



Dry Diggins Dolphins Swim Team

Team Handbook

The Dry Diggins Dolphins Swim Team is a program of Gold Rush Aquatics, Inc.

Welcome to the Dry Diggins Dolphins Swim Team!

Your Board of Directors has developed this Handbook as a resource for our families to help familiarize them with our team policies and procedures. Please print and keep a copy on hand, as it will become very useful as the season gets underway!

**The Dry Diggins Dolphins Swim Team
Board of Directors and contact information is located on our website,
drydigginsdolphins.com**

Our Board of Directors meets on the second Monday of each month beginning at 6:00 p.m. The Board meeting location periodically changes. Please check the website for location. Parents are welcome and encouraged to attend to learn more about what's happening with the team. Contact any of our Board Members for more information.

Working together we can accomplish great things . . . we hope you'll join us in making each swim season one of the best ever! Please contact one of our Board Members with your ideas and/or suggestions for the season or to let us know how you'd like to become involved!

See you on deck!

P.O. Box 622, Placerville, CA 95667
www.drydigginsdolphins.com

The Dry Diggins Dolphins Swim Team Mission Statement

Through recreational swimming we promote healthy and positive opportunities that allow children to develop the values of physical fitness, sportsmanship, commitment, and accountability that will empower them to be champions in and out of the water.

League

The Dry Diggins Dolphins Swim Team is a member of the Valley Foothill Competitive Aquatic League (VFCAL) and will abide by the rules of the League. In the case of any team policy that conflicts with the League's rules and bylaws, the League bylaws and rules shall prevail.

The VFCAL is currently comprised of eight teams— the Arden Manor Pirates, the Auburn Robalos, the Cordova Blue Marlins, the Dry Diggins Dolphins, the Lifetime Sugar Bears, the Rio Linda AquaKnights, the Woodland Wreckers and the Orangevale Tigersharks.

Our Team Goals

1. To train swimmers in the correct technique of the four competitive strokes
2. To involve all parents in volunteer and fundraising activities in support of the Dolphin program
3. To create social activities that help develop team spirit and friendships amongst the swimmers
4. To demonstrate the importance of good sportsmanship and a coachable attitude — *and encourage both!*
5. To encourage an environment where parents work in support of our coaches and swimmers

Supporting the Dry Diggins Dolphins Swim Team

We are very fortunate to have the Dolphins Swim Team in our community. We're now seeing our third generation of swimmers come across the pool deck! As a parent volunteer run organization responsible for a program with such a legacy, we take our stewardship responsibility very seriously. It requires a dedicated and active parent volunteer base to keep things running smoothly and effectively. We encourage you to become involved and join us as we work to make sure this valuable youth program remains available to kids in our community for years to come!

How You Can Help

Support for the team comes in a variety of shapes and sizes! It can include becoming a team sponsor or making a donation to an event. It can be running for a Board position or chairing an event or committee. It can involve training to become a meet official or stroke and turn judge. It can be to help us develop and carry out a new and exciting fundraising event or team activity. It can also be as simple as completing your family work assignments and being open to help as needed in a pinch! We challenge you to challenge yourself to step up and become involved each swim season!

Fundraising

Registration fees cover the cost of running the team, but are not enough to cover the cost of maintaining or purchasing equipment and other related expenses. Fundraising efforts by the team are designed to hold down registration fees while raising funds to keep our team running smoothly. We hope you participate in and enjoy our fundraising activities this season. Fund raisers include but are not limited to:

- Our annual Swim-A-Thon
- 50/50 Drawings at our home swim meets
- Silent Auction and Prize Drawings at the Family Dance
- Raffle of Disney tickets

Swimmer Eligibility

The Dolphins Swim Team is open to youth ages 4 to 18. In order to compete in League sanctioned events, swimmers must abide by the following rules:

