



Dolphins Team Training Schedule 2021-2022

Practice Days/Times

Groups

<i>Blue Group</i>	<i>Tuesday and Thursday</i>	<i>4:00pm-5:00pm</i>
<i>Yellow Group</i>	<i>Monday, Wednesday, & Friday</i>	<i>4:00pm-5:00pm</i>
<i>Gold Group</i>	<i>Monday to Friday</i>	<i>5:00pm-6:30pm</i>
	<i>Tuesday to Thursday</i>	<i>6:00am-7:30am</i>
	<i>Saturday</i>	<i>8:30am-10:00am</i>
<i>Jr/Senior Group</i>	<i>Monday to Friday</i>	<i>5:00pm-6:30pm</i>
	<i>Tuesday to Thursday</i>	<i>6:00am-7:30am</i>
	<i>Saturday</i>	<i>8:30am-10:00am</i>
<i>Learn to Swim</i>	<i>TBD</i>	

DOLPHINS
SWIM TEAM
St. Croix, U.S. Virgin Islands



Dolphins Swim Calendar for 2021-2022

September 1 (Start)	On going Registration for Swim Season 2021-2022
September 7	Start of swim practices
September 18	Dolphins Annual Meeting and Board of Directors Election
September 25	Dolphins Swim Meet
October 8	Stroke Clinic, Dolphins Pool
October 23	Dolphins Swim Meet
October 30	Swim-A-Thon
November 7	2021 Coral Reef Swim, St. Croix
November 13-14	VISF Short Course Championships Meet, ST. Thomas
November 26-30	Jr Pan American Games, Columbia (QT)
December 3-5	Puerto Rico Short Course Championships, PR (QT)
December	FINA Short Course Championships, Abu Dhabi (QT)
December 18	Dolphins Swim Meet, St. Croix
December 23	Stroke Clinic, Dolphins Pool
January TBD	Sea Swim
January TBD	Off-island Swim Meet
January 29	Dolphins Swim Meet, St. Croix
February 18	Stroke Clinic, Dolphins Pool
February TBD	Off-island Swim Meet
March 11	Stroke Clinic, Dolphins Pool
March 12	Dolphins Swim Meet, St. Croix
April TBD	Carifta, TBD (QT)
May 14-15	VISF Long Course Championships, St. Croix
May 29	2021 Beach to Beach Power Swim, St. John
June TBD	Swim Team Camp (1 week), St. Croix
July TBD	Swim Team Camp (1 week). St. Croix
July TBD	CCCAN, Barbados (QT)

***Parents Annual Meeting and Elections Saturday, September 18, 2021, TIME...TBD**



*****Discounts are only on monthly fees*****

Tee-Shirt Size (1) _____ (2) _____ (3) _____

I would like to sponsor a child(ren) from a low-income family: Yes _____ No _____

Total # of Swimmers Sponsored _____ X \$ _____ (amount) \$ _____

Total \$ _____

Team Monthly Dues (10 monthly payments)

Monthly dues are payable to the St. Croix Swimming Association (SCSA) each month (Sept-June), even if your child is unable to swim for any reason, unless the swimmer is officially withdrawn from the Dolphins. Withdrawal may be done with written notice to the Program Director. Dues must be paid through the end of the month in which the written notice for withdrawal is received by the office. **Payments must be made by the 5th of each month by cash or check to be able to receive the \$5.00 discount per month. Payments made after the 10th of each month will have a 2.5% finance charge late fee added to their account.**

There will be a fee of \$50 to reinstate a swimmer on the swim team who has previously been withdrawn. *Swimmers who have paid the full ten months of dues will be eligible for FREE swimming for the months of July and August. All others will need to pay monthly dues during the summer months.*

Volunteer Requirements

The St. Croix Dolphins Swim Team is unable to operate without the assistance of volunteers from the team families. Volunteers are required to run the administration of the team through the Board of Directors, to conduct certain operations such as fundraisers, outreach program, maintenance, and to conduct competitive swim meets. It is only through the efforts of our parent volunteers that the success of the team is possible.

The Dolphins Staff and Board of Directors would like to fill as many volunteer positions as possible at the start of the swim season. We are asking that each parent complete the following volunteer form with your prioritized list of positions. Training is available for all positions.

