



2022 PARENT HANDBOOK

About the Dolphins

THE VISION OF THE DEL NORTE DOLPHINS SWIM TEAM

The goal of the Del Norte Dolphins is to offer a quality competitive, recreational swimming program that allows swimmers, parents, volunteers, and coaches to experience growth and development through the sport of swimming in a positive and inclusive environment.

THE MISSION OF THE DEL NORTE DOLPHINS IS TO:

1. Provide a safe and positive environment for swimmers to learn the sport of competitive swimming.
2. Create a culture where anyone, regardless of age or ability, feels like they are a valuable and contributing member of the team.
3. Build a program that is a family first.
4. Develop a team consisting of athletes, parents, officials and coaches that are respected throughout the local swimming and general communities.
5. Prepare our athlete to move to the next level of swimming, should they want to pursue that option.
6. Expose our swimmers to the lifelong benefits that swimming offers.

OUR CORE VALUES (#FlippersUp)

Respect – towards our swimmers, parents, coaches, club members, our competitors and officials.

Commitment – to the goals we set both in and out of the water.

Growth – We will take the steps necessary to grow both personally and as a team.

Inclusion – We will strive to make sure that every swimmer who enters our program feels safe, comfortable and a valuable asset to the Dolphin program.

Leadership – develop individuals that are leaders in every aspect of their lives.

Sportsmanship – win or lose we congratulate our competition, cheer for our teammates and friends and maintain a positive attitude.

Welcome Swimmers and Parents to the Del Norte Dolphins

Dear Dolphin families,

We're baaaaack!!

On behalf of the Del Norte Dolphins Swim Team Parent Board, I would like to welcome both new and returning families to the 2022 swim season!

I'm very proud that we swam throughout late 2020 and 2021, getting back into the water as soon as we were allowed to, working under onerous state restrictions. We worked tirelessly to put together a program that complied with the ever-changing guidance and still gave the kids the bright spot they so needed in their day. We hosted a whopping eight swim meets in 2021, several of them Intra-squad or split session in order to work within the current guidelines. We were truly a leader in the Nor Cal Swim League on the subject of *How To Run a Swim Meet While in a Worldwide Pandemic™*. The smiles on everyone's faces — swimmers, parents, coaches, and club members and staff — was more than enough to make it all worthwhile. So here we are after an unprecedented two years, and I'm elated to say that the 2022 swim season has shaped up to look like a swim season should: totally NORMAL and non-stop fun!

Coach Greg is returning for his eleventh season with the Dolphins, and seventh as Head Coach. He and the entire coaching staff are looking forward to another awesome year. We will continue to compete in the Northern California Swim League in the Gold Rush Division. The other teams within our conference are Gold River, West Sacramento and Woodcreek.

Please mark Thursday, April 28 on your calendar for our Parent Orientation and Ice Cream Social. You will hear from coaches, board members, have an opportunity to meet with your job coordinator, and learn about all the ins and outs of life as a Dolphin. Even if you are a swim team veteran, we hope you will come have some fun, meet our new families, see your old friends and kick off the season right.

Did you know that your registration fee does not cover all swim related expenses? The Parent Board contributes approximately \$100 per swimmer to make this swim program so exceptional. The additional expenses include trophies and ribbons, computer supplies, and gifts to thank our incredible coaches. To cover these expenses, we rely on our fundraising activities such as our snack bar, spirit wear, sponsorships, raffles, restaurant nights, and others. We ask that you please support these fundraising efforts. We are a 501(c)3 non-profit organization, so all sponsorships and donations are tax-deductible.

Del Norte Dolphins Swim Team continues to be an active parent involvement team. For this, we are very grateful. Our meets are efficient and fun and can only take place with all of **YOUR HELP!** We are pretty lucky that most families fulfill their commitment without hesitation! If a family commitment is not met, the volunteer check will be cashed in late August. Remember, all family members are welcome to help with the various jobs — grandparents, older kids, aunts or uncles — everyone is welcome. Thank you in advance for fulfilling your commitment.

Finally, I would like to thank our Parent Board. We meet every month throughout the entire year. The Board's enthusiasm, dedication and time commitment is so appreciated. We all lead busy lives and this swim team is a better club with all the work you do behind the scenes. Meetings are the second Monday of each month. They are listed on our website calendar, and the minutes are available there as well. We encourage you to speak to any Board Member if you have questions, concerns, or ideas. We are here to help you and your swimmer have the best experience possible.

