

**PARENT AND
SWIMMER
HANDBOOK
MAUI DOLPHINS
SWIM CLUB**

To inspire and enable our members to achieve excellence in the sport of swimming and in life.

Pukalani Maui and Kaunakakai Molokai
www.maidolphins.org

Swimming Fast is Fun.

Swim Right, Swim Fast.
Swim for Life.

P.O. Box 880694
Pukalani, HI 96788
a 501(c)3 non-profit organization

INTRODUCTION

Welcome to the Maui Dolphins Swim Club. We were founded in 1997 with the help of Maui County at the opening of the Upcountry Pool, and are the only Upcountry Maui Swim Club. We are a private, nonprofit 501(c) organization whose purpose is to promote swimming for life through the sport of age-group swimming. We strive to provide a positive atmosphere in which to learn and develop the skills of competitive swimming. Maui Dolphins Swim Club is registered with USA Swimming, the national governing body for amateur swimming in the U.S.. All members of the Maui Dolphins Swim Club, our coaches, and all officials at swim meets are registered as members of USA Swimming. As members of USA Swimming, we compete only with registered clubs.

Maui Dolphins Swim Club provides daily practice at the Maui County Upcountry Pool in Pukalani, Maui. Dolphins Swim Club also has a team on Molokai.

MDSC is governed under Hawaiian Swimming. Hawaiian Swimming is the Local Swim Committee (LSC) for USA-Swimming governing the Hawaiian Islands and part of the Western Zone of USAS. USA Swimming (USAS) is the National Governing Body for the sport of swimming. We administer competitive swimming in accordance with the Amateur Sports Act.

In 2012 Molokai Dolphins Swim Club became a satellite team to Maui Dolphins Swim Club. The goal was to bring Hawaiian Swimming BACK to Molokai. A satellite team allows both islands to reap the benefits in the pool, such as having more swimmers for relays at meets, and in management, by using one Board to handle all the financials, governance and procedures.

ORGANIZATION

MDSC is a 501c3 non-profit organization headed by an elected Board of Directors. The club hires a Head Coach who oversees the Assistant Coaches. The Board of Directors consists of Elected Officers (President, Vice Presidents, Secretary, and Treasurer) and the Head Coach. Members of the club include the parents/guardians of swimmers, coaches, and elected officers.

The role of the Board of Directors is to provide management of the swim club and its budget consistent with its bylaws and policies. As a non-profit entity, our records and minutes are available to any member upon request. Individual families' accounts and status as well as coaches' salaries are not discussed. Elected Officers are voted in by the membership at the annual membership meeting, which is usually held in December of every year.

80% of monthly dues compensate coaches, 20% pay club expenses and insurance. Fundraising efforts contribute to equipment, travel costs, and team events.

Please contact any board member if you need more information, have a concern or would like to attend a board meeting.

SAFETY AND CODE OF CONDUCT

Safety is the NUMBER ONE concern of the MDSC. All of our coaches are well trained and up-to-date in emergency procedures and are always keeping close watch over the children on the deck and in the water. We also commit to providing a safe emotional and social atmosphere for all children. Furthermore, there are a few strict rules that must always be followed, or disciplinary action will be taken, even to the point that swimmers may be asked to leave the club:

1. TREAT COACHES AND TEAMMATES WITH RESPECT

This means no horseplay, fighting, aggressive behavior or actions, foul language, bullying, or teasing. None. Treat everyone with positivity and kindness. Foul or abusive language will not be tolerated. Treat yourself with respect by keeping a positive attitude.

2. DO NOT SWIM ALONE AND ALWAYS CHECK IN WITH COACH

Do not swim if your coach is not present. Check in with your coach at the beginning of practice to facilitate accurate attendance reports and to ensure swimmer safety in the event of an emergency.

3. LISTEN TO COACH

Swim practice is not a time for socialization or fooling around. When you talk to the other swimmers during training, you make it harder for everyone to hear instruction and get coaching. There are times for socializing and fun with your teammates, but please learn the difference and make pool time a more productive and efficient practice for everyone.

