



CAROL STREAM DOLPHINS
2018 Summer Parent Handbook

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Important Dates to Remember

DATE	TIME	LOCATION	DETAILS
Tue, May 15	6:30pm	FVRC Pool	Parent meeting to get an overview of the Dolphin's Swim Team program, meet the coaches and to pick up their 2018 Parent Handbook.
Sat, May 19	11:00am	FVRC Pool	Swim Assessment Dolphins swimmers must be able to swim 25 yards unassisted without stopping to participate on swim team. All new swimmers must attend a swim assessment to enroll on the team.
Wed, May 23	5:30pm	FVRC Pool	
Thursday, May 31		6:30-8:00pm	Judges, Starter & Refs Training
Thursday, June 19		6:30-8:00pm	Judges, Starter & Refs Training
Thursday, June 21		6:30-7:30am	Picture Day
Wednesday, July 4		TBD	Parade
Saturday, July 21		7:00-8:00am	Breakfast - Fountain View Recreation Center
Saturday, July 21		TBD	B Conference @ Woodridge
Thursday, July 26		5:00-7:30pm	Pasta Party - Fountain View Recreation Center
Saturday, July 28		TBD	A Conference - @ Roselle
Saturday, July 28			Last Date to Volunteer
Sunday, July 29		7:15-9:00pm	End Of Season Party – Coral Cove Water Park

Introduction

Welcome to the Carol Stream Dolphins Swim Team! Our summer season is short, but filled with exercise, teamwork, learning and most importantly, fun! Go Dolphins!

This handbook will provide parents/guardians and swimmers with information about the park district swim team. Being on the team is a family commitment and the responsibilities for running a swim team are equally shared by both the swimmers and parents/guardians. By working together, the Carol Stream Dolphins Swim Team is more successful and fun for everyone!

The Carol Stream Dolphins Swim Team Parent Board is a volunteer group supporting the park district swim team. The purpose of the Volunteer Parent Board is to:

- Promote local recreational competitive swimming.
- Assist in organizing and holding swim meets.
- Participate actively with the DuPage Swim and Dive Conference.
- Develop fundraisers to support the swim team within the guidelines of the park district.

Note: Please understand that swim team is not a lesson program, while swimmers will improve on their swimming skills the swim team coaches do not teach strokes. Refining swim strokes, techniques and competitive swimming skills is the focus of swim team.

Carol Stream Park District Staff

Dolphins Swim Team Head Coach	Troy Murray	swimteamcoach@csparks.org
Dolphins Swim Team Head Coach	Julie Powell	swimteamcoach@csparks.org
Dolphins Swim Team Asst. Coach	Purva Shah	
Dolphins Swim Team Asst. Coach	Rob Houle	
Aquatics Supervisor	Caterina Lynch	Caterinal@csparks.org
Recreation Manager	Juli Murray	julim@csparks.org
Recreation Supervisor	Mary Frusolone	maryf@csparks.org
Front Desk Phone Number	630-784-6100	
FVRC Pool Phone Number	630-784-6182	
Park District Web Page	www.csparks.org	
Team Unify Web Page	www.teamunify.com/recnicsd	

Parent Volunteer Board

President	Heidi Zambrano
DSDC Parent Representative	Leslie Moore
Volunteer Coordinator	Leslie Moore

Swim Team General Information

- The Carol Stream Dolphins Swim Team is open to youth ages 6 to 18.
- Swim Team participants all receive a team t-shirt.
- The Dolphins follow the rules set by the DuPage Swim & Dive Conference.

Program Goals

1. Learn the techniques and discipline of competitive swimming.
2. Learn the value of sportsmanship.
3. Encourage team spirit.
4. Acquire a positive appreciation for the sport.
5. Parents share in their child's experience through volunteering.
6. Achieve your own personal goals while having fun.

DuPage Swim & Dive Conference "DSDC"

The Dolphins Swim Team belongs to the DuPage Swim & Dive Conference ("DSDC"), which consists of thirteen area park district teams. There are three divisions, and team placement in these divisions changes each year depending on the final conference results. This year the divisions are:

<u>White Division</u>	<u>Red Division</u>	<u>Blue Division</u>
Butterfield	Bartlett	Addison
Carol Stream	Bloomingtondale	Hanover park
Itasca	Lombard	Glendale Heights
Roselle	Villa Park	Wood Dale
Woodridge		

Following the Final Conference "A" meets, the division standings are realigned for the next swim season. The last place team of the White Division moves down to the Red Division, and winner of the Red Division moves up to the White Division. The Blue Division winner advances to the Red Division, and the last place team in the Red Division moves to the Blue Division.

Swim Team Finances

The program registration fees cover pool and administrative costs and coaches salaries. Fundraisers throughout the season provide additional items and activities for the swim team.

