



FOR YOUTH DEVELOPMENT  
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# DEKALB DOLPHINS

Greetings to all our prospective swim team parents;

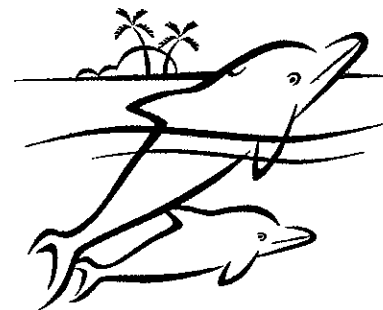
I hope your child(ren) is enjoying this week of our free trial swim for the DeKalb Dolphins. Please join us Friday October 8th at 7-8pm for a "Coaches Huddle", in our SACC room. Spend time with Coach Abby discussing your child's swim experience the previous week. Enjoy pizza / pop, and meet other swim team families. If your child chooses to continue on with swim team after this week, we would like to invite you to your first "Swim Team Parent Meeting", Monday October 11 at 5:30pm. The meeting will be held at our North St. facility. A lot of the questions you have regarding the season will be answered in this meeting. You will receive your Parent Handbook, schedules and other important dates and times that pertain to your swimmer. You will also learn what is expected of you as a swim team parent. The swim team could not exist without the volunteer parents and families. If you have any questions regarding swim team or this meeting, please contact Lynn Shonka at 925-9622, or e-mail at: [l.shonka@ymcadedkalb.org](mailto:l.shonka@ymcadedkalb.org). We look forward to seeing you on Monday.

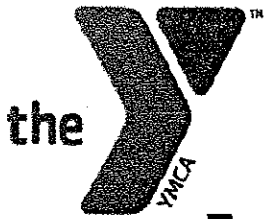
Thank you .

Lynn Shonka  
Aquatics/Fitness, Branch Director

**Go Dolphins!** YMCA  
DeKalb  
County,

Inc.



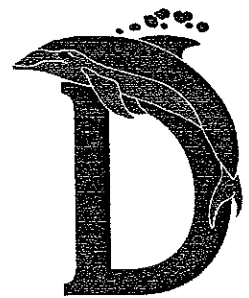


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# WELCOME

TO THE

# DEKALB DOLPHIN SWIM TEAM 2010-2011



I would like to take this opportunity to welcome you and your swimmer(s) to the YMCA, DeKalb Dolphin swim team 2010-2011 season! If you are new to our program, you can look forward to a fun and rewarding experience. The Dolphins program is designed to be a positive experience for your child. Please make sure and take a moment out and look over the attached information. We have a new swim coach this season; Coach Abby Scoville. Please introduce yourself and welcome her to our program. If you have any questions please bring them to the Parent meeting set for Monday October, 11 at 5:30pm at the North St. facility. Thank you for allowing us to share this experience with you and your swimmer(s).

Lynn Shonka  
Aquatics/Fitness Branch Director  
YMCA DeKalb County, Inc.  
260-925-9622



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**YMCA of Dekalb County  
Dolphins Swim Team  
2010-2011 Swim Team Manual**

**Coaches HIGHLIGHTS:**

- It is the swimmer's and their parent's responsibility to check their folder (mail box) daily.
- If you enter the pool area before the practice time, this is an excellent time to begin stretching out both arms and legs.
- Use the restroom before entering the pool area! Except for illness, trips to the restroom during practice time should not be necessary.
- NO Lane bullies....NO lane toadies...
- Goggles are the responsibility of the swimmer. Adjust them before practice. Coaches will not adjust them for you during practice.
- Water bottles - The swimmer may bring a water bottle to both practice and meets. However, they should have it with them at the time they go to their lane. Note: Water is the only drink allowed in the pool area (no juices or sports drinks). *The YMCA staff (including coaches) is not responsible for picking up your empty bottles after practice. Failure to clean up after yourself will result in this privilege being stopped.*
- Discipline policies can and will be enforced by any coaches, at each meet or practice at any time.