GO DOLPHINS! #FlippersUp
Kelley Neves
President, Del Norte Dolphins Parent Board

Coach and Board Contact Information

DEL NORTE CLUB

3040 Becerra Way
Sacramento, CA 95821
(916) 483-5111

HEAD / SENIOR GROUP COACH

Greg Varozza

AGE GROUP COACHES

Emily Loeffler

Stefanie Lund

ASSISTANT COACHES

Janine Brown

Mallory Engel

Caris Fickenscher

Josef Frech

Emily Hornsby

Eric Johnson

Josh Zezzo

PARENT BOARD

To contact any of the board members,
refer to www.DelNorteDolphins.com

President — Kelley Neves

Vice President — Christopher Owens

League Rep — Chad Hinton

Secretary — Susan Herman

Treasurer — Katie Tenge Gorman

Registrar — Kelley Neves

Parent Jobs Coordinator — Chris Horel

Members at Large

Computer and Colorado Operations — Steve Sahs

Equipment Coordinator — Heath Winston

Snack Bar and Hospitality Coordinator — Vacant

Sponsorship and Fundraising Coordinator — Russell Lowery

Spirit Coordinator — Effie Orn

Newsletter — Susan Herman

Website — Kelley Neves

Practice Schedule

Spring Practice Times:

Pups:	4:00-4:30 pm
Porpoise/Dolphins:	4:30-5:15 pm
Age Group:	5:15-6:00 pm
Junior & Pre Sr:	6:00-7:00 pm
Pre Sr./Sr.:	7:00-8:30 pm

Summer AM Practice Times:

Begins Wednesday, June 8

Pups/Porpoise:	12:15-12:45 pm
Dolphins:	11:15 am-12:15 pm
Age Group:	10:30-11:30 am
Junior:	9:30-10:45 am
Pre Senior:	8:15-9:45 am
Senior:	7:00-8:45 am

Summer PM Practice Times:

Begins June 8 and requires sign ups

Porpoise/Dolphins:	5:00-5:30 pm
Age Group/Junior:	5:00-5:45 pm
Pre-Senior/Senior:	5:45-7:00 pm

2022 Calendar of Events

DATE	EVENT	TIME	LOCATION
<i>April</i>			
1	6 & Under and New Family Orientation	TBD	Del Norte
4	First Day of Practice	See pg. 4	Del Norte
28	Ice Cream Social & Parent Orientation/Meeting	6 pm	Del Norte
<i>May</i>			
13	Time Trials Pasta Feed	6:30 pm	Del Norte
14	Time Trials	7 am	Del Norte
15	MEET: Rio Del Oro Invitational	7:15 am	Rio Del Oro
21	MEET: Glen Oaks @ DN	7:00 am	Del Norte
30	Memorial Day Observed – No Practice		
<i>June</i>			
4	MEET: DN @ Johnson Ranch	7:15 am	Johnson Ranch
7	Senior Group Start of Summer Bash	7:00 pm	Del Norte
8	Morning Practice Begins	See pg. 3	Del Norte
10	14 & Under Movie & Social	TBD	Del Norte
11	MEET: DN @ Rio Del Oro	7:15 am	Rio Del Oro
13	Pups/Seniors Ice Cream Social	12:15 pm	Del Norte
15	Picture Day	9:30 am	Del Norte
18	MEET: DN @ Woodcreek	7:00 am	Roseville Aquatics Complex
TBD	Glow Bowling	9-11 am	Country Club Lanes
25	MEET: West Sac @ DN	7:00 am	Del Norte
29	Tie Dye Day	9:30 am	Del Norte
<i>July</i>			
1	Pre Senior/Sr. Group Super Practice – No Practice all other groups		
4	No Practice		
9	MEET: Gold River @ DN	7 am	Del Norte
14	Senior Breakfast	8 am	TBD
14	Champs Pasta Feed	6 pm	Del Norte
16-17	Swim Championships	7 am	Roseville Aquatics Complex
20	Awards Ceremony	6 pm	Del Norte
30-31	Meet of Champs (Qualifying/Optional)	7 am	Elk Grove Aquatics Center

CODE OF CONDUCT

In an effort to abide by the mission and core values of the Dolphins, ALL swimmers and parents/guardians must sign (upon registration) and are expected to follow the Del Norte Dolphins Code of Conduct.

If at any time a participant does not adhere to the code, corrective steps will be set, as it pertains to the severity of the action. If violations are continuously disruptive to the quality of the Dolphins program, is harmful to another person, or destructive to Del Norte property; swimmer risks expulsion from team without monetary refund.

If adult (guardian or their guests) behavior is disruptive to program at any point during practices or meets, hosting pool representative may ask them to leave premises. Representative includes Del Norte Staff, Meet Official, Parent Board member, etc. If behavior is anticipated to become physically violent, they are requested to call 911. Guardians or their guests violating the behavior policy may warrant permanent expulsion from ALL Dolphins activities, with the possibility of expelling their swimmer from the team without monetary refund.