1. The swimmer may not swim for another club or team (other than high school or college) during the season.
2. Swimmers compete in age groups as follows: six years of age and under (6/under), 7-8, 9-10, 11-12, 13-14, 15-18. Participant's age will be determined as of June 1st.
 - a. The swimmer may not be older than eighteen years of age on June 1 of the current season.
 - b. If a swimmer's birthday is on or before June 1st, he or she must advance to the next age group prior to competing. If the birthday is after June 1st, he or she will remain in his or her age group.
 - c. Swimmers must swim in their own age group in all individual dual meets and in the League Championship Meet.
 - d. Verification of swimmer age may be required.
3. The swimmer must have observed the VFCAL mandatory rest period of January 16th - February 28 or 29th of the current year.
4. The swimmer must be safe in the water using the following guidelines:
 - a. All swimmers 8 years old and younger must be able to swim 25 yards safely (if unable to do so, the swimmer will be assigned to our Junior Dolphin program)
 - b. All 9-10 year olds must swim 25 yards unassisted with sustained breathing
 - c. Participants ages 11 and older must swim 50 yards unassisted with sustained breathing

Registration and Fees

Priority registration will be conducted online beginning in February for eligible returning swimmers. Online "open registration" will begin in March. The Board of Directors will post registration details on the website and via email to returning families.

In order to allow for the optimum swim team experience, there will be a limit of 24 swimmers or less

of each gender in each age group with the exception of the 15-18 age group, where no limit is placed. Swimmers must register in their appropriate age/gender division.

To qualify for the following season's priority registration, families must do the following:

- Swimmers are required to participate in at least 3 League meets, one which must be Championships. Time trials do not qualify as one of the 3 meets.
- Parents are required to fulfill their parent volunteer duties. Parent volunteer duties are monitored and time worked is tracked and recorded.

New swimmers and non-priority registration swimmers will be permitted to sign up after the priority registration deadline. New swimmers may register the day immediately following the priority registration deadline. Returning swimmers who do not qualify for priority registration, but who completed last year's volunteer requirements also cannot register until the day immediately following the priority registration deadline. All other returning swimmers who did not qualify for priority registration cannot register until one week immediately following the priority registration deadline. This policy is to encourage full participation by swimmers and their families in meets, including Champs, and completing volunteer requirements.

The Board may relax the above policy when a swim family encounters a significant life event preventing that family from qualifying for priority registration. However, such decisions are at Board discretion. Families are encouraged to communicate with the Board as soon as possible when such situations become known.

All openings are filled on a "first come, first served basis". The open registration event date will be posted on the team website. If any age group is filled, a waiting list will be maintained.

Safety Swim

The Team will conduct a water safety evaluation prior to the start of the season for new DDD Swim Team swimmers 8 and under, using the criteria detailed above in **Swimmer Eligibility**.

Fees

Refer to the website for amount of annual registration fees. Limited financial assistance is available to qualified individuals. Refer to the financial assistance form on the website, under the current season tab / financial assistance form.

Swim team fees must be paid in full on or before the first day of practice.

NSF Check Charge: Parents will be charged \$25 if a check is returned marked "nonsufficient funds". Such matters are to be resolved quickly with the team treasurer.

General Refund Policy

A full refund is granted, less a \$10 processing fee, if requested by the first day of practice. A 50% refund will be given, less a \$10 processing fee, if requested by May 15th. After May 15th, no refunds will be given, except as indicated in the Injury Refund Policy below. Registrations will generally not

be processed after May 15th, unless approved by the Head Coach. No refunds will be granted for registrations occurring after May 15th, except under the Injury Policy below.

Injury Refund Policy

If a swimmer experiences an injury that prevents him or her from swimming for the remainder of the season, refunds may be issued as follows:

- Injury occurs during the first week following the start of practice—full refund
- During weeks 2 through 4 – 75% refund
- During weeks 5 through 7 – 50% refund
- During weeks 8 through 10 – 25% refund
- During weeks 11 to end of season – no refund

A \$10 processing fee will be deducted from all refunds.

