

2017-2018
Dearborn Dolphins



TEAM HANDBOOK

Dearborn Dolphins

Table of Contents

Mission Statement	Page 3
Training Group Structure and Expectations	Page 4
<ul style="list-style-type: none">● Novice● Intermediate● Junior and Senior	
Training Seasons / Practices	Page 6
<ul style="list-style-type: none">● Short Course Season● Long Course Season● Holiday Breaks	
Fee Structure	Page 7
<ul style="list-style-type: none">● Monthly Fees● Other Fees and Policies	
Swim Meets	Page 8
<ul style="list-style-type: none">● Philosophy and Overview● Changes to the Meet Schedule● Entering Swim Meets● Competition 101● The Four Strokes● Time Standards (AKA Qualifying Times or "Cuts")● What to Bring to Swim Meets● At Swim Meets● Tracking Times After a Meet/Swimming Apps	
Registration Documents	Page 14
<ul style="list-style-type: none">● Medical Release Waiver● Liability Waiver● Swimmer Code of Conduct● Parent Code of Conduct● Volunteer Requirement	
Board Members	Page 18

Dearborn Dolphins Mission Statement

Welcome!

Our objective is to provide a foundation for success that will stay with the individual for his or her entire life. We encourage our swimmers to set high standards and expectations for themselves - to face challenges head on and learn to overcome adversity. This requires not only the physical ability, but also the mindset that, **"Anything you can conceive of and believe in, you can ACHIEVE!"** Through sport, an athlete may gain an understanding of the value of hard work, self-confidence, respect, team camaraderie, and sportsmanship. One may even find lasting friendships in the fiercest of rivals.

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Training Groups and Expectations

The four groups are designed to help each swimmer compete in all regulation events with legal stroke technique. Novice swimmers will concentrate on Freestyle and Backstroke with introductory levels of Breaststroke and Butterfly. The Intermediate level swimmers will build on these skills with a greater concentration on development of Breaststroke and Butterfly. Junior swimmers will further build on these teachings to development proficiency in all four stroke disciplines. The Senior group is primarily focused on training, concentrating on skill mastery and race strategy. All groups are designed to be given consistent training in stroke techniques to develop each swimmer's skill at all levels.

Seniors

Training group concentrating on skill mastery and race strategy

Juniors

1. Knowledge of, and ability to compete proficiently in, all 4 competitive strokes
 - a. Freestyle
 - b. Backstroke
 - c. Breaststroke
 - d. Butterfly
2. Proficiency with both Flip and Open turns
 - a. Freestyle Flip Turns
 - b. Backstroke Flip Turns
 - c. Fly and Breast Open Turns
 - d. IM Exchange Turns
3. Dive Starts and Relay Exchanges
 - a. Front Dive Starts
 - b. Backstroke Starts
 - c. Relay exchanges
4. Knowledge of Swimming terminology and Race Strategy
 - a. 50, 100, 200, etc.
 - b. Stroke names and drill terms
 - c. Responsible enough to self-marshall at swim meets
 - d. Competency in all areas previously covered.

Intermediate

1. Knowledge of all 4 competitive strokes and ability to compete proficiently in 3 of those strokes
 - a. Freestyle
 - b. Backstroke
 - c. Breaststroke
 - d. Knowledge of Butterfly and Intermediate ability to compete.
2. Intermediate knowledge of Flip Turns and Open Turns
 - a. Freestyle Flip Turns
 - b. Backstroke Flip Turns
 - c. Open Turns
 - d. Awareness of IM Exchange Turns
3. Intermediate ability to perform Dive Starts and Relay Exchanges
 - a. Front Dive Starts
 - b. Backstroke Starts
 - c. Knowledge of Proper Relay Exchanges
 - d. Intermediate ability to perform Relay Exchanges
4. Knowledge of Swimming terminology
 - a. 50, 100, 200, etc.
 - b. Stroke names and drill terms
 - c. Responsible enough to self-marshall at swim meets
 - d. Competency in all areas previously covered.