General behavior expectations:

1. Listen and follow the directions of all Del Norte personnel (including Lifeguards and Coaches), Parent Board members, and all other designated officials.
2. Respect the rules and property of Del Norte Club as well as any other venue that we visit as a team during the season.
3. Talking back or using profanity is not acceptable behavior at any time.
4. Refrain from showing public displays of affection.
5. Keep your hands and feet to yourself.
6. Equipment is for proper intended use only (i.e. kickboards, pull-buoys, lane-lines, sound system, etc).
7. Be dressed, ready and in designated area when swim practice begins.
8. Help with set up and take down of the practice and meet equipment whenever possible.
9. Notify a coach as soon as possible if you will miss or arrive late to a meet. Communicate with coaches directly if you will be leaving practices or swim meets early.
10. Alcohol is not permitted at swim meets.
11. Photography is not allowed behind the blocks.
12. The use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.

13. We want all of our swimmers to be confident that they are in a safe environment. If you see something inappropriate, report it to a coach or board member.

We thank you in advance for honoring and adhering to our Core Values and Code of Conduct. We want every parent and swimmer to feel safe and be assured that our coaches are held to the same standards. Under the Northern California Swim League, we follow USA Swimming's safe sport policy. Visit www.usaswimming.org for more information.

DEL NORTE POOL RULES

1. Children 15 years old and younger must be directly supervised by their parent/guardian in order to swim in the outdoor pool without a Lifeguard on duty.
2. Priority is always given to Del Norte scheduled programs or classes.
3. No running on the pool deck.
4. No roughhousing, dunking, or pushing is allowed.
5. Backward dives, flips, or backflips are not allowed.
6. No diving is allowed in the shallow end of the pool.
7. Please remove fins when walking on the pool deck.
8. Kickboards are not permitted unless used when swimming laps.
9. Large flotation devices are not allowed. Smaller tubes, etc. are permitted.
10. Diving blocks may only be used by swim team members during practices and meets.
11. Adults must supervise children using approved flotation devices (water wings, life jackets, etc).
12. No food, gum, or drinks are permitted in the pool.
13. Do not hang, jump, or sit on the lane lines.
14. All children who are not toilet trained must wear disposable swim diapers.
15. When lap swimmers are present, lap lane(s) must be kept clear at all times.
16. When swim lessons are taking place, the alcove on the northwest corner of the pool is reserved. Please keep this area clear. Please use the pool steps on the opposite side to enter pool when a lesson is in progress.

SWIMMER RESPONSIBILITIES

1. Attend at least two league meets and swim at least two events at each of those meets (not including relays).
2. Attend Championships.
3. Attend practice regularly.
4. Arrive to practice 15 minutes early and be prepared with your suit, goggles, cap, fins, water, and towel.
5. Be well rested, hydrated, and be sure you have eaten something healthy.
6. When the coaches are talking, no one else talks. Eyes on the coach.
7. Arrive at meets and be checked in by 7:00 am. After 7:30, you will be scratched from the meet.
8. Be ready and at the ready bench or blocks in time to swim your assigned event.
9. Discuss any problems with the coaching staff.
10. Demonstrate good sportsmanship.
11. Check family files regularly for notices and/or ribbons.
12. Respect coaches, team parents, and other swimmers during practice and meets.
13. Maintain the Del Norte Dolphins Code of Conduct pledge at all times.
14. Help achieve and maintain the Del Norte Dolphins Core Values.
15. Swim your best and have fun!

PARENT RESPONSIBILITIES

1. The Del Norte Dolphins is a competitive swim team. Swim team practice is not to be used as swim lessons or babysitting. All swimmers are expected to compete in meets and championships. Del Norte Club offers private swim lessons for those desiring such services.
2. All swimmers must attend at least two league meets and swim at least two events at each of those meets (not including relays).
3. Sign your child “in” or “out” for each meet of the season. The deadline to sign “in” or “out” for each meet is the Monday before a Saturday meet.
4. If a swimmer is not signed out of a meet and does not attend a meet, he/she will not be able to swim in the next meet.
5. Get your children to practice and meets on time. They **MUST** be present and checked in to each meet by 7:00 am. After 7:30, they will be scratched from the meet. Checking in via text message to the meet sign-in person will **NOT** be accepted. Texting the meet check-in person should be used for emergencies **ONLY**.
6. Set an example of good sportsmanship through positive, encouraging behavior. Help your child focus on good sportsmanship as well as achieving their personal best, as opposed to just winning.
7. Ensure your swimmer is well rested, hydrated, and properly nourished for meets and practices.
8. Communicate constructively with coaches, swimmers and other parents.
9. Talk to coaches outside of practice hours, as practice hours are exclusively for coaching your children.
10. Do not attempt to dictate coaches meet decisions, individual entries, or strategies.
11. It is the parent’s responsibility to make sure children are ready to swim their assigned events. Team Parents are to assist younger children (12 and under); however, it is not their responsibility to find your children.
12. Sign up for and fulfill the required number of volunteer shifts as detailed in the “Parent Volunteer Requirement” section that follows.
16. Maintain the Del Norte Dolphins Code of Conduct pledge at all times.
17. Help achieve and maintain the Del Norte Dolphins Core Values.