4. TREAT EQUIPMENT AND FACILITIES WITH RESPECT

Pool facility and all equipment, such as kick boards, lane lines, bathrooms, and bulletin boards are to be treated with the utmost respect and care. No one is allowed on the lifeguard towers, pool covers, or diving boards.

5. THREE POINT ENTRIES

All entries to the pool must be three-point entries, meaning that the swimmer has three limbs touching the deck as he/she enters the pool. No jumping and no diving except with direct coach approval and supervision. Not only do we want to protect the swimmer entering the pool, but during practice, there are many kids in the pool at any given time, and the injuries from a collision can be severe. Failure to obey this rule at meets will also cause immediate disqualification from all events.

6. NO RUNNING ON DECK

7. NO SWIMMING UNDER THE BULKHEAD AT ANY POOL. NEVER!

8. KEEP BACK FROM THE POOL

Parents, friends, and children MUST keep away from the pool. Coaches are unable to concentrate on the swimmers with the distractions and dangers of having others near the pool edge. Also, it increases liability for the club. Please stay back at the tables, benches, bleachers, or in the office. Parents swimming during practice time may not have unattended children on deck.

9. HELP THE TEAM

MDSC Families acknowledge and recognize that they are obligated to aid in club governance and functions, including hosting meets, timing at meets, fundraising, attendance at team events, and helping in other related swim club duties.

10. BE ON TIME

Get to swim on time and get picked up on time.

ACCIDENTS OR INJURIES

In the event of an accident or injury, no matter how minor, please notify the coach and the parent at the front desk. Immediately fill out an accident report. Forms are in a folder at the front desk. All accidents are subsequently reported to USA Swimming. When a report is filed and when appropriate, you will receive a form from USA Swimming discussing USA Swimming secondary medical coverage. If you have concerns about safety in the swim club, please contact the Head Coach and/or board member.

PRACTICE GROUPS AND SCHEDULES

MDSC offers daily practice and workouts. We encourage all swimmers to make attendance goals and meet them. Especially as swimmers progress to the competitive level, 80% attendance or better is expected.

MDSC offers four levels of swimming instruction for swimmers aged 5-18.

(For older swimmers, there is a Masters Swim Program that meets at various times and in various locations. Please see the front desk for more information.)

The head coach works with all the coaches to determine specific practice groups. Swimmers are placed according to what is appropriate for their ability. The head coach makes this determination. Parents should not expect that their swimmer will be placed in the group of the family's choosing for other reasons, such as car pool purposes, established friendships, preference for time and days of a practice group, or parents' opinion regarding the swimmer's ability. Swimmers who show steady improvement will be moved as necessary to another group. These moves can occur at any time in the season to accommodate the individual swimmer. An assistant coach, with the approval of the head coach, may do this.

Acceptance into the Maui Dolphins Swim Club does not guarantee training under a particular coach. Coaches may be assigned to different age groups or training levels during the course of the year. All swimmers are expected to train with their assigned coach.

Swimmers should be ready to enter the pool at the start time, so please arrive with plenty of time to dress and gather your gear before practice starts.

Dolphin coaches are not in charge of supervising swimmers once they have entered the locker rooms. Individual families must be responsible for their own swimmer in the changing areas. Locker rooms should be used with expedience and left in the same state in which they were found.

Parent or guardian must promptly pick up child after swim practice at the specified time. Your child may not leave the pool facility alone either during or after practice unless you have notified a club representative of your consent for your child to do so.

Parents are welcome and encouraged to watch practice as often as they can.

DOGGIE PADDLERS

Monday- Thursday
5:00-6:00 pm

SPINNER DOLPHINS

Monday-Friday
4:30-6:00 pm

FLIPPERS

Monday-Friday
5:00-6:00 pm

SILVER DOLPHINS

Monday-Friday
4:30-6:30 pm

REGISTRATION

NEW SWIMMERS

New swimmers are welcome to join the club at any time of the year as long as there is space available. Before joining practice, new swimmers must complete the following:

1. USA Swimming Registration-- \$64

This registration gives the swimmer a USA Swimming number, access to their online programs and helps, and most importantly provides liability insurance for the club for that swimmer. No swimmer is allowed in the water without current USA-S Registration. USA-S Registration must be completed yearly. A copy of the swimmer's birth certificate or passport is also needed for first time registrants. If a new swimmer joins the club after September, the USA-S Registration will cover the swimmer until the following December. Registration that happens at any other time of the year will be covered until that immediate December.