Reimbursement Requests: Certain parent volunteers may incur expenses on behalf of the Team. When seeking reimbursement, a parent should complete the Reimbursement Request form available on the Team website, attached applicable receipts and submit to team treasurer. The team treasurer will work with the GRA treasurer to ensure prompt reimbursement.

Swimmer, Parent, and Coach Commitments

Swimmer Commitments

The success of the team begins with everyone sharing the same commitment. All Dolphin swimmers will be committed to the following:

1. Honor your teammates with your effort, and in turn your teammates will honor you with their effort
2. Attend practice on a regular basis
3. Attend Time Trials and dual meets
4. Attend Championships
5. Have a positive and coachable attitude
6. Wear the team suit at all meets, but never to practice
7. Arrive to all practices on time
8. Encourage your teammates
9. Be a part of the team by getting involved in practice, meets, and socials. There is no “I” in TEAM!!
10. Only Dolphin swim caps allowed at meets
11. Set individual goals
12. Have fun swimming FAST!

Parents' Commitments

The positive involvement of parents is crucial for a successful season. All Dolphin parents will be committed to the following:

1. Attend the annual New Parent Information Night meeting (new families only)
2. Complete required volunteer requirements, generally four jobs per season or a seasonal position.
3. All parents should participate in fundraising activities.
4. Check website frequently to stay informed
5. Support the coaches and team with positive attitude
6. Make meet attendance a priority for your family— this is why your child practices
7. Sign up for meets on the website by the Sunday prior to each dual meet and by July 1 for Champs
8. Make arrangements to get your child to practices and meets on time
9. Make arrangements to pick up your child immediately following practice. Coaches will not be supervising your child. We will not hesitate to call the El Dorado County Sheriff or Placerville Police Department if your child is left at the pool, unsupervised.
10. Participate in the team social activities. This allows your child to better connect with his/her team
11. Be your child's biggest fan! Tell them they did great!!
12. Don't coach your child. Leave the stopwatch at home and always be positive
13. Have fun being involved and help create a positive team environment

Coaches' Responsibilities

The coaches of the Dry Diggins Dolphins are employees of Gold Rush Aquatics (GRA) and are under the direction of the GRA head coach. The Dolphin coaches are each certified by the American Red Cross in Lifeguard Training, CPR for the Professional Rescuer and First Aid for Lifeguards. Specific responsibilities include:

1. Develop season plan for team and age groups
2. Organize and direct team practices
3. Responsible for discipline and control of team members during all team functions
4. Coach and instruct swimmers on all facets of competitive swimming
5. Prepare entries for league meets, practice meets, and Championships
6. Perform first aid as necessary
7. Work with swim team Board of Directors to provide a positive swim season
8. Attend team social activities and help build team spirit
9. Develop positive attitudes and motivate swimmers towards competition
10. Promote having fun while racing!
11. Encourage sportsmanship!

Communication

Swimmer – Coach Communication

An important skill for an athlete to develop is talking directly to the coach. Your coach has your best interests at heart, desires you to succeed, and cannot read your mind. If you want to swim a certain event, improve on your technique, inquire as to what is needed by you to achieve a goal, you must talk to your coach. If needed, your parent can be present, but you need to take responsibility for your own success. Own your sport!

Parent – Coach Communication

Communication gaps occur when a parent feels more comfortable with discussing their disagreements or concerns with other parents and not directly with the coach. This never solves the problem and frequently creates additional ones. It is vital to keep in mind that the coach has the best interest of your child at heart. If you trust this shared desire, even if the coach has a different approach than you, you will enjoy a good rapport and constructive dialogue. Some guidelines for raising coaching concerns are as follows:

