

CELINA DOLPHINS SWIM AND DIVE TEAM

April 12, 2016

*Vision: To inspire and encourage its participants to achieve excellence in swimming and/ or diving and in life*

1. OUR DEDICATED COACHES:

~Head Swim Coach: Matt Slavik (419-733-4918)

Tammy Slechter- assistant coach

Amy Wenning- 8 and unders coach

Ian Darras & Austin Haines- minis coaches

~Head Dive Coach: Kerry Smith (937-684-2815)

2. PARENT ADVISORY BOARD:

~Trisha McMurray: 419-733-2550 (outgoing president)

~ Kelly Newcomb [419-305-7093]/ Amy Luebke [419-733-3067] (incoming presidents)

~Carrie Cubberley: 419-733-8828 (web page)

~Jennifer Haines: 419-852-8089 (treasurer)

~Sheila Gass: 419-305-2337 (clothing)

~Anne Ly: 419-305-9388 (ribbons and awards)

~Melissa Miller: 419-790-9513 (concessions)

3. FEES:

~ \$25.00 fee per participant- maximum of \$60 per family  
(a child swimming and diving pays \$25.00 for both programs)

~\$15.00 concession fee for the 1<sup>st</sup> participant, \$5.00 for each additional family member

~\$50.00 single or \$100.00 Bryson Pool membership (required)

~Minis- \$30.00 fee for each swimmer

\*These fees help pay for coaches' salaries, ribbons, awards, and other supplies. Because of these fees, parents are not asked to donate items for concessions.

**All fees are due by Friday, June 3, 2016.**

4. FORMS:

~REGISTRATION/EMERGENCY MEDICAL FORM ~ one for each participant

~Clothing (McSports) and swimsuit forms (Poco Loco)

\*\*\*Please turn all forms in to a swim team officer tonight (listed above)\*\*\*

## 5. CALENDAR AND MEET SCHEDULE:

- ~June/July calendar for practice, warm-ups, and meet schedule, phone numbers are included
- ~Participants will sign up for each meet. Therefore, vacations and other activities will not interfere with meets. Signups will be posted and accessed through Facebook.
- ~Coach Kerry will let divers know if there is a dive meet or not; divers will not attend all of the meets.

## 6. PARENTS:

- ~Parents contribute to the success experienced by the child and the team. Parents serve as role models, and their children emulate their attitudes. Be aware of this and strive to be positive role models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents and teammates. Remember that you are teaching your child at all times.
- ~Parents and coaches are allies. Please communicate with your child's coach about your child and support them so that they can coach your child better.
- ~Most importantly, leave the coaching to the COACHES.

## 7. BOOSTERS:

~Because your child is on the Celina Dolphins Team, you are automatically a member of the Celina Swim Team Booster Club and are required to work at the home meets. We need 41 workers for every dual swim meet and 10 workers for every dive meet. Also, we need 45 workers for the morning and 45 workers for the afternoon at the Pentathlon. This does NOT include workers at the away meets and a list of workers for championships. YOUR HELP IS REQUIRED. The meets cannot be run without the parents. Parents are required to sign up to work most home meets and one session of the Pentathlon and championships. You cannot pay to opt out of your worker assignments.

8. Worker Sheets: There are worker sheets to sign up for tonight. After tonight, workers will sign up on the Dolphins Facebook page. If you don't sign up to work at a meet that your child is participating in, one adult per family will be assigned a job. If that person cannot work, you are responsible to find a replacement and let an officer know. Please check the Facebook page or contact an officer for your assignments. You are responsible to work, whether you check or not. If you do not work, your child will be not allowed to swim on the team.

## 9. \*JOBS:

A list of job descriptions is attached.