2. New Swimmer's Packet

This packet includes the following forms: Contact Information, Medical Information and Photo Release Form. By completing your registration, you agree to abide by the Club's Code of Conduct and to follow the guidelines established by this Handbook. You also agree to follow the USA-S Code of Conduct and Travel Code of Conduct,

RETURNING SWIMMERS

All swimmers must keep their contact information updated at all times. All swimmers must re-register with USA Swimming on a yearly basis. We begin collecting registration forms and payments in September of every year to be sure we have everyone's in on time.

NO ONE MAY SWIM WITHOUT A CURRENT USA SWIMMING REGISTRATION.

If you have been in the Club in the past and are returning after a lengthy absence, it may be necessary to complete a New Swimmer registration. Please see a member of the Board of Directors for more information.

MAUIDOLPHINS.ORG

Almost all communication is done through our individual team website through MAUIDOLPHINS.ORG. Upon registration, you will receive log in instructions. This and emails are our main form of communication.

MAUIDOLPHINS.ORG is an invaluable resource not only for our team's organizational efforts, but it also logs and tracks the swimmers' meet times, attendance, and overall time progress.

MAUIDOLPHINS.ORG also helps us with fundraising by providing us with a percentage of all gear bought through our team's portal. MAUIDOLPHINS.ORG provides very competitive prices on swimming gear and has been very quick and reliable with shipping and returns in the past.

The screenshot displays the Maui Dolphins Swim Club website interface. At the top, there are navigation links for Coaches, Members, Team Store, View Cart, Password, and Site Map. The main header features the club name and the USA Swimming logo. Below the header is a secondary navigation menu with links for Home, News, Events, Swim Groups, Calendar, MD SC Talks, Handbook, About, ChatGiz, and Links & Training.

On the left side, there is a user account menu with options like Sign Out, My Account, Team Admin, Team Profile, Website Design, Account/Member Admin, E-Mail Center, and Documents/Images. Below this are social media links for Facebook and Twitter, and a Gear Store section with a 'SHOP BY CATEGORY' dropdown and two items for sale: 'TYR Pink Goggle Case' and 'TYR PINK ALLIANCE TEAM BINE BACKPACK'.

The main content area features a large photo of an outdoor pool. To the right of the photo is a sidebar with links for Dolphins Team Gear, Team Events, Team News, and Team Calendar. Below the photo is the club's mission statement: 'MAUI DOLPHINS MISSION: Turning our children's dreams into reality through personal achievement in competitive swimming. To achieve great things, first show up every day! Swimming just is FUN!' It also includes a brief description of the club and its non-profit status.

At the bottom, there are sections for Events (listing a Jr. Age Group Champs on Mar 9 - 10, 2013) and News (listing several dates and events like 'Herndon! Team party Thursday after practice!', 'December Happening!', 'Team Shortal', 'Herndon! Parent Meeting Thursday Oct. 25 at 5pm', 'Swim Meet this Saturday!', 'Updates from Maui Dolphins Swim Club', and 'Team Shorts are here!').

DUES

Dues can be paid monthly or in two six month cycles that run Jan.-June and July-Dec.

Monthly dues:

\$50

Due on the 1st of every month

\$25 for each additional sibling

Six Month Dues:

\$250

Due on January 1st and July 1st

\$140 for each additional sibling

Please pay by check or cash to a board member at the front desk during practice. A record of your account is available online at Team Unify or at the front desk.

In addition, each family is expected to assist the team through varied volunteer opportunities throughout the year, from fundraising, to timing at meets, to providing refreshments or planning events. There are many sorts of opportunities—we guarantee that there is something for everyone's time availability and talents.

TEAM UNIFORMS

MDSC has a team suit and personalized swim cap available for all competitive swimmers. The cost for this racing set is no more than \$70 (varies according to gender and size), and will need to be replaced as often as your swimmer grows out of it. The club has sample suits to try on for fitting.

