

Kona Dolphin Swim Club
PO Box 695 Kailua Kona, HI. 96745
808 557 8074
www.konadolphins.com



Announcements and Information for Parents Kona Dolphin Swim Club 2017-2018



IMPORTANT DATES TO MARK ON YOUR CALENDAR

DATE	LOCATION	POOL	HOST
SEPTEMBER 16TH	WAIMEA	HPA HIGHSCHOOL	ASC
OCTOBER 21st	HILO	TBA	HAQ
NOVEMBER 4TH	KONA	KCAC	KONA
NOVEMBER 18TH	HILO	KAWAMOTO	WAC/HISC
DECEMBER 2nd&3rd	KONA	KCAC	PHIN- THATS US!
DECEMBER 15TH-18TH STATE CHAMPIONSHIPS!	KONA	KONA COMMUNITY AQUATIC CENTER	ALL TEAMS ON THE BIG ISLAND CO-HOST

The swim team that hosts is responsible for providing food and drinks to officials, coaches and timers. Please confirm what items you will donate on the sign-up sheet that will be posted on the pool deck wall two weeks prior to the meet. Although we provide the food it is only for the officials, coaches and timers. Please bring your own cooler filled with healthy snacks and drinks for your swimmers. When we are doing break down/cleanup, for those that stay and help we are more than happy to share any leftover food and drinks.

"Getting Kids Together & Doing Something Positive"

Mission Statement & Objectives

The Kona Dolphin Swim Club seeks to promote competitive swimming for boys and girls by offering the best possible coaching in a friendly and high-achievement environment.

As a swimmer, you will meet new friends and participate in exciting swimming competitions on the Big Island and elsewhere in Hawaii. You will have the opportunity to accomplish your swimming goals through concentration and hard work; and, of course, to have fun!

At each level, the goals we set are specific and directed toward meeting the needs of our swimmers. Because each child progresses at his or her own rate, our coaches recognize this fact by placing a swimmer in the proper group based on the swimmer's physical, mental, and emotional level of development.

The Objectives of our program are:

- To promote the enjoyment of swimming as a healthy sport and as a "skill for life"
- To develop sportsmanship
- To help and encourage swimmers to reach their full potential consistent with their skills and abilities
- To develop mutual understanding among coaches, parents and swimmers on the need for cooperation, self-motivation, respect and team spirit in the pursuit of excellence.

HOW TO KEEP YOURSELF WELL INFORMED

Please check out website (www.konadolphins.com) or visit us on Facebook to keep upon the latest news, events and schedule changes. The website is updated daily. We also suggest that each time you bring your child to practice or pick her or him up, please come to the pool and read the latest news bulletins that are posted on the wall. Thank you very much.

TIMERS AND OFFICIALS

Why do we need timers and officials? For the simple reason that without them, there will be no swim meets! Please help out and show your team spirit and support – TIME! Or better yet, become a USA Official. It's fun and exciting and the best seats in the house! Also always receive a lovely lunch. For information on becoming a USA Swimming Official, see Coach Joyce or Coach Kathy. They will steer you in the right direction and introduce you to head officials on the Big Island. It is a great experience and a super way to make friends from not just the Big Island but all over the State!

PARENTS ON DECK

We would like to remind and emphasize to please observe the USA Swimming rule that NO ONE is allowed on deck during swim practices or swim meets unless that person is a certified USA Swimming Coach or Registered USA Swimmer. This rule is for the safety of the swimmers and so that the coaches can keep a visual on all swimmers at all times.

Please note that the NO ONE allowed on deck rule is especially true during a swim meet. You will be asked to leave the deck.

SWIM MEET PROTOCOLS FOR PARENTS

The following are portions of an article by D. Pursley that appeared in the *American Swimming Magazine*.

Enthusiastic parental support is strongly encouraged, because it is absolutely essential to the success of a swim program and the swimmers. However, it is necessary to establish clearly defined guidelines that will enable the coaching staff to provide a competitive environment for the swimmers that will be the most conducive to their success and development.

The first of the ten “*Do’s and Don’ts for Parents*” published by USA Swimming is: ***Remain in the spectators area at swim meets!*** There is a logical rationale behind this rule: “Too many cooks in the kitchen (i.e. swimmers, parents, coaches) makes it more difficult to establish a distraction free environment that is necessary to better enable the swimmers to focus and concentrate on the task at hand.

Too much “hand holding” by parents will delay the development of self-reliance, responsibility and accountability by the swimmer.

Swimmers will often feel an inordinate amount of pressure from a well-intended but “overly-supportive” parent.

The swim meet is the swimmer’s show and the pool deck is his or her stage. The second of the ten “*Do’s and Don’ts for Parents*” is: ***Don’t advise the Coach on how to do the job***

and the third is: ***Don’t coach your child during the swim meet.***

Swimmers want their parents to be a presence, but they want this presence to be one of unconditional

support with little advise.