Swim Team Events

- The swim team walks in the Village of **Carol Stream 4th of July parade**.
- **Team Picture Day** will be scheduled at the beginning of the season. Individual and team photos are taken at Fountain View Recreation Center Pool. Picture purchase envelopes will be distributed through swimmers mail boxes in advance. All swimmers are requested to attend Team Picture Day, even if you do not intend to purchase pictures, for a complete team photo. Team t-shirts are distributed prior to the event.
- **Pasta party** will held before the "A" Conference swim meet so swimmers can "carb-up", get psyched for the meet, and have fun. **Swimmers only**.
- A special **breakfast** is held just before the "B" Conference to cheer the team on. **Swimmers only**.
- **End-of-the-season swim party** follows conference swim meets which includes presentation of swimmer awards. This will be a pot luck and swimmers can bring their immediate family.

Communication

Parents are requested to discuss their children's swimming progress, concerns, or questions with the swim coaches before or after practices. During practices and meets, coaches are focused on the swimmers.

TeamUnify is used to distribute all information to the swimmers and parents including notices, newsletters, handouts, and updates. You will also have a "Mailbox" with ribbons and important items. In the "Mailbox" container each swimmer has a folder. The "Mailbox" should be checked regularly to pick up items. The "Mailbox" is located on the pool bleachers during team practice times. Swimmers are expected to check their "Mailbox" for information and ribbons, and REMEMBER TO SHOW INFORMATION TO YOUR PARENTS IMMEDIATELY.

E-mails will also be sent containing reminders, line-ups, meet results, etc. to each member. Additional communication will be sent through TeamUnify, a website you will become a user on once you have registered for the team.

The following information can be found on TeamUnify:

- Team information
- Season Meet Schedules
- Team Forms
- Team Updates

Practice Information

Regular season practice will be held at the Fountain View Recreation Center, 910 N Gary Avenue, Carol Stream.

White Team: Swimmers with two years or less experience in competitive swimming.

Blue Team: Swimmers with a minimum of two years prior experience in competitive swimming.

Missing Practice

We understand that swimmers are involved in other activities in addition to the swim team and we support and encourage swimmers to participate in those other activities.

- Swimmers will not be penalized for occasionally missing practice due to personal conflicts or family vacations.
- If consecutive practices are missed, it is up to the Coaches' discretion how swimmers will be placed in the meet line-ups.
- The park district does not prorate or refund missed practices.

If swimmers are unable to attend scheduled practices or meets, please be sure to inform the coaches in advance.

Swimmers are encouraged to attend all practices prior to scheduled meet to work on techniques and team building.

Meet Information

All swimmers are required to be at the pool and ready to swim according to the warm-up schedule. Individual Swim Meet information will be provided by the coach prior to each meet and will be posted on the TeamUnify webpage.

Preparing for a Swim Meet

Typical swim meets are between 2 ½ to 3 hours in length. It is recommended that the following items be brought along by each swimmer to help pass the time and keep them warm and comfortable between events (be sure you label each item with Swimmer's name):

- Team suit (or appropriate swim wear)
- Team t-shirt
- Warm sweatshirt and pants
- Sleeping bag or blanket
- Two large towels
- Swim cap and goggles
- Water bottle and healthy snack
- Book, cards, etc. to pass the time
- Bug repellent
- Change of clothing

Note: Due to the length of meets, your child will get hungry! Most (but not all) pools have a concessions stand or swimmers should bring a healthy snack. Always follow the pool rules regarding where food can be eaten. Please be conscious that other participants might have food allergies, don't share food with anyone, and always pick up your trash.

Upon arrival to swim meets, swimmers must CHECK-IN with the Coaches. This must be done *before* warm-up so coaches can make any necessary changes to the line-up. Swimmers should first check-in, and then report to our assigned Team Area by the pool prior to our warm-up time and return there after the warm-ups. Swimmers are to remain in our Team Area during the meet whenever they are not swimming.

A dual meet is one that the swim team competes one on one against another team. Swimmers are allowed (per DSDC rules) to swim up to 3 individual events and 2 relay events in each meet. Swimmers may be entered in exhibition heats provided there is time. (These swimmers do not receive points for their races but their times count for entry into the "A" Conference Meet.) Meets start after both teams have their 30 minute warm-up period and the **Referee** has had meetings with the **Judges** and **Timers**.

- Practices and Home Meets are held at Fountain View Recreation Center Pool.
- The Swim Team will compete in a total of 10 swim meets during the season; five at home and five away.
- Meets are on Wednesday evenings at 6:30pm and Saturday mornings at 8:00am.
- Swimmers must be present, checked-in and ready for warm-ups 1 ½ hours before a Home Meet and 1 hour before an Away Meet. After check-in be sure to check the team line-up for your events. Write the event numbers on their hands to remember.
- After you swim get out of the pool as quickly as you can, ask the timer for your time, then go immediately to your Coach.
- Friends and relatives are encouraged to attend!