Our team relies on parent support, and as a team, each member has the obligation to involve themselves in swim team activities. Each family requires fulfilling a minimum of 15 volunteer hours per swim season. The swim season runs from September through next



June. *If your family does not fulfill all its required Volunteering Obligation hours during the swim year, they will be charged \$20.00 an hour for any outstanding hours.*

There are two areas in which every family are expected to volunteer:

1. Swim Meets

Every family must provide at least one representative to volunteer at each on island swim meet or donate supplies for the swim meet if unable to volunteer.

Training will be provided for all positions. It is typical for new families joining the team to start in the role of “Timer.” This is a quite easy position, training is provided, and it is a great, social way to become involved with the team. There are, however, many other positions available. A complete description of the positions can be found in the Parent Handbook (will be posted on the website).

Basically, if your child is swimming, we need to see you volunteering. There should be no circumstance where your child is swimming in a hosted meet and your family has provided no volunteers for the meet. For off island swim meets, our team is typically asked to provide volunteer timers for at least one session. We expect parents traveling with the team to volunteer as needed in these cases as it promotes goodwill between the teams and ensures our invitation to future meets!

If you are unable to volunteer, DONATE. Please donate to the concession to help defray the cost of hosting a meet. Typically, before every meet an email is sent with items needed to sell in the concession. Please feel free to contact the office if you wish to donate and a list will be provided. **Donation can be deducted from volunteering hours.**

2. Volunteering to Help with Team Operations

There are many ways to volunteer to help the team outside of actual swim meets. Typically, these opportunities are to serve on various committees that run different events, such as the Swim-a-Thon, Sea Swim, Annual Banquet, Summer Camp, Every Child A Swimmer, Outreach programs, Grounds and Maintenance, or Meet Planning committees.



Each family must provide at least one representative to serve on at least one committee during the year (although participation on additional committees is highly appreciated!).

You must complete the Volunteer Form as part of your swimmer's registration package for your swimmer to be registered for the team.

Volunteer Forms

Swimmer(s) Name	Group (Blue, Yellow, Gold, Senior)

Swim Meet Volunteer

Please select your top three choices of swim meet volunteer positions (indicate your order of preference by marking 1st, 2nd, 3rd, etc. beside the roles that interest you. It does not mean that you will be doing all three jobs, but that you are willing to do any of the three).

On the next sheet, choose at least one committee on which you commit to serve during the 2021-2022 season.

PARENT #1 _____ **PARENT #2** _____

_____ **Before meet setup** _____ **Before meet setup**

Set up equipment and supplies needed for on island meets.

_____ **Meet Equipment Maintenance** _____ **Meet Equipment Maintenance**

Ensure stop watches, starter box, and touch pads are ready to use for on island meets.

_____ **Referee** _____ **Referee**

Responsible to be head official for on island meets.

_____ **Timing Booth Team** _____ **Timing Booth Team**

Run the timing system for on island meets.

_____ **Stroke and Turn Official** _____ **Stroke and Turn**



Official

Provide stroke and turn judging for on island meets.

_____ **Head Timer**

_____ **Head Timer**

Oversee the timers and ensure readiness with the Referee.

_____ **Timer**

_____ **Timer**

Use a stopwatch to record the time for each heat.

_____ **Runner**

_____ **Runner**

Collect heat sheets when completed and bring them to the timing booth. Post results and deliver results to awards personnel.

_____ **Marshall/Clerk of Course**

_____ **Marshall/Clerk of Course**

Verify swimmers reporting for their events. Ensure they are in the proper lane/heat.

_____ **Child Care**

_____ **Child Care**

Help watch younger children or siblings not participating in the meet so parents may help volunteer.

_____ **Awards/Ribbons**

_____ **Awards/Ribbons**

Responsible for organizing prizes for on island meets.

_____ **Concession**

_____ **Concession**

Responsible for running the concessions during on island meets.

_____ **After meet cleanup**

_____ **After meet cleanup**

Clean up after on island meets.

_____ **Volunteer Tracking**

_____ **Volunteer Tracking**

Record keeping of family participation.

_____ **Transportation/Housing**

_____ **Transportation/Housing**

Provide transportation and housing for off-island athletes.



Helping with Team Operations

Parents must provide at least one representative to serve on at least one committee during the swim season. We hope that parents will choose to help in more than one area and both parents will become involved. Please write the name of the parent who will help by the committee's name. A description of each committee can be found in the Parent Handbook, Appendix D.