1. Schedule a conference with the coach. Do not approach the coach on deck to discuss a concern. Attention is needed towards the swimmers on deck and in the water. It is not realistic to believe the coach can give you and the swimmers the attention and focus you each deserve simultaneously.
2. Keep in mind that the coach must balance your child's best interest with that of the team. Occasions may arise where your child may need to defer to the betterment of the team's interest. The benefits of belonging to a team will outweigh the initial inconvenience you or your swimmer may experience.
3. If your child is swimming under the direction of an Assistant Coach, approach that coach first. If you are unable to reach an understanding, then a conference with you, the Head Coach, and the Assistant Coach will need to be scheduled.
4. If a parent is using you as a sounding board to complain about a policy or performance of the coach, encourage them to talk directly to the coach. Such conversations are often overheard by others and are demoralizing to the team as a whole.
5. If you are unable to reach an understanding with the Head Coach, then a meeting with the Board of Directors along with the coach(es) will need to be set. Contact the President of the DDD and Gold Rush Aquatics to arrange for this conference. This should be a last attempt after all other guidelines have been followed.

Behavior Expectations and Consequences

Swimmer Rules

1. No running on the pool deck
2. No rough play in and around water
3. No profanity or inappropriate behavior is allowed
4. No swimmers in the water unless coach or guard is on duty
5. Swimmers are not allowed to climb fences, play in showers, or play in restrooms
6. No wheeled objects (i.e.: scooters, skateboards, rollerblades, etc.) allowed on the practice deck or at swim meets
7. No gum allowed
8. Swimmers must remain in the water unless directed by coach
9. Swimmers will refrain from talking while coach is teaching
10. All swimmers with long hair must wear swim cap
11. Keep our pool area clean at all times
12. Except during a swimmer's practice times, swimmers must be supervised by parent/guardian

13. Tardiness to practice is disruptive to teammates and does not allow for proper warm up by the late swimmer. Therefore, if your swimmer is going to be more than 15 minutes late to practice, the swimmer will not be allowed in the water for that day.
14. No tents allowed on deck during swim meets without the express permission from the DDD Board of Directors.

Violations will be handled as outlined in our discipline policy

Discipline Policy for Swimmers

The following discipline measures may be applied by the coaches at their discretion to the swimmers for such reasons as unsafe behavior, disrespectful or foul language, disobedience, belligerence, or anything else deemed as disruptive behavior and/or contrary to the rules of the team.

1. Verbal warning
2. Swimmer held out of practice
3. Removal from practice and parent notified
4. Suspension from team
5. Removal from team

Parental Behavior Expectations

Normally, a swimmer is not deprived of participation on the team or otherwise penalized for actions of the parent(s). However, the Board of Directors of the Dry Diggins Dolphins swim team may remove a swimmer and parents from the team when parents are consistently uncooperative and conduct themselves in a manner that is disruptive to the harmonious relationships on the team. Parental interference in coaching matters and abusive language toward coaches, board members or volunteers are some of the reasons for recommending dismissal from the team. The Gold Rush Aquatics Board will be informed in writing when this action occurs.

The Dry Diggins Dolphins Swim Team is administered by a group of volunteer parents, some of whom volunteer hundreds of hours annually to make sure that the DDD is a successful recreational swim team. Please remember to treat these volunteers with respect when addressing problems that you may be experiencing. It is never appropriate to berate volunteers who are working to address the needs of the team and your issues in particular.

Some guidelines for raising concerns are as follows:

1. Meet with a board member and discuss your concerns calmly. Consider holding your conversation away from the pool deck.
2. Consider emailing a board member with a brief discussion of your concerns. Re-read your email to eliminate abusive language. Ask the board member to explain the reasons behind certain policies.
3. If you are not satisfied with answers provided, please ask the board member to discuss your concern with the entire board and follow up with an email to the Board re-stating your concerns.
4. Consider attending the monthly board meeting. Advise the President of the Board at least one week in advanced of your attendance and issue.
5. You will be allowed to discuss your issue with the Board during the monthly board meeting.
6. Please accept the decision of the Board as final.

