

Del Amigo Swim Team



2018 Handbook

2018 Swim Season is Finally Here!

Welcome Del Amigo Dolphins! We are eager to begin another great swim season at “The Del”. With the help of many dedicated and loyal families, the 2018 season will be an incredible experience for all. We would like to thank our 2018 Swim Team Committee for their tremendous support and enthusiasm over the past year to ensure our teams success this summer.

Del Amigo Swim Team is a summer league team dedicated to providing and preserving quality amateur competitive swimming for swimmers ages 5-18 years old. We are a family-oriented program offering children valuable experience in self-discipline and healthy competition. We strive for an atmosphere in which all swimmers can maximize their individual swimming potential without undue pressure.

The coaching staff considers it a privilege to be a part of your swimmers athletic journey. Our goals as coaches are to teach and develop a strong work ethic, goal setting, discipline, personal responsibility and continue a healthy environment where swimmers take pride in not only their own swimming, but in the overall success of the team. At Del Amigo EVERY team members is a valued asset to our success!

Our strong and powerful team environment is a direct reflection of our parents, swimmers and coaches attitudes displayed daily. Friendships made on our team between swimmers and parents alike – last a lifetime. We urge you to do what ever you can to continue the great tradition of summer swimming at Del Amigo.

DEL IS IN THE HOUSE!

Co-Head Coaches
Tony & Janet

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2018 Coaching Staff

Co-Head Coach Janet Herman

This will be Janet's 15th year coaching at Del Amigo Swim Team. Her first 10 years as Head Coach and this will be her fifth year sharing the responsibilities as Co-Head Coach.

Janet is originally from Southern California where she both swam and coached for one of the premier USS swim teams in the country, Mission Viejo Nadadores. Her 19 years of coaching experience with the Nadadores included heading up the Novice program and the Director of satellite programs.

Janet coached the eight year olds and younger program with the San Ramon Valley Livermore Aquatics for three year before taking a position as Head Coach for Del Amigo.

Janet heads up the All Star program, as well as Dynamites and Guppies for Del Amigo Association.

Co-Head Coach Tony Tovani

Tony joins Del Amigo Swim Team for his fifth season as Co-Head Coach. He grew up in the Moraga area where he both swam and played water polo.

During Tony's tenure as Head Coach of the San Ramon Valley High School Water Polo Team, he was voted 2012 Contra Costa Times Coach of the Year for East Bay Water Polo Coaches.

Tony's extensive coaching background has included Head Coach position at Roundhill Country Club for 3 years, Co Head Coach at Moraga Valley Pool and currently 680 Water Polo Team.

In addition to coaching, Tony is a Resource Specialist and teacher at San Ramon Valley High School. His passion for youth sports and a desire to achieve a healthy atmosphere is admirable.

Tony and his family are very active participants in the sports community in Danville.

Assistant Coach John Dorr

This will be John's fifth year at Del Amigo. John comes to us with an impressive swimming background. As an age grouper he swam for Sam Ramon Valley Livermore Aquatics. There, he excelled and made his first 2000 Olympic Trial cuts. Since then, he has qualified and swam in Olympic Trials 2004, 2008 and 2012. He was a finalist in 2008 Olympic Trials in the 200IM as well as a National Finalist.

John served as Team Captain of Cal Berkeley's Swimming and Diving Team. He is married to his wife Jennifer and they have young twin daughters. John recently earned his MBA and is currently a Financial Advisor. He is excited to share his knowledge and experience with Del Amigo.

Assistant Coach Steven Stumph

This will be Steven's third year coaching at Del Amigo. Steven graduated from USC in December 2017 with a BA in Linguistics and East Asian Language. He also received his MA in East Asian Language in January 2018.

Steven has had an exceptional swimming career. A member of the 2013 Junior National Team, he won the 200 Breast at PAC 12's three years in a row, placed 13th in 200 breaststroke at NCAA in 2017 and competed at the US Olympic Trials in 2012, 2016, placing 17th in the 200 breaststroke at the 2016 US Olympic Trials.