COACH RESPONSIBILITIES

The purpose of this code of conduct for coaches is to establish common expectations for all members of the coaching staff of the club. It is to be used as a guide to promote a positive team environment and good sportsmanship.

1. I will follow the overall guidance and direction of the Head and Lead Coaches.
2. I will be on time for practice and swim meets and take the role of coaching as a serious commitment.
3. I will set a good example of respect and sportsmanship for participants and families to follow.
4. I will act and dress with professionalism and dignity in a manner suitable to my profession.
5. I will provide members of the Dolphins with quality swim instruction in a healthy, fun, and competitive atmosphere.
6. I am specially trained and qualified to provide instruction in stroke and racing technique.
7. I will respect officials and their judgment and abide by the rules of the event.
8. I will treat opposing coaches, participants, and spectators with respect.
9. I will provide positive feedback and constructive criticism to encourage each swimmer to reach their full potential.
10. I will be available to answer any swimmer's questions or concerns.
11. I will be available to meet with parents outside of practice to discuss their children's performance and/or progress.
12. I will actively assist swimmers at swim meets by providing assistance to the swimmers at the blocks, particularly for the younger Dolphins, and by giving strong verbal encouragement before, during, and after each event.
13. I will instruct participants in sportsmanship and demand that they display good sportsmanship.
14. I will coach in a positive manner and will not use derogatory comments or abusive language.
15. I will win with humility and lose with dignity.
16. I will always place the well-being, health, and safety of swimmers above all other considerations, including developing performance.
17. I will continue to seek and maintain my own professional development in all areas in relation to coaching and teaching children.
18. I will select events for swimmers in a manner that gives the swimmer the chance to swim all events over the course of the season and while selecting these events, do it in such a way that they are competitive with other swimmers in those selected races.
19. I will be diligent about meet entries and ensure first heat entries are completely filled with the best swimmers in that event and that the Dolphins enter as many relays as allowed, insuring the most number of participants in each relay.
20. I will refrain from use of alcohol, tobacco or illegal drugs at any Dolphin sanctioned event (a moderate amount of alcohol will be allowed at specific sanctioned events that include alcohol, but only in moderation).
21. I will not provide any athlete alcohol, tobacco, illegal drugs or performance enhancing drugs at any and all times regardless of the swimmer's age.
22. I will always maintain a professional separation between coach and athlete.

I understand that any complaints of violation of this code of conduct will be brought to the attention of my supervisor and/or the team's board of directors and/or management of the Del Norte Club.

PARENT VOLUNTEER REQUIREMENT

Parent volunteers are essential to running efficient swim meets. To do this, parents are required to volunteer several hours each season. Descriptions of all volunteer positions can be found below.

Parents can meet their volunteer requirement for the season in one of the following ways:

- By signing up for **6** shifts during the regular season and 2 shifts during Champs
- By signing up as a coordinator for a particular job for the entire season (i.e. “Set Up/Tear Down Crew”)

The following families qualify for a reduction in volunteer hours. These families must serve **3** shifts during the regular season and **2** shifts during Champs:

- Families with **ONLY** a high school swimmer
- Families serving on the Parent Board who are not directly involved in meet-day operations

Each shift is approximately half the duration of the swim meet, with some exceptions. Most shifts allow for flexibility to view your swimmers’ events. Shifts outside of swim meets are available (i.e. “Tie Dye Day helper”).

Contact the Volunteer Coordinator if you are interested in pursuing any of these opportunities.

If you cannot make a shift you have signed up for, contact the volunteer coordinator at least 1 week before the scheduled shift. You will still be required to meet the 6 shift requirement for the regular season.

Upon registration, the Del Norte Dolphins collects a \$300 volunteer check from every family. This check will be shredded at the end of the season if you have worked your required shifts. Failure to fulfill your volunteer requirement results in the cashing of your check at the end of the season, in late August.

Volunteer Job Descriptions

It takes a lot of manpower to run a meet. Not only are there lots of jobs done at the meet, there are numerous jobs done behind the scenes.

Everyone receives training so don’t be intimidated by the job. If you see a job that does require experience and you would like to learn how to do it, talk to the Volunteer Coordinator to see if you can shadow a skilled worker.

These jobs are filled as soon as we can get your commitment, so be sure to contact the Volunteer Coordinator immediately if you want one of these jobs.

SEASONAL JOBS

Age Group Parents

No Experience Required. This group of people supervises swimmers in an assigned age group. They “mark up” swimmers prior to the beginning of each meet. They chaperone swimmers in their designated waiting areas. Swimmers are brought to the on-deck Ready Bench area and are monitored while waiting for their heat.