Preparing for Swim Practice

The practice schedule is posted on our Dry Diggins Dolphins website. The schedule is modified throughout the season to accommodate school schedules and the start of summer vacation.

Swim Practice—*what you will need:*

1. **Practice swim suit** – *Wear a suit other than the team suit, which is only for swim meets.*
2. **Goggles** – *Make sure they fit properly prior to start of practice. TYR makes great goggles for the smaller swimmer.*
3. **Swim Cap** – *Latex caps are the most affordable. Applying baby powder to the inside of the dry cap can extend the life of the cap. Latex and silicone team caps may be purchased annually at the beginning of the season.*
4. **Towel** – *Make sure your swimmer dries off thoroughly after practice, as it will help to warm them more quickly.*
5. **Warm clothes** – *The start of our season and morning practices can be a bit cool, so pack warm clothes to change into after practice.*
6. **Coachable attitude** – *You will get out of practice what you put into it, so come ready to listen and work!*
7. **A desire to work hard and have fun—**
Your results will show on race day!

Lane Assignments

Coaches will work hard to quickly group same skill abilities together to maximize the practice benefits. If you feel your child is in the wrong lane, follow the Parent – Coach Communication guidelines.

Parent Role at Practice

1. Leave the coaching to the coaches
2. Bring a chair and sit a reasonable distance away from the pool to limit distractions for your child
3. Visit with other team parents and find ways to get involved. Work to build a great team experience and positive environment
4. Do not coach your child on the way to or home from practice. This will only cause stress for your child and take away from the fun they just had.

Preparing for Swim Meets

Meet Schedule

The meet schedule is posted on the Dry Diggins Dolphins website at the beginning of each season.

Each season the VFCAL league establishes a schedule for dual meets and the League Championship meet. The league strives to balance the number of meets each team has “home” and “away” and to locate an appropriate and available facility for Championships. All League meets are held on Saturdays.

“Dual Meets” (meets with one other team) generally last about six (6) hours from the start of the meet. The League Championship meet is held in mid -July and will run all day, generally lasting about nine (9) hours.

Meet Entries - Sign-In/Meet Declaration

Swimmers must sign-up for each dual meet they will be attending, as well as for the League Championship meet. This is done via the team website. There are sign-up deadlines for each meet as posted on the website. If a swimmer misses the sign-up deadline, the swimmer will not be entered in that meet. The coaches cannot include a swimmer in a meet after the sign-up deadline. This is the responsibility of the parent and swimmer.

The sign-up deadline is generally the week prior to each dual meet.

The coaches finalize the meet entries on the Monday prior to the meet date. Once finalized, the meet entries (list of swimmers and the events they are scheduled to swim) will be circulated to parents via email on the Thursday before the meet.

Sign-ups for the League Championship meet are generally completed prior to July 1. The swimmer must have competed in a minimum of two League dual meets during the season in order to be eligible for the Championship meet. Time trials do not count as a dual meet.

Per VFCAL rules, all swimmers **may** swim as many as 5 events at a meet – 3 individual and 2 relays. It is the goal of our coaching staff to allow for equal swims over the course of the season. There are also rules governing how many flights (heats) are allowed in each event:

- 1 flight of individual medley and medley relay
- 2 flights of long free, breaststroke, butterfly, and *free relay
- 3 flights of short free and backstroke
- Unlimited flights for the 6-under freestyle and backstroke events

Relay Policy

The swimmers who compose the relay teams for any given swim meet are selected by the coaches, at their discretion, on the basis of team needs within the age group for the strokes involved.

Recognizing that the four fastest individual swimmers do not necessarily comprise the most competitive relay team for any given swim meet, Gold Rush Aquatics Board of Directors has made every effort to select and hire a knowledgeable head coach who will use the following as a base policy in selecting relay members:

- Top times provided by computer personnel
- Splits taken in previous relay swims
- Times from the two most recent meets shall take precedence and weighed more heavily than older times

The Head Coach is allowed discretion to **not** assign a swimmer meeting the criteria of the base policy to a relay team for compelling reasons such as, but not limited to, poor attendance at swim practice/meets, poor sportsmanship, or inconsistent performance.