Stroke and **Turn Judges** are positioned around the pool to watch the swimmers for rule infractions. **Timers** are positioned at the end of the pool where the event will finish and to record the times for each swimmer. **Finish Judges** are positioned to record the order in which the swimmers finish the event. If the **Finish Judges** agree on the order of finishing, these results are used to score the event. If the **Finish Judges** disagree, the average times from the timers are used to determine the order of finishing and this is used to score the event.

The officials confirm that the swimmers follow all swimming rules. If a swimmer violates any of these rules, a disqualification (**DQ**) will result. Disqualification means the swimmer will not receive an official time for the event and cannot place or score team points for that event. Disqualification can result from actions such as false starting, advancing unfairly by walking on or pushing off the bottom or pulling on the lane lines, or unsportsmanlike conduct.

DQs can result from violation of the technical rules for each stroke. Some of the common violations are:

- **Freestyle** - Walking on the bottom; pulling on the lane lines; not touching the wall on a turn or not completing the distance.
- **Backstroke** - Pulling (hand stroke) or kicking into the wall after the swimmer has rotated past vertical; not touching the wall on a turn.
- **Breaststroke** - Illegal kick such as flutter, dolphin or scissors; alternating movements of the arms; more than one arm stroke or leg kick while the head remains under water for the start and turn; one hand touch at a turn or finish.
- **Butterfly** - Illegal kick such as flutter or scissors; alternating movements of the arms; pushing arms forward under the water instead of over the water; one hand touch at a turn or finish.

Coaches will instruct swimmers on proper stroke technique and rules.

Inclement Weather

Swim Meets will be held rain or shine; they may be delayed or canceled if there is any lightning in the area. Meets may also be stopped by officials in case of bad or cold weather. Swim Meets are typically not cancelled prior to the start of the meet, all swimmers should plan on attending a meet regardless of weather unless otherwise instructed by a team official.

Parent Volunteer Opportunities

Home meets require 25 parent for each half of the meet and are run 100% by volunteers. Volunteering is also the only way to be on the pool deck to have the best view of your child's race. The Volunteer Coordinator creates the schedule of all home meets. Most jobs are very simple and participation makes the swim meet pass quickly, other jobs require more experience.

- **At least one parent or guardian from each family must work each home meet.**
- ***A \$50 volunteer fee is required prior to the first practice. Participation will be suspended until payment has been made.***
- All families must complete 4 volunteer hours during the season to receive a refund of their volunteer fee. Partial refunds will not be provided.
- If you commit to a job, you must work or get a replacement in advance.
- Conference Championships are outside this commitment. Additional volunteer hours are required from each family.
- Try different jobs so you can assist anywhere during a meet.
- Class schedules for training for specific tasks can be found on the Team Unify Dolphin webpage. These classes will provide you with certification. You need to be certified to work in "A" conference.

The following is a list of the volunteers needed for dual meets:

Bull Pen Runner: Supervise the swimmers in the team area, but most importantly get the swimmers to their races on time.

Bull Pen Supervisor: Supervise the bull pen area where swimmers are waiting for their race in event order.

Announcer: Calls swimmers to the deck, announces events, and other information needed.

Runners: Collect time cards from the timers and "DQ" cards from the judges after each event and deliver to the scorekeepers.

Timers : At the starting blocks, with a stop watch (furnished) to time each event. The times of the Colorado Timing system is used and the stopwatches are averaged.

Scorekeeper*: Record the meet results and scores according to DSDC rules.

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Starter/Referee*: Starts each race and monitors the meet.

Judge*: For turns and strokes, stroke judges watch for illegal actions. Finish judges determine the order of the finishes.

* Indicates positions DSDC certification is required for end-of-season Conference Championship meet. Certification classes are available. Starters and Judges must be certified prior to participating in that position.

Dolphins Behavior Guidelines

All members of the Carol Stream Dolphin Swim Team and adult volunteers and spectators are expected to abide by the following guidelines at all times during practices and meets:

- **Good sportsmanship**: Cheer and support all swimmers. Win and lose graciously.
- **Courtesy**: Show courtesy and consideration for others at all times.
- **Proper language**: Profanity, either written or verbal, during a swim meet is prohibited by conference rules. This will result in a swimmer being disqualified for that meet. Improper language will not be tolerated during practice or team functions.
- **Respect**: *Respect* other swimmers belongings. Have your equipment marked with your name and keep your items together at all times. Any swimmer caught taking another swimmer's belongings can be suspended from the team. *Respect* all facility rules and policies. *Respect* each other! Each individual's progress is different, swimmers are expected to encourage each other. We are a team!
- **Listen and HAVE FUN**: Listening to the coaches is important for learning, improving, and having a successful experience.