Announcer

No experience required. Use a microphone to direct swimmers by event and heat number to the Ready Bench. Announce swimmers by name and other pertinent information over the PA system during home meets.

Certificate Sales

No experience required. Under the direction of the Treasurer: Sells One Month Membership Certificates. This volunteer collects payments and delivers certificates to swimmer folders. Requires checking for orders daily during a four (4) week period.

Colorado Timing System Operator

Under direction of the Computer & Colorado Coordinator: On-the-job training required. The Colorado Timing System collects and records times from each heat and stores them so the computer can use the times in the meet results. Two operators will take turns running the master timing console to ensure that the correct race and heat are associated with the recorded time files. This position requires attention to detail to ensure that our swimmers times are recorded properly.

Computer System Operator

Under direction of the Computer & Colorado Coordinator: Training required: These people maintain the integrity of the swimmer database utilizing the Meet Manager software program. Meet Manager is the central hub where all the meets results are collected and verified. Two operators will work as a team to ensure that a home meet runs smoothly and the meet results are recorded accurately.

Computer Assistant

Under direction of the Computer & Colorado Coordinator: On-the-job training required and familiarity with computers needed. Will be trained to do all the necessary tasks associated with running meets.

Head Timer

Experience needed. Under direction of the League Representative/Meet Operations Board member, this person trains timers, makes sure we have all timers present at each shift and trouble shoots issues when they arise.

Snack Bar/Hospitality Lead Worker

No experience needed. Under the direction of the Snack Bar/Hospitality Coordinator: Works with the Snack Bar/Hospitality Coordinator for all aspects of providing hospitality to volunteers and snack bar. Duties may include but no limited to: shopping for snacks and drinks; preparation and serving of food; storage of equipment after each meet; snack bar set up, food prep and sales, clean up and storage of equipment.

Meet Sign-In

No experience needed. Under direction of the League Representative/Meet Operations Board member, work with Head Coach and computer operation coordinator to receive the meet sign-in sheets prior to the Saturday meets. Saturday morning swimmer check-in and reports attendance to Head Coach to relay check-in information one hour before start of meet.

Meet Director & Referee

Swim team experience required. League training required. Under direction of the League Representative/Meet Operations Board member, his person is in charge of all the “wet side” of home meets. He/she is responsible for making sure the meet starts on time and runs smoothly. The meet referee has the final decision on all cases.

Meet Set-Up & Take-Down

No experience needed. Under direction of the Equipment Board member, this group of workers set up equipment for home meets on Friday afternoon/evening. They complete set up on Saturday mornings before the meet begins. After meet is completed, equipment is taken down and stored.

Music & Sound Coordinator

Experience required. Under direction of the League Representative/Meet Operations Board member, sets up sound equipment for home meets and social events at Del Norte. Selects and plays music.

Pancakes

No experience required. Under direction of the Snack Bar/Hospitality Coordinator, make tasty pancakes for happy swimmers.

Photographer

Photography experience and camera equipment required. Under the direction of the Historian: This person takes pictures at dual swim meets, social events, and Champs and creates an end-of-the-year slide show. Also posts pictures for parents to see on secure website.

Ready Bench Coordinator

Experience in Ready Bench needed. Under the direction of the Spirit Coordinator: Makes sure Ready Bench shift workers are present and understand their duties at each meet. Provides meet sheets to volunteers before meet begins.

Ribbon Writer

Experience with ribbon writing helpful. Under the direction of the Historian: Responsible for maintaining supplies, setting up and overseeing the ribbon writing process at home and away meets. Will train volunteers and notify computer personnel if there are problems with labels. Will be responsible for collecting awards at Champs.

Snack Bar Grill Master

Under the direction of the Snack Bar/Hospitality Coordinator: Experience working with gas grills required. Grill hot dogs, hamburgers, and chicken for snack bar. Responsible for setting up and storing equipment as needed. Works one long shift at each home meet.

Social Events Coordinator

No experience required but organizational skills are needed. Under supervision of the Spirit Coordinator Board member, plan, organize, and implement all social events for the season.

Spirit Tent Coordinator

No experience required. Duties include setting up the spirit pop ups, assemble any decorating or theme as needed, monitor area during meets.

Starter

Swim meet knowledge required. Must attend training. Under direction of the League Representative/Meet Operations Board member: This position is responsible for coordinating the start of each race. They signal the beginning of the race and ensure that all swimmers have a fair takeoff.

SHIFT JOBS

Floater

No experience needed. Under the direction of Parent Job Board member, this job will be assigned as needed to fill in missing workers or special work during meets.

Hospitality

No experience required. Under the direction of the Snack Bar/Hospitality Coordinator: Hospitality workers prepare and serve beverages and snacks to other volunteers during home meets.