The purpose of this policy is to provide the most competitive relay team for the given swim meet, considering the talent of the opposing team, and providing a fair and equitable opportunity for the individual members of the Dry Diggins Dolphins Swim Team.

Swim Meets—what you will need

1. **Team swim suit**, two pairs of **goggles**, **team swim cap**, two **towels**
2. **Warm clothes** for cool mornings
3. Deck of cards, portable game units, board games, **toys to keep swimmers occupied between races**
4. **Sleeping bag** for warmth and to lay on
5. **Shade structure** - EZ Up canopy is recommended, along with a tarp as morning ground is frequently wet
6. **Chairs**
7. **Ice chest** with water, sports drinks, and healthy snacks (fruit, bagels, etc.)
8. **Highlighter** (to mark program events), pen, **permanent marker** (mark events on swimmer's hand – heat and lane, etc.)
9. **Sunscreen** – take care to not apply to hands or insides of arms or legs as it will cause swimmer to “slip” through the water
10. **Money** – there is typically a snack bar available to purchase food. Items generally run \$1 to \$6 per item. Team wear is available for purchase at home meets.
11. Meet Programs are available electronically.

Swimmer Check-In

Swimmers should arrive at the meet at **7:00 a. m.** for dual meets. Other more specific instructions will be given for the League Championship meet. **Swimmers who have not checked in by the designated time (7:00 a.m.) will be scratched (not allowed to swim) from the meet.**

After entering the pool deck, you should do the following:

1. **Find our team area** and set up your “camp”. [At Union Mine High School – Our team area is on the tennis courts adjacent to the pool – We do not allow tents on deck around the pool – except in very limited circumstances.]
2. Swimmers are to **find coaches** and **check-in personally**. Parents cannot check in their swimmer as it is vital that a coach sees your child's face.
3. **Remain in team area** so coaches can find swimmers for any last minute changes in the entries due to ill swimmers. The updated swim program is generally available via the Meet Mobile application.
4. Prepare your swimmer for **warm-ups**.

Parent Check-In

1. After setting up your spot in the team area, check in with the Volunteer Coordinator. Prepare to report for your scheduled work assignment.
2. If you're not assigned to a job for that meet, please be ready to volunteer if needed. Thanks in advance for helping out in a pinch!
3. Print out the meet program on Friday before the meet or access the program electronically (Meet Mobile), and highlight your swimmer's events, heats, and lanes. For younger swimmers, write their race information on their hands or arms to help them get to the correct lane at the correct time.
4. Listen to the announcer and have your swimmer behind the blocks 5 minutes prior their race. Double check sides of pool for 25 yard and for 100 yard relay events.
5. Cheer for your child from behind the blocks or in the stands.
6. Stick around until the last race is over—the relay events are an exciting way to end the day!

Warm ups

Each team is allowed a period of time before the meet to warm-up. Swimmers should listen for the warm-up announcement and report to their coaches for warm up times and instructions. The Dolphins warm up the younger swimmers first, in the following order:

- 10 and under for 10 min
- 11 and ups for 15 min.

The goal of warm ups is to familiarize your swimmer with the pool, the blocks, and walls prior to their first race. A swimmer who participates in warm ups has a greater amount of confidence come race time. Parents can wait for their swimmer with their towel a respectable distance from the pool, as it is very crowded during this time. After the older swimmers warm up, a brief team meeting followed by the team cheer, will be held in the corner of the pool area.

