

## Dodgeville Dolphins Swim Team 2010

Hello everyone, and welcome to the Dodgeville Dolphins Swim Team! My name is Alicen Dunbar, and I will be the Dodgeville swim team head coach this summer. Many of you may know who I am, but for those who are new, I have assisted with the swim team since 2007, and first swam for Dodgeville in 2001.

This year we will have one assistant coach, Bryan Anderson. He has participated on the swim team for many years as well, and has been assist coach the past two years. We have a large team and fewer coaches than in previous years, so please be patient with us. We are both looking forward to begin practice Monday and excited for a great season!

Below you will find similar information provided at the Parents' Meeting earlier this year. For those of you who have not read it, please take the time to do so; you will have a better idea what to expect this summer, thanks. If you have any questions please feel free to ask either Bryan or myself at anytime.

### Practice

Practice will begin on **June 7<sup>th</sup>** and will be held Monday through Friday at 11:30am to 12:30pm and 4:30pm to 5:30pm. If your child is unable to attend the noon practice, they are always welcome to come to the pool and swim laps at anytime. There is **NO** practice on the days of meets. The first week of practice there will be a **Stroke Jump-Start** starting at 10:30am and is recommended for all swimmers. Although it is not required to attend Stroke Jump-Start, it is highly recommended. This will give your swimmer the exposure they need to swim team rules and proper stroke technique which can ward off disqualifications at meets. We would like to stress that swim team is not a replacement for swim lessons. Please consider having your child take lessons to improve the quality of their stroke which will, in turn, improve their times at the swim meets. Our first meet will be on **June 15<sup>th</sup>** so the more practices swimmers attend prior to that the more prepared they will be.

### Attendance

Children are encouraged to come to at least one practice a day; however, this is not required. We understand that summer is a busy time and that many families will be going on vacation. We just ask that if your child is not going to be able to attend a swim meet that you let Bryan or I know prior to the meet, this is **very important**. Since we have such a large team Bryan and I must make relay teams prior to the meet; therefore we need to know if your child will be attending.

### Team Uniforms and Pictures

We will be distributing the swim team t-shirts on Monday, June 14<sup>th</sup> right before team pictures. There is no cost for these t-shirts because they are paid for out of the money raised from our fundraising events. We do have a swim team suit, but it is not required. The suit we

have had the last few years has been discontinued so we have selected a new one that will be around for two summers. Order forms were available at the Parent Meeting and also can be found at Kozelka-Wall. Please note that the tight deadlines to order these suits are necessary so that they will arrive prior to our first swim meet.

Team Pictures will be on Monday, June 14<sup>th</sup>. Individual pictures will start at 4:30pm and the team picture will be at 5:00pm. We will not be getting in the water at this practice. Order envelopes will be available at the pool the 1<sup>st</sup> week of practice. Please bring your completed envelope and payment on picture day.

### Swim Meets

At the meets each swimmer may swim up to three individual events and two relays. We will try very hard to make sure that all the swimmers get a chance to swim on a relay team. At each meet, the swimmers or their parents will receive event cards similar to the one below.

<b>DODGEVILLE DOLPHINS SWIM TEAM ENTRY CARD</b>						
GIRLS						
Swimmer(s):	<u>Jill Brown</u>					
Age:	8 & Under	<u>9-10</u>	11-12	13-14	15-18	
Event:	Medley Relay	Free	Back	<u>Fly</u>	Breast	IM Free Relay
Distance:	<u>25</u>	50	100		200	
Heat:	_____			Place:	_____	
Lane:	_____			Time:	_____	

Prior to the start of a meet you or your child should pick up their event cards from Bryan or me. It is important to pick them up early so that we know your child is at the meet. Relay cards will not be available when the individual cards are being passed out, this is because we need to know who is at the meet and ready to swim before we can finish them. At home meets cards can be picked up at the front desk. At away meets, locate the coaches to receive the event cards.