The current USC team record holder in the 200 breaststroke in both short course and long course, Steven was also the 2016-2017 USC Team Captain and worked as the director of operations for the 2017-2018 season.

Following graduation Steven plans to go back to school to earn his PhD in computational linguistics. In the meantime, he is looking forward to sharing his swimming passion and skills with Del Amigo again this year.

2018 Swim Team Committee

President/Co-President

Jen Kral	925-552-9914	jen@kralfamily.net
Jenn Soine	209-404-2916	jennsoine@yahoo.com

Meet Director

Tim Buckley	650-766-5341	tbuck1@gmail.com
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Computers

Brett Nuckols	925-964-7838	bertnux@yahoo.com
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Membership

Jessica Washer	415-902-3910	jessfrey@mac.com
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Secretary

Diane Stevenson	510-206-4551	stevensond@aetna.com
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Treasurer

Debbie Santos	925-858-8939	debbiemarie.santos@gmail.com
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VSA Representative

Jeff King	415-652-8144	jeff.king@cpfd.com
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Jobs

Tricia Anderson	925-699-3784	delteamjobs@yahoo.com
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Activities

Katie Stratton	443-745-4294	Katie.a.stratton@gmail.com
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Apparel

Ana Platt (Suits)	925-899-8698	anaplatt@comcast.net
Tara Buttles (Spiritwear)	925-596-7331	tara.buttles@gmail.com

Website Administrator

Fred Hughes	925-820-2746	fmhthree@yahoo.com
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Coaches

Janet Herman		thbiondi@comcast.net
Tony Tovani		atovani@srvusd.net

Team website: www.delamigo.com

2018 Important Dates & Activities Calendar

<u>Date/Time</u>	<u>Activity</u>
Thursday, March 8 th 6:45pm	2018 NEW Family Kickoff Meeting
Monday, March 19 th –Friday April 13 th	Spring Clinic (no clinic April 2 nd -6 th)
Monday, April 16 th 3:45–7:30pm	First day of spring workouts
Wednesday, May 2 nd During practice	Meet Your Teammates Day/Ice Cream Social
Wednesday, May 23 rd Pictures 3:15–4:30pm	Team Pictures – no practice/ Primo’s Pizza Fundraiser (all day)
Monday, May 28 th	No practice (Memorial Day)
Friday, June 1 st	No practice (last day of school)
Monday, June 4 th 8:00am–12:30pm	First day of summer workouts
Wednesday, June 6 th 5:30-9:00pm	Hot Summer Nights BBQ
Thursday, June 21 st During practice	iTri (Triathlon)
June 28 th –July 6 th	No Practice
Tuesday, July 17 th	Team Waterworld Day
July 23 rd –July 27 th During practice	Spirit Week
Thursday, July 26 th 5:30-9:00pm	Pasta Feed & Spirit Rally
Monday, July 30 th 5:00-9:00pm	Awards Banquet
Tuesday, July 31 st	County Practice Begins
Wednesday, August 8 th	County Breakfast

2018 Del Amigo Meet Schedule

May 19 th	Saturday	Time Trials (NOON START)	Home
June 9 th	Saturday	Roundhill Country Club*	Away
June 13 th	Wednesday	Walnut Heights Otters	Home
June 16 th	Saturday	Crow Canyon Country Club*	Away
June 20 th	Wednesday	Sycamore*	Away
June 23 rd	Saturday	Blackhawk Country Club*	Away
June 27 th	Wednesday	San Ramon Aquacats*	Home
July 11 th	Wednesday	Diablo Country Club*	Home
July 14 th	Saturday	Danville Sea Devils*	Home
July 19 th	Thursday	Summer Splash Invitational	Home
July 21/22	Saturday/Sunday	Woodlands Invitational	Away
July 28/29	Saturday/Sunday	VSA League Championships	TBD
Aug. 10-12	Fri/Sat/Sun	County Championships	Acalanes High School

**Valley Swim Association Dual Meet*

All directions to away swim meets can be found on the team website.