## 10. AGE GROUPS:

~Mini-Dolphins: (for younger kids) Your child will swim one lap at the beginning of each home meet (after the mini season starts). Mini dolphins will be accompanied down the lane with a helper. Minis can go home after they finish swimming. Mini parents need to sign up to help in the concession stand at one home meet OR one shift of the Pentathlon. (Minis don't swim at the Pentathlon)

~See the calendar for the mini season- it starts later and is a shorter season

~~~~~the age cutoff date is June 1 ~~~~~

### ~~8 and under

All 8 and unders must be able to swim the length of the pool before the first meet. There will be a swim test during the second week of practice. It is at the coaches' discretion as to whether the swimmer is a mini or 8 and under.

~~9-10, 11-12, 13-14, and 15-up are the rest of the age groups

## 11. THE FOUR SWIM STROKES:

~~ The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

\*In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

\*Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. The swimmer must finish on the back.

\*The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

\*Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the finish.

\*The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after each length of the race to backstroke, then breaststroke and finally freestyle.

### 12. SWIM GEAR SUGGESTIONS:

- ~All swimmers will want to have a competition suit, preferably the team suit.
- ~Boys can wear the jammers or briefs, girls usually wear a one-piece suit.
- ~Most swimmers wear goggles
- ~Caps are worn by most swimmers, especially girls
- ~The team suits and equipment will be available for purchase through the season.

### 13. MEET PACKING LIST: attached

### 14. COMMUNICATION:

- ~Communication will be done primarily through our Celina Dolphins Facebook page.
- ~Matt will also set up a text messaging system to communicate important reminders or changes such as weather cancellations.
- ~You can always check for news at practice by speaking to an officer or coach.
- ~Meet sign-ups and worker assignments will be completed on the Facebook page instead of on paper as it has been in the past.

### 15. LEAGUE INFORMATION:

We are a member of the Tri-County Swim and Dive League, which uses NCAA Swimming and USS Diving Rules, governed by the Tri-County League By-Laws. The league is made up of the following teams: Celina, Coldwater, New Bremen, St. Marys, St. Henry, Troy, Tee-Pee, and Tecumseh Woods. We will swim each team in a dual meet each season along with a Pentathlon. The season will end with swimming and diving championships (both A and B championships). The busy season will go quickly!

All swimmers and divers are expected to swim/ dive at all home meets and (swimmers) at the Pentathlon, unless a vacation slip has been filled out. Due to smaller pool lanes at some away pools, not everyone will go to the away meets. The coaches will post the events before the away meets.

## SWIM MEET JOB DESCRIPTIONS

- **Timer:** This is the most popular meet job among both new and experienced swim parents. You use a stopwatch to time the swimmer in your assigned lane. There are typically two timers per lane, and the mean of the times is used as the official time (or as backup for electronic timing systems). This job allows you to be in on the action. One timer will also record the times on a timing sheet and one will also hand the sheet to the runner. (8 per team)
- **Back-Up Timer:** Starts a watch for each heat and watches to see if any lane timer indicates that s/he missed the start. If so, the back-up timer gets the finish time for that lane. (1 per team)
- **Meet Director:** This is usually the boy's or girl's representative. The Meet Director is responsible for making sure everyone is available for their job before the start of the meet. The meet director will hand out watches to our timers and find substitutes for any job needing to be filled. A meet director is very busy during warm-up before the meet starts. When everyone is in their positions the meet director can sit and cheer on the team until the meet is over and the stopwatches must be collected. (1)
- **Runner:** After each race, the runner collects the times from the timers in each lane, finish judge cards, stroke and turn judge cards, and any cards from the starter/referee and takes them to the scoring table. You stay on the move throughout the meet, so it's great exercise. (1)
- **Computer Operator (Scoring Table):** Scorers from each team record the results following each race, and track the team scores. There can be some pressure at the table, and the job requires knowledge of the computer program (Meet Manager) used for the computerized scoring system. The scorekeepers are critical to the success of the meet, and they are often the only ones who know which team is winning the meet. (2)
- **Heat Winner Ribbons:** These volunteers identify the winner of each heat and give them a prize (usually a ribbon) - needed for hosted invitational/champs/pentathlon meets only