Novice

1. Knowledge of all 4 competitive strokes and the ability to compete proficiently in 2 of those strokes.
 - a. Freestyle
 - b. Backstroke
 - c. Knowledge of, and beginner ability to compete in Breaststroke
 - d. Knowledge of, and beginner ability to compete in Butterfly
2. Beginning knowledge of Flip Turns and Open Turns
 - a. Freestyle Flip Turns
 - b. Backstroke Flip Turns
3. Beginning knowledge of Dive Starts and beginner ability to perform relay exchanges
 - a. Front Dive Starts
 - b. Backstroke Starts
 - c. Knowledge of what is expected on a relay exchange
4. General Beginner Swim Knowledge
 - a. Know Race Lengths
 - b. Responsible enough to follow marshalling instructions

Dearborn Dolphins Training Locations

DRD recognizes the importance of consistent training facilities and times, and works closely with Dearborn Schools to ensure Club access. However, changes to the general practice schedule will occur from time to time during the course of the year. In the event of last minute changes, the coaches will update the website as soon as possible and send an email and alerts to the members.

Short Course Training:

- Season runs from September to mid-June
- Two locations
 - Stout Middle School
 - PUPS, Novice, and Intermediate
 - 18500 Oakwood, Dearborn, MI
 - Edsel Ford High School
 - Juniors, Seniors, and High School Tune Up
 - 20601 Rotunda Drive, Dearborn, MI

Long Course Training:

- Season runs from Mid-June to end of July
- Dunworth Pool at Levagood Park in Dearborn
 - All groups (Novice, Intermediate, Junior, Senior, and High School Tune Up)
 - 801 N Denwood St, Dearborn, MI
 - Requires **City of Dearborn pool tags** to be purchased

Holidays and Other Training Breaks:

- Access to the Dearborn School buildings is based on the school schedule. If the school is closed (scheduled holiday or inclement weather), we do not have access to the building.
- The club works with the school district or other area facilities to have practices during holiday breaks, but practice times will be altered.

Dearborn Dolphins

Fee Structure

Monthly Training Fees (which are subject to change):

- Invoices are processed monthly
- Automatic deduction from checking/credit card (preferred method) can be set up through the website
- If paying by check, checks can be left in the DRD lock boxes at practice locations or given to a board member

Group	Novice	Intermediate	Junior	Senior
Monthly Fee	\$75	\$105	\$130	\$155

Once a swimmer is enrolled and swimming, it is the parent's responsibility to notify the club of any breaks. It is the responsibility of the parent to notify the club, 2 weeks prior to their child suspending their practice to ensure proper billing.

Other Fees and Policies

- \$76 USA Swimming athlete registration fee (transfers directly to USA Swimming)
- \$10 annual Registration Fee
- Swim Meet Fees (vary depending on meet)
 - Around \$5 per swimmer meet fee
 - Around \$5 per entry (each event that a swimmer will swim at the meet)
- Membership Penalty Fee if meet work requirement is not met
 - \$40 per session if not met
 - Applied to the next month's billing invoice
- \$10 late fee if payment is not received by the 15th of the month
- \$25 returned check fee
- City of Dearborn pool tags for summer/long course season

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Swim Meets

Philosophy and Overview

Swim meets are an important measure of a young swimmers progress in the sport. Competing in a swim meet is the culmination of the hard work swimmers put in during weeks and months of practice sessions. Swimming in a meet allows swimmers and their coaches to see their improvement and the results of all their training. DRD's year is broken into two seasons: short course season (September through April/May) and long course season (June and July). Each season culminates with championship meets. DRD publishes a list of meets the Club will attend at the beginning of both short course and long course seasons. Meets are selected to offer athletes at every level the opportunity to compete about once per month. Spacing meets out in this manner allows swimmers to improve skills and conditioning in preparation for their next meet. While other meets are hosted regularly throughout the area, the listed meets are those that our coaches have carefully selected. DRD coaches will staff these meets and monitor swimmer performance. Team meet schedules are posted on the team website. (www.swimdrd.org)

Changes to the Meet Schedule

Changes to the posted meet schedule may occur from time to time. In some cases, a scheduled meet may become full so that our team is unable to participate in that meet. At other times the Head Coach may determine that insufficient swimmers have committed to a meet to make the team's participation in the meet meaningful and worthwhile. In these cases online and email notification of the changes will be made to team members and efforts will be made to try and find a replacement meet.

Entering Swim Meets

Swimmers must be registered, active members of DRD Swimming as of the sign-up deadline of a meet and current with all charges to their account in order to enter that meet. Swim meet information for specific meets can be found on the team website as the host club makes it available. The information is located under the "Events" tab on the home page. In addition, the Club will send email notice of registration deadlines, typically 4-6 weeks prior to a meet.