The Maui Dolphins Swim Club encourages this official team suit and a swim cap at all meets. It is recommended that the team suit be worn only for competition to avoid natural deterioration from exposure to sun and pool water. Wearing the team uniform at meets helps create a team atmosphere and enables coaches and spectators to observe and cheer our Dolphins.

T-shirts and sweatshirts are also available for sale from Board Members. T-shirts usually cost about \$15.

DOGGIE PADDLERS

This is our very beginner swim class. The goals are to make children comfortable in the water, kick with a kickboard (free & back), learn streamline push off from wall, diving to the bottom of a shallow pool, and most importantly, proper breathing (breathes out in the water, breathes in out of the water).

Lessons last for 45 minutes to an hour, depending on the water temperature and number of kids in attendance. We would like swimmers to move into the Flippers level within a few months of Doggie Paddlers. Consistent attendance will help you swimmer progress more quickly, but it also has much to do with age and previous swimming experience. Usually when a swimmer has gained enough strength and ability to swim freestyle 25 meters without stopping, the coaches will make plans to move the swimmer into the Flippers level.

FLIPPERS

In this 1-hour daily practice, swimmers learn freestyle with proper breathing, backstroke and breast-stroke . We train with fins to strengthen toward being able to swim 100 yards non-stop of each of these strokes without fins. These swimmers compete in swim meets when ready.

SPINNER DOLPHINS AND SILVER DOLPHINS

These swimmers are our top young athletes. We develop all strokes and swim longer distances. Swimmers are challenged with distance and stroke sets in all strokes. Technique and endurance for all strokes is also a priority. These swimmers are expected to swim in all MAGSA swim meets, aiming to qualify for state championships.

SWIM MEETS

By its very name, the purpose of competitive swimming is to compete and that means attending swim meets! Individuals seeking membership in the Maui Dolphins Swim Club should understand that we are a competitive team, not just a recreational team. Swimmers must accept the responsibility of membership and participate in meets when your coach believes you are ready to participate.

For many new swimmers, taking the first step and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each meet, and which meets may be good for beginners. Our goal is to make the swimmer successful so that the swimmer not only enjoys the meet, but feels pride and accomplishment so that they want to do it again.

When you are notified of meets by email, and if your children are available, please sign them up on the TEAM UNIFY SITE or contact the head coach directly. Signups are due by TUESDAY BEFORE the meet.

There are appropriate events for every swimmer. Your coach can help you and your child decide. Sometimes the coach may sign a swimmer up for an event they may be nervous about, but this should be taken as a sign of confidence in your child's performance based on their workouts.

NOTE: If a swimmer is attending a meet, that swimmer must have a parent or guardian in attendance; it is not acceptable to drop off a swimmer at a meet and leave him or her unsupervised.

MDSC covers the entry fees for each swimmer at the MAGSA meets, and we do not get refunds if a swimmer is a no-show. Therefore, it is imperative that you notify the head coach in advance if your swimmer is listed on the Meet Sheet sent out on Wednesday before the meet and your swimmer WILL NOT be swimming. This is the reason we send out Meet Sheets, so please double check that the information regarding your swimmer is correct.

TYPES OF MEETS

The Dolphins participate in the following types of meets:

- Intraclub meets
- Fun Meets
- MAGSA meets
- Invitational meets
- Championship meets

Intraclub Meets are practice meets that acquaint new and old swimmers with the competitive process. They reinforce the skills necessary for meets and do not involve any non-Dolphin swimmers. Intraclub meets are held several times throughout the season to assist swimmers at all levels to prepare for USA Swimming competition. They are meets at which Dolphin swimmers attempt to improve themselves or try events they have never swam before. Intraclub meets help our youngest and newest swimmers learn more in preparation for USA Swimming meets. They also provide an opportunity for our seasoned, more capable swimmers to mentor the newer swimmers. The Intraclub meets are an excellent opportunity to nurture the abilities of all our swimmers.

Fun Meets are held once or twice a year and are ran like a MAGSA meet, except that there are shorter distances available for younger swimmers. The atmosphere is more fun and teaching based, aimed at improving every swimmer's attitude about competing and helping nervous competitors overcome their worries about racing.