Lane Runners

No experience required. Under direction of the League Representative/Meet Operations Board member: These workers collect paperwork from Lane Writers and Stroke and Turn volunteers and take to computer personnel.

Parking Lot Attendant

No experience required. Under direction of the Volunteer Coordinator: These workers are staged at each Del Norte Club parking lot entrance and direct drivers to the parking lot down the street.

Ready Bench

No experience required. Under direction of the Ready Bench Coordinator: These workers organize swimmers in their proper event, heat, and lane at the ready bench.

Ribbon Writer

No experience required. Under the direction of the Ribbon Writer: Prepares ribbons by placing computer generated labels on them. Ribbons are filed alphabetically in family folders. May also provide assistance with scratch sheets prior to meets. Shifts start at 9 am and noon.

Snack Bar

No experience required. Under the direction of the Snack Bar/Hospitality Coordinator: This group of people prepare, sell, and store food and beverage items. They may assist in set-up, take down, and cleaning the snack bar equipment. There are 2 shifts between the hours of 6:30 am and the end of the meet.

Social Events

No experience required. Under the direction of the Social Events Lead: Assist with set up of tables, beverage containers, etc. Provide assistance if needed during event. Clean up by placing items back in storage.

Stroke & Turn Judge

Swim meet knowledge required. Under direction of the League Representative/Meet Operations Board member: Previous participation on a swim team is extremely helpful. Must attend training. This person observes swimmers' stroke and turn techniques and notes any deviations from league rules.

Timer

No experience required. Under direction of the Head Timer: This person times a swimmer using a plunger connected to an automated timing system and/or a stopwatch. Three Timers are assigned to each swimmer's lane. One of the three Timers will also be a Lane Writer. Training will be provided.

Meets

We are a part of the Northern California Swim League in the Gold Rush Conference. Dual meets are those against the four other teams in our Conference (Gold River, West Sacramento and Woodcreek). Champs is the culminating 2-day meet with all 4 teams in the Gold Rush Conference.

Meet of Champs is the equivalent of Little League All Stars. If you qualify, you should go!

PREPARING FOR A MEET

The coaches are planning on ALL swimmers swimming ALL meets. IF your swimmer is NOT swimming a particular meet they MUST declare Commitment (Decline) for each swim meet the Monday before that meet.

The coaches determine who will swim what events at meets according to individual goals, abilities, and what is best for the team. A list of meet events and seeding will be posted near the swim team bulletin board prior to the swim meet. Each swimmer will swim 3 events, and possibly one or both relays.

Boys and girls compete separately in the following age groups (age as of June 15):

- 6 & Under
- 7-8
- 9-10
- 11-12
- 13-14
- 15-18

A swimmer may participate in a relay (see information on page 12) or the following individual events:

- Individual Medley (IM) – 1 lap of each stroke
- Freestyle
- Backstroke
- Breaststroke
- Butterfly

The 6 & Under age group ONLY swims freestyle and backstroke. Only the 9-10 and older age groups swim the Individual Medley. Please see the Event Order on the next page for a dual meet list of events.

TIMELINE OF A MEET

Check In

All swimmers must check in in person at away and home meets by 7:00 am; if a swimmer does not check-in, they will be scratched and NOT be allowed to swim in the meet!

*****In the event of only an emergency on a meet day (ran out of gas, flat tire, etc. OR woke up sick and can't come), text the Check In Person (Dina) ASAP at 916-801-3442 so she can get that information to the coaches. Checking in via text message will NOT be accepted. Texting should be used for emergencies ONLY.***

After swimmers are checked in, they should check in with their Age Group Parent.

Parents must check in with the Parent Jobs Coordinator. If you do not have a job, please be prepared to volunteer. Please listen to announcements and be on time when your shift starts.

Warm ups

Warm ups are mandatory. Please listen for the appropriate age group warm ups. At home meets, Del Norte will warm up before the visiting team between 7:15-7:45 am; away meets 7:45-8:15 am. Be prepared to enter the water when you are called.

DUAL MEET ORDER OF EVENTS

Each swim meet is conducted according to pre-determined standardized order of events. This order consists of 83 events staged in the following order:

SHIFT 1			SHIFT 2		
Event #			Event #		
Girls	Boys	Event	Girls	Boys	Event
1	1	Co-ed 6&U 100 Free Relay	44	45	7-8 50 Free
2	3	7-8 100 Medley Relay	46	47	9-10 50 Free
4	5	9-10 100 Medley Relay	48	49	11-12 100 Free
6	7	11-12 200 Medley Relay	50	51	13-14 100 Free
8	9	13-14 200 Medley Relay	52	53	15-18 100 Free
10	11	15-18 200 Medley Relay	54	55	7-8 25 Breast
12	13	9-10 100 IM	56	57	9-10 25 Breast
14	15	11-12 100 IM	58	59	11-12 50 Breast
16	17	13-14 100 IM	60	61	13-14 50 Breast
18	19	15-18 100 IM	62	63	15-18 100 Breast
20	21	6&U 25 Free	64	65	7-8 25 Fly
22	23	7-8 25 Free	66	67	9-10 25 Fly
24	25	9-10 25 Free	68	69	11-12 50 Fly
26	27	11-12 50 Free	70	71	13-14 50 Fly
28	29	13-14 50 Free	72	73	15-18 50 Fly
30	31	15-18 50 Free	74	75	7-8 100 Free Relay
32	33	6 & U 25 Back	76	77	9-10 100 Free Relay
34	35	7-8 25 Back	78	79	11-12 200 Free Relay
36	37	9-10 25 Back	80	81	13-14 200 Free Relay
38	39	11-12 50 Back	82	83	15-18 200 Free Relay
40	41	13-14 50 Back			
42	43	15-18 100 Back			

DURING THE MEET

After warm ups, find your child's Age Group Parent for "mark-ups." Age Group Parents are located in their designated tents next to the Spirit tent. That person will mark the following information (in this order) on your child:

Event # — Heat # — Lane #

Swimmers must remain in their designated team area with their Age Group Parent. Once the meet begins, listen for announcements telling which event number should report to the Ready Bench. When your child's event number is called, their Age Group Parent will escort them to the Ready Bench area. Age Group Parents are not responsible for locating swimmers who are not sitting in their designated area – you will need to take your child to the Ready Bench when their event number is called.

At the Ready Bench, your child will be checked in by the Ready Bench workers and seated in the appropriate spot on the benches. He/she will "move up" on the benches until directed to walk to the starting blocks. (Age Group Parents should stay and help the younger swimmers to the starting blocks).

At the starting blocks, the Starter will direct your child to "step up on the blocks," "take your mark" and "beep" the race will begin!

At the end of the race to show good sportsmanship, Del Norte swimmers should shake hands with the swimmers closest to them. Then, they should quickly exit the pool.

RELAYS

The relays are a fun part of a swim meet, but are very chaotic! The medley (mixed free relay for 6&Us) relays are at the very beginning and the free relays are at the end of the meet. If your child is on a relay, it is very important that he/she is in the right place at the right time. Get to know the ready bench parents because they work hard at every meet to get your children to the blocks and organize swimmers for the relays.

Relay teams are composed of four swimmers each. The relay teams will be posted near the swim team bulletin board a day or so before the meet. Relay team assignments can change at the last minute.

Each swimmer in the 6&U, 7/8 and 9/10 age groups only swims one lap (25 yards), so the relay members need to be at both ends of the pool. If your child is a relay, the #1 and the #3 swimmers should be at the starting blocks and in the correct lane. The #2 and #4 swimmers are at the other end of the pool. Please help get your children to the Age Group Parent and they will organize the swimmers. Please do not take them directly to the blocks.

Relay members in older age groups swim 2 laps (50 yards), so all swimmers meet at the starting blocks.

The first event of the meet is the 6&U mixed (boys and girls) free relay.

The order of the medley relay is:

- #1 Backstroke
- #2 Breaststroke
- #3 Butterfly
- #4 Freestyle

All swimmers are strongly encouraged to remain at the meet until it is over. The Dolphins have a strong tradition of cheering on their teammates in the freestyle relays at the end of each meet! Show your team spirit!!

DISQUALIFICATION

Each of the four strokes (Freestyle, Backstroke, Breaststroke, and Butterfly) has rules governing the proper, legal technique of the stroke and turn so as to not gain an advantage over a competing swimmer. In addition, rules governing proper starts and finishes apply. In the event of an illegal stroke, turn, start or finish, a swimmer may be disqualified (DQ'd) from an event.

Coaches will try to constructively discuss DQs with swimmers at the meet or at practice after the meet. Swimmers who DQ for any reason will not receive an official time or a ribbon for that event. DQs should be viewed as an opportunity for swimmers to learn and work with coaches toward stroke mastery.

SCORING

1st place: 5 points

2nd place: 3 points

3rd place: 2 points

4th place: 1 point

Only 1st place scores points for relays (7 points)

RIBBONS

Ribbons are given to all swimmers based on their finish in their heat. Points for the team are only awarded for finishes in the first heat of each event. Ribbons will be placed in swimmer files in the family folders following the meet and can be picked up at the next practice. Swimmers and parents should not go to the scoring table during the meet for ribbons.

Ribbons are not given for time trials. Ribbons are not given for disqualification.