In order to enter your swimmer(s) into a swim meet, you will need to sign in to the website using your account access email and password and complete the meet declaration process. ***In general, parents will select the days and sessions that an athlete can participate in a meet and the coaches will select the events the athlete will swim in each selected session.*** In some cases parents will be given the option to select events but the coaches still reserve the final right to make adjustments to entries for sessions you have committed to attend. In either case, the meet entry process includes the following steps:

1. Click on the "Sign In" tab in the upper left hand corner of the web site home page. Type in the email you used when you set up your account and your password.

2. Click on the "Events" tab, and then scroll down by date to the desired meet.
3. Click on the tab labeled "Attend this Event".
4. The athlete signup page will appear. Click on the swimmer name.
5. The swimmer name and the swim meet will come up on a new page. Go to drop-down ladder next to the word "Declaration". Click on "Yes, please sign up _____ for this event."
6. At this point you will either be able to choose the days/sessions for your athlete OR you will be able to select the events for your athlete. To select events to swim, click on the box in front of each event time. The box next to the time will turn "yellow" and the swimmer's entry time will be displayed. Continue this step for each event to be entered.
7. When finished selecting days/sessions or events, click the "Save Changes" box at the bottom of the page. This will complete the event registration and the Athlete signup page will re-appear showing that the athlete is committed and displaying the events entered if applicable. If you have more than one swimmer, repeat steps 4 - 7 for each swimmer attending this swim meet.
8. Once swim meets declarations are completed for all swimmers, you can log off the DRD web site. Meet entries will be completed and/or reviewed by DRD coaches and confirmed prior to sending the meet entries into the host team.

Competition 101

DRD Swimming is a member of USA Swimming and Michigan Swimming. USA Swimming is the governing body in the United States for local, regional, national, and international competitive swimming. Michigan Swimming is our regional governing body, aligning with USA Swimming. All swim meets attended by DRD, including dual meets, are sanctioned by USA Swimming through the LSCs. For USA Swimming-sanctioned competitions, athletes will swim their age as of the first day of the meet; meets are typically 2-3 days in length with 1 or more 4-hour sessions per day not including warm-up time. For safety and liability purposes, parents are not allowed on the pool deck, in locker rooms and other restricted areas.

Competition pools may be short course (typically 25 yards but in rare cases 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Traditionally recognized age groups are 10 and under, 11-12, 13-14, and Open. Many local meets feature 8 and under, single age groups, or senior events. Officials are present at all competitions to enforce the technical rules of swimming so the competition is fair and equitable and to promote uniformity in the sport. Individual and team scoring is not the norm for most meets other than state championship meets and higher.

The Four Strokes

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley (IM). Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

- 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. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.
- **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 turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.
- The **BUTTERFLY** 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 turns and the finish.
- The **INDIVIDUAL MEDLEY**, commonly referred to as the **IM**, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

Time Standards (aka Qualifying Times or "Cuts")

Time standards are used to denote progression levels at the state, regional, and national level. All time standards may be found on Michigan Swimming's website www.miswim.org. Swim meets that do not require qualifying times are often designated as "A/B/C" meets. For rookies, the first standards to achieve are Michigan's "B" then "A" level as well as Junior Olympic ("Q2") standards. Qualifying for state championships requires "Q1" time standards. "AAA" achievement allows an athlete to represent Michigan Swimming at the Central Zone Championships. "AAAA" standards demonstrate the highest level of achievement within the 14 & Under age groups. National championship level meets are offered for both 18 & Under (Junior Nationals) and all athletes (National Championships, US Open, Olympic Trials...). Achieving higher level time standards is a common focus for athlete goal setting ("earn a state cut" "achieve a national cut" ...), and is a great way to monitor progress over the years.

Time standards are used to denote progression levels at the state, regional, and national level. All time standards may be found on Michigan Swimming's website (www.miswim.org). There are two types of time standards. "A/B/C" times are set by USA

Swimming and are used nationally. In Michigan, some meets are designated as “A/B/C” meets or occasionally can be “A/B” or “B/C” meets. To be able to swim a specific event at an “A/B” meet, the swimmer must have attained a qualifying time in a specific event (either “A” or “B”) at a previous meet. As the swimmer progresses, they will strive to achieve faster times. After achieving an “A” time, the swimmer will strive to achieve “AA” times, “AAA” times, and finally “AAAA” times. Michigan Swimming uses a different set of standards (Q2 and Q1) to determine eligibility for state championship meets. Short course season in Michigan culminates with the District Meets (anyone who has not achieved a Q2 or Q1 time in a particular event is eligible to swim that event), Junior Olympics (anyone who has achieved a Q2 time but not a Q1 time in a particular event is eligible to swim that even) and the State Meets (anyone who has achieved a Q1 time in a particular event is eligible to swim).