Our meet schedule has a break in which we have no meets scheduled. We swim Wednesday, June 27th against San Ramon and our next meet is not until Wednesday, July 11th against Diablo.

We are not scheduled to practice June 28th – July 6th.

If you are making vacation plans, possibly schedule them Thursday, June 28th and returning no later than Monday, July 9th.

Following the holiday week we only have three training weeks until Championships. We feel it is important the kids be in attendance the three weeks prior to champs. Thanks for being flexible with your summer plans.

2018 Workout Schedule

Workouts begin Monday, April 16th

Team Workouts (4 lanes): Swimmers will be grouped according to their age, ability and performance in order to gain the most benefit from the workouts. The younger age groups will have shorter workout sessions to accommodate for concentration and physical capacities. The ratio of coaches to swimmers will be optimized and emphasis will be on teaching proper technique. We are aware there may be conflicts with schedules (i.e. carpools, brothers and sisters, etc.) and we will try to do what's best for the swimmer. The final decision will be the coaches'.

Training Attire & changing policy (PLEASE READ CAREFULLY)

Del Amigo swim caps will be the only swim cap allowed during swim practice. Female swimmers are to be in one-piece competition style swimsuits only. No two-piece style suits are permitted. Deck changes will not be tolerated. Please use the changing rooms. Changing rooms are located by the coach's office.

Spring Workouts: (Monday - Friday)

April 16th through May 31st	3:45-4:15	6 & under – group I (NEW swimmers to the team)
	4:15-4:45	6 & under – group II (returning swimmers from 2017)
	4:45-5:30	7/8 yr.
	5:30-6:30	9/10 yr.
	6:30-7:30	11/12 yr. and up

Summer Workouts: (Monday - Friday)

June 4th through July 27th	8:00-9:00	9/10
	9:00-10:00	11/12
	10:00-11:15	13/14 and 15-18
	11:15-12:00	7/8
	12:00-12:30	6/Under
	4:00-5:00 Mon., Tues., Thurs. - <u>MAKEUP PRACTICE</u>	

****All training times will be up to the coach's discretion according to ability***

Makeup Practice

This is for those swimmers who are attending summer school or day camps. This practice is not intended as a convenient alternative to the morning practice and swimmers must have a coach's permission to attend. Swimmers may not swim in the group for an extended amount of time. You must make arrangements to attend AM practice for swimmers with working parents.

Post Championship Workout

The post Championship workout schedule will begin Tuesday, July 31st and go through Friday, August 10th (times to be announced). Workouts are open to County qualified swimmers only.

Description of Swim Meets

Time Trials

This is a practice meet that runs just like a regular dual meet except that only our team participates. Our swimmers compete against fellow teammates in a dress rehearsal for the dual meets to come. It gives the swimmers a chance to release some pre-season jitters, practice starts, strokes, turns and set times for each stroke. Typically, swimmers will swim all strokes at this meet to register a seed time. It also helps the coaches assign swimmers to events for the first dual meet. New parents benefit by learning how job assignments work and what a swim meet entails.

Dual Meets

Dual meets are meets held between Del Amigo and another team from the Valley Swim Association League and take approximately five hours to complete.

The order of events for dual swim meets is Medley Relay, Individual Medley (I.M), Freestyle, Breaststroke, Backstroke, Butterfly, Freestyle Relay.

Del Amigo Summer Splash Invitational

Hosted by Del Amigo, Summer Splash is a one-day invitational swim meet recognizing the efforts and dedication of our developing swimmers. Summer Splash participants will enjoy swimming against equivalent competition for championship honors. If your child is invited to attend this meet, you will be asked to work. The meet will be held at Del Amigo.