A positive approach will be used regarding discipline. Staff will periodically review rules with participants during the program session. If inappropriate behavior occurs, prompt resolution will be sought specific to each individual situation. The park district reserves the right to dismiss a participant whose behavior endangers the safety of himself/herself or others. Repeat offenses will result in the swimmer being removed from the line-up for the following week.

Swimmer's Responsibilities

- Come to practice on time, ready to get into the water, with goggles, swim cap, and towel.
- In order to maximize team spirit, fun, and swimmers' growth potential, it is recommended that swimmers attend all practices. Attendance at practices prior to a meet is required for meet participation, SWIMMING is mandatory.
- Swim at assigned meets. Notify your swimmer's coach immediately if you cannot attend a meet so that another participant can swim.
- It is the swimmer's responsibility to know where to be and when for Meets and practices. If you are not sure, ask another parent, Board Member, or Coach.

Parent/Guardian Responsibilities

- Respond to all TeamUnify events regarding meet attendance by the set deadline.
- Inform coaches, at least three days in advance, if your son or daughter will NOT be able to attend a meet. For the Conference Meets, inform the coaches as soon as possible if your swimmer(s) will not be able to attend.
- Parents not working at the meet are not allowed on the pool deck, outside of the viewing area due to space restrictions.
- No swimmer in the 8 and Under age category is to be left unattended at any swim practice or meet. If a parent or guardian is unavailable, they must have another adult scheduled to supervise them.

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- Any swimmer with a medical condition needing attention (i.e. asthma) should not to be left at a meet without authorized supervision, no matter what their age.
- If for some reason your swimmer is unable to attend a meet at the last minute, or must leave during a meet due to illness, notify the Coach immediately. If the coach is not aware of a missing swimmer, a substitution cannot be made. The team could lose points or another swimmer could miss the opportunity to swim. For relays, if one scheduled swimmer doesn't show up, or leaves early, the other three swimmers cannot swim.
- Make arrangements to drop-off and pick-up your swimmer from practice on time.
- Coaches are the experts, let them do the coaching to develop the relationship with their swimmers.
- Be supportive of your child, the coach, and the Park District. Positive reinforcement is essential.
- Respect the judges, coaches, swimmers and other parents. Remember your child is watching you.

Our conference recognizes the importance of getting new swimmers into the sport when they are young and the special needs of these younger swimmers. The DSDC includes the following 8 & Under Statement as a guide to stroke and turn judges officiating their events.

8 & Under Statement

- The purpose of competition for the 8 & Under swimmer is to teach the swimmer proper stroke techniques without being so stringent that the swimmer is discouraged.
- An 8 & Under swimmer should be DQ'd if the stroke is swum in a blatant illegal manner or if the swimmer is gaining unfair advantage due to an illegal stroke. The purpose of DQ'ing an 8 & Under swimmer should be to reinforce proper stroke techniques (or a reasonable facsimile) and discourage the continued use of an obviously illegal stroke.
- An 8 & Under should not be disqualified if an obvious effort is being made to correctly execute the stroke. The 8 & Under swimmer will not be DQ'd in the first 2 meets. They will be judged the same as all other swimmers starting the third meet.
- Common sense and the teaching value of DQ should be considered when judging 8 & Under events.
- Whether or not an 8 & Under is DQ'd, the judge should communicate either verbally or on the DQ card, what part of the stroke is under question to the swimmer and/or the coach.

At the Conference Championship Meet, all 8 & Under swimmers will be judged the same as all other swimmers and in accordance with U.S. Swimming Rules.

DSDC POOL LOCATIONS

Addison Park District	Bensenville Water Park, 1100 W Wood Street, Bensenville
Bartlett Park District	Bartlett Aquatic Center, 620 W Stearns Road, Bartlett
Bloomington Park District	The Oasis, 172 S Circle Avenue, Bloomington
Butterfield Park District	21W730 Butterfield Road, Lombard
Carol Stream Park District	Fountain View Recreation Center, 910 N Gary Avenue, Carol Stream
Glendale Heights Park District	Glendale Heights Aquatic Center, 250 Civic Center Plaza, Glendale Heights
Hanover Park Park District	Seafari Springs Aquatic Center, 1700 Greenbrook Boulevard, Hanover Park
Itasca Park District	Itasca Water Park, 100 Catalpa Ave, Itasca
Lombard Park District	Paradise Bay Water Park, 437 E St Charles Road, Lombard
Roselle Park District	Kemmerling Park & Pool, 400 S Prospect Street, Roselle
Villa Park Park District	Jefferson Pool, 341 N Harvard Avenue, Villa Park
Wood Dale Park District	The Beach, 161 W Commercial Street, Wood Dale
Woodridge Park District	Cypress Cove Aquatic Park, 8301 S Janes Avenue, Woodridge