It is important to note that these guidelines are not meant in any way to discourage enthusiasm and cheering. In fact the sixth of the ten “*Do’s and*

Don'ts for Parents is: ***Cheer for your team*** and the seventh is: ***Show interest, enthusiasm and support for your child.***

Everything You Wanted To Know About Swim Meets But Were Afraid To Ask

Excerpts from USA Swimming's Sample Club Handbook

At the Beginning of the Meet

1. Please arrive at the pool at least 15 minutes before the scheduled warm-up time begins. (This time is listed in the meet information posted on the wall of your pool and on your website. *(If your child arrives too late, she or he will miss the warm-up).*)
2. Upon arrival, find a place to put your swimmer's towels, blankets, swim bags and other gear. The team usually sits in one place together, so look for familiar faces. Also, at Kona meets we have tarps and pop up tents that are for the swimmers and swimmers only. We ask that you give them shade and room to rest. It is very important for their performance at the meet. If you have a pop up tents, please bring them to Kona meets for shade for your parents and families.
3. Before the meet starts, please check the wall by the swimmer's tarp for the list of events your child will be swimming in the meet and PLEASE WRITE THEM DOWN.
4. *Have the swimmer write each event-number on her or his hand (or arm) in ink.* This helps the swimmer to remember the events in which she or he is swimming and the event numbers to watch form.

5. Heat Sheets – Test list all the swimmers in each event in order of the “seed time”. Each swimmer and his or previous best time in that event are listed. If a swimmer is swimming an event for the first time, he or she will be entered as “NT” (no-time). A “no-time” swimmer will swim in one of the first heats of the event. Heat Sheets should be posted close to the start of the meet and will list the actual heat and lane in which a swimmer will swim. *It is imperative that the swimmers know their events, heats and lanes.*
6. It is very important for the swimmer to warm-up. A swimmer’s body is just like a car on a cold day – the engine needs to get going and warmed-up before it can go all out.
7. After warm-up, *your swimmer* returns to the area where he or she will *wait there until her or his first event is up*. This is a good time for a bathroom break, to get a drink or just to get setline in.
8. The meet will usually start about 15 minutes after warm-ups are over.
9. According to the USA Swimming rules (because of insurance purposes), *parents are not allowed on deck or behind the blocks (especially not in the timers area and chairs)* unless they are serving in an official capacity.

Once the Meet Starts

1. It is important for a swimmer to know what event numbers, heats and lanes she or he is swimming (*this is why having the number on their hand is a great and helpful idea*).
2. Girls events are odd-numbers and boy’s events are even-numbered. Example: Event #25: 10-under Girls 50 Yard Freestyle

Event #26: 10-under Boys 50 Yard Freestyle

3. A swimmer reports directly to his or her lane for competition *a number of heats before he or she actually swims*. Swimmers report with caps and goggles either on or in their hands.
4. After each race the swimmer asks the timers for his or her time.
5. The swimmer should then immediately go to his or her coach. The coach will discuss the swim with each swimmer.
6. The coach follows these guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvements
7. The swimmer will be asked by the coach to do some recovery swimming *if* a “warm down” pool or lanes are available.
8. Things you, as a parent, can do after each swim:
 - a. Tell how proud you are and what a great job she or he did (“You are AWESOME”)
 - b. Take the swimmers back to the team area and relax, after they have done their recover swim

if the “warm down” pool or lanes are available.

- c. This is another good time to go to the bathroom, get a drink or eat something light.
 - d. The swimmer now waits until his or her next event and starts the procedure again.
9. The BIG “DQ”. We don’t expect everyone to swim perfect all the time. Event Olympians still get disqualified. Each meet is a learning experience. When disqualified an official will give the coach (or swimmer if coach is busy) a yellow slip that explains what the swimmer did incorrect. This slip will be immediately brought to the coach so they can discuss the swim with the swimmer. PLEASE, be patient and support your swimmer when they are DQ’d.
10. When a swimmer has completed all scheduled events, the swimmer and parents may go home. Make sure, however, you, as a parent, check with the Coach before leaving, especially if there are relays scheduled for the meet or our team is in charge of clean up/break-down.
11. Results are posted on the wall somewhere in the facility during the meet as well as posted on our website after the conclusion of the meet. Ribbons are gathered for a team and given to the Coach at the end of the meet. The Coach gives our the ribbons at a later date.

KONA DOLPHINS PRACTICE HOURS AND DUES

We have four groups (Spinner Dolphins, Junior Spotted Dolphins, Spotted Dolphins and Racer Dolphins) that swim on different days and at different hours. This schedule is designed so that all our swimmers will receive the attention and coaching they need to progress to higher levels.

Coach Joyce has placed each swimmer in a specific group. She will move a swimmer up into a more advanced group when he thinks that swimmer is ready. To be eligible to move up to the next group, a swimmer must have a good attendance record for six months, be able to finish the whole practice session, and swim sets designated by Coach Joyce on a specific interval.

Please remember which days and at what times your child is scheduled to swim. Please be punctual and always bring your swimsuit, goggles, cap and towel!