**We ask that the swimmer attend all practices scheduled.**

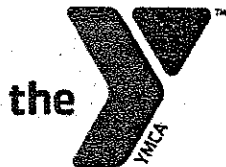
**Practice Times will be:**

**Monday, Tuesday and Thursday**

**5:30-7:00 pm**

**Friday**

**5:30-7:00pm**



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Table of Contents

### 1) Team Goals and Objectives

- a) Bill of Rights for Young Athletes
- b) Team Goals
- c) YMCA Mission
- d) YMCA Youth Sports Philosophy
- e) Strong and Supportive Parents Organization

### 2) Program Requirements

- a) Membership information and Swim Team Fees
- b) Scholarship Information
- c) Sign In
- d) Locker Rooms
- e) Level Of Commitment
- f) Practice and Attendance Policy
- g) Dual Meet Attendance
- h) Championship Competition
- i) Special Meets - Invitational
- j) Transportation to Meets
- k) Meet Entry Fees
- l) Parental Meet Responsibilities

### 3) General Code of Conduct

- a) Team Honor Code
- b) Parents Code of Ethics
- c) Prohibitions
- d) Meet Conduct
- e) Discipline Policies - Meets and Practices
  - (1) Practice Situation
  - (2) Meet Situation

### 4) Training

- a) Practice Times
- b) Equipment Requirement
- c) Punctuality
- d) Illness and Injury
- e) Pool Deck Coaching and Management
- f) Guidelines for Establishing Individual Goals
- g) Setting individual Goals

### 5) Swim Meets

- a) Meet Entries
- b) Swim Meet procedures
- c) Travel

### 6) Communication

- a) Newsletter
- b) Bulletin Board
- c) Swim Team Parents Committee
- d) Swimmers File Folders

### 7) DCY Parents Organization

- a) You are important

### 8) Misc. Information

- a) A Statement of Commitment
- b) Time Involved
- c) Financial
- d) Volunteering
- e) Other
- f) What else do we need to know?

### 9) Guidelines for a successful season

### 10) Terminology

- a) Medical Form - To be signed and turned in by first practice
- b) Meet Schedule



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**1. Team Goals and Objectives**

**a. Bill of Rights for Young Athletes**

1. Right to participate in sports.
2. Right to participate at a level commensurate with child's maturity and ability.
3. Right to have parental support.
4. Right to participate as a child not as an adult (physically, psychologically, and morally).
5. Right of children to share in the leadership and decision-making of their sport participation.
6. Right to participate in a safe and healthy environment.
7. Right to proper preparation for participation in sports.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity.
10. Right to have fun in sports.

**b. Team Goals**

1. To attain our maximum potential in competitive swimming.
2. To strengthen team and individual character.
3. To create a positive atmosphere of team spirit, unity and support.
4. To foster the development of competitive "mental toughness" as a team.
5. To work harder than any other team on our turns and finishes.
6. To enjoy swimming.

**c. The YMCA Mission**

To put Christian principles into practice by offering programs that build a healthy spirit, mind, and body.

**i. The YMCA Core Values**

Caring, Respect, Honesty, Responsibility

**ii. The YMCA Vision**

For Youth Development, For Healthy living, For Social Responsibility

**d. The YMCA Youth Sports Philosophy**

**Team Participation** - The YMCA believes in complete participation by every member of the team.

**Teach Fair Play** - Competing fairly is an essential part of competitive sports. It is a set of attitudes that include:

Respect for oneself; Respect for one's teammates; Respect for the other team; Respect for the coaches; Respect for the rules and the officials who uphold them.\*



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**e. To Build a Strong Parents Organization**

The DeKalb Dolphins Parent Organization is comprised of parents who have swimmers on this team. You are automatically enrolled in the group by having a swimmer on the team. We will need your help as parents to help with fund-raising, volunteer to staff meets, plan the end of the year party and any other events that may arise. This team cannot survive without the parents help.

**2. Program Requirements**

**f. Membership Information and Swim Team Fees**

To be eligible to represent the DeKalb Dolphins Swim Team in competition, you must be a current, annual member of the YMCA of DeKalb County; this is a National YMCA requirement, not a local policy.\*

The Swim Team fee per swimmer includes team registration fees for the YMCA League, YMCA of Dekalb County, YMCA National, Coaches' Salaries, YMCA pool time, awards, supplies, and administrative expenses.\*

**g. Sign in**

Please present your YMCA membership card to the front desk before each practice. \*

**h. Locker Rooms**

Lockers should be used while you are in the building. You should bring your own lock. \* Please do not bring valuables (including money) into the YMCA. If you must bring valuables, put them in your bag and bring it out with you on deck. The YMCA is not responsible for lost or stolen property. We would appreciate if parents would help patrol the locker rooms before and after practice. Please report any problems to one of the coaches or to the front desk immediately.