- **Stroke & Turn Judge:** These judges determine whether a swimmer touched the end of the pool during a turn and whether the technical aspects of the swimming stroke were legal. It requires knowledge of the US Swimming stroke regulations, and a

willingness to fairly disqualify swimmers when appropriate. Those who are interested in this job usually "apprentice" with someone who has done it before. We provide a copy of the rules, and a master with whom you can apprentice. There is also a required training program available from the league. (2 total, usually 1/team)

- **Timing System Operator/Console:** This job is for someone who likes to play with electronic gizmos. The timing system uses an electronic signal from the starter's device and the touch pads in the pool to determine the swimmers' times and order of finish. This information is displayed on the scoreboard and is fed into the computer program used by the scorekeeper that keeps track of the official results. This job requires a couple sessions of on-the-job training, which your team leaders will be very happy to arrange. (1-2)
  - **Starter/Referee:** This is the most technically demanding job. The Starter/Ref runs the events in the meet by ensuring that the swimmers start simultaneously and oversees all the other meet officials. This is a leadership position that requires experience and a take-charge personality. It is up to the Starter to keep the meet moving. (1)
  - **Announcer:** This is a great job for someone with a strong voice and an ability to correctly pronounce names. You announce the names of the swimmers in each event, make any other necessary announcements, and work with the Starter/Referee to keep the meet moving quickly and smoothly. (1)
  - **Concessions:** The concession stand is a great place to work if you're not interested in watching the whole meet. This is an important fundraiser for the team, as we raise money for end-of-the-season awards and other extras this way. You get to interact a lot with both kids and parents and can always get away to watch your child swim. (2-3)
  - **Parent Helper:** This job requires the parent to make sure the swimmers in that age group (8 and unders and 9-10s) are lined up for their events. (2 per age group)
  - **Bull Pen:** In the case of hosted invitational or champs meets, the bull pen personnel receive swimmers of all teams as their coaches send them to line up for their races. They organize the swimmers into the appropriate event, heat, lane, order. (2-4)
- 50/50:** This is a great way to meet everyone at the meet. This is another club fund raiser at home meets. You sell the lottery tickets during the meet and a drawing is held toward the end. The

winner gets half of the money collected, and team or league gets the other half. (1)

- **Pool set-up/Tear down:** A crew of 3-4 people is needed at each home meet to ready the pool area for competition. This includes setting up the electronic touch pads and lane lines. This crew must arrive early for home meets and stay about 30 minutes after the end of each home meet. (3-4)
- **Awards/Post Results:** In the case of hosted invitational or champs meets, the awards/results posting personnel work with the laptop/scoring person to obtain a copy of the results of each event to post and also to receive labels (usually every 3-4 events) to stick on the medals and ribbons and sort the awards into bags for each team. (2-3)
- **Program and/or Shirt Sales:** These volunteers are responsible to arrive 20 minutes before the called warm-up time to sell programs (invitational and champs) and shirts (Pentathlon/ champs only). (1)
- **Meet-Worker Chairperson:** Makes sure all jobs are filled by volunteers (from our team as well as other league teams) Also, during check-in, volunteer supplies and coaches packets are distributed. Must arrive 20-30 minutes before the called warm-up time. Job is complete shortly after the meet begins. (1)

## Team Suits Online Access

Visit us online at: [www.kellyspocolocolima.com](http://www.kellyspocolocolima.com)

To access your secure, Teams Page, complete this one time registration process:

1. Go to [www.kellyspocolocolima.com](http://www.kellyspocolocolima.com)
2. Click on **My Account**, located on the top right of site in the green highlighted area.
3. Click on **Create Account** tab, then enter in the information asked for you to provide.
4. **You Must Register** with kellyspocoloco.com to access team pages and other items on site.
5. Click **Home** (located at top left corner on site page), this will take you to the main category page.
6. Scroll down on the main home page and locate the **Teams Icon** (located on right hand column, fifth down) and click on the icon shown.
7. You will see a listing of other teams- scroll down to **Celina Dolphins Summer Swim**. Once you find your team's icon click on it.
8. Enter in **Celinasummer2016**, as the password, then press continue

You are viewing your team's suit and equipment, continue shopping.