PARENT OBLIGATIONS TO PAY DUES AND FEES

Monthly club dues & practice schedule are:

Spinner and Junior Spotted Dolphins: \$67.50 Monday-Friday 3pm-4pm

Spotted, Junior Racer, & Racer Dolphins: \$77.91 Monday-Friday
4pm-5:30pm Dryland tuesday wednesday and Thursday 3:30pm-4pm

Payment is due on the first of each month. Payment must be received and posted before midnight on the 14th of each month. Late fees will be assessed by the system at 12:01 A.M. on the 15th of each month. A late fee charge of \$10 will be imposed on dues received after that date. Check your account balance and/or set up auto payments using a credit/debit card or bank account at www.konadolphins.com.

There is also a \$20 semi-annual administration fee per family due ever six months after you join the swim club. It is very important that you view your invoice each month as to not miss when this charge is applied to your bill.

We regret to announce that if dues are delinquent for more than two months, we will request that the involved swimmer not come to practice.

Dues revenues are the principal source of income for our club. Please be responsible in paying dues on time. Thank you!

MINIMUM AGE TO BECOME A DOLPHIN

We would like to remind you that, as of January 2009, we imposed a rule that we will only accept a child to our club who will be seven (7) years old in the year that he or she joins our club. Coach Joyce & Coach Kathy will, however, have the discretion to accept a younger child who, in his view, shows maturity and advanced swimming abilities.

KONA DOLPHIN TEAM CAPS AND SUITS

Custom Kona Dolphin Swim Club silicone team caps with swimmer name or nickname are available in black and pink. To place an order we need to purchase a minimum of 48 caps and each swimmer must buy at least two with the name (or multiples of two). The price is \$13.50 per cap. If you are interested, please contact Coach Kathy. Once she is ready to place the order, payment in advance is required. Regular Kona Dolphin Swim Club silicone caps are also available from Coach Kathy for \$13.50. See her at the pool if you'd like one.

Team Tech suits can be found online at www.konadolphins.com. Normal team racing suits are ordered in large amounts with coach kathy prior to the season. We will let you know when we do an order.

TEAM GEAR

Spinner and Junior Spotted: Fins (rubber with closed back), kickboard, midline snorkel, & mesh gear bag

Spotted, Junior Racer, and Racer: Fins (rubber closed back), kick board, midline snorkel, finis agility paddles, & mesh gear bag

All gear can be purchased by going to this link <http://www.elsmoreswim.com/index.php?tid=359>

or by going to www.konadolphins.com and clicking "team store"

IF you are going to look for gear locally please look at the team store or consult with a coach on which gear to buy as not all fins are made for swim team workouts. Jack's diving locker carries fins, midline snorkels, goggles, and practice suits.

THE COACHES' CORNER

We want to encourage all our swimmers to come to practice often.

Please be punctual. Always bring your swimsuit, goggles, cap and towel. And, more importantly, also take these items home after practice! The coaches are not responsible for your goggles, caps or swimsuits!

Parents: Please make sure that your child comes to practice with a bottle or water and a snack. Please remember that snacks must be consumed outside of the pool deck area after practice. Thanks for your cooperation.

Once again, we ask the parents to please observe the USA Swimming rule that ***no one is allowed on deck*** during a swim practice unless that person is a certified USA Swimming Coach or a USA Swimming registered Athlete Member *assisting* a coach.

We would like to remind our parents to visit our team's website, www.konadolphins.com. You will find events, news, schedules, photos and your invoices. If you have photos from practice or meets, please e-mail them to Coach Joyce Follis at joyceufollis@gmail.com and she will be happy to add them. Please check the site often for last minute schedule changes.



KONA DOLPHIN SWIM CLUB PARENT PACKET ACKNOWLEDGEMENT FORM

I, _____ the parent/legal guardian of _____,
acknowledge that I have read, in its entirety, the Kona Dolphin Swim
Club Parent Packet and agree to the rules, regulations and terms set forth
in the for mentioned packet.

Signature: _____ Date: _____

(Parent/Legal Guardian)

PRIVATE INSTRUCTION POLICY

Effective October 1st, 2010, as a member of the Kona Dolphin Swim Club, receiving outside instruction/training without the consultation and referral from Kona Dolphin Swim Club Head Coach Joyce Follis or Assistant Head Coach Kathy Clarke is against Kona Dolphin Swim Club policy and is grounds for removal from the team. If you would like private lessons please contact Coach Harry or Coach Kathy and they can provide you with a list of certified swim instructors/ coaches to work with your swimmer.

Our coaches and instructors have attended national USA Swimming, Hawaii Swimming, and ASCA Coaches conferences as well as other technique training annually and bi-annually. These coaches and instructors all teach within the Kona Dolphin model, vision, standards, and uphold the Kona Dolphin Swim Club Mission.

Kona Dolphins prides itself in team unity and loyalty to the coaches, staff, and swimmers. We do not want to compromise the time and effort our coaches and your swimmer(s) have put in physically, mentally, and emotionally. We are 100% dedicated to your swimmers' goals in and out of the pool and providing them with positive feedback that translates into confidence and success.

Mahalo Nui,
Kona Dolphin Swim Club Coaches and Staff

I, _____, have read and agree to abide by the Kona Dolphin Swim Club Private Instruction Policy.

Signature _____

Date _____ (parent/ legal guardian)