**i. Level of Commitment**

The Dolphins Swim Team is a competitive yet learning based system. Swimmers should put forth a great level of commitment. We want everyone to excel and grow, while building their personal esteem and goals.\*

The DeKalb Dolphin Swim program is not an After School Program, Day Care or Baby Sitting service



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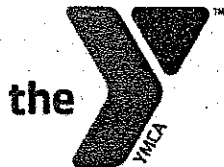
**j. Practice and Attendance Policy**

We would like to see your swimmers practice at least four times a week \*

1. If you enter the pool area before practice time, sit along the benches to the west (locker room side) until you are told to go to your lane. Note: No swimmer will be allowed to go to their lane until the preceding group (lap swimmers or swim team) has completely exited the pool regardless of time. This is an excellent time to begin stretching out both arms and legs.
2. Use the restroom before entering the pool area! Except for illness, trips to the restroom during practice time should not be necessary.\*
3. It is the responsibility of the swimmers to move / put in and / or take out the lane markers.
4. NO Lane bullies....NO lane toadies...Be courteous to your fellow swimmer.
5. Swim single file and stay on your side of the lane. Swim in a counterclockwise direction single file. Pass at ends (see #6).
6. The lane markers are to break waves and separate the lanes. Lounging on them is prohibited (this is dictated by a replacement fee of \$400.00 per lane marker).\*
7. Goggles are the responsibility of the swimmer. Adjust them before practice. Coaches will not adjust them for you during practice. \*
8. Pool Rules - The YMCA is gracious enough to allow us to use the pool during "prime time." Their rules are our rules. Diving is to be done during supervised starting practice only. Diving is not allowed at any other time. If a swimmer dives in other than when deemed OK, he will be dismissed for that night. Appropriate behavior is also expected in the locker room.
9. Parents are responsible for their swimmer's conduct while attending meets. If a swimmer is acting inappropriately the parents will be asked to take care of the problem.
10. For meets, swimmers will be expected to be on time for their assigned practice time and ready for warm-ups.
11. It is the parents' / swimmer's responsibility to be in the proper place so as to not miss events during a meet.
12. HAVE FUN!!!

**k. Dual Meet Attendance**

Swimmers are encouraged to attend all scheduled meets throughout the season. If a swimmer is unable to attend a scheduled meet session, it is the responsibility of the parents to notify the Coach.



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### **l. Special meets - Invitational**

During the swim season, several special meets take place. Information about the special meets will be put into the mail boxes. Entries for most Invitation meets are considered an extra fee, and not part of the collected Swim Team fees. Fees are generally around \$5.00 per swimmer, and then \$2-3 per event. Coaches are responsible for entering relays at these events. We encourage participation in all scheduled Invitational's.

### **Championship Competition**

Swimmers are strongly encouraged to attend all YMCA championship competitions for which they qualify in individual events or as part of a relay (Conference, State, Zones, and Nationals). Coaches will determine what swimmers will swim.

### **m. Transportation to Meets**

At this time, transportation to all meets is the individual responsibility of each swimmer. We strongly suggest car pooling.

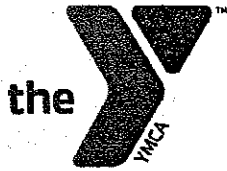
The YMCA of Dekalb County does not assume any responsibility for the transportation and chaperoning of swimmers at special meets or functions where travel and lodging are involved. In addition, parents and swimmers may not assume that parents who accompany their children to these meets or functions have any responsibility for the welfare or conduct of other team members. No swimmer will be eligible for overnight accommodation unless accompanied by a parent or guardian. \*

### **n. Parental Meet Responsibilities - Invitational Meets**

This section is designed to help all of us share the work, enjoy the meet and provide each swimmer with a confident, positive experience. As long as we all work together each of us will get more from the meet.

**HOME MEETS:** Listed below are the responsibilities and job assignments. Volunteer early so you are able to help where you are most comfortable.

1. We need 2 timers per lane and 2 back-up timers.	12
2. We need a starter and recall.	2
3. We need 4 finish judges and 2 runners.	6
4. We need 8 people for ribbons and scorekeeping.	8
5. We need 2 people at the clerk of course and 2 runners to help.	4
6. We need 4 people to help set-up before the meet.	4
7. We need 4 people to help clean up after the meet.	4
8. We need 2 people to be stroke and turn judges.	<u>2</u>
	40



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## **2. General Code of Conduct**

The Dolphin Swim Team members are expected to behave in an orderly, courteous, and sportsmanlike manner during all team related functions including practices and meets.\*

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

### **a. Prohibitions**

The use of possession of tobacco, illegal drugs, or alcohol by any Team Member is strictly prohibited during any team activity.

Any malicious defacement or destruction of property at home or away pools will not be tolerated. The individual or individuals, not the team, are responsible for any vandalism or damage. If such occurs, the swimmers and his/her parents will be held financially accountable.

### **b. Meet Conduct**

It is important that a swimmer report on time to a meet so that they can complete an adequate and proper warm-up and be part of the team. We warm-up as a team, and our team sits and cheers together as a team.