MAGSA Meets MAGSA stands for Maui Age Group Swimming Association, and it operates under the Hawaiian Swimming LSC. USA Swimming Age Group programs and rules govern participation in competition. The USA Swimming program provides fair and open competition for USA Swimming members age 18 and under. Its purpose is to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Participants compete in different age groups depending on their age on the first day of the meet. Typically, meet competition falls in the following age groups: 8 and under (Short Course only); 10 and under or 9/10; 11/12; 13/14; 15/16 and 17/18. 13-18 usually swim seeded together during meets, but are scored separately. Swimmers always compete with their own gender. Graduating up to the next age level of competition is referred to as "aging up." Your age at a swim meet is determined by your age on the first day of the meet.

An **Invitational Meet** is for any swimmer who qualifies, unless cutoff times are listed in advance. Swimmers are placed in heats according to their seed times, swimming slowest to fastest. The swimmers with the fastest six or eight times, without regard to heat assignments, win awards.

At a **Championship Meet**, events are first swum as preliminary heats for ages 11 and up. Heats are mixed, with the fastest swimmers in the same heats as the slower swimmers. The fastest six or eight from preliminaries will swim in a finals heat later in the day. Often, the next six or eight after those will swim in a consolation finals heat. Younger swimmers participate as in an invitational meet.

MAUI DOLPHINS SWIM SEASONS

Practice takes place year-round, with the exception of a short break between Christmas and New Year's.

Fall

August-December

Short Course (25 yard) Pool Meets

Seven possible meets leading to December State Championships
(Plus Pentathlon in September)

Winter

December-March

High School Season

February Fun Meet

One Feb. and one March Short Course Meet

Spring

April-July

Long Course Season (50 yard course)

Seven Possible Meets leading to July State Championships
(Plus 25 yard Fun Meet in June/July)

GOING TO A SWIM MEET

- **LOCATION**

First, find out where the meet is. For MAGSA, it's usually at the Kihei Aquatic Center on Lipoa St. in Kihei or occasionally the Lahaina Pool on Shaw Street. Consider car pooling or convoying.

- **SIGN UP AND DOUBLE CHECK THE MEET SHEETS**

Meet location, timeline, 'psych sheets' and other info is sent out by email. Double check that you are in the right events and notify Coach if something is incorrect or if your plans have changed.

- **BE ON TIME FOR WARM-UPS**

Swimmers come early to do their warm-ups. For MAGSA, warm-ups begin at 7:30 or 8:00 am depending on whether we're "first" or "second" warmup.

Parents should make sure their swimmer warms up. The swimmer should go down on deck prior to the beginning of the warm-up session and consult with the coach. It is important to follow the recommendation of the coach. After warm-ups, your swimmer should dry off and keep warm (or cool) and hydrated. Swimmers should always have their cap and goggles handy.

The MAGSA meets usually begin at 9 am. The MAGSA meets are always under four hours, and generally end around 12:30 pm.

- **CHECK-IN**

Meets require that swimmers check in, a procedure called "positive check-in." Make sure your swimmer checks in with their coach or the clerk of the course when you arrive (common for "invitational meets"). "Scratch sheets" are due by 8am from the coach to the clerk of course. Without a "positive check-in", the swimmer may inadvertently be disqualified from his or her first event or possibly all events. Even if the swimmer is in the water for warm-ups and thinks the coach knows they are there, the swimmer still needs to check in with the coach face-to-face.

- **DRESS ACCORDINGLY**

Wear something cool because pool areas are usually beastly hot. On the other hand, if it's cloudy, windy and rainy, we're outside and swimmers could get cold. Make sure you have dry towels and sweatshirts for swimmers.

- **SIT WITH THE TEAM**

Parents and swimmers should sit with the team. This makes it much easier for coaches to find swimmers for their races and relays as well as gives the swimmers time to hang out together, an opportunity for the parents to get to know each other, and a makes a big cheering section for our team!

- **PAY ATTENTION TO THE SCHEDULE**

"Heat Sheets' will be posted just prior to starting the meet. Your coach will also have a copy of a "heat sheet" to find out what event number, heat & lane the swimmer will be in.