Annual Fun Day (September) _____

Swim-a-Thon (October) _____

Social Outreach Committee (several events per year) _____

Sea Swim (January) _____

Annual Dolphins Awards Banquet _____

Summer Camp (June, July, or August) _____

Travel Committee _____

Meet Committee _____

Facilities Maintenance _____

Fundraising Committee _____

Employee Committee _____

Web Design/Upkeep _____

Group Parent _____ Circle Group: Blue, Yellow, Gold, Senior

Nutrition, Exercise, Strength Training Specialist _____

Public School Lessons/Learn to Swim Instructor _____

Transportation _____

Parent Signature

I have indicated above which swim meet volunteer positions I will participate in (a minimum of 3 boxes are checked) and agree to volunteer in one of those capacities or provide a family representative to fill that position for each on island swim meet for which my child is registered.



I also acknowledge that over and above this commitment, I (or my spouse) am required to volunteer to serve on at least one committee during the 2021/2022 swim season and have indicated the committee above.

Please print name, sign, and date.





Swimmers Code of Conduct and Discipline Policy (from the Handbook)

All team members are expected to be orderly, courteous, and show sportsmanship during practices, meets, and any team-related function. In other words, they need to be good Dolphin's members. Any inappropriate behavior may result in dismissing a swimmer from practice, or they may be sent home from team functions at the family's expense in the case of off-island swim meets. All violations of conduct will be reviewed by the Head Coach and may lead to suspension or dismissal.

The coaching staff cannot be responsible for supervision of any swimmer who does not report to them on deck. Therefore, parents of younger swimmers are strongly advised to ensure that these swimmers safely reach the pool deck.

Prohibitions

The Dolphins Swim Team strictly forbids the use or possession of tobacco, illegal drugs, alcohol, or performance-enhancing substances by any team member.

Anti-Bullying Policy

The Dolphins Swim Team has zero tolerance for any behavior that can be construed as bullying or intimidating. Any instances of bullying should be brought immediately to the attention of the Program Director. Parents will be involved in the discussion of any bullying events and will be involved in determining the appropriate course of action, including, if necessary, dismissal from the team.

Policy on Personal Items, Team Items, and Property

The Dolphins strongly discourage swimmers from bringing valuables to the pool. However, many of these items will come with the swimmer as they arrive from school (such as jewelry, phones, etc.). In no circumstances may a swimmer go through or take another swimmer's belongings, this includes their lunch kit, backpack, personal bags, and swim gear. There is no tolerance for theft of property from another swimmer or the team. Swimmers are expected to be respectful of the team property. There should not be any instances of graffiti or destruction of property or misuse of any team equipment. Any damaged property or equipment should be reported immediately to the office or coaching staff.

Disciplinary Actions

The coaches and staff strive to provide a positive experience for all swimmers while they are involved in a club-related activity. Problems with discipline not only detract from the overall learning environment, but in a "classroom" such as a pool, this can be dangerous. Discipline problems will be dealt with immediately by the coaching staff, and depending on the severity of the offense, may include a verbal warning, a discussion of the inappropriate behavior, time out from the pool, or dismissal from practice. In the final case, the swimmer is expected to get dressed and report immediately back to the pool deck, where he or she will remain until practice is over. Parents will be contacted, and the incident discussed with them. The



following outlines the typical order of consequences for continued non-compliance with team rules; one or more steps may be skipped if circumstances dictate:

1st Offense - Verbal Warning

2nd Offense - Written Warning

3rd Offense - Suspension

4th Offense - Dismissal from Team

The cost of repair and/or replacement of any damage or destruction, negligently or intentionally caused by a swimmer to property will be payable by the swimmer or the swimmer's parent(s)/guardian(s).

I _____ (parent/guardian) have read and understand the Dolphins Swimmer Code of Conduct and Discipline Policy and will discuss this policy with my swimmer.

Parent Name, Sign, and Date

Swimmer Name, Sign, and Date

POOL RULES

- Practice good sportsmanship and encourage your teammates.
- Swimmers are to show respect and be polite to everyone.
- Practice Kindness at all times.
- Promote team spirit.
- Swimmers are to arrive on time for practice.
- Listen to coaches and follow their instructions.
- Do not disrupt your coach or others in your lane.
- Swim for fun, not just to please your parents or coach.
- Swimmers are expected to be on their best behavior during practice, swim meets, and team activities. Swimmers should represent St. Croix Dolphins with excellence, respect, team spirit, good sportsmanship, and politeness.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete will be subject to discipline.



