

**DOLPHIN CLUB SWIM MANUAL**  
**CAROLE & MARCUS WEINSTEIN JEWISH COMMUNITY CENTER**  
**5403 MONUMENT AVENUE • RICHMOND, VA 23226**  
**(804) 285-6500 (ext. 8176)**

The Dolphin Club welcomes everyone participating on the 2009-2010 swimming team. We are optimistic and excited about the future of the Dolphin Club and its participants. The Dolphin Club is open to all Weinstein JCC members and, if space allows, to non-members of the Weinstein JCC.

The Dolphin Club operates within the policies and rules established by the Weinstein JCC Board of Directors and it's Sports & Fitness Committee, with the guidance of its Aquatics Director, Kim Field.

### **ABOUT THE DOLPHIN CLUB**

The Dolphin Club is a member of United States Swimming (USS). United States Swimming, Inc. is a National Swimming Organization dedicated to the advancement of amateur swimming through age-group competition. Participation in the USS program is the first “stepping stone” leading to athlete representation at the Olympic Games.

The team handbook and website will help provide you with pertinent information regarding practices, swim meets, fees, team uniforms, and other information you need to know. Please review and refer to both before asking questions. There is a wealth of knowledge available in both resources.

The primary focus of our practices are on stroke development, stroke technique, racing strategies, and developing each swimmer's potential for competition. We work on the basic techniques first and then build on speed and endurance. This method of coaching ensures the swimmer's efficiency in the water as well as the continual growth of confidence in themselves and their ability.

The Dolphin Club coaches, swimmers and parents strive to always maintain a “team” attitude. As the swimmers work to improve their abilities and times, they will make friends and experience new adventures that will be remembered for a lifetime. With this team unity, the spirit of competition is more readily sparked, and each swimmer's improvement becomes a shared victory.

At the Dolphin Club, we are helping to develop a swimmer's discipline, attitude, competitive nature and teamwork, as well as swimming ability.

### **ABOUT THE COACHES**

Tess Andres: 3<sup>rd</sup> year returning Head Coach who has been swimming competitively for over 20 years. Tess swam for Wingate University in North Carolina in college. Growing up she swam in New Jersey for the GCIT swim team and Brookside Swim Team. Tess coaches the White, Red, and Black groups and oversees the entire Dolphin Club program.

Andrew Bennett: 4<sup>th</sup> year returning coach (8<sup>th</sup> year coaching total) and former Dolphin Club swimmer who swam competitively for 13 years. Andrew will be coaching the White, Red, and Black groups.

Kelly Johannsen: 4<sup>th</sup> year returning coach and is the Assistant Aquatics Director at the Weinstein JCC. She is a former club swimmer from VACS. In 2009-2010 Kelly will be focused on stroke development and primarily coaching the Dolphins group.

## GROUPS

### **Black** (13+) Advanced Age Group and Senior Training Group

This is our upper level training group for the committed swimmer. Swimmers in the black group will generally have one or more BB+ times. Regular attendance at meets is required and regular attendance at practice is expected. Six practices per week are offered.

### **Red** (11+) B/C level swimmers

This is a training group for swimmers who can make the intervals and the sets assigned. Regular attendance at meets is required and regular attendance at practice is suggested. Five practices per week are offered. Stroke development and training techniques included in each training group.

### **White** (7+) Beginning Age Group

This is an age group program for those who are in need of stroke development. Knowledge of the four strokes is necessary to be in this group. Training techniques will be introduced. Three practices per week will be offered.

### **Dolphins** (6+) Non competitive swimmers

The Dolphins level is for those who would like to swim on a regular basis but not compete in meets. The focus with this group is on technique and endurance. Swimmers must have knowledge of all four strokes, legally swim three of the four strokes, and have participated on a swim team. (Note - this is a training group within the Dolphin Club team. Pre-team is a separate program.) Two practices a week are offered.

### **Notes:**

- In an effort to better meet the needs and goals of our swimmers, as well as the team as a whole, we've spent considerable time restructuring the training groups. Group designation not only covers a swimmers ability level but also desire to compete in meets. The Dolphins group was created for swimmers who enjoy the sport of swimming but do not have a desire to compete in meets. The Black, Red, and White training groups are expected to attend meets regularly.
- Practice groups are based on coach's discretion. In some cases, age will not be the determining factor for practice group; ability and commitment level will play a major role.
- Coaches will be place swimmers in practice groups during evaluation periods.