There will be three calls for an event: first call, second call, and final call. When a swimmer's event is called he/she should report to the bullpen, preferably on the first call. In the bullpen, someone will assign the swimmer a lane to swim in. The swimmers will then proceed to the starting blocks and race. We strongly encourage that parents cheer on their swimmer; we just ask that parents remember that in order for the meets to run smoothly, fans need to stay out of the way of the meet workers, especially the timers, runners, and the bullpen workers. This is especially important at the Invitational and Conference meets. At the end of this letter is a listing of the order of events to help you keep track of when your child will be competing. Any ribbons or medals that your child receives at the swim meet will be placed in the family folder box at the entrance to the swimming pool. Please make sure you check this box a day or two after each meet!

Before each away swim meet we will meet at the pool at the scheduled time for anyone that would like to follow one another to the meet. Directions to the away meets will be sent in an email prior to the meet. The email will also include what time we would like you to be there. If you, as a parent, are driving and have extra room in your vehicle to transport other swimmers whose parents are unable to attend the meet, please be sure to stop by the pool before leaving. If you are unable to make the meet and need a ride for your child, let Bryan or me know beforehand and we will do our best to find a spot for them. No one under the age of 18 will be allowed to transport swim team members unless they are their siblings. Bryan and I are also not able to transport any swim team members unless a sibling.

### **Conference**

We are part of a conference consisting of six teams around the area. These teams include Boscobel/Fennimore, Dodgeville, Lancaster, Mineral Point, Prairie du Chien, and Richland Center. We swim several dual and triangular meets, as denoted on the schedule, against these teams. There is always an invitational meet and a conference meet with all of the teams present. To be eligible for the Conference meet your child will have had to compete in at least four meets during the season.

### **Stroke Development Critique Forms**

A stroke development critique sheet can be found at the end of the letter. This sheet can be used for those who wish to get feedback on how they can improve their stroke. This sheet should be filled out (by parent or swimmer) and given to Bryan or me prior to the start of a meet. During the meet one of us will watch your child swim paying close attention to their form. At practice one of us will review with your child how they can improve their stroke. You will also be able to find this sheet on the wall above the box of family folders located in the entrance at the pool.

### **Cancellations**

If there is questionable weather on the day of practice or a meet please call the pool (935-3022), the head coach, or listen to D99.3 for any cancellations. The only time that practice will be canceled is if it is thundering and lightening, the temperature is below 60 degrees, or the pool has been closed for other reasons that may occur at various times throughout the summer.

### **Costs & Volunteering**

The only cost for joining swim team is that you purchase a pool pass either as an individual or as part of a family pass. Because we do not have any team fees, a variety of fundraisers are done through the summer to raise money to cover our expenses. We need all parents to volunteer at the home meets so that they can run smoothly. At each of our five home swim meets this year, we will have 45 different shifts that need to be covered. There are several different positions available to help, including working in the concession stand, timing, running time cards, writing ribbons, and scoring. We need everyone to help to make the

meets run fast and smooth. Emails sign-ups will be sent prior to each meet. All you have to do is reply as to what position and time you would like to work - 1<sup>st</sup> reply, 1<sup>st</sup> serve. We also have a variety of fundraisers during the two month season. These events are the way we earn our money to support the swim team. You will receive an email stating what we are doing and when we need help. As with the meets, parent participation is necessary to keep our swim team costs low. We encourage all parents to volunteer so that the same parents do not end up working every event.

### Website

On the city's website you will soon find information about the swim team, such as this letter, registration and emergency forms, the calendar, and more.

<http://www.cityofdodgeville.com/swimming-pool.html>

Once again, I am very eager to begin the season. Please remember if you have any questions at all, feel free to contact me via phone, (608) 574-7528, or email, [adunbar@wisc.edu](mailto:adunbar@wisc.edu). I will do my best to answer all questions.

See you Monday!