- The use of inappropriate or abusive language, bullying, harassment, discrimination or physical violence will not be tolerated.
- Indiscrete or destructive behavior will not be tolerated
- Dishonestly, theft and/or vandalism will not be tolerated.
- Do not use tabaco, alcohol, or illegal drugs or non-prescribe drugs.
- Every effort should be made to avoid guilt by association with such activities as listed above.
- Swimmers are always expected to follow directions of all Dolphin staff. Disrespect or failure to follow instructions will not be tolerated.
- Swimmers most notify the coach in advance if they plan to leave practice early or swim early during practice times.
- Swimmers should be active participants in all team practices, competitions, fundraiser events and other team activities.
- Disruption of practice by an athlete is grounds for removal from practice.
- Coaches are there to help swimmers, please pay attention to his/her instructions for clarification if needed.

VIOLATION OF ANY OF THE ABOVE RULES WILL RESULT IN IMMEDIATE SUSPENSION WHICH COULD LEAD TO POSSIBLE DISSMISSAL FROM THE ST. CROIX DOLPHIN SWIM TEAM.

I will agree to follow all listed guidelines above. I hereby confirm that I have read and understood all the information above by signing this form voluntarily.

Print Swimmer Name Swimmer Signature Date

Print Parent Name Parent Signature Date



Travel Policy (from the Handbook)

Travel meets are a wonderful opportunity for swimmers to meet other teams, experience different locations and cultures, and bond with their teammates. In order to provide the most enjoyable experience, Dolphins team members are expected to adhere to the following policies.

DOLPHINS TRAVEL ARRANGEMENT POLICY

Purpose: To identify the duties and responsibilities of the Dolphins and parents/guardians/custodians with respect to travel arrangements for off-island swim meets.

St. Thomas and/or Puerto Rico

A. If the swimmer is travelling to a swim meet on St. Thomas and/or Puerto Rico **with** his/her parent/guardian/custodian, then it is the responsibility of the parent/guardian/custodian to make the appropriate travel arrangements for their swimmer, including flight, transportation and accommodations while on St. Thomas and/or Puerto Rico. *The Dolphins will provide advance notice regarding the team's flight itinerary and accommodations so that swimmers travelling with a parent/guardian/custodian may have the option to travel with and stay at the same location as the team.*

- i. Parents/guardians/custodians travelling with their swimmer are responsible for their own food, drink, and other necessities while on St. Thomas and/or Puerto Rico.

B. If the swimmer is travelling to a swim meet on St. Thomas and/or Puerto Rico **without** his/her parent/guardian/custodian, then it is the responsibility of the Dolphins to make arrangements for that swimmer to travel with the team. This will include the Dolphins making the appropriate arrangements for that swimmer with respect transportation and accommodations while on St. Thomas and/or Puerto Rico. *Any swimmer travelling to the St. Thomas and/or Puerto Rico without his/her parent/guardian/custodian must be at least 13 years old.*

- i. In the event a swimmer is travelling **without** their parent/guardian/custodian, a deposit must be made in advance of the Dolphins making any travel arrangement for that swimmer.
- ii. In the event a swimmer is travelling **without** their parent/guardian/custodian, then the parent/guardian/custodian must provide the swimmer with sufficient funds to pay for food, drink, and other necessities.



