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**Wild Dunes Dolphins**

**Team Handbook**

**Introduction**

We encourage you to fully explore this handbook. It’s a guide to the philosophy and practices of the Wild Dunes Swim Team. This handbook is intended to answer questions about our team. It is not meant to replace dialogue between swimmer and coach or between coach and parent. We encourage swimmers and parents to get to know the coaches and communicate with them. Please visit wilddunesdolphins.com. The website is our primary means to disseminate important and routine information.

**Mission Statement**

The Wild Dunes Dolphins Swim Team (WDD) is dedicated to the emotional and physical development of swimmers, and to the morale of the community in which we live. The coaches, the parents, and all involved in will strive to make swimming a fun experience. Parents and swimmers will experience the benefits of hard work and sacrifice, the traits of good sportsmanship, the value of self-discipline, the seeds and fruits of leadership, the exhilaration of competitive zeal, and the joy of community spirit.

**Practice Information**

In order to improve in swimming there is one basic fact: YOU MUST COME TO PRACTICE AND WORK HARD. One day without practice cancels out the progress made in two days of practice. We would like to see each swimmer make every effort to come to practice as much as possible. It is okay to miss practice for softball games, school events, trips, sickness, emergencies, etc.

**Swim Team Tryout Policy**

Our team tryouts are basic skills evaluations. We consider our team's emphasis on discovering and developing the ability of each swimmer to be one of our greatest strengths. Improving each swimmer every year is the basis for the team's enduring success. Although all swimmers in an age group are not of the same ability, we do try to allow each swimmer to swim with their peers. In some cases, we ask kids to swim with the next age group. This is only done in the best interests of the swimmer and is usually only temporary.

**Pod Squad**

We have young swimmers between 5 to 6 years old that make up our Pod Squad. These younger swimmers normally should be able to swim one length of the pool to be part of this exhibition-only group. By the end of the season, the pod squad are very good swimmers.

**Attendance Policy**

We expect swimmers to come to at least half of the practices each week. Early in the season, this means a minimum of two (2) practices per week.

**Practice Show Times**

Swimmers should be at the pool at least 5 minutes before practice officially starts. Most importantly, swimmers must avoid starting late and losing precious practice time. **Stay out of** **pool until the coaches start practice.** We are official “guests” of Wild Dunes and must respect using their pool for practice only (unless your family has a Wild Dunes membership)

**Practice Cancellation / Weather**

Never assume that practice will be canceled if the weather is not perfect. The team will practice in the rain. The Head Coach determines if lighting or extreme weather will not permit practice, and makes the cancellation decision. The pool is heated, so cool temperatures will not limit or cancel practice. A suitable cancellation email and text message will be sent via our website notification service. All swimmers and parents should register for the notification service (Rainedout.com) through our website.

**Practice Schedule**:

**May**

Monday – Thursday 6pm-7pm 8 and under 7pm-8pm 9 and Up

**Summer Schedule**

Starting June 1st

Practice: Monday, Tuesday and Thursday.

Age group times the same.

Meets on Wednesday.

 \*\*\*On Thursday’s Practice, ribbons from the meet will be given out. \*\*\*\*

**Meet Information**

**Meet Start Times**

Warm-ups for all dual meets begin at 5pm. The competition begins at 6pm and ends around 9:00-9:30 pm. For home meets, swimmers should be at the pool at 5:00 (but not any earlier or later).

**Swimmer Accountability**

We strive to instill personal responsibility in all our swimmers. Swimmers are "on their own" as far as knowing when to report for their events. Heat sheets are posted at the beginning of each meet. All swimmers should actively track the progress of the meet, cheer for the team, and remain aware of when they are swimming. The coaches will not seek out a swimmer who has not appeared for their event. Missing an event is the sole responsibility of the swimmer, and this could result in the swimmer being held out of their remaining events and/or the next swim meet.

**Age Groups and Aging Up**

The age group a child swims in is determined by their age on June 1st. The child will swim in that age group the **entire season**. League rules allow us to “age-up” swimmers one age group during a meet. We’ll do this to fill out a relay and occasionally for individual events. Aging up is not punishment – we’ll only do it if we feel the swimmer is ready for it, and we’ll try to alternate swimmers who are aged up for individual races. If a swimmer is aged up for individual races, they cannot swim in any event in their normal age group that meet. If a swimmer is aged-up for a relay only, then they can still swim in individual events in their normal age group.

**Sportsmanship**

For a swimmer, sportsmanship means acting in a fair, respectful, and gracious manner. Our expectations in this area are high for each swimmer. This is important because we want everyone involved in this team to feel good about their participation and commitment. Pride should come from more than just membership in a team and one's personal accomplishments.

What does this mean for a swimmer during a meet? The following list includes obvious examples, but it is by no means a complete list:

(1) A swimmer should acknowledge the competition from his/her own and the other team(s). This means telling the other swimmers "good luck" or something similar. Some swimmers shake hands before the race.