No swimmer may scratch an event without the approval of a coach.

When participating in a meet, the swimmer is expected to see a member of the coaching staff before and after their races to communicate such important information as their heat number and lane assignment for each event. They should also report to a coach directly after a race in order to receive feedback concerning their performance.

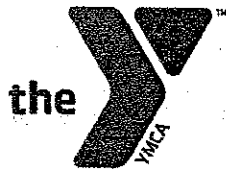
During meets, we kindly ask parents to stay in the spectator area unless you are working the meet.

### **c. Discipline Policies - Meet and Practices**

The following is the YMCA of Dekalb County Dolphins Swim Team policy with regard to discipline at the practices and meets. Discipline policies can and will be enforced by any coaches, at each age group or practice group at any time.

#### **Practice Situation**

- a. Every swimmer is given a warning with an explanation to his or her unacceptable behavior. After the initial warning, the following step will be taken:
  - a. The swimmer will be asked to sit out the remainder of the practice and will then meet with the coach at the end of practice. They will give the child a card with an explanation on what happened, which is given to the parent.
  - b. The parent will be asked to sign off on the card before the swimmer can attend practice again.



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### **Meet Situation**

1. Warning with explanation
2. Meeting with coach upon at end of meet (home meets) or upon return to YMCA (away meets).

After the first complete infraction, parents will be notified in person or by phone by the coach of the behavioral situation. After the second complete infraction, the swimmer will not be able to return to practice until their parent has met with the coach. After the third complete infraction, the swimmer's team status will be reviewed.

Parents that are not upholding the Parent's Code of Ethic's may be asked to leave the premises if an improper situation can not be resolved. If a situation is repeated, the parent will not be allowed back into any YMCA premise until a meeting with the Executive Director of the YMCA of Dekalb County is held. If you do not agree with a decision after this meeting, you have the right to petition the Regional Director of the Indiana Cluster of the YMCA Swimming Association and or the Board of Directors of the YMCA of Dekalb County.

Each and any warning will be documented and kept on file in the office of the YMCA of Dekalb County Aquatics Director.

### **3. Training**

#### **a. Practice Times**

We ask that the swimmer attend all practices scheduled.

Practice Times will be:

Monday, Tuesday, Thursday

5:30-7:00 pm

Friday

5:30-7:00pm

#### **b. Training Equipment Requirements**

Swimmers will be required to bring a swimsuit and a towel to all practices. In addition, swimmers may want to use goggles or a swim cap. It is suggested that swimmers bring a spare pair of goggles and a cap to practice.

#### **c. Punctuality**

Arriving at the front door at the start of practice is not considered being on time.

#### **d. Illness and injury**

Whenever possible, the coach should be informed as soon as possible of an illness or injury.



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**e. Pool Deck Coaching and Management**

Parents are requested to refrain from consulting with the coaches or swimmers during training or competition.\*

**Swim Meets**

**f. Meet Entries**

The swimmers will be in charge of selecting 3 of their events. The coach may suggest events and the coach will choose all of the relays. This allows the child to feel like they are a part of the program. It also allows them to swim their favorite events while being pushed by the coaching staff in other events. \*

**g. Travel**

Maps will be made available before each meet.

**4. Communication**

When there are questions or problems, the first lines of communications should be between swimmers, their parents, the coach, or the Aquatics Director. The Coach will make every effort to address your concerns as quickly as possible. ✚

**a. Bulletin Board**

Parents and swimmers should routinely check the team bulletin board, located outside the pool area. Swim team information will be placed on this bulletin board by the parent committee and or the Aquatics Director.

**b. Swim Team Parent Committee**

The Swim Team Parent Committee is an advisory committee to the Coach on general issues affecting the entire team. They are responsible for organizing the Home meets. It is not designed to act as a liaison between parents and/or swimmers with individual problems. Committee member willingly accept questions and/or suggestions concerning the general administration of the Swim Team. Any other type of problem should be addressed to the Coach or Aquatic Director.

**c. Swimmers File Folders**

Most written communication, such as the newsletter, and information that requires a parental signature, will be put in a file folder at the front desk that has your swimmers name on it. It is the swimmer's responsibility to check their folder daily.



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## 5. Misc. Information

### a. A Statement of Commitment

The following is a list of specific requirements for being a YMCA of Dekalb County Dolphins Swimmer, and a brief description of the typical life of a swim team parent.

