

## **VISION STATEMENT**

To inspire our members and others to be the best they can be in the sport of swimming and in life by providing them with a safe, healthy, and positive environment.

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Our mission is to build and maintain an elite community-based swim program develops the character and self-discipline necessary to succeed, not only in swimming but also in life away from the pool. We will emphasize individual and team growth, teaching participants a healthy lifestyle and the spirit of sportsmanship emphasizing Safe Sport rules and guidelines to ensure we have a respectful environment for all members of our Dolphins Family.

## **E'TOWN KENTUCKY DOLPHINS SWIM TEAM**

Dear swim parent,

We look forward to having your child swim on the E'Town Kentucky Dolphins Swim Team. In order for our team to succeed we need your help to make sure your child has the best experience possible. We require several things in order to get your child ready to swim.

1. All Dolphins swimmers must be registered with USA Swimming.

This form is available at our website ([www.etowndolphins.com](http://www.etowndolphins.com)) or may be obtained from the coach. Swimmers must register each year by December with USA Swimming. This fee goes to KY Swimming and USA Swimming.

2. Parents must register for a billing account and sign up their swimmer(s) online through the Etown Dolphins website.

This online registration will include acknowledgments of the Etown Dolphin's team policies, as well as, a medical release waiver for the E'Town Swim and Fitness Center and the Dolphin Swim Team.

3. The coach will evaluate your child and determine the level in which he or she will be placed.

4. A billing account must be set up through Team Unify. The online application is available at our website ([www.etowndolphins.com](http://www.etowndolphins.com)). The account is only for membership on the Swim Team. This fee is based on the level in which your child swims. It is not a requirement to join the E'Town Swim and Fitness Center.

# **1. General Information**

The E'Town Kentucky Dolphin Swim Team is a nonprofit organization. There is a volunteer board of parents that oversee the operations of the team. The swim team operates year round. It is run by a full time professional swim coach.

The head coach may hire, in conjunction with the Etown Dolphins Parent Board, assistant coaches(s) to assist him/her with managing the team.

The team swims at the Etown Swim and Fitness Center and at T. K. Stone.

The winter season begins in August and ends with championship meets in March. The summer season begins in April and ends with championship meets in July.

## **Benefits of Swimming**

1. Promotes a healthy lifestyle.
2. Promotes a strong work ethic and discipline that benefits your child throughout their school years and the rest of their lives.
3. Builds confidence in your child.
4. Will keep your child busy during their years in high school.
5. May help with college tuition by obtaining a swimming scholarship
6. Will allow them to develop friendships that will last a lifetime.

## **Levels of the Dolphins Swim Program/Dolphins Swim Lessons**

1. Water adaptation
2. Kicking
3. Crawl Stroke ("Freestyle")
4. Backstroke
5. Breaststroke and Butterfly
6. High School Development (12 & over)

## **Dolphins Swim Team (Competitive groups – need to be USA Swimming registered)**

1. Jr. Dolphins
2. Age Group
3. Age Group Performance
4. Senior
5. Senior Performance

## 2. Equipment Needed

Swimmers on the Swim Team are required to purchase part of the equipment they will use during practice and at meets.

Some equipment they will use belongs to the team and will be left at the pool after each practice.

The equipment below is to be purchased by the swimmer and is theirs to keep. This equipment can be purchased at local sporting goods stores, online thru swimming catalog stores, or at SwimVille USA in Louisville (11800 Shelbyville Rd., 502- 245-9811).

1. Goggles
2. Swim suits (practice and team suits)
3. Swim cap
4. ZOOMERS – Gold groups only - (a small fin made by FINIS)
5. Medium size fins – Silver and Bronze groups (not for Bronze Development)
6. Pull buoy
7. Small kickboard
8. Snorkel

## 3. BILLING INFORMATION

All billing questions are to be addressed with Kelly Godfrey @ [jkgodfrey7@comcast.net](mailto:jkgodfrey7@comcast.net)

Our billing is based on one full year. If your child decides not to swim the next month, we require notice to the coach and Kelly Godfrey, from a parent to terminate the billing account. At registration you will choose between payment plans: annually or monthly. No billing in August. First payment is due when you join the team. If financial assistance is required, please discuss this with the team's Head Coach.

The monthly fee is used for the following expenses.

1. Coaches' salaries.
2. Coaches benefits (i.e. health insurance).
3. Practice equipment (i.e. power towers, bands, etc.).

### **Fees: (August - July)**

Jr. Performance: \$115/month (11 months – no fees in August) or \$1150/year

Age Group & Age Group Performance: \$125/month (11 months- no fees in August) or \$1250/year

Senior & Senior Performance: \$135/month (11 months – no fees in August) or \$1,350/year

### **Discounts:**

2<sup>nd</sup> and 3<sup>rd</sup> swimmer: \$15/month or \$150/year discount for each

4<sup>th</sup> swimmer: free

### **Registration Fee:**

Dolphin (Jr. Dolphin, Age Group & Senior): Free / Returning: \$50

## **4. SWIM MEETS**

Swim meets are where the swimmer competes against other swimmers in his or her age group. That's when coaches evaluate each swimmer's progress, and determine what's next for her/him. It is very important to participate in most of the meets scheduled (if not all). Meets are held at various times throughout the year. Some meets are hosted and run at the T. K. Stone pool or the Fitness Center pool. All parents are strongly encouraged to help run these meets.