(2) A swimmer should try his/her hardest, at all times, no matter what the level of competition. It is disrespectful to everyone if you swim in a sloppy manner, do a "trick" dive, or in any way mock your competition.

(3) A swimmer should stay in the water until all swimmers have finished. How would you feel if you were the last swimmer to finish, and all of your competitors had already left the pool to get their ribbons?

(4) A swimmer should remain calm and composed if the results of the race are not as they expected. Do not hit the water or complain if you did not finish as you hoped or make the time you wanted. This type of behavior sets a terrible example for the rest of the team. If you are unhappy with your race, talk with your coach about it. Together you can figure out what happened and what can be done for you to improve for your next race.

(5) A swimmer should thank his/her opponents for a good race. Swimmers should say this to their competition in the lanes next to them and shake the hands of their opponents. You should also acknowledge the effort of your teammates, as well.

**Participation**

We try to have as much swimmer participation in meets as possible. That being said, if a swimmer fails to follow the team attendance policy, that swimmer will not be entered on the heat sheet for meets. Not showing to a meet may require last minute changes to the heat sheets or a loss of points for our team. Swimmers who repeatedly fail to give advance notice that they will be missing a particular meet, will not be placed on the heat sheet for the next meet.

**Vacations, Camp or Missed Meets**

If you are going to miss a meet, please let us know as soon as possible. Please submit a note to the coach. Email to **Swim@wilddunesdolphins.com** the days you know you’ll be absent. This helps us plan ahead for swim meets. If you go on a trip, try to swim or exercise where you are even if it only means swimming a few laps in a hotel pool. The coaches will be happy to give you a practice plan if requested.

**For Parents**

**Volunteers.** The success of our team depends upon the parent support. It takes as few as 27 and as many as thirty volunteers from each team to run a swim meet. We ask that one, or both, parents volunteer at a minimum of three (3) meets during the season. You can be excused from this commitment with a financial donation. If you have signed up to volunteer at a meet and cannot make it, please arrange for someone else to cover for you. Warm up time can be hectic if there are last minute no-shows by either swimmers or parent volunteers. A description of volunteer positions is available and should be consulted if you are not clear as to the expectations of the position you’ve signed up to cover.

**Payment in Lieu of Volunteering.** Parents may elect to pay a Volunteer Fee in lieu of signing up to volunteer at a minimum of three (3) meets during the season. The fee is $100 for the first swimmer in a family and $50 for each additional swimmer and is due at the time of registration. **This does not include the Championship Meet. If your child is invited to swim, all parents must be able to help out.**

**Home/Away Meets.**

ECSL designates meets as home or away meets. The home team has multiple responsibilities for hosting a meet. In the case of Wild Dunes, we are not able to host the meet at our facility, but we are still required to perform the responsibilities. We will provide officials and must maintain the pool area to its original appearance following the meet. As guest in other league pools, this may mean moving pool furniture, collecting and emptying trash at the end of the meet. Team volunteers will advise the team of our “Home Meat” responsibilities.

**Scoring.** Six and under will not be disqualified, nor will they be scored. For all other age groups, individual events are scored 1st thru 4th. Relays are scored 1st thru 3rd.