### b. Time involved

1. Each child enrolled on the swim team will attend 2-3 or 4 weekly practices depending on their skill, age and experience. Practice times are up to 1 hour and thirty minutes. Parents are responsible for making sure their children are brought in and picked up from practice on time each day.
2. The season will start in October and the season may end in March or April depending on what championship meet you qualify for. ⚡

### c. Financial

1. Dolphins Swim Team Parents are responsible for the timely payment of the Swim Team Fee. Parents who anticipate difficulty making these payments are responsible for notifying the Aquatics Director as soon as possible. ⚡
2. Parents are also responsible for the timely payment of optional meet fees. We are bound by payment deadlines for certain meets. ⚡
3. Other yearly expenses include the purchase of the team suit and donations to fundraisers.

### d. Volunteering

1. Parents are expected to work Dolphins dual meets for each child they have enrolled on the team. This includes away meets, as our team is required to provide a certain amount of workers at each away meet. ⚡
2. Parents are urged to become either a Level I or Level II official. Training courses will be announced when they become available.

### e. Other

Please stay up to date on Dolphins happenings by checking the website, mailboxes, bulletin board etc. There will be parent meeting held at selected times during the season. A parent from each family should try to attend.

### f. Anything else?

There are certain "overhead" expenses involved with having a child that swims. These include the practice suits, goggles, caps, etc. The purchase of replacement items from those things, gas, travel, meals, etc., will add up. ⚡



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## Things I wish somebody had told me..... words of wisdoms from veteran swim parents

**By: Wendy Pflughoeft**

### What to bring to a meet...

- 1) One Towel is not enough - 1 towel PER EVENT makes a lot of laundry but a warm and happy swimmer!
- 2) Shammie - Those super absorbent towels from the automotive department can save on the number of towels you need.
- 3) Sharpies - It is actually normal to write on your child. Bring a sharpie to write their event info on their hand or other body part.
- 4) Bundle Up - It is important to keep your swimmer and their muscles warmed up in between their events. Consider bringing Bath robes, hats, blankets etc.
- 5) Cool Down - Sitting by the pool is very, very hot! Fan club members should dress in layers and leave a few summer clothes out!
- 6) Camping Anyone? - There is down time in between events and that time is often spent hanging out in a gym, classroom etc. Plan accordingly...games, books, sleeping bags and even bag chairs! Remember if you bring electronics you do so at your own risk.
- 7) I'm Hungry!... - Swimming makes them hungry. Pack a cooler with healthy food choices. Often concessions are available but the choices vary. Also please be considerate of the host Y and avoid red drinks and other foods that stain. (No one plans to spill but it always happens!) Be sure to clean up all of your trash.

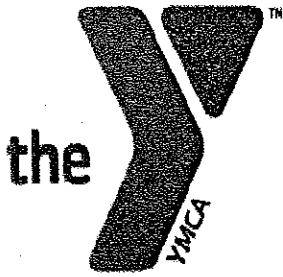
### Meet Lingo...

- 1) Heat Sheet - These are usually sold for a minimal fee and they list all the events and swimmers. From the sheet you will learn your child's event #, Heat # and the lane they will be swimming in.
- 2) Event - The race your child is swimming. (Example - 25 freestyle)
- 3) Heats - When there are more kids than lanes in the pool they break swimmers into heats. The winner of the race is the fastest of ALL the heats.
- 4) Boys VS Girls - If there are not enough swimmers in an event to fill the pool they often run 2 similar events at the same time. Like the boys 8 & under 25 backstroke could be run with the same event for girls. There will still be two winners, it just help the meet go faster.
- 5) Relays - Coach often puts swimmers in relays, to build up teamwork. Be sure to check on the heat sheet or with coach to see if your swimmer is in one.
- 6) Medley - Means each swimmer does a different stroke. The order the swimmers are listed typically tells the order the strokes are swam.

### Team...

- 1) This is very much a family sport. Your kids and the YMCA count on your time to make this affordable, fun and safe.
- 2) As part of a team, we count on each other. If you see a child in the locker room or at a meet that is making an unwise or unsafe choice please ask them kindly to stop and think about their choices.





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# Dekalb Dolphins

## Meet Schedule 2010-2011

- October 23 at Cole .....Invitational
- November 13 at Sturgis.....Dual
- November 20 home.....LaPorte/Elkhart warm up 12 noon
- December 4 at FWCY.....Invitational Summit Middle School
- December 11 at Angola.....Dual
- January 15 home.....Invitational
- January 22 at Kendallville.....Tri-meet
- February 19 at Michiana.....Dual
- February 26 at Ft. Wayne.....Dual
- March 11, 12,13 state meet.....Michiana
- March 18,19,20.....Zones / Ohio State
- Any questions regarding the schedule, please call Lynn at 925-9622.