## PRACTICE SCHEDULE

*(Changes are to prevent lane crowding that occurred during the 2008-2009 Tuesday/Thursday practices)*

### Sunday:

4:00 - 5:00 pm White  
5:00 - 6:30 pm Red, Black

### Wednesday:

6:00 - 7:00 pm White  
7:00 - 8:30 pm Red, Black

### Monday:

6:00 - 7:00 pm White  
7:00 - 8:30 pm Red, Black

### Thursday:

4:00 - 5:00 pm Dolphin  
5:00 - 6:00 pm Red  
5:00 - 6:30 pm Black

### Tuesday:

4:00 - 5:00 pm Dolphin  
5:00 - 6:00 pm Red  
5:00 - 6:30 pm Black

### Friday:

5:45 - 7:00 am Black

**In order for coaches to give full attention to each group, there will be no substitutions for practice times. If you can't make your assigned practice time, you may not make it up with another practice group. However, if you are a Weinstein JCC member, you may swim laps at any lap swim time, morning or afternoon.**

Please note the Weinstein JCC observes Jewish holidays and will **not practice on these specific dates:** *(Other pertinent dates throughout the year will be provided as they approach.)*

- |  |               |
|--|---------------|
| <input type="checkbox"/> <b>September 20<sup>th</sup></b>                                  | Rosh Hashanah |
| <input type="checkbox"/> <b>September 27<sup>th</sup> &amp; 28<sup>th</sup></b>            | Yom Kippur    |
| <input type="checkbox"/> <b>October 4<sup>th</sup></b>                                     | Sukkot        |
| <input type="checkbox"/> <b>October 11<sup>th</sup></b>                                    | Simchat Torah |
| <input type="checkbox"/> <b>November 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup></b> | Thanksgiving  |
| <input type="checkbox"/> <b>December 23<sup>rd</sup> – 25<sup>th</sup></b>                 | Winter Break  |
| <input type="checkbox"/> <b>December 30<sup>th</sup> – January 1<sup>st</sup></b>          | Winter Break  |

**NOTE:** There will be NO practice on Sunday if there is a meet that weekend.

The Winter Swim program begins Sunday, September 13, 2009 and ends Friday, April 2, 2010.  
A swim program for April-May will be announced later.

### **EQUIPMENT NEEDED**

Swim cap (required for girls) [one team cap is provided for each swimmer]  
Goggles  
Suit (please try not to wear team suit to practice regularly)  
Fins

### **EQUIPMENT SUGGESTED**

Practice cap (team cap will fade if used daily)  
Practice suit (team suit will lose elasticity if worn frequently)  
Back-up pair of goggles  
Water bottle for practice

- Team suit for meets are strongly suggested but not required
- Team gear such as sweatshirts and t-shirts will be available to order, but are not required
- Please mark all equipment with the swimmer's name so if found, it can be returned.

**Order forms for team equipment will be available at registration and the first week of practice. Please be prompt when ordering so we can get the needed equipment ASAP. Caps, goggles, practice suits, fins, and more are also available at DISCO Sports.**

## **PRACTICE POLICIES AND PROCEDURES – *parents, please review with swimmers***

1. All swimmers should enter building through Arenstein Lobby and follow membership / sign-in procedures set by Control Desk.
2. Good behavior is necessary. There is to be NO running or horseplay in the locker room, at the pool, or at the Sports and Fitness lobby.
3. Always be considerate of the membership, non-swim team people, and JCC staff. Please refrain from making negative comments about other members using the JCC facility.
4. Street clothes must be worn, at all times, when not in the pool area. This includes shorts/pants, shirts and shoes.
5. All belongings, clothes, shoes, backpacks, etc. must be placed in a locker in the locker room, or in a swim bag on the pool deck.
6. The youth locker rooms are to be used **at all times** unless otherwise specified. There have been special arrangements for female swimmers, over the age of 12, to use the adult locker room with parental supervision (REQUIRED). **A swimmer must be 16 years of age or older to use the adult locker room without adult supervision.**
7. Swimmers are **expected** to be on time. It is disruptive to the group if you show up late.
8. If leaving early, please notify the coach prior to the beginning of practice.
9. Please notify the coaches of prolonged or unexpected absences or any injuries that require special consideration.
10. Proper behavior on the pool deck is expected. Come to practice ready to learn and work hard. Parents will be notified of excessive disruptions in practice.
11. Parents are asked to wait outside of the pool area during practice. Questions to the coaches can be addressed prior to or at the end of practice, via email, or by message left on the office phone.
12. If any of the above mentioned situations become an issue, the swimmer will first be spoken to individually by the coach, and following that, the parent will be notified by the coach for some assistance in the problem area. If the behavior/problem persists, this information will then be passed along to the Aquatics Director for further evaluation.

## SWIM TEAM PARENTS

Parents, the bottom line is that we need your help and involvement in the swim program. You are one of the most valuable sources of inspiration and motivation for the swimmers.

The Weinstein JCC Dolphin Club has an active parents group that works closely with the coaches and Aquatics Director on various activities throughout the year. General parent meetings and committee meetings are held infrequently but are a necessity in facilitating a smooth and cohesive team. If you are interested in heading up any of the committees, such as team social, team banquet, equipment, record board, meet timer sign-ups, and/or fundraising, please let one of the coaches know.

