



Valley Dolphins Swim Team



Welcome! The Valley Swim Team is built on traditions and we are so excited that you decided to join this community. There is a place for every athlete, from beginners to seasoned swimmers. The coaches work hard to build relationships with all the kids so that all swimmers are encouraged and challenged to develop and improve their swimming. During the summer, we become like a family, working toward the same goal. So, be encouraged to know that this is a special place. You also need to know that it is going to involve a **commitment** from you, as a parent. Most every job required for this team to run smoothly is done by volunteers, and the more that we can all contribute, the better the summer will run. This summer will feel full and fast, so here is some information that will help you navigate all the opportunities that will come your way.

Swim Meets:

You will get email reminders from the coaches to sign up your kids for the meets. This needs to be done before the **deadline**, so be sure to check your email and sign up quickly. There will be instructions on how to sign up online. You will get to choose what events your swimmer can swim in, which will get approved by the coaches. The coaches will often add your kid to a relay as well, to give them more experience in the water. Once the meet is setup we will send out heat sheets through email. Occasionally, heat sheets will not be sent out prior to the meet because some meets will charge for these at the door. If you receive the heat sheet by email, it's best to print it out and take it with you to the meet. You will need to look through the events to find your swimmer. It's really helpful swimmers to write out their events on their arm or leg with a Sharpie marker. If swimmers know the strokes they're swimming along with the event number, heat, and lane assignments, it will help them be in the right place at the right time. The meets go fast and can be a little confusing and we don't want any swimmers to miss their events. Please plan to arrive at meets a little early so swimmers can get their events written. Meets will have a "First Call" and "Last Call" sign. When your swimmer's event number is on the first call, have him/her head over to the staging area. Once there, the Clerk of Course will help organize swimmers into their heat and lane assignments. There are many jobs required to pull off a swim meet, even when we aren't hosting the meet. Here is a list of those jobs and what they entail:

- **Set-up/Take-down:** This role requires people to show up before warm ups or stay after the meet to help set up or clean up the pool. Setup usually takes place at 6:30 AM and cleanup usually takes place at 11:30 AM.
- **Official:** **This role requires specific training and shadowing.** The official stands at the end of the pool to watch for any swimming violations. It is usually an entire meet commitment and requires special attention to each event.
- **Timer:** The timer is responsible to stand at one end of a lane. There should be at least two timers assigned to each lane, for accuracy purposes, and sometimes a third timer to record the times. Usually, this job runs for about 2 hours. It is a favorite for parents, because it's not stressful and you can watch your swimmer race.
- **Runner:** The runner is responsible for taking timer sheets once complete over to the computer table so they can input results.
- **Clerk of Course:** This is a really fun role because you get to know all of the swimmers. The kids really depend on this person to tell them where to go. The clerk can sit or stand, depending on the pool set-up. Most pools will have a bit of a staging area where swimmers can be organized by heat and lane. The Clerk of Course is responsible for changing the event numbers and letting swimmers know when to start lining up. There is some flexibility with this role. You can usually watch most of the events and cheer on your swimmer, especially if there are two parents in this role.

You can sign up for jobs on the same site where you sign your swimmer up for meet events. For a successful and fun meet, always bring snacks, camping chairs, towels and lots of sun screen. It's also smart to bring card games, coloring books, and other activities for the down time.

Meet Locations:

Colorado Springs Racquet Club- 2529 N Murray Blvd. This is a great pool and a well-organized meet. They have a good staging area, a small playground for little ones, and lots of grass for sitting and viewing.

Rampart High School- 8250 Lexington Dr. This is an indoor pool, with limited bleacher seating. There is not much room for little ones to run around, so if you are bringing littles, pack coloring books and card games. The big score board makes this meet fun because your swimmer can immediately see their time. You will also be able to see which event number is in the water.

The Swimmery (formerly known as Village 7 Swim Club)- 4065 Nonchalant Circle S. This pool has lots of good seating. There are small patches of grass for play. The staging area is really cramped, so be prepared to help your swimmer get to the right spot.

Foothills Swim & Racquet Club (Rockrimmon)- 6955 Delmonico Dr. Lots of grass, lawn chairs, picnic tables, but not much shade. There is a big sand volleyball area for kids to run and play.

Swim Buddies:

The coaches will pair up each swimmer with a buddy. This is especially beneficial for the little ones or new swimmers to the team and is a great way to build a strong swim team community. Buddies are encouraged to find each other at the beginning of every meet and support each other throughout the meet. Some buddies will bring small gifts to meets while others may just offer counsel and words of encouragement. Don't feel pressure to spend a lot of money on your swimmer's buddy, but if you can, a little gift of Gatorade, water bottles, Chapstick, snacks, or other trinkets are fun ways to help the kids feel encouraged and excited about their experience.

Absences:

If you have summer plans that interfere with swim practices or meets, please communicate with the coaches so that they can plan accordingly. Joining the swim team is a commitment, but we realize that summer is a time when families often travel and swimmers may not be able to attend all practices and meets.

Practices:

Practices will take place every morning of the week, with the exception of meet days, which are typically on Wednesdays. Times for practices are as follows:

- 13 and overs 6:25-8:15am
- 9-12 year-olds 8:00-9:30am
- 8 and unders 9:30-10:30am

All practices will take place at Valley Swim Club. Please bring goggles and a towel. Swim caps are optional. The parent is always responsible for applying sunscreen when needed.



Fun Traditions:

- **Pancake Breakfast:** The first meet at Valley will be a mock meet. At this meet, the kids learn the rhythm of a normal meet. Afterward, we have a pancake breakfast provided by the parents. This is a fun time for students to get to know each other and familiarize themselves with the events.
- **Water Park:** Toward the middle of the season, there will be an organized day for swimmers to go to Water World in Denver. Parents can carpool or meet up there. We typically get a discounted group rate for admission. Each family is responsible to purchase their own tickets.
- **Red & Blue Meet:** This is a fun meet that is only between Valley swimmers. The swim team is split up into two teams: Red and Blue. At this meet, swimmers (and coaches!) compete in silly and fun events. This meet is filled with bandanas, mascots, chants, and lots of fun memories for the kids.
- **State Fun:** The kids work so hard to qualify for the State Swim Meet, so when it comes time to go, we like to celebrate the event with several activities. Swimmers do not have to qualify to be involved in all the celebrations and activities. They can even go to State if they do not qualify individually to support all Valley swimmers and perhaps even participate in a relay. Before the swimmers go to state, we have a pool party at Valley where swimmers paint t-shirts (that swimmers can wear to State) and we take a big group photo. If State is out of town and requires a hotel stay, this is a fun time for swimmers to bond with each other. They paint nails and make bracelets.
- **End of Year Banquet:** This is at Valley Swim Club and is a time to eat and celebrate the swim team season. The coaches present awards and we watch a slideshow highlighting the summer. Don't miss this special night! Every kid will be recognized in some way, and it's a great time for them to celebrate their accomplishments.