Woodlands Invitational

A two-day meet with teams from all over the County. Due to entry restrictions, swimmers are chosen by the coaches to attend. It's an honor to be invited and since the pool is a "fast pool" swimmers generally post very fast times. If your child attends Woodlands, you will be asked to work the meet.

VSA League Championships

Our league finishes the season with a meet that will be held this year at **(TBD)**. It is a two-day event and the highlight of our league season. All eight teams in our league participate in this meet and every swimmer is expected to participate. All families will be given work assignments. The scoring and format of the VSA Meet is available for review at the VSA website at VSA-swim.org.

Last Chance Swim Meet

For this meet, you must have a coach's approval to attend. The Last Chance Meet gives an athlete who is very close to achieving their county time one last opportunity to reach their goal. The host team will determine who is eligible for this meet according to how far off the county time they are. (Generally no more than 2 seconds.) This meet is NOT intended to improve an already existing county time or to challenge a relay position.

County Championships

The County Swim Meet attracts all the recreational team swimmers in Contra Costa County who have qualified by making a threshold time in an individual event ("making County"). This is a wonderful experience for every swimmer who has worked hard to achieve goals set during the season.

Swim Meet Guidelines

Teams in our League

Del Amigo is one of eight teams that make up the Valley Swim Association (VSA):

Blackhawk Country Club	Del Amigo Swim Team	Round Hill Country Club
Crow Canyon Country Club	Diablo Country Club	Sycamore Stingrays
Danville Sea Devils	San Ramon Aquacats	

To be eligible to swim in league meets, a swimmer must have had no USA/USS swimming participation since January 1st and must have parents who are Del Amigo Pool Association members or are on the Del Amigo Pool Association waiting list.

Scheduling Swimmers' Events

All swimmers are entered in events by the Coaches' assessment of their ability, team needs, and other factors such as attendance and attitude. Every swimmer is guaranteed to swim a minimum of 2 events in each meet. By league rules swimmers can be entered in a maximum of 5 events (3 individual events and 2 relay events). This is not guaranteed for every swimmer on the team and is determined by the Coaches. Impacted age group swimmers will swim fewer events than the maximum allowed because of time restraints on meets.

Relays are determined primarily by best times and secondarily by a swimmer's consistency, attendance, and attitude. It is the Coaches' intention to use the best possible swimmers for every relay entered. Relay spots are earned and individuals on relays may change throughout the season as swimmers' times and effort improve.

Scoring a Meet

Dual League meets are scored by time placement in the first heat of each event.

Points are awarded to 1st = 9 points, 2nd = 5 points, 3rd = 4 points, 4th = 3 points, 5th = 2 points, 6th = 1 point.

In relay events 1st = 8 points, by default 2nd is always given to the other team, 2nd = 4 points.

In dual meets, ribbons are awarded to 1st through 6th place for every heat of an event. League Championships is scored differently as indicated in the League Championships section.

Every swimmer has something to contribute to our team. Swimmers should and will be encouraged to cheer on and support every member of our community team. Reinforcing good sportsmanship, setting, and reaching for team and individual goals will be the mainstays of our program.

Qualifying for League Championships

All team members are encouraged to participate in all League dual meets (these are "*" on page 7 of this handbook) as well as the League Championship meet. Swimmers must compete in a minimum of three dual meets during the season in order to compete at League Championships. If they do not swim in a minimum of three dual meets, then the swimmer will lose their priority status for the following swim season and will have to wait to register until the new swimmer registration date.

JOB SWITCHES/HIRING A WORKER

It is the parent's responsibility to find a job replacement either by switching with another parent or hiring a worker. Any changes in the job assignment need to be emailed to Tricia Anderson at delteamjobs@yahoo.com. at least 24 hours prior to meet. Please include substitute contact information if you are hiring a worker.

You are still responsible for your job if you sign out a swimmer or they are sick.