What to Bring to Swim Meets

- Suit (team suit if they have one)
- DRD swim cap
- Several towels
- Extra goggles (Racing goggles should be tighter than those worn at practice. If the meet is at an outside pool, use dark tinted goggles).
- An extra set of warm clothing to be worn on deck
- Water bottle and healthy snacks
- Books, cards, small games, etc. for long waits between races
- Positive attitude and your game face!

At Swim Meets

Each swim meet format, schedule, entry costs and competition level is different. The following are some basic guidelines for swim meets:

- Know in advance what events you are swimming at the meet. These will be posted at the meet and usually are posted on the Event page for that meet. Event schedules are also available on the Club web site on the “Athlete Signup” page next to the swimmer’s name.
- Know what time warm-up starts. This is available in the Meet Packet which is available on the DRD web site. The meet packet is located in the “Forms/Documents” section which can be found under the “Events” tab and then selecting the meet date. This packet outlines the overall meet schedule and warm-up times for each session.
- Arrive early so your swimmer has time to complete mandatory check-in and prepare for the warm-up.
- Parents can often purchase a Heat Sheet and determine heat and lane assignments for each their swimmer’s events.

- Parents should encourage swimmers, but please leave the coaching to the coaches.
- Swimmers should always ask their coach whether they will be on a relay team. At most meets, relays are the final events, so swimmers should be ready to swim relays at the end of the meet session.
- After warm-up and between races, swimmers should put on warm clothes over their swimsuit. It is also important to wear shoes and socks to avoid losing body heat and energy.
- Stay away from junk food. It's better to eat bagels, fruit, energy bars, etc. Stay hydrated by drinking water, Gatorade, Powerade, etc. Avoid energy drinks and caffeinated beverages which contain diuretics.
- Swim meets can move along very quickly (although they can last for several hours!). It is very important for swimmers to pay attention to what event is in progress. Almost all swim meets are not marshaled! Swimmers should be behind the blocks, ready to swim, an event or two before the one they will swim depending on the number of heats in each event and the distance being swum in the events. Timelines are occasionally posted, but they are estimates only. Listen to the announcer and always check with coaches if you are not sure when to report to the blocks.
- At some meets, swimmers who miss a scheduled race may be penalized by not being permitted to swim in subsequent events at that same meet. If a swimmer anticipates missing an event, the swimmer should make every effort to scratch the race at the time of check-in.
- Swimmers should be sure to clean up after themselves before leaving a meet. Please throw away trash and always be respectful of the facilities we visit. DRD swimmers should try to leave behind the cleanest possible team area at every pool where we compete.
- Results for the meet are usually posted at the pool during the meet, but they can also be found on the Michigan Swimming website www.miswim.org within a few days of the meet.
- Awards are picked up at the end of the meet by the coaches and are distributed during practice the following week. Athletes may swim a meet and not receive any ribbons. Place emphasis on the improvement by the swimmer, not what place in the race they finish.

Tracking Times After a Meet/Swimming Apps

Swimmers and their parents should be familiar with a swimmer's times so they can be easily referenced for goal-setting and meet-planning purposes. Times can be checked on the website as follows:

1. Click the "Sign In" tab in the upper left hand corner of the DRD website home page. Log in as normal.
2. Click on "My Account" located under the "Sign In" tab, and then click on "My Meet Results".
3. In the "Member" section, select the swimmer's name from the drop-down menu. Select additional information from the other drop-down menus to view the appropriate time standards (e.g., SCY (short course yards), LCM (long course meters)) and the stroke. Click the "Search" box once you have completed selections. The swimmer's times will be displayed by event beginning with the most recent swim meet.

You might also be interested in downloading the OnDeck Parent app. This app is tied to our TeamUnify website.

- Once you download and open the app, enter the same Username and Password that you use for our website. You will be asked to enter a "Team Alias". Ours is **midd** (all lowercase).
- From the main menu choose "Account Home" to select a swimmer on your account to view attendance, meets, best times, and future meets.

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Registration Documents

Following are the documents that were electronically agreed upon during the registration process:

Medical Release Waiver

I certify that I am the parent or legal guardian for my child(ren). I hereby give my permission for any supervisor, coach or other team administrator associated with the **Dearborn Dolphins** to seek and give appropriate medical attention for our child(ren) in the event of accident, injury, illness. I will be responsible for any and all costs associated with any necessary medical attention and/or treatment.