## HELPFUL SUGGESTIONS FOR PARENTS

- Your child will see results only with regular practice attendance. Swimmers are encouraged to come to as many practices as possible. Discuss with the coach what is appropriate for your child.
- If your swimmer becomes discouraged, encourage your child to “stick with it.” Help your child set a concrete goal and commit to a trial period; a month of practices, until the first meet, etc.
- Give credit often to your swimmer when improvement is made and try to find something positive in every performance. Please leave the coaching up to the coach, you are your child’s number one supporter.
- Try to get your swimmers to the JCC 15 minutes before practice starts. They need to be dressed and on deck, ready to swim by the beginning of practice. If they arrive early, they can stretch.
- Be an active member and support the projects of the Dolphin Club.
- Help with the transportation to out-of-town events.
- Do not hesitate to check with the coaches whenever you have a question pertaining to the team or your child.
- **Check your e-mail regularly!** Team information regarding meets, practice times and social functions will be relayed via e-mail, when available. The Dolphin Club website will also have important information pertaining to meets and other team functions: [www.weinsteinjcc.org/sports/dolphins.php](http://www.weinsteinjcc.org/sports/dolphins.php)

## **SWIM MEETS – PROTOCOL (White, Red, Black groups)**

To be a member of the Dolphin Club competitive swimming team, everyone is expected to participate in swim meets. Swim meets provide the opportunity for swimmers, parents, and the coaches to evaluate individual progress, to have fun, and to see the results of working hard in practice.

The club will take part in state meets scheduled according to Virginia Swimming, Incorporated (VSI). Most lower-level meets are held in the Richmond area. As the swimmer progresses through the program, they may be invited to participate in out-of-town meets as well as local meets. Consider this an honor to qualify for an upper-level meet and please make every effort to attend. It is important to each individual swimmer, as well as the team, to take part in the experience.

Become familiar with the meet schedule when published by the Dolphin Club. We will not attend every meet on the Virginia Swimming meet schedule. Coaches determine the team meet schedule based on a variety of factors including the need for adequate training periods and team development. Make plans around the meets in which you think your swimmer will be participating and/or qualifying for. Remember, there is strength in numbers and we encourage regular participation at all levels.

There can be ten to twenty-five teams at each meet, with as many as 250 to 1000 swimmers participating. The meets are divided into groups based on age and/or time standards. This is done to ensure that swimmers can compete with others of the same age and ability. Unlike summer swimming, age is determined by the swimmer's age on the first day of the meet.

Summer times do not count for year-round standards. The year-round time standards can give you insight into determining for which category the swimmer may qualify, but any swimmer with no USS swimming experience must begin the season as a "C" level swimmer, and work towards higher levels by competing in meets. Each event has a separate time standard.

Time standards for each age group and each stroke are published on the Virginia Swimming web-site at [www.virginiawswimming.org](http://www.virginiawswimming.org), and will also be available from the coaches. The standards serve to qualify swimmers as either "C, B, BB, A, AA, AAA, or AAAA" (Varsity or XX times from summer leagues are about a BB or A time). Every swimmer begins as a "C" level swimmer and then works to achieve and qualify for faster categories. The swimmer should know his/her classification for each stroke and distance in order to set goals to achieve faster times.

The dolphin club webpage has a checklist of what to bring to meets.

### **Parents:**

The parents are involved in all areas of swim meets. When Dolphin Club attends a swim meet, we *as a team* are responsible for timers, strokes and turns officials, and other roles. Worker sign up sheets will be available at the beginning of each session of the meet. A copy of the meet schedule will be available at registration. All parents are **required** to time/officiate at least one session of a meet this season. We believe this is vital to continuing a successful program and thank you for your help with this!

We are always looking for qualified people to perform the duties of stroke and turn officials. If you are a summer club official, you should think about becoming a USS official. It is very informative and rewarding to participate at this level. For more information about becoming involved in USS as an official, contact Coach Tess. **We need officials!**

## **SWIM MEETS – ENTRIES (White, Red, Black groups)**

Prior to a swim meet, entry information will be e-mailed to everyone unless no e-mail is available. In that case, entry information will be available at the pool. Entry information will also be available on the Dolphin Club bulletin, at the pool. This information will show the type of meet, place, date, and events available.

**You will be asked to submit your entries (and possibly a check), prior to the entry deadline, decided upon by the coaches. There will be a box at the pool where you can deposit your check. (A check is required once a swimmer has used up the \$70.00 set aside in their registration fee for meet entries.)**

The entry deadline will be determined by the coaches, and will be at least one week before the entry deadline for the meet. So, you need to pay close attention to the Dolphin Club entry deadline.

Swimmers have the opportunity to pick their events each meet. However coaches may encourage swimmers to try different events depending on many factors. The final say is up to the coaches.