Hired workers need to be at least 14 years old. Hired workers between the ages of 14-17 can only perform Café (and cannot be a swimmer in the meet), timing or ribbons. Hiring a worker (18 or older) can work all jobs except organizing. Organizers can only be substituted with another Del team parent.

LATE/ NO SHOW JOB ASSIGNMENT POLICIES

A vital part of making the Del Swim Team successful is the parent's commitment in running and staffing our swim meets. We cannot overemphasize how important it is for all of us to fulfill our obligations as parents to support the team events. We know all swim team members and families believe in establishing a fair method of cooperation. When you don't do the job assigned to you, someone else must do it.

All outstanding fines must be paid within 48 hours and failure to provide payment will result in your swimmer(s) being ineligible for the next swim meet. All funds directly support team supplies. Fines for late or missed work/activity assignments are as follows:

\$50 If sign in is from 15-30 minutes late of posted/scheduled check-in time. After 30 minutes is considered a "No Show".

\$200 "No Show" is for after 30 minutes late or not at all.

SWIMMER SIGN OUT POLICIES:

Swimmers are strongly encouraged to attend all league meets. You need to declare your swimmer's attendance for each meet. Please click the "Edit Commitment" button under each swim meet via the Del Amigo website (www.delamigo.com). There is a sign out date deadline for each meet. Please refer to the information on the website for each meet deadline. These deadlines are also reminded thru newsletters and email communication throughout the season. . It is the responsibility of the swimmer/parent to electronically indicate attendance plan for each swimmer. This information saves the Coaches hours of event scheduling time. **Parents who have a job assignment must still find a replacement or still work the job if you sign a swimmer out of a meet.** Instructions for how to use the sign in/out feature are posted under documents on the website.

All swimmers are expected to swim in the League Championship Meet.

Illness: If a swimmer is ill, a coach must be called quickly and prior to the meet. If you are unable to reach a coach directly, please contact a Committee member.

Relays: When a relay team must be "scratched" because a scheduled swimmer doesn't show up for a meet three other swimmers are deprived of their chance to compete. Therefore after a second "no-show" on a relay event, that swimmer will not be scheduled to swim relays for the remainder of the season.

Team Suits and Caps

Team suits and team caps are to be worn at all meets, unless you have approval to wear a race suit. New suits need to be ordered through Ana Platt (anaplatt@comcast.net). It is preferred boys wear the traditional Speedo style suit instead of the “jammer” style. High School swimmers will be allowed to wear a solid black suit. **It is highly recommended swimmers do not train in their team suit. Please consider purchasing a new team suit for the 2018 swim season. Suits should be very tight with no extra fabric visible.**

Race Suits

Race suits are designed to accommodate different flow characteristics across the body and reduce drag through the water. If race suits are worn for all meets, the integrity of the suit as well as the mental preparation is compromised. Theoretically, race suits are designed to accommodate 6 to 8 individual swims -- NOT MEETS! United States Swimming has taken steps to ensure an even playing field therefore full leg suits are banned.

Del Amigo will allow athletes to wear race suits for specific meets with the coach’s approval. Race suits are NOT to be worn at dual meets, unless you have prior approval.

Jr. Coaches and Their Responsibilities

Del Amigo’s junior coaches are 15 to 18 years old teammates who enjoy working with our younger swimmers. Their responsibilities include: helping the coaching staff with in the water instruction, cheering on the kids at the start blocks and being positive role models. Junior Coaches are volunteer positions and should not be considered authority figures.

Frequently Asked Questions

How can I talk to the coaches?

We ask that you not engage in conversation with the coaches during workouts as we require them to focus on the children during that time. If you wish to speak to the coaches, please see them after all practices are finished, not during practice hours. You can also email the Coaches with your questions or concerns. Their email addresses will be on the Swim Team bulletin board at the pool and listed in this handbook on page 4. All coaches have folders where you can drop them a note.

How do I find out what's going on?