I hereby waive, release and forever discharge **Dearborn Dolphins** and associated supervisor, coach or other team administrator from all rights and claims for damages, injury, loss to person or property which may be sustained or occur during participation in **Dearborn Dolphins** activities, whether or not damages or loss is due to negligence. I hereby acknowledge that my children is (are) physically fit and capable of participation in all Swim Team activities.

Liability Waiver

By registering my child(ren) with the Dearborn Dolphins, I agree to participate (or allow my child(ren) and family members to participate) in the **Dearborn Dolphins**, and hereby release **Dearborn Dolphins**, its directors, officers, agents, coaches, and employees from liability for any injury that might occur to myself (or to my child(ren) and family members) while participating in the **Dearborn Dolphins** program, including travel to and from training sessions, swim meets or other scheduled team activities.

I agree to indemnify and hold harmless the above mentioned organizations and/or individuals, their agents and/or employees, against any and all liability for personal injury, including injuries resulting in death to me, my child(ren) and/or other family members, or damage to my property, the property to my child(ren) and/or other family members, or both, while I (or my child(ren) or family members) participating in the **Dearborn Dolphins** program.

Swimmer Code of Conduct

The intent of rules and regulations is to create a positive environment that holds children accountable for their behavior and teaches them to live with the consequences of their decisions. The coaching staff is responsible for maintaining order at the pool and at swim meets.

The following is a list of behaviors that will not be tolerated and are subject to disciplinary action(s):

1. Theft, disrespect, destruction, or degradation of people, places, and/or objects.
2. Drug use, other than those prescribed by your physician.
3. The use of tobacco products.

4. The use of alcoholic beverages.
5. Use of DRD equipment without permission.
6. Sexual misconduct.
7. Disrespectful behavior towards coaches, parents, or other swimmers.
8. Wearing disrespectful clothing to practices, and at home or away meets. (e.g., shirts with unacceptable logos or revealing clothing). Appropriate attire (clean and neat clothing) promotes a positive image for the team.

The following guidelines encourage members to practice appropriate behavior whenever they are at practice or at swim meets:

Practice Expectations

1. Adhere to practice requirements.
2. Arrive and leave at scheduled practice time, or when dismissed.
3. Notify coach of tardiness or absence.
4. Follow directions given by the coach.
5. Be positive and supportive of all swimmers.
6. Swim the complete practice to the best of your ability.
7. Bring your equipment every day. Do not borrow others.

Swim Meet Expectations

1. Be on time for warm-up and events.
2. See coaches before and after each swim.
3. Be supportive of all swimmers.
4. Swim all the events you sign up for, unless excused by coach.
5. Coaches will resolve any problems that may arise at meets.
6. Swimmers are required to travel with an adult to out of town meets.

Appropriate behavior will be recognized and rewarded. Inappropriate behavior will also be recognized and dealt with in the following manner:

1. Discipline will be enforced in a progressive manner depending on the severity and/or continued abuse of expectations, rules and regulations.
2. Suspension from assigned swimming group and placed in another.
3. Temporary or permanent suspension from the team.

I have read the Swimmer's Code of Conduct and understand that abiding by it is a requirement to be a member of the Dearborn Dolphins Swim Team.

Parent Code of Conduct

I have read and will support the Dearborn Dolphins Swimmer's Code of Conduct and will support the positive development of my child's swimming career by:

- a. Reading and supporting my child's practice group requirements and goals.
- b. Encouraging my child to attend the recommended number of practices.
- c. Communicating with my child's coaches, before contacting anyone else, including members of the DRD Board of Directors, in the event that any problems arise.

I will not coach my child or any other Dearborn Dolphins swimmer, unless assigned such responsibilities by the Dearborn Dolphins Head Coach, and I will not interfere with the coaches on deck during practices or competitions.

I will maintain an open line of communication with the coaches and my athlete about goal setting, practice attendance, and work ethics.

I will demonstrate good sportsmanship by conducting myself in a way that is respectful of my child and other swimmers, parents, coaches and officials, both at practices and at meets. This includes dropping my swimmer off no more than 10 minutes before the start of practice and arriving promptly (no more than 5 minutes) to pick up at the end of practice.

I understand that criticizing, name-calling and the use of abusive language or gestures directed toward coaches, officials and/or any participating swimmer (including my own) will not be permitted or tolerated.