- **WRITING ON HANDS**

Although not required, by writing information in waterproof ink on the back of the swimmer's hand, the swimmer can watch and listen for his or her events to be seeded and remember what the events are. This also allows the swimmer to check whether he or she is in the correct heat and lane.

The information on the hand represents the swimmer's individual events at the meet the swimmer is attending. Make up your own shorthand; for example, "4/3/5 100fr" might mean 100-yard freestyle: event #4, heat #3, lane #5.

- **HELP OUT**

USA Swimming meets are timed electronically with the assistance of two backup human timers. Each swim club represented at a swim meet is required to provide timers for the entire meet. Parents present at the meet informally decide on timing shifts to cover the assignment. All parents are expected to participate. It's the best (and often "coolest") seat in the house (with free cold drinks and snacks). Don't worry about lack of experience. It's simple, and stopwatches are provided.

- **RACE RESULTS**

After the race, the swimmer goes immediately to the coach for feedback. If the coach is with another swimmer or watching another Dolphin compete, your swimmer needs to be patient while waiting. A printout of the electronic results will be posted in a specified area near the pool, usually within 15 minutes of the race. Check the results and record your swimmer's time in your program. Later, you can check times on Team Unify. Results are also posted on the web within a day at MauiDolphins.org.

- **DISQUALIFICATION**

Swimmers are occasionally disqualified (DQed) during their event. Reasons for a DQ range from false starts to performing strokes, turns, or finishes incorrectly. DQs are judgments made by the USA Swimming officials. The official will explain to the swimmer or coach the reason for the DQ. The coach will review and reinforce this judgment. Parents should not question the judgment of an official. DQs can be difficult for swimmers and parents to accept, but they do happen to every swimmer sooner or later. It is helpful if the parent accepts the fact that USA Swimming has high standards and that the same standards apply to every swimmer. Performing the skills of swimming in accordance with USA Swimming standards is part of the discipline process that makes swimming a character-building sport.

- **RELAYS**

Coaches, not parents, sign swimmers up for relays. Relays consist of four swimmers of the same gender and age group. The coach will determine the swimmers for each relay. When swimmers are chosen for relays, they need to plan to stay for the event. Swimmers who do not stay for relays may be excluded from subsequent team relays. It is very difficult for the other swimmers when one leg of their relay departs from the meet, leaving them unable to participate. Relays are usually same gender and same age-group swimmers. They are offered in distances of 100 (8&under short course only) & 200 yards or meters. USA Swimming teams will offer both freestyle relays and medley relays, in which each swimmer is assigned a stroke as his or her leg of the relay. Relays can be very exciting for both the swimmers and the spectators and make swimming more of a playful team sport.

- **FOLLOW THE RULES**

Please remember to follow all of our Swim Club Rules while at swim meets, especially the rule about THREE POINT ENTRY. This is especially important to remember when warming up before or cooling down after a race. DO NOT jump or dive into the pool, or you will be disqualified from the meet.

WHAT TO BRING TO THE MEET

Experienced Dolphins recommend bringing the following:

- Team suit
- Goggles—well-adjusted and leakproof
- Extra goggles just in case
- Team swim cap—or two in case of rips
- Sweatshirt and sweatpants
- Towels—two or three are needed because the swimmer dries off after warm-ups, between events, and when changing to go home
- Plastic water bottle and/or drinks in containers other than glass
- Food (almost all meets sell inexpensive concessions: coffee, juice, soda, hot dogs, pizza, sandwiches, baked goods, and so on)
- Sunscreen, hat, sunglasses

OPTIONAL

- Sleeping bag or blanket
- Pillow (optional)
- Folding lawn chair for parent
- Quiet activities: homework, books, handheld electronics, playing cards, etc.
- Highlighter to mark your swim program
- Ballpoint pen or Sharpie to write on your swimmer's hand
- Stopwatch (optional)

Some of these items may seem unnecessary, but when you arrive at your first meet, you will soon understand the value of each and be glad you brought them

COACH INFORMATION

Coaches Responsibilities

The coach's job is to supervise the entire swim program. The MDSC coaching staff is dedicated to providing a program for youngsters that will enable them to learn the value of striving to improve oneself to be their very best. Therefore, the coaches will be in total control in matters affecting training and competition.