Our primary means of communication is email. Newsletters will be distributed regularly and notices will be placed in your family file located at the pool. The newsletters can be long, but are full of important information and dates/deadlines and should be read in their entirety. The Del Amigo Swim Team website (www.delamigo.com) is also a great resource for dates and events. Swim Team Committee members' e-mail addresses and phone numbers are listed on page 4 of this Handbook.

What gear does my child need?

Boys and girls will need to wear goggles and fins for practice. The fins we will be using this year are TYR, Speedo, or Watergear brands. Fins should not be cut. The team suits this year will be a solid navy TYR for the ladies and solid navy TYR briefs for the guys. Female swimmers also need a Del Amigo swim cap. The suits and caps need to be ordered through Ana Platt (anaplatt@comcast.net). Team suits and caps are to be worn for all swim meets.

What should I bring to a meet?

All things needed to swim: team suit and goggles are required for all swimmers, yellow cap for girls, plus extra towels, sweats (jackets, sleeping bags, it can be very cold early in the morning or late in the evening), chairs and sun umbrellas, something to play or read (board games, cards, pens & paper). The Del Amigo Café will be open during all home swim meets. A wide variety of healthy and kid-friendly food will be available for breakfast, lunch and dinner. Please support the Café as this is a fundraising activity for the swim team.

As a parent, what will I need for a swim meet?

First off...a sense of humor and patience! You will need paper and pencil to record your child's time, a chair and sunscreen. The most important thing to bring to a meet is encouragement. Please remember to always be positive with your comments and let the coaches handle the technical part of the swim.

How are age groups determined?

A swimmer's age group is determined by what age they are on June 15th of that year.

What is a swim meet like?

Sometimes swim meets appear chaotic and confusing to new members. Experienced swim team families are there to answer any questions new families might have. For any specific questions, please contact the Meet Director. Generally, meets are fun, exciting, and thrilling to spectators and participants. Cheer for our team!

What is the order of events in a meet?

Medley Relay, Individual Medley (I.M.), Freestyle, Breaststroke, Backstroke, Butterfly, Freestyle Relay. For each stroke, 6&U swimmers go first, followed by 7/8's, 9/10's, 11/12's, 13/14's, then 15/18's. Female swimmers precede male swimmers. The order of a Medley Relay is Backstroke, Breaststroke, Butterfly, and Freestyle.

What is a heat?

A heat is comprised of up to 6 swimmers racing against each other, 3 swimmers from our team and 3 swimmers from the other team competing in alternating lanes. Typically, each event has several heats.

What is an I.M.?

In the individual medley (I.M) the swimmer swims a lap of each stroke, in the order of butterfly, backstroke, breaststroke, and freestyle.

What is a DQ?

Swimmers can be disqualified (DQ) from an event for making an illegal stroke, false start, or an illegal touch at the finish (two hands required for butterfly and breaststroke). DQ's are not life threatening events. They are merely a reminder that the swimmer needs to be corrected with stroke instruction.

What distances will my child swim?

6&U = 25 yards /one lap	11&12 = 50 yards/ two laps
7&8 = 25 yards /one lap	13&14 = 50 yards/ two laps
9&10 = 50 yards/ two laps	15-18 = 100 yards/ four laps

How long does a swim meet last?

4 to 5 hours depending on the size of the teams and the pace of events.

What if my swimmer has to leave the team?

No refunds will be given after April 1st for returning families and April 28th for NEW families. All refunds will be minus a processing fee of \$50.00. Refunds will be offered to new swimmers only who withdraw from the team by April 28th, 2018. A refund of \$385.00 per swimmer will be given. Request for refunds must be emailed to Jessica Washer at jessfrey@mac.com.

Awards Banquet

Del Amigo hosts an awards banquet for all swimmers and their families at the end of the regular season to celebrate our swimmers' accomplishments. Each Del Amigo swimmer is recognized for his/her participation and achievements throughout the season with a trophy. Additionally, special achievement awards will be presented to a boy and girl in each age group. These include the following:

Coaches Award: This award recognizes swimmers for their commitment and dedication to the team and their overall attitude and work ethic.