Order of Events at a VFCAL Meet

(Girls swim first in odd # events, alternating with boys in even # events)

#	Age Group	Event	#	Age Group	Event	#	Age Group	Event
1-2	9-10	100 IM	31-32	15-18	50 Free	61-62	13-14	50 Breast
3-4	11-12	100 IM	33-34	6-un	25 Back	63-64	15-18	50 Breast
5-6	13-14	100 IM	35-36	7-8	25 Back	65-66	7-8	25 Fly
7-8	15-18	100 IM	37-38	9-10	25 Back	67-68	9-10	25 Fly
9-10	6-un	100 Free Relay	39-40	11-12	50 Back	69-70	11-12	50 Fly
11-12	7-8	100 Med Relay	41-42	13-14	50 Back	71-72	13-14	50 Fly
13-14	9-10	100 Med Relay	43-44	15-18	50 Back	73-74	15-18	50 Fly
15-16	11-12	100 Med Relay	45-46	7-8	50 Free	75-76	7-8	100 Free Relay
17-18	13-14	100 Med Relay	47-48	9-10	50 Free	77-78	9-10	200 Free Relay
19-20	15-18	100 Med Relay	49-50	11-12	100 Free	79-80	11-12	200 Free Relay
21-22	6-un	25 Free	51-52	13-14	100 Free	81-82	13-14	200 Free Relay
23-24	7-8	25 Free	53-54	15-18	100 Free	83-84	15-18	200 Free Relay
25-26	9-10	25 Free	55-56	7-8	25 Breast			
27-28	11-12	50 Free	57-58	9-10	25 Breast			
29-30	13-14	50 Free	59-60	11-12	50 Breast			

Deck Rules at a Meet

1. Throughout the meet, all swimmers and spectators are expected to conduct themselves in a sportsmanlike manner
 - a. No excessively loud or obnoxious behavior
 - b. No obstruction of the orderly conduct of the meet
 - c. No foul language
 - d. No clowning around at the starting blocks or during a race
 - e. No rowdy behavior in the team areas (no wrestling, chasing, etc.)
2. All swimmers under the age of 15 should be accompanied by an adult at each meet.
3. Certain sections of the pool are restricted, with access only for stroke and turn judges, meet referee, coaches, and timers. Unless you are authorized to be in such areas, please stay out.
4. The following are **strictly prohibited** in the pool area
 - a. Smoking
 - b. Glass Containers
 - c. Alcoholic Beverages
 - d. Profanity or abusive language
 - e. Wheeled objects such as skateboards, scooters, or skates

5. The Meet Referee has the authority to eject any person from the pool area who is not abiding by these rules.
6. Swimmers are to stay in their team area and tell a parent if they need to leave to use the restroom or purchase a snack. This allows the coaching staff to find a swimmer at all times.
7. Coaches are seated pool side and are available to swimmers at any time during the meet. If a parent must speak to a coach, please refrain from doing so during the relays. Coaches are very busy at swim meets and often cannot give their attention to anyone but the swimmers. It is highly advised that all conversation wait until after the meet, unless there is a need to inform the coach of an injured or ill swimmer.

All swimmers are expected to remain at the meet until it is over, with the exception of our 6-under swimmers who are done early. Please do not leave simply because you are done swimming—this is a team sport!

Championships

League Championships

The VFCAL Championship meet is the one time each season that all the teams in the League come together to swim in one large meet. This is the finale to the season! This is where your swimmer can swim 3 individual events and possibly 1 or 2 relays and measure how much they have improved over the summer. This is the swim meet where the first place finisher in each event is crowned “League Champion” and Championship Team is decided. Champs is the “World Series” or “Super Bowl” to our season!! It is the meet your swimmer has been training for all season and it is the most FUN meet to attend!!!

Who swims at this meet and what events can they swim?

1. Anyone who has swam in two (2) league dual meets during the current season is eligible.
2. Any event swam this season without a disqualification (any legal swim) is able to be entered.
3. Individuals can swim three (3) individual races and each team may enter three (3) relays per age group and gender in the medley and freestyle relays.
4. Events are chosen by coaches to build the most competitive team to bring to Championships. Swimmers will be allowed to choose one (1) event they want to race. Swimmers who attend all meets during the season (time trials, league, and non-league meets) will be allowed to choose two (2) events.

