing their cards. . (2-3 volunteers slots per gender per age group. Volunteers are expected to plan to work every meet or find substitutes if unable to attend)

SET UP/CLEAN UP CREWS: Install the lane ropes, set up the starting blocks, and other items necessary to conduct the meets. They also install canopies and barrier ropes, relocate tables and chairs and assist the meet director in last minute preparations for the meet. During the last few minutes of a meet the crew begins taking down and storing items in preparation for vacating the pool immediately after the meet. All swimmers and parents are expected to help clean up the entire pool area. This position requires time on Friday evening prior to home meets, early Saturday morning prior to the start of meets, and at the end of meets. . (10 volunteer slots. All volunteers are needed for both home and away meets for setup as well as tear down)

CONCESSIONS: They set up the concession stand and then operate it throughout the meet. At the conclusion of the meet, they clean up and store the equipment properly for use at future meets. . (40 volunteer slots. 10 volunteers are needed to work ½ meet shifts at all home meets. Volunteers are expected to plan to work multiple meets. 1st shift includes setup and runs from 6:15am to 9:30am. 2nd shift runs from 9:30am to 12:45pm and includes clean up. Volunteers will sign up for a specific shift.)

LOST AND FOUND: Responsible for the lost and found items at swim practice, meets and team sponsored events. The lost and found committee is in charge of putting the lost and found box out during practices, collecting items left after meets and washing and drying it's contents on an as needed basis. These individuals will attempt to contact swimmers who have left labeled items and will bring the lost and found box to the end of the season ceremony. They will donate all remaining items to charity following the end of the swim season. . (2 volunteer slots. Volunteers are requested to check for lost and found items after practices and meets and asked to clean/dry any items that need to be stored in the lost and found bin.)

AWARDS CEREMONY/ANNUAL MEETING CHAIRPERSON: Comprise the committee that puts together the end of the season awards night. The facility has already been reserved. This committee will be in charge of the decorations, food and drink and set up for the night. (1 volunteer position)

FUNDRAISING COMMITTEE: Must be available to attend the Silent Auction on May 22nd: They will help with the coordination and execution of the Silent Auction that takes place at the practice meet and family picnic on May 22nd. The silent auction committee will help by going to local businesses and solicit items to be used for the auction, help organize and make baskets for the auction during the week prior to the auction, help set up, run, and close out the Silent Auction. Set up occurs about 4:30pm and close out usually ends around 8pm. Volunteers must participate the night of the Silent Auction or they will be asked to fulfill volunteer obligation in some other capacity. (10 volunteer positions)

MERCHANDISING Assist in the selling of team merchandise at swim meets. This position will require 1/2 meet shifts and volunteers will be expected to work multiple meets. Minimal set up and take down help may be needed as well.

WHAT TO TAKE TO A SWIM MEET...

Be prepared to do your best at a meet by taking all of the following:

Team suit,

Team cap,

One or two towels,

Team shirt,

Two pairs of goggles (if used),

Nutritional food and drink (juice, fruit, etc. NO JUNK FOOD),

Book, games, and a blanket or something to sit on.

LABEL ALL ITEMS - we accumulate hundreds of lost items every year.

... AND WHAT TO DO AT A SWIM MEET

During the warm-up each swimmer should follow the prescribed routine. You should also be sure to practice correct turns and starts (in designated lanes only).

After warm-up, swimmers should report to the team area and generally stay in the area.

It is the responsibility of each swimmer to report to their pit parent when the announcer calls their event.

Before you leave the team area **PICK UP ALL YOUR BELONGINGS AND CLEAN UP YOUR TRASH!!**

Dual meets run about 4 to 5 hours; it does take time to conduct 85 events with at least two heats in each event - a typical dual meet may involve 300 swimmers from the two teams. 6 & Under swimmers usually finish about halfway through the meet (after event 45). Although they are free to leave at this time, we encourage them to stay and cheer on the rest of their teammates!!!!