Most Improved: Awarded to the swimmers who have shown the greatest growth in skills including technique and times.

High-Point: Awarded to the swimmers who have achieved the most points in their age group.

A coveted **SPiRiT/Joey Moore** award (the finale of the Awards Banquet) is presented to two swimmers, boy and girl, who have demonstrated a contagious team spirit and enthusiasm for the sport of swimming each year. This is a perpetual trophy presented by the Head Coaches to these two young people. A certificate will be given to each recipient as the perpetual trophy is shared during the year between the two winners (six months with each).

Code of Conduct

1. In order for swimmers to be mentally and physically prepared for practice, they should arrive at the pool with all of their equipment 10-15 minutes prior to the starting time of the workout.
2. Parents are responsible for ensuring that their children enter the pool complex before parent exits the parking lot.
3. Swimmers under the age of 9 years must be accompanied by an adult (18 years or older) during practices.
4. Swimmers under the age of 13 must be supervised by an adult (18 years or older) during swim meets.
5. Practice time is valuable. Swimmers are expected to be in the water on time with their cap on, goggles adjusted and all equipment at the end of their lane.
6. If a swimmer must leave practice early, they must inform their coach prior to the start of the workout.
7. Swimmers asked to leave practice for disciplinary reasons are to dress and return to the pool deck to get further instructions from the coaches.
8. Parents are requested not to leave their children (9 years and older) at the pool after the workout without making arrangements for proper supervision. Do not expect coaches to supervise swimmers who have completed their workout and are remaining at the pool.
9. Swimmers will be disciplined according to the following policy: The first time during the week that a swimmer misbehaves, the coach will issue them a warning. The second time a swimmer misbehaves during that same week, the coach will ask the swimmer to leave the practice. The third time a swimmer misbehaves, the swimmer will not be allowed to attend workouts for one week.
10. The diving board area of the pool is to be used by parent supervised swimmers only. Please NO EXCEPTIONS!
11. Parents are asked to not participate in the coaching aspect of the workout. Please leave all the coaching duties to the coaches and not distract your swimmer with "technical advice."

DAPA Parking & Circulation Plan

This plan has been created by the Del Amigo Pool Association Board and the Town of Danville in an effort to lessen the effects of pool traffic on the surrounding neighborhood. The pool members and guests should comply with this plan when attending a swim meet or large social event at Del Amigo Pool.

The preferred route to Del Amigo Pool is from Del Amigo Road by way of Danville Blvd. Please stay off surrounding neighborhood streets as much as possible.

In the pool parking lot, two adults will be supervising the unloading of passengers and belongings in the drop-off and pick-up area along the building section of the parking lot. Swimmers will be safely guided into the pool area and belongings stacked securely against the wall of the building to wait for the driver when they return from parking their car. At the end of the event the opposite will occur, drivers can go and get their car leaving belongings and passengers to wait in the drop-off and pick-up area for loading when they return.

After using the drop-off and pick-up area, please seek parking along Del Amigo Road and Danville Blvd. before filling the Pool parking lot and Glen Road. Two more adults will be supervising the flow of traffic in and out of the pool parking lot and the High School parking lot, please follow their instructions.