Swim meets are another source of revenue for the team. The money generated by hosting a meet at our facility is used to purchase new equipment, pay the coaches travel expenses throughout the year and offset expenses for team trips.

### **Swim Meets fees**

For each event that a swimmer is registered to swim in a meet, your online account will be automatically billed for these event fees.

Example: A swimmer enters 8 individual events and 2 relays for a 2 day meet. The price of an event and relay is determined by the host of each meet. For example purposes these prices are an example and typical of the meets we attend.

Individual events = \$5.50 each, 8 individual events x \$5.50 = \$ 44.00

Relay events = \$3.50 each, 2 relay events x \$3.50= \$ 7.00

Total = \$ 51.00

### **Goals of the competitive swimmer**

1. Making a State A cut
2. Competing and winning at the State A Championship
3. Making Sectional cuts
4. Making Junior National cuts
5. Making Senior National cuts
6. Making Olympic Trial cuts
7. Making the Olympic Team
8. Winning a gold medal at the Olympic Games

## **5. SWIM PARENTS**

### **Parent Volunteers**

Parents are expected to help run Dolphin hosted swim meets. A parent can be involved in a variety of ways.

1. Setting up and taking down the meet.
  2. Being a timer
  3. Becoming a USA Swim official
  4. Help run the concession stand
  5. Help run the hospitality area for coaches and officials
  6. Learn to run the timing console
  7. Learn to run the team computer at meets
  8. Volunteer to get groceries for concessions and hospitality
- PARENTS ARE SOMETIMES ASKED TO SERVE ON THE PARENT BOARD

### **Parent Obligations**

To be a competitive swimmer requires dedication not only from the swimmer but from the parents as well.

1. Make sure their swimmer gets to and from practice, and is on time.
2. Make sure their swimmer attends the required number of practices for his or her level.
3. Make sure their swimmer has support and encouragement.
4. Make sure their swimmer attends meets throughout the year in order for both parents and swimmer to see the improvements in their times.
5. Make sure the parents volunteer to work the Dolphin hosted swim meets and other volunteer activities to support the swim team throughout the year.

### **10 Commandments for Swimming Parents (from USA Swimming)**

#### **I. Thou shalt not impose thy ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

#### **II. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

### **III. Thou shalt not coach thy child.**

You are involved in one of the few youth sports programs that offer professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

### **IV. Thou shalt only have positive things to say at a swimming meet.**

You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for."

### **V. Thou shalt acknowledge thy child's fears.**

New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

### **VI. Thou shalt not criticize the officials.**

Please don't criticize those who are doing the best they can in purely voluntary positions.

### **VII. Honor thy child's coach.**

The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

### **VIII. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

### **IX. Thy child shalt have goals besides winning.**

Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

### **X. Thou shalt not expect thy child to become an Olympian.**

There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

## **6. USA SWIMMING**

USA Swimming oversees most competitive swimming in the U.S.

Each State has a Local Swim Committee (LSC) that oversees and runs competitive swimming for that state. Each city may have one or more teams that are registered as a USS team. Individual teams can be operated by the city, a group of parents, or an individual such as the coach.

USA Swimming  
1 Olympic Plaza  
Colorado Springs, CO 80909  
719 866-4578 - [www.usaswimming.org](http://www.usaswimming.org)

Kentucky Swimming  
KYLSC Office  
Maureen McDonald, Executive Secretary  
2880 Fords Mill Rd.  
Versailles, Ky. 40383  
[www.kylsc.org](http://www.kylsc.org)

## **7. COACHES**

Head Coach: Pedro Pereira  
502-712-5503 – [etowncoach@gmail.com](mailto:etowncoach@gmail.com)

Assistant Coach: Chase Simmons  
502-303-1544- [14simmch@gmail.com](mailto:14simmch@gmail.com)

## **8. PARENT BOARD**

The Parent Board is made up of parent volunteers to assist with the club and deal with administrative aspects of the club. Please visit our website the “Coaches” link and you will see the list and contact information for our coaches and board members.

## **9. TEAM WEB SITE AND COMMUNICATION**

The Etown Dolphins team uses a powerful swim team administration tool called Team Unify to communicate with the community and current swim team members on a variety of topics such as team news, new member information, schedules, calendar of events and volunteer duties. Our website can be found at [www.etowndolphins.com](http://www.etowndolphins.com). The website is available to the public. Once you are a member of the Dolphin Swim programs you will have a special membership, login and password to the website. With this advanced privilege to the website, you will be given access to team events, swim records for your swimmers and event sign up functions that you will use to sign up for swim meets and other functions.