- C. For swimming competitions on St. Thomas and/or Puerto Rico, vehicles rented and/or borrowed by the Dolphins are to be used for team's benefit only. Under no circumstances will individuals or groups use these vehicles for non-team excursions or activities.
- D. To the extent parents/guardians/custodians participate in non-team excursions or activities with or without their swimmer while on St. Thomas and/or Puerto Rico, those activities must not interfere with the swimming competition.
- I. **Stateside Competitions**
- A. If the swimmer is travelling to a swim meet in the continental United States **with** his/her parent/guardian/custodian, then it is the responsibility of the parent/guardian/custodian to make the appropriate travel arrangements for their swimmer, including flight, transportation and accommodations while in the continental United States. *The Dolphins will provide advance notice regarding the team's flight itinerary and accommodations so that swimmers travelling with a parent/guardian/custodian may have the option to travel with and stay at the same location as the team.*
- i. Parents/guardians/custodians travelling with their swimmer are responsible for their own food, drink, and other necessities.
- B. If the swimmer is travelling to a swim meet in the continental United States **without** his/her parent/guardian/custodian, then it is the responsibility of the Dolphins to make arrangements for that swimmer to travel with the team. This will include the Dolphins making the appropriate arrangements for that swimmer with respect transportation and accommodations while in the continental United States. *Any swimmer travelling to the continental United States without his/her parent/guardian/custodian must be at least 13 years old. Finally, in addition to the Dolphin's Travel Arrangement Policy, all swimmers travelling to the continental United States without their parent/guardian/custodian are subject to the Virgin Islands Swimming Federation Travel Rules.*
- i. In the event a swimmer is travelling **without** their parent/guardian/custodian, a deposit must be made in advance of the Dolphins making any travel arrangements for that swimmer.
- ii. In the event a swimmer is travelling **without** their parent/guardian/custodian, then the parent/guardian/custodian must provide the swimmer with sufficient funds to pay for food, drink, and other necessities while in the continental United States.



- C. For swimming competitions in the continental United States, vehicles rented or borrowed by the Dolphins are to be used for team's benefit only. Under no circumstances will individuals or groups use these vehicles for non-team excursions or activities.
- D. To the extent parents/guardians/custodians participate in non-team excursions or activities with or without their swimmer while in the continental United States, those activities must not interfere with the swimming competition.

I. National Team

For nation team competitions, the Dolphins will be responsible for all national team members' travel, transportation, and accommodations.

A. In addition to the Dolphin's Travel Arrangement Policy, swimmers participating in national team competitions are subject to the Virgin Islands Swimming Federations Travel Rules.

B. While parents are encouraged to attend national team competitions, they are prohibited from involving the swimmer in non-team excursions or activities during the competition. Additionally, during national team competitions, parents must not act or behave in any way that may diminish the swimmer's performance at the competition.

Age Requirement

Swimmers under the age of 13 must have a parent or guardian travel with them to off island meets. While swimmers 13 and older are eligible to travel by themselves, maturity, of course, is a requirement for attending off island swim meets, and they will be assigned to a chaperone for the duration of the trip. Any swimmer who demonstrates repeated disruptive behavior on travel meets will be ineligible to travel without a parent, or in extreme cases, ineligible to travel with the team.

Dress Code

All swimmers will travel wearing a team polo and khaki or jean pants (no short shorts permitted while traveling). During competition, swimmers will wear their Dolphins swimsuits and caps. Gold and Senior swimmers may wear an approved "fast suit."

Disciplinary Actions

Travel meets are a privilege, and all swimmers are expected to conduct behavior in a manner that best represents their island and their team. In rare instances, the behavior of swimmers on off island trips is serious enough to cause the coach to dismiss a swimmer and send the swimmer home at the expense of the parent(s) or guardian(s). Dismissal may occur if:



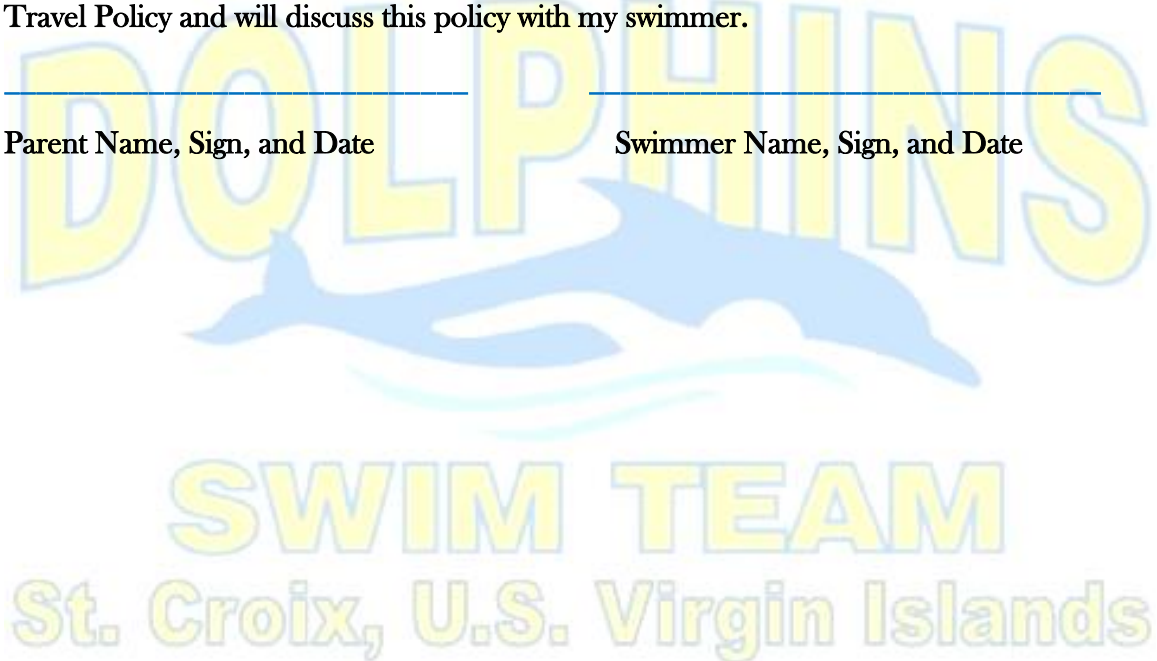
1. The swimmer is in possession of any illegal substances, alcoholic beverages, or unlawful property.
2. The swimmer fails to comply with the team rules or reasonable directions from the coach or chaperone.
3. The swimmer's conduct is detrimental or potentially hazardous to any person or property.
4. The swimmer commits an illegal act. The chaperone will notify the parent(s) or guardian(s) of the dismissal and transportation arrangements.

NO REFUNDS ON FEES WILL BE ISSUED IN THE EVENT OF A DISMISSAL.

I _____ (parent/guardian) have read and understand the Dolphins Travel Policy and will discuss this policy with my swimmer.

Parent Name, Sign, and Date

Swimmer Name, Sign, and Date





Use of Personal Information

Photo Release

The St. Croix Swimming Association may wish to use photographs of participants on team bulletin boards, in publications, in general media releases, on websites, or on social media networks.

___ I/We consent to the use of my child’s image; such use may include all St. Croix Swimming Association/Dolphins Publications (print, online, video, etc.). I acknowledge that there will be no payment or any other consideration for such usage.

___ I/We DO NOT consent to the use of my child’s image.

Parent’s/guardian’s signature _____ Date _____

Information Release

Meet info to press, website, potential sponsors, etc.

Parent’s/guardian’s signature _____ Date _____

Waiver/Release

I, _____, the parent or guardian of the participant(s), affirm, agree and understand that:

- 1.) Swimming is a potentially hazardous activity. I recognize that there are risks inherent, including but not limited to, paralyzing injuries and death; and while rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
- 2.) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releases of others.
- 3.) The participant hereby agrees to participate in the St. Croix Swimming Association (SCSA)/St. Croix Dolphins Swim Team Program, including all activities held at the Good Hope Country Day School Pool on St. Croix.
- 4.) I hereby agree to indemnify and hold harmless SCSA and Dolphins Swim Team, its coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in these activities. In addition, the participant agrees to indemnify and hold harmless Good Hope Country Day School, its officers and directors against any liability resulting from any injury that may



occur to the participant while participating in SCSA/St. Croix Dolphins Swim Team programs. The participant also agrees to indemnify SCSA/St. Croix Dolphins Swim Team and Good Hope Country Day School for any damages incurred arising from any claims, demand, action or cause of action by participant.

- 5.) The participant authorizes any representative of SCSA/St. Croix Dolphins Swim Team to have the participant treated in any medical emergency during their participation in any programs. Further, the participant and/or parent or guardian agrees to pay all costs associated with medical care and transportation for the participant. I have noted in the "Health Form" below any medical or health problems of which the staff should be aware.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____

Health Form

(Please fill out one form for each swimmer)

Swimmer Name: _____

Birth Date: _____

Mother's (or Guardian) Information	Father's (or Guardian) Information
Name:	Name:
Home phone number:	Home phone number:
Work phone number:	Work phone number:
Cellular phone number:	Cellular phone number:

In case of emergency, notify:

Name: _____

Home phone number: _____

Work phone number: _____

Cellular phone number: _____