Swimmers consult with your parents before you sign up. Parents consult with your swimmer before you sign up. Make sure you do not have any conflicts prior to committing. It is better to sign up and not participate, then to sign up late and expect to participate.

Entry information and fees are sent to the host team 10-14 days prior to the meet. After this time, no refunds are possible. If a swimmer is entered in an event, that swimmer is expected to swim that event, with extenuating circumstances considered. This is also true for the meet itself; if you sign up, then you are expected to go, unless a conflict arises after the entry deadline, prior to the meet. At that time, the swimmer/parent should inform the coach immediately so any changes can be made, if necessary. Once again, no refunds for events entered will be available because fees have already been paid to the host team.

When relays are offered, swimmers may be placed onto them for that particular meet. The relay positions will be finalized at the swim meet, but the coaches will determine a general idea of who is participating on those relays before the entry deadline. The coaches look at the numbers participating in the meet and base their decision to enter a relay on that. *Unless parents give written notice via email, prior to the entry deadline, indicating that they cannot swim the relays, the swimmer will be expected to swim a relay.* The Dolphin Club covers relay fees, you will not be responsible for these dues.

If you need to leave a meet early, and you know this ahead of time, indicate that when declaring your intention to participate. Do not wait until you get to the meet to let the coach know this, unless no other option is available.

State meets can last up to 5 hours a session excluding travel time. Many of the USS meets are divided into morning and afternoon sessions. Usually the morning session begins at 8:00 am, and the afternoon session at 1:30 pm. Warm-ups will be held prior to the meet starting sometimes as early as 6:30am.

Always check the meet entry prior to going to the meet, to verify dates, starting times, events offered, event order, facility rules, etc. **Take the meet entry to the meet with you, so you can refer to the information when needed.**

Always check your email prior to going to a meet and check for any last minute changes to starting times. You must be at the meet for warm-ups. It is very important that swimmers warm-up.

Final warm-up times will be emailed to you, as soon as they become available, prior to first day of the meet, usually one day before the meet is to take place. We will send out this information as soon as we know.

**Swimmers need to arrive to meets early. USS meets are often very crowded and space is limited. Space on bleachers is at a premium. It is your responsibility to make sure you have a place to put your things, hopefully in the same area as the rest of the team. So get there as soon as you can, do not expect the team to have a spot if no one shows up to save space.**

Swimmers may bring their own food to the meets, unless otherwise specified by the host team that this is not allowed. We also suggest a little spending money for heat sheets, food, t-shirts, goggles, patches, and other miscellaneous items.

At meets, swimmers are asked to remain in the designated area. This is so they can be with the team, cheer for the team, be located if we need them, and for the safety of all involved.

**The swimmers are expected to report to the coach before going to the starting blocks, and immediately after swimming their events, for instructions and support. After speaking with a coach, they may then go to see their parents, etc. Remember parents, coaches talk about the highs and lows of their swim. It is your responsibility to support them regardless of the outcome!**

Between events, swimmers should remain with parents or friends. The coaches are busy watching other races, and as much as we love to talk to you about swimming we need to make sure we see everyone swim.

## FEES

### 2009-2010 Fee Structure

Per swimmer:

|         | <u>Member</u> | <u>Non-member</u> |
|---------|---------------|-------------------|
| Dolphin | \$400         | \$510             |
| White   | \$500         | \$610             |
| Red     | \$540         | \$650             |
| Black   | \$570         | \$680             |

- A \$100 per-child discount will be applied towards your total payment for families with multiple swimmers (examples: 2 children = \$100 discount, 3 children = \$200 discount).
- These fees include program dues, 1 Dolphin Club cap, and social event expenses. White, Red, and Black group fees also include USS registration dues and a \$70 (non-refundable) ESCROW account for meet dues.

All payments are due BEFORE the swimmers begin practice and are paid in full for the season. Checks or credit cards will be accepted. ***Please make checks payable to the Weinstein JCC.***

Thank you for your interest in the Dolphin Club Swim Team. We look forward to having you with us this season and for many seasons to come. If you should have any questions regarding material found in this manual please feel free to contact any of the coaches and/or Kim.

## RESOURCES

- [www.weinsteinjcc.org/sports/dolphins.php](http://www.weinsteinjcc.org/sports/dolphins.php) – Dolphin Club webpage.
- [www.virginiawimming.org](http://www.virginiawimming.org) – Virginia Swimming website. Please add this to your favorites and refer to it frequently to familiarize yourself with VSI. All time standards, best times for the swimmers (once achieved), meet schedules for the entire state, links to other teams, links to other web-sights (such as the link to United States Swimming), etc. can be found on this sight.
- [www.usawimming.org](http://www.usawimming.org) – USA Swimming website.

## CONTACT INFORMATION

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