**Individual Events**: 6 pts First **Relay**: 6 pts First

4 pts Second 4 pts Second

2 pts Third 1 pt Third

 1 pt Fourth

**Order of Events**

1. 6 & U Girls Free Relay

2. 6 & U Boys Free Relay

3. 7-8 Girls Free Relay

4. 7-8 Boys Free Relay

5. 9-10 Girls Free Relay

6. 9-10 Boys Free Relay

7. 11-12 Girls Free Relay

8. 11-12 Boys Free Relay

9. 13 -14 Girls Free Relay

10. 13-14 Boys Free Relay

11. 15-18 Girls Free Relay

12. 15-18 Girls Free Relay

13. 6 & U Girls 25 Free

14. 6 & U Boys 25 Free

15. 7-8 Girls 25 Free

16. 7-8 Boys 25 Free

17. 9-10 Girls 50 Free

18. 9-10 Boys 50 Free

19. 11-12 Girls 50 Free

20. 11-12 Boys 50 Free

21. 13-14 Girls 50 Free

22. 13-14 Boys 50 Free

23. 15-18 Girls 50 Free

24. 15-18 Boys 50 Free

25. 7-8 Girls 25 Breast

26. 7-8 Boys 25 Breast

27. 9-10 Girls 50 Breast

28. 9-10 Girls 50 Breast

29. 11-12 Girls 50 Breast

30. 11-12 Boys 50 Breast

31. 13-14 Girls 50 Breast

32. 13-14 Boys 50 Breast

33. 15-18 Girls 50 Breast

34. 15-18 Boys 50 Breast

35. 6 & U Girls 25 Back

36. 6 & U Boys 25 Back

37. 7-8 Girls 25 Back

38. 7-8 Boys 25 Back

39. 9-10 Girls 50 Back

40. 9-10 Boys 50 Back

41. 11-12 Girls 50 Back

42. 11-12 Boys 50 Back

43. 13-14 Girls 50 Back

44. 13-14 Boys 50 Back

45. 15-18 Girls 50 Back

46. 15-18 Boys 50 Back

47. 7-8 Girls 25 Fly

48. 7-8 Boys 25 Fly

49. 9-10 Girls 50 Fly

50. 9-10 Boys 50 Fly

51. 11-12 Girls 50 Fly

52. 11-12 Boys 50 Fly

53. 13-14 Girls 50 Fly

54. 13-14 Boys 50 Fly

55. 15-18 Girls 50 Fly

56. 15-18 Boys 50 Fly

57. 9-10 Girls 100 IM

58. 9-10 Boys 100 IM

59. 11-12 Girls 100 IM

60. 11-12 Boys 100 IM

61. 13-14 Girls 100 IM

62. 13-14 Boys 100 IM

63. 15-18 Girls 100 IM

64. 15-18 Boys 100 IM

65. 7-8 Mix Medley Relay

66. 9-10 Mix Medley Relay

67. 11-12 Mix Medley Relay

68. 13-14 Mix Medley Relay

69. 15-18 Mix Medley Relay

**Mixed Medley Relay**. Each age group team consists of two girls and two boys swimming in

any order. No exceptions. Strokes are swum in the following order: backstroke, breaststroke, butterfly, and freestyle.

**Awards.** First thru sixth place ribbons are awarded for individual events. First thru third place ribbons are awarded for relays. Approximately 600 ribbons are awarded each meet.

**Infraction Signal** **(DQ)**. (Referee, Starter, or Stroke and Turn Judge). Upon observing an infraction, immediately raises one hand overhead. If the official doesn’t raise a hand, there will be no disqualification. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.

**Weather Cancellation/Reschedule.** In case weather interferes with continuation of the meet, the host pool manager or operator has the primary right to clear his pool or stop the meet. The Meet Referee is the secondary decision maker about whether the meet should be temporarily stopped, or cancelled/rescheduled. It’s normally better to have a meet run late than reschedule.

**Where to Sit**. We must adhere to the directions of the host team. At some pools, it isn’t always possible for all our team parents to find acceptable seating. Please understand that every team's facility is unique, and we must be tolerant of their facilities. Consider bringing your own chairs to every meet. Some pools may not allow you to bring chairs into the immediate pool area, or they may restrict your chairs placement.

**What to Do**. Parents are encouraged to cheer and support the team during swim meets. Some parents assist in the running of the meet or activities related to it (we always need volunteers – contact our meet coordinator for opportunities). We encourage swimmers to only visit briefly with their parents during the meet, and we ask parents to support our principle that swimmers remain in the team area. Since we are always the guest team, please encourage, and help, your swimmer clean up the area around their chairs at the end of the meet.

**Swimmer's Ear**

Swimmer's Ear causes pain, and it can force them to miss important practices and meets. Weeks, and months, of effort by a swimmer can quickly be squandered by a case of Swimmer's Ear. This can be easily avoided by strictly following one simple rule: Dry out your ears out after you are in the pool or shower. To prevent swimmer's ear:

* Use eardrops to chemically dry out your ear. Parents should make sure their kids are using them correctly. Most families make their own using 50% vinegar and 50% isopropyl alcohol.

**Team Suits and Caps**

Year-round suits/caps are not allowed. Wearing these at ECSL meets will result in disqualification. Team members are not required to purchase a team suit or a team cap. However, we do prefer to see the swimmers wear them, especially during swim meets. Details for ordering a team suit will be handled by East Cooper Sporting Goods on Coleman/Ben Sawyer Blvd (next to Haddrell’s). You may visit ECSG at your convenience to order/purchase a suit. A representative from the store will be at team registration.

**Team / Individual Photographs**

A team photo is taken each year early in the season and available for purchase. This is one of our small fundraisers to help offset the costs of running the team and funding our end of the season awards banquet.

**Goggles**

The use of goggles is optional, but we suggest each swimmer have one or two pairs of goggles. The chlorine in the pool is kept at a high level, so your eyes will hurt without them. Most of the team is using the same style of goggle, so it is important to differentiate your pair from others. Be sure to write your name on both sides of the strap with a permanent marker.

**Team Banquet and Team Awards**

Do not forget the end-of-the-season team banquet It consists of two parts: (1) an award ceremony; (2) light food and drinks. The banquet and the post-awards mingling provide a wonderful chance for all members of the team to wrap the season up. At the banquet, each swimmer will receive recognition from their coaches

**Team T-shirts**

Team shirts are provided for each team member. Additional shirts for parents and siblings may be ordered at the time of registration.

**General Suggestions**

* Feel free to bring up any suggestions or problems to the coaches. However, please make it before or after, not during, practice. During practice, besides coaching, we have to be lifeguards, and cannot be distracted from the pool.
* Parents are welcome to observe practice, but we ask that you refrain from interacting with the swimmers until practice is finished.