Any Items Ordered other than Team Suits will be shipped immediately, Per Shipping Policy!

**Suits:** Competition swimwear is worn tightly to reduce drag. To care for your suit and prevent "wear and tear", rinse your suit by hand with clear cool water after use. For your competition suit, do not wear in your daily training while it is still new. Instead, purchase a "grab bag suit." These are discontinued styles at first use quality.

**Goggles:** Fit is the most important aspect of swim goggles. They will leak and or give you a headache if they aren't the proper fit. A quick test to see if they are the proper fit is to press the lens over your eyes without using the strap. If the goggles stay in place for a second after you let go, they should work fine for you once you get the strap adjusted. Make sure the goggles fit comfortably on the bridge of your nose. You should keep a back-up pair of goggles in your swim bag as well, goggles are known to frequently break while swimmers mess with them before a race. To care for goggles, simply allow them to fully dry between practices to discourage mildew and bacteria growth. Keep them out of direct sunlight and heat so the lenses won't distort.

**Swim Cap:** Swim Caps are worn by both girls and boys, they reduce drag in the water. Silicone caps are long lasting and are comfortable. Silicone caps keep hair relatively dry and also keep goggle straps from slipping. To Care for swim cap, rinse it in clear water after each use and allow it to air dry.

## Permission to Post Swim and Dive Team Photos

\_\_\_\_\_ I give my permission for my child's (and possible siblings attending events) photo to be published on the Celina Dolphins Swim and Dive Team web site and Facebook page. I hereby release Celina Dolphins Coaches and Officers from any and all liability and legal or equitable claims of any kind related to such pictures being published on the swim and dive team site and/or Facebook page. I understand that individuals will NOT be identified by name in the photographs.

\_\_\_\_\_ No, I would prefer not to have my child's photos shared on the Celina Dolphins web site. If entire team photos are posted, I would like my child's face to be blurred out.

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Child's Name

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Parent/Guardian Signature

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Date

# Celina Dolphin Swim and Dive Team

## Registration and Emergency Medical Authorization

Parent Meeting @ Celina Primary School Cafeteria (615 East Wayne Street)

Tuesday, April 12<sup>th</sup> @7:00 p.m. (doors open at 6:30 for filling out forms)

The purpose of this form is to enable parents/ guardians to authorize the provision of emergency treatment for children who become injured or ill at practices or meets when parents/guardians cannot be reached. **Please fill out one form per child.**

swim team                       dive team                       mini Dolphins  
Participant's Name \_\_\_\_\_  male  female

Address \_\_\_\_\_

Age \_\_\_\_\_ Birthdate mm/dd/year \_\_\_\_\_

Mother's Name \_\_\_\_\_

Home phone # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Father's Name \_\_\_\_\_

Home phone # \_\_\_\_\_ Work # \_\_\_\_\_ Cell # \_\_\_\_\_

Other Emergency Contact Name \_\_\_\_\_ phone # \_\_\_\_\_

Family Doctor's Name \_\_\_\_\_ phone # \_\_\_\_\_

Family Dentist's Name \_\_\_\_\_ phone # \_\_\_\_\_

Preferred Hospital \_\_\_\_\_ phone # \_\_\_\_\_

Medications \_\_\_\_\_

Food/ Medical Allergies \_\_\_\_\_

Other pertinent information:

**GRANT TO CONSENT:** In the event that reasonable attempts to contact both parents and the emergency contact person have been unsuccessful, I hereby give my consent for the medical treatment to be provided by the above practitioners, or in the event the designated preferred practitioner is not available, by another licensed practitioner and to transport the child to the preferred hospital.  
Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**REFUSAL TO CONSENT:** I do not give consent for the emergency medical treatment of my child. In the event of an illness or injury requiring medical treatment, I wish for no action to be taken for my child.  
Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 2016 Celina Dolphin Meet Schedule:

6/1/2016: Season starts

6/13/2016 Jay County (swim only)

6/16/2016 Tecumseh Woods @ TW

6/21/2016 St. Mary's @ Celina

6/23/2016 Troy Dolphins @ Troy  
Dolphin

6/27/2016 New Bremen @ Celina

7/6/2016 Troy Piqua @ Celina

7/7/2016 St. Henry @ St. Henry

7/12/2016 Coldwater @ Celina

### Other important dates:

Tuesday, 4/12/2016: Parent Meeting @ Celina Primary  
School @ 6:30 p.m. (meeting starts at 7)- no Poco Loco

Saturday, 4/30/2016: Healthy Kids Day @ Celina Y

Saturday, June 18, 2016: Carter May fundraiser...

Saturday, June 25, 2016: Celina Pentathlon

Saturday, July 16: Dive Champs @ Coldwater

Monday, July 18: B Championships @ St. Mary's

Saturday, July 23: A Championships @ Celina