CHAMPIONSHIPS

The Northern California Swim League (NCSL), through its individual conferences (of which there are five), conducts a number of championship meets to conclude each season. All member clubs are invited to participate. These are the same teams we have swum against in the conference meet season. The locations of these meets vary from year to year and are determined by the Nor Cal Swim League.

Families with 6 and under swimmers only should plan to attend on Saturday only, as their events and award ceremony will conclude Saturday evening.

In order to swim in a league sponsored, conference run Championship, a league participant must swim in at least two events in at least two league dual meets during the regular season.

A swimmer will swim all of the individual events in his/her age group, and may participate in one freestyle relay and one medley relay.

The conference Championships meet lasts for two entire days (Saturday and Sunday). Preliminary heats are conducted in the morning both days. Half the events are on Saturday (prelims then finals), and the other half of the events Sunday. Parents should prepare for a long, hot weekend. Food and beverages can be purchased throughout the day. All finals participants will receive medals. All members of relay teams will receive medals. A high point trophy will be awarded to the high point girl and boy in each age group. Team trophies will be awarded to the teams placing first, second and third at Championships.

Parents will be required to work 2 shifts over the course of the weekend. Sign-ups for these shifts will take place on our team website 2-3 weeks before the Championships meet. These shifts are IN ADDITION TO the 6 regular season shifts.

Additional detailed information regarding Champs will be sent via email as well as on www.DelNorteDolphins.com as the meet approaches.

PACKING CHECKLIST

*At home meets, you're allowed to come to the club to set up your tent on Friday **after** 6:00 pm.*

Swim Suit!!
Towels (at least 2 per swimmer; more if it's cold)
Cap and goggles
Warm clothes for chilly mornings
Hat and sunscreen
Sleeping bag, blanket and/or ground cover
Wagon
Tent (or make a new friend and share)
Folding chairs
Food and drinks (or bring \$ for snack bar)
Cards, books or games
Smile on your face (you are going to have fun!)

Don't forget to label all your belongings – you won't believe how often your child will lose his/her cap during the day!

Communications

Our website is your biggest resource!

www.DelNorteDolphins.com

There you will find:

- Coach and Parent Board email addresses
- Calendar
- Dolphin Newsletter
- Secure photo sharing web page
- Everything in this handbook and more!

Follow us on Facebook!

Public page: [Del Norte Dolphins Swim Team](#)

Private group: [Del Norte Dolphins Swimming](#)

Instagram: [delnorte dolphins](#)

The Dolphin Newsletter is published once a month and posted to the website under the “news” tab.

Team text messages are a great way to quickly convey news to the team or individual practice groups. We will be utilizing this method of communication, but you must add and verify your cell number for SMS/text messaging. You can add two parent numbers and a number for each swimmer. Please be sure your number has been added and verified on your www.DelNorteDolphins.com account.

An informational bulletin board is located between the outdoor locker rooms. Be sure to check it frequently.

Family swim folders are set out on the ping pong tables daily. Each family should have a folder with their last name. Ribbons, awards, and some team informational flyers will be placed in these files. Please check them and collect items from your file frequently.

The Del Norte Club front desk is not a resource to communicate with the team.

Swim Team Jargon

Champs. Short for “Championships”; the required 2-day meet at the end of the season between all 5 teams in the Northern California Swim League Gold Rush Conference.

Meet of Champs. Also called MOC, a meet which takes place 1-2 weeks after Champs with swimmers that meet the qualifying times or by placing in finals at Champs.

Non League Meet. A meet between our team and another team outside of our Conference (Nor Cal Swim League Gold Rush Conference).

Markups. When a swimmer writes his/her event/heat/lane information on their arm with a permanent “Sharpie” marker. (25-1-4 = Event 25, heat 1, lane 4)

Heat. A single race of swimmers in a competition pool. An “Event” usually consists of several heats of swimmers.

I.M. Individual Medley; all swimmers 9 and older swim this event of the four strokes in the following order: fly, back, breast, free.

Lane. A single lane in which a swimmer competes in a race.

Medley relay. A four-person relay swim in this order: back, breast, fly, free.

Personal best. When a swimmer achieves a faster time than their previous best. Also called a PB or PR (personal record).

Prelims/finals. Prelim means “preliminary events” at Champs. All swimmers swim 3 events each morning

Scratch. When a swimmer who is signed “in” to a meet is removed from some/all events.

Seed time. A swimmer’s best time in a particular event. A seed time determines which heat a swimmer will compete in.

Time trials. A required swim meet at the beginning of the season with our team only to establish a set of seed times for upcoming meets.

Important Notice About Emails

You will be receiving WEEKLY EMAILS from the following email addresses during the duration of the swim season. To ensure you receive these emails, please add the following email addresses to your address books and check spam folders.

‘Del Norte Dolphins’ via TeamUnify: notifications+recncdndca@teamunify.com

and

Kelley Neves: presidentdnst@gmail.com