Awards and Achievements from Championships

1. The top three swimmers in each event will receive medals, with places 4th – 20th receiving place ribbons. All other finishers receive participation ribbons.
2. The Top 10 finishers at Champs will automatically qualify for the Meet of Champions.

Meet of Champions (MOC)

Top swimmers from throughout Northern California summer recreational swim teams come together to compete in a high level two day competition. Swimmers earn points for their team, with team trophies awarded to the top three teams. High point trophies are awarded to the top swimmer in each age/gender group.

How do you qualify for MOC?

1. Achieve the meet time standard for an event. Standards are set for each age group and event, individual and relay. Times will be posted on the event website and on our pool deck once published by the MOC directors.
2. Achieve a Top 10 finish at League Championships.

How many events can a swimmer enter?

A swimmer may enter as many events as they have qualified for along with one bonus event of their choice per day. This is a wonderful opportunity to swim every event in one meet and earn your final personal best times for the season!

When is Meet of Champions?

MOC is usually scheduled two weekends after our League Championship meet, typically the last weekend in July or first weekend in August. Check our website for dates.

Kenworthy Scholarship

The Gary Kenworthy Loyalty Scholarship was established by the Dry Diggins Dolphins Swim Team to encourage our teenage swimmers to continue to swim with the Dolphins through their high school years. The Board of Directors recognized the importance of having the older swimmers on deck with the younger swimmers to demonstrate good practice habits, to model sportsmanship, and to be a positive example for them. The Scholarship was named after long time Dolphin coach, Gary Kenworthy, who was not only the team's first coach, but its primary coach for 30 years.

The amount of the Kenworthy scholarship varies according to the number of years that a high school senior swam with the team during high school.

Eligibility Requirements

High school age Dolphin swimmers who wish to be considered for the Kenworthy Scholarship MUST swim the Dolphin season following their Senior year of high school, MUST complete an application AND MUST meet all requirements each year to earn credit for that year. Awards will be made at the close of the Dolphin season following the swimmer's high school graduation.

In their senior year, recipients will also be asked to write an essay on what their Dolphin swimming experience has meant to them. They will share this at the team Awards Night, when their scholarships are presented. Seniors will also be expected to provide a service to the Dolphin team that demonstrates leadership and team spirit for the purpose of "giving back" to their DDD family.

Kenworthy Scholarship applications are available on the website with a full description of eligibility and requirements.

2021 Season COVID Addendum

We have been working closely with GRA, VFCAL, and the EDUHSD and are determined to have a season that offers swimmers a chance to do what they do best. We accept that there will be changes to the procedures and culture of our team this year.

- We hope to find creative ways to maintain a Dolphin team spirit, while adhering to mandatory social distancing standards. Because we utilize the high schools' pools, we will honor all protocols and not put our team's pool usage at risk. Practices will be structured to provide swim and dry land time while limiting the number of swimmers on deck. We will offer practice **one time per day** (afternoon/evenings in May, mornings in June and July) and the number of swimmers per lane will be restricted.
- Required for contact tracing, roll will be taken each day at practice by a coach.
- Parents and siblings will not be permitted on deck or to congregate on the high school premises.
- Masks will be required for swimmers entering and exiting their assigned practice time.
- Swim meets will likely be conducted virtually (swimmers will race against their own team in their own pool and times are submitted and tallied for race results).
- Volunteering as a parent is a huge part of our Dolphin spirit and a necessary part of meets. We plan on adjusting our expectations for volunteer requirements as we continue to make our season plans.
- Gold Rush Aquatics (dba Dry Diggins Dolphins) will not be held liable for any COVID19 infection.

We recognize that a lot of the new regulations and subsequent changes to youth sports are inconvenient and unpleasant. Because our goal is to maintain the solvency of our team and support our mission statement, we will accept the new rules of engagement for 2021 and offer the best product we can under the new circumstances.