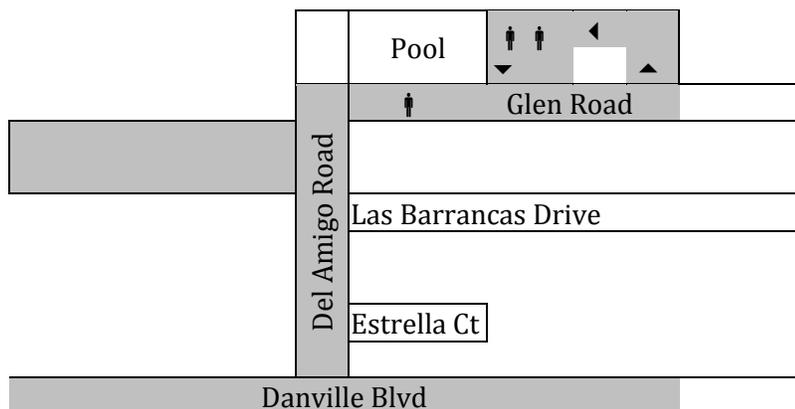
Please do not park illegally, such as blocking driveways, blocking fire hydrants, or in any red curb area. Also respect the coned areas opposite the pool, between the pool parking exit/entrance and from the Glen Road entrance to the corner that will allow emergency vehicle access. Danville Police will ticket any cars parked illegally.

If you are at all able to carpool thus reducing the number of cars coming to Del Amigo Pool, please do so.

Please be respectful of our neighbors. Use quiet voices in early morning hours. Do not litter. Please do not trespass on private property. Please drive at the speed limit and park legally.

We appreciate your help in making Del Amigo Pool Association a good place for our members, guests and neighbors.

Preferred Travel Route and Parking Indicated in shaded area



2018 CONTRA COSTA COUNTY CHAMPIONSHIP QUALIFYING TIMES

STROKE	DISTANCE	AGE	GIRLS	BOYS
INDIVIDUAL MEDLEY	100 Yards	7-8	1:39.74	1:39.90
	100 Yards	9-10	1:23.80	1:24.57
	100 Yards	11-12	1:15.34	1:14.83
	100 Yards	13-14	1:11.87	1:07.73
	100 Yards	15-18	1:09.41	1:01.73
FREESTYLE	25 Yards	6 & Under	20.88	20.89
	25 Yards	7-8	16.44	16.42
	50 Yards	9-10	31.88	31.60
	50 Yards	11-12	28.97	28.48
	50 Yards	13-14	27.78	25.88
	100 Yards	15-18	59.43	53.07
BREASTSTROKE	25 Yards	6 & Under	29.91	29.74
	25 Yards	7-8	22.61	22.82
	50 Yards	9-10	41.88	42.30
	50 Yards	11-12	37.91	37.45
	50 Yards	13-14	36.23	33.49
	100 Yards	15-18	1:17.97	1:09.47
BACKSTROKE	25 Yards	6 & Under	25.95	26.24
	25 Yards	7-8	20.69	20.65
	50 Yards	9-10	38.33	38.53
	50 Yards	11-12	34.13	34.82
	50 Yards	13-14	32.57	31.69
	100 Yards	15-18	1:10.13	1:04.15
BUTTERFLY	25 yards	6 & Under	25.37	26.45
	25 yards	7-8	18.18	18.58
	50 yards	9-10	36.60	37.08
	50 yards	11-12	32.03	32.56
	50 yards	13-14	30.62	28.99
	100 yards	15-18	1:08.39	1:01.14
MEDLEY RELAY **	100 Yards	6 & Under	1:52.74	1:53.46
	100 Yards	7-8	1:24.07	1:24.79
	200 Yards	9-10	2:34.90	2:36.28
	200 Yards	11-12	2:17.41	2:17.42
	200 Yards	13-14	2:08.92	2:03.03
	200 Yards	15-18	2:06.33	1:55.35
FREE RELAY **	100 Yards	6 & Under	1:36.15	1:36.64
	100 Yards	7-8	1:12.74	1:11.50
	200 Yards	9-10	2:13.13	2:13.83
	200 Yards	11-12	2:00.94	2:00.87
	200 Yards	13-14	1:59.43	1:48.36
	200 Yards	15-18	1:56.13	
	400 Yards	15-18		3:44.00

** For entry purposes, exact relay entered doesn't need to have achieved this time. It is acceptable to enter teams based upon the sum of the swimmers' top times.