1. The coaches are responsible for placing youngsters in practice groups. This is based on the age and ability level of each individual. When it is in the best interest of a swimmer, he/she will be placed in a more challenging training group by the coach.
2. Sole responsibility for stroke instruction and the training regimen rests with the MDSC coaching staff. Each group's practices are based on sound scientific principles and are geared to the specific goals of that group.
3. At meets, the coaching staff will conduct and supervise warm-up procedures for the team. After each race, the coaches will offer constructive criticism regarding the swimmers performance. (It is the parent's job to offer love and understanding regardless of their youngster's performance)
4. The building of a relay team is the sole responsibility of the coaching staff.
5. Acceptance into the Maui Dolphins Swim Club does not guarantee training under a particular coach. Coaches may be assigned to different age groups or training levels during the course of the year. All swimmers are expected to train with their assigned coach.

Sometimes it is necessary for a parent or swimmer to have a conference or address a concern with the coach. The time is not during a practice or on the pool deck at a swim meet. Parent conferences are a common occurrence and can be very constructive, but please make an appointment with the coach before or after practice.

PARENT INVOLVEMENT

As the parent of a swimmer, your main responsibility is to provide a caring and supportive environment for your swimmer. This support will encourage your swimmer to feel good about their interest in swimming.

Raise the praise. Minimize the criticize.

Show your support by ensuring your swimmer's attendance at practices and swim meets. Parents can contribute to the success experienced by the swimmer and his or her team. Parents serve as role models, and children often emulate their attitudes. Strive to be a positive role model. Most important, show good sportsmanship at all times toward coaches, officials, opponents, and teammates. Be enthusiastic, but remember that your child is the swimmer. Swimmers need to establish realistic goals. Parents should not impose their own standards.

It is far better to set goals of improvement than goals of winning.

All parents of swimmers are expected to participate in volunteer support services. There are many options ranging from participating in team organization, fundraising to volunteering at meets or becoming a trained USA Swimming swim official. In each swim season (LCM & SCY), in addition to providing timing services, MDSC needs to provide refreshments for timers and officials as well as set up, break down and run the timing systems for all meets that we host. ALL meets require timers in proportion to the number of swimmers on each team. MDSC sponsored meets (which happen 4-6 times a year) need every family's involvement for success.

Show your support through Parent Participation.

Also consider making a contribution through serving on the Board of Directors. Elections are held in December of each year, and it's a great way to directly impact the success of the club.

We also ask that you participate in fund-raising as it occurs. It is the volunteer efforts of individual parents that allow for the existence of the club. Our dues merely cover the coach's salaries and our relatively small operating expenses, and we also are pleased to offer some of the nation's lowest swim team dues so that more kids can participate. But that means to improve the gear, provide training for coaches, have team travelling opportunities, and team events, we rely solely on fundraising.

Furthermore, MDSC is a 501c-3, meaning that donations beyond monthly dues are tax deductible. If you or a company you know of would like to sponsor the team, please notify a board member.

RECYCLE!

Take your HI5 recycling to Aloha Recycling across from VIP in Kahului ... and give to MDSC.

As a benefit to our parents, if they register with USASwimming or USMS, they can swim while their children are practicing from March through early November (when High School swimming is not in session and we have room). Fees or volunteer efforts are worked out with the board.

MORE INFORMATION

For more information please visit:

MauiDolphins.org

Provides MDSC team information as well as information covering competitive swimming on Maui in general.

Also provides information about the Board of Directors, including the by-laws, meeting times, agendas, minutes, and financial statements.

All the forms, paperwork, and printed information regarding the club can be found here.

Sign in to access your swim times, account and membership information, and to participate in club events and see club photos.

Hawaiian Swimming

<http://www.hawaiianswimming.org/>

USA Swimming

<http://www.usaswimming.org/>

Use your USA-S Registration number to create a website login for even more access to great swim tips, national records, training videos and directories to all USA-S clubs.