Alicen Dunbar

## Stroke Development Critique

Date/Meet \_\_\_\_\_

Stroke \_\_\_\_\_

Swimmer's Name \_\_\_\_\_

Age Group \_\_\_\_\_

Asked to critique by: *Child*      *Parent*

Specific skill to watch:

### Input (for coaches only)

Arms:

Kick/Legs:

Overall Stroke:

Any Additional Skills and Comments:

Coach: \_\_\_\_\_

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Any Additional Skills and Comments:

Coach: \_\_\_\_\_

## List of Events

1	Girls 8 & Under 100 Medley Relay	41	Girls 8 & Under 50 Freestyle
2	Boys 8 & Under 100 Medley Relay	42	Boys 8 & Under 50 Freestyle
3	Girls 9-10 100 Medley Relay	43	Girls 9-10 50 Freestyle
4	Boys 9-10 100 Medley Relay	44	Boys 9-10 50 Freestyle
5	Girls 11-12 200 Medley Relay	45	Girls 11-12 100 Freestyle
6	Boys 11-12 200 Medley Relay	46	Boys 11-12 100 Freestyle
7	Girls 13-14 200 Medley Relay	47	Girls 13-14 100 Freestyle
8	Boys 13-14 200 Medley Relay	48	Boys 13-14 100 Freestyle
9	Girls 15-18 200 Medley Relay	49	Girls 15-18 100 Freestyle
10	Boys 15-18 200 Medley Relay	50	Boys 15-18 100 Freestyle
11	Girls 8 & Under 25 Freestyle	51	Girls 8 & Under 25 Breaststroke
12	Boys 8 & Under 25 Freestyle	52	Boys 8 & Under 25 Breaststroke
13	Girls 9-10 25 Freestyle	53	Girls 9-10 25 Breaststroke
14	Boys 9-10 25 Freestyle	54	Boys 9-10 25 Breaststroke
15	Girls 11-12 50 Freestyle	55	Girls 11-12 50 Breaststroke
16	Boys 11-12 50 Freestyle	56	Boys 11-12 50 Breaststroke
17	Girls 13-14 50 Freestyle	57	Girls 13-14 50 Breaststroke
18	Boys 13-14 50 Freestyle	58	Boys 13-14 50 Breaststroke
19	Girls 15-18 50 Freestyle	59	Girls 15-18 50 Breaststroke
20	Boys 15-18 50 Freestyle	60	Boys 15-18 50 Breaststroke
21	Girls 8 & Under 25 Backstroke	61	Girls 9-10 100 IM
22	Boys 8 & Under 25 Backstroke	62	Boys 9-10 100 IM
23	Girls 9-10 25 Backstroke	63	Girls 11-12 100 IM
24	Boys 9-10 25 Backstroke	64	Boys 11-12 100 IM
25	Girls 11-12 50 Backstroke	65	Girls 13-14 200 IM
26	Boys 11-12 50 Backstroke	66	Boys 13-14 200 IM
27	Girls 13-14 50 Backstroke	67	Girls 15-18 200 IM
28	Boys 13-14 50 Backstroke	68	Boys 15-18 200 IM
29	Girls 15-18 50 Backstroke	69	Girls 8 & Under 100 Freestyle
30	Boys 15-18 50 Backstroke	70	Boys 8 & Under 100 Freestyle
31	Girls 8 & Under 25 Butterfly	71	Girls 9-10 100 Freestyle Relay
32	Boys 8 & Under 25 Butterfly	72	Boys 9-10 100 Freestyle Relay
33	Girls 9-10 25 Butterfly	73	Girls 11-12 200 Freestyle Relay
34	Boys 9-10 25 Butterfly	74	Boys 11-12 200 Freestyle Relay
35	Girls 11-12 50 Butterfly	75	Girls 13-14 200 Freestyle Relay
36	Boys 11-12 50 Butterfly	76	Boys 13-14 200 Freestyle Relay
37	Girls 13-14 50 Butterfly	77	Girls 15-18 200 Freestyle Relay
38	Boys 13-14 50 Butterfly	78	Boys 15-18 200 Freestyle Relay
39	Girls 15-18 50 Butterfly		
40	Boys 15-18 50 Butterfly		