SWIMMERS EAR

"Swimmers Ear" is fairly common among swimmers and is no fun! In many cases, swimmers ear can be prevented. The following are two of several suggestions. If you have any doubts, please get a prepared product from your drug store or consult your family doctor:

(1) MIX - one (1) part white vinegar with one (1) part rubbing alcohol

(2) One Packet of Domeboro Solution mixed with 3 oz. of clear vinegar and 1 pint of distilled water, or a 50-50 mixture of vinegar and water.

Place 2 to 3 drops in each ear after every swim practice or meet. Swimmers should carry a bottle of this, or other preventive mixture, in their bags and get into a habit of using it themselves.

OTHER INFORMATION FOR PARENTS

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress a swimmer makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the Dolphin Swim Team.

The coach's job is to teach swimming technique, to constructively criticize the swimmer's performance, and to motivate the swimmer to perform well in competition. The swimmer's job is to attend practice regularly, listen to the coaches, follow directions, and do his/her best at all times. Parents supply the love, recognition and encouragement necessary to give the swimmer confidence.

Watching Practice: Parents are welcome to observe practices, but please remember that practices are learning situations, and swimmers need to be able to concentrate to improve their technique and times.

Be Enthusiastic: Positive enthusiasm creates an environment, which promotes the swimmer's improvement. In addition to self-motivation, swimmers need encouragement and positive feedback from parents and coaches. Be enthusiastic about taking your swimmer to practices and meets, participating in fundraising projects, meetings, etc..

The Proper Place to Complain: The coaches and board members want you and your swimmer to have a positive and enjoyable swim team experience. When something is not going well for an individual, or group of people, please discuss the problem with a board member so that they can aid in finding an acceptable solution.

SOURCES OF TEAM COMMUNICATIONS

The three main sources of Dolphin Team communications are the Dolphin's Google group, team website and the "family file". Each family will have a folder sorted by last name in one of the two large plastic bins at the pool. Information on upcoming meets, events, fundraisers, newsletters, notes from various sources and miscellaneous communications will frequently be added to your file. In addition you may place information and items in the file of the board members, coaches or other families. Everyone is **STRONGLY** encouraged to check his or her family file regularly, in fact to make it a daily habit!

The Round Rock Dolphins uses a Google group to easily pass necessary information to the entire team and to electronically send our weekly newsletter. If you have requested including your e-mail in this group, information will be sent to you in this format as well.

GLOSSARY

The following are terms commonly used/heard in our swimming "world":

DOLPHIN AWARD This award is given after each meet to a boy and a girl who the Coaching Staff feels has shown significant improvement over the past week. Improvement can be in numerous areas such as stroke technique, time, and attitude.

ROCK AWARD this award is given after each meet to a boy and a girl who the Coaching Staff feels had a "rock solid" meet. It can also be someone who has consistently performed well at meets and practices.

DISQUALIFICATION A ruling by a judge resulting from a rules infraction known as a "DQ".

DUAL MEETS A competition between two teams

HEAT SHEET A list of all swimmers by event number, heat, and lane assignments in a meet

INTERVAL A given amount of time the swimmer has to finish a given amount of work such as: 10x50 free on 1:00 means the swimmer must swim each 50 free in 1:00

MEET DIRECTOR Swim meet official charged with overall command of the meet. He is judge of any problem that may arise during the course of the meet

NWSC NorthWest Swim Circuit (the governing body under which we participate)

PIT PARENTS Parents who distribute event cards and send swimmers to the ready bench in event order

RUNNER The runner is responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table.

SEEDING TIMES The time a swimmer uses to enter a meet. This time, which is written on the entry card, determines one's position and lane in the particular event

SET A series of swimming, kicking, or pulling efforts performed in a workout. For example, 10x50 free on 1:00 or 300 kick

SPLIT A per lap time that coaches often record for teaching the concept of pacing. For instance, a swimmer's time for each 25-yard leg of a 100-yard event is the split.

STARTER Meet official who has the responsibility for a fair start to all contestants. He may charge contestants for attempting to take unfair advantage during a start.

STROKE DRILL An exercise used in practice to improve stroke mechanics by concentrating on one aspect of the stroke.

DOLPH-A-THON A marathon swim fundraising activity held during regular practice time.