I understand that if I miss a meet entry deadline for a DRD team emphasized meet (a meet that our team is attending), I may not contact the host club to gain entry for my swimmer into the meet.

I understand that if I (we) do not comply with this Code of Conduct and I (we) have been informed of my (our) breach in a meeting with a coach and an Executive Board Member, my entire family will be suspended from all DRD activities with no refund of fees. I understand that the length of the suspension will be determined by the Board of Directors, but my first offense will be a minimum of two months and repeat offenses may result in my expulsion from the club.

I understand that my child's practice fees cover only a portion of my child's expenses, and that revenue derived from Club-hosted meets and fundraising activities contribute significantly to our Club's financial health while helping to reduce swimmer fees for EVERY family in the Club. I (we) agree to comply with the Club's volunteer requirements as outlined in these registration documents.

I have read this Parent's Code of Conduct and understand that abiding by it is a requirement for my child(ren) to be a member(s) of the Dearborn Dolphins Swim Team.

Membership Volunteer Requirement

DRD is a parent run organization that relies on parent involvement for all organizational aspects of the team. Family participation is critical to the success of our program as we depend on parents throughout the year for many activities. These activities address the major functions of hosting swim meets, fundraising, administrative support, and social events.

The DRD Swim Team hosts two annual USA swim meets per year: **one in late Jan/early February and one in June.** It is **required** that all swimmers' families work our two hosted swim meets, for the 2015/2016 Season, all families will be required to work three (3) sessions at our Mid-Winter Meltdown Meet in January/February, and three (3) at our Freeze or Fry Meet in June. Working at the swim meets can be a rewarding experience for yourself and very encouraging for your athlete. Parents can learn more about competitive swimming while working at the meets, and it's a great opportunity to get to know other parents on the team, as well as meet swimmers and parents from other swim clubs around the state. Above all, swim meets are very exciting and a lot of fun for both the parent and athlete!

Furthermore, our two hosted swim meets contribute to almost half of our annual working budget. Our summer meet is the club's biggest revenue maker, which helps the team maintain lower training fees. The success of these swim meets depends directly on parent involvement.

Additionally, DRD may schedule hosted or away dual meets or other "closed" invitational type meets that will require your assistance. Information on these events, and the requirements of each family to make them successful will be delivered as the details of said event are established.

***Meet Work Requirement Policy**

1. **A person from each family will be required to work a minimum of three half day sessions at the summer meet (Freeze or Fry), and at the Winter meet (Mid-Winter Meltdown).** If a family is not available to work a meet, it is their responsibility to find another team parent to work for them. After each meet any family who was not represented will be sent a statement of \$40.00 for each work session missed, which will be due within two weeks after each meet. If the fine remains unpaid after two weeks, the swimmer will not be allowed in the water until the money is received.
2. When a swimmer joins this club by swimming more than two weeks anytime during the year (September to July), the person signing this agreement is responsible to fulfill the work requirement at our meets or pay the fines. If the fines remain unpaid, the swimmers name will be turned over to Michigan Swimming, Inc., who will, in turn, decline the swimmer's acceptance to another USA team.

Some of the jobs available to work at the meets are: Timing, Scoring, Marshaling, Concessions, Awards, Admissions and Announcing. Volunteer sign-up sheets will be provided as the date of each meet draws near.

I have read the Swim Meet Work Requirement Policy and understand that abiding by it is a condition of having a swimmer on the Dearborn Dolphins Swim Team.

Dearborn Dolphins Board Members

Position	Name	e-mail
President	Alan Costantino	al_cost_68@yahoo.com
Vice President	Mia Stewart	mstewart_home@yahoo.com
Secretary		
Treasurer	John Mihalik	mihjgmsk84@yahoo.com
USA Representative	Leslie Riehl	leslie.a.riehl@gmail.com
Meet Director	John Mihalik Leslie Riehl	mihjgmsk84@yahoo.com leslie.a.riehl@gmail.com
Meet Entry Chair	Joan Remski	remski@umich.edu
PUPS Liaison	Alan Costantino	al_cost_68@yahoo.com
Novice Liaison	Carolyn Costantino	carolync1219@gmail.com
Intermediate Liaison	Leslie Riehl	leslie.a.riehl@gmail.com
Junior Liaison	Leslie Riehl	leslie.a.riehl@gmail.com
Senior Liaison	Carolyn Costantino	carolync1219@gmail.com
Social Committee	Leslie Riehl	leslie.a.riehl@gmail.com
Merchandise	Mark Stewart	mstewart_home@yahoo.com