

Kona Dolphin Swim Club

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Announcements and Information for Parents

Kona Dolphin Swim Club 2014-2015



IMPORTANT DATES TO MARK ON YOUR CALENDAR

The tentative dates for the 2014 Short Course Season

They are as follows and are subject to change due to SAT testing:

Date	Location	Pool	Host
*Sep 20th	Waimea	HPA	ASC
*October 18th	Hilo	Hilo High School	HAQ
*November 8th	Kona	KCAC	WE HOST
*November 22nd	Hilo	Kawamoto	WAC
*December 6 th -7 th	Kona	KCAC	KONA
**December 19 th -22nd	Maui	Kihei	STATE S.C. CHAMPIONSHIPS

The swim team that hosts is responsible for providing food and drinks to officials, coaches and timers. Please confirm what items you will donate on the sign-up sheet that will be posted on the pool deck wall two weeks prior to the meet. Although we provide the food it is only for the officials, coaches and timers. Please bring your own cooler filled with healthy snacks and drinks for your swimmers. When we are doing break down/cleanup, for those that stay and help we are more than happy to share any leftover food and drinks.

HOW TO KEEP YOURSELF WELL INFORMED



Please check out website (www.konadolphins.com) or visit us on Facebook to keep upon the latest news, events and schedule changes. The website is updated daily. We also suggest that each time you bring your child to practice or pick her or him up, please come to the pool and read the latest news bulletins that are posted on the wall. Thank you very much.

TIMERS AND OFFICIALS



Why do we need timers and officials? For the simple reason that without them, there will be no swim meets! Please help out and show your team spirit and support – TIME! Or better yet, become a USA Official. It's fun and exciting and the best seats in the house! Also always receive a lovely lunch. For information on becoming a USA Swimming Official, see Coach Harry or Coach Kathy. They will steer you in the right direction and introduce you to head officials on the Big Island. It is a great experience and a super way to make friends from not just the Big Island but all over the State!

PARENTS ON DECK

We would like to remind and emphasize to please observe the USA Swimming rule that NO ONE is allowed on deck during swim practices or swim meets unless that person is a certified USA Swimming Coach or Registered USA Swimmer. This rule is for the safety of the swimmers and so that the coaches can keep a visual on all swimmers at all times.

Please note that the NO ONE allowed on deck rule is especially true during a swim meet. You will be asked to leave the deck.

SWIM MEET PROTOCOLS FOR PARENTS

The following are portions of an article by D. Pursley that appeared in the *American Swimming Magazine*.

Enthusiastic parental support is strongly encouraged, because it is absolutely essential to the success of a swim program and the swimmers. However, it is necessary to establish clearly defined guidelines that will enable the coaching staff to provide a competitive environment for the swimmers that will be the most conducive to their success and development.

The first of the ten “*Do’s and Don’ts for Parents*” published by USA Swimming is: **Remain in the spectators area at swim meets!** There is a logical rationale behind this rule: “Too many cooks in the kitchen (i.e. swimmers, parents, coaches) makes it more difficult to establish a distraction free environment that is necessary to better enable the swimmers to focus and concentrate on the task at hand.

Too much “hand holding” by parents will delay the development of self-reliance, responsibility and accountability by the swimmer.

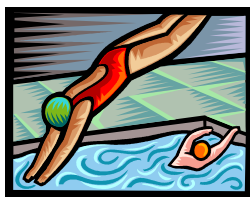
Swimmers will often feel an inordinate amount of pressure from a well-intended but “overly-supportive” parent.

The swim meet is the swimmer’s show and the pool deck is his or her stage.

The second of the ten “*Do’s and Don’ts for Parents*” is: **Don’t advise the Coach on how to do the job** and the third is: **Don’t coach your child during the swim meet.**

Swimmers want their parents to be a presence, but they want this presence to be one of unconditional support with little advise.

It is important to note that these guidelines are not meant in any way to discourage enthusiasm and cheering. In fact the sixth of the ten “*Do’s and Don’ts for Parents*” is: **Cheer for your team** and the seventh is: **Show interest, enthusiasm and support for your child.**



Everything You Wanted To Know About Swim Meets But Were Afraid To Ask

Excerpts from USA Swimming's Sample Club Handbook

At the Beginning of the Meet

1. Please arrive at the pool at least 15 minutes before the scheduled warm-up time begins. (This time is listed in the meet information posted on the wall of your pool and on your website. *(If your child arrives too late, she or he will miss the warm-up).*)
2. Upon arrival, find a place to put your swimmer's towels, blankets, swim bags and other gear. The team usually sits in one place together, so look for familiar faces. Also, at Kona meets we have tarps and pop up tents that are for the swimmers and swimmers only. We ask that you give them shade and room to rest. It is very important for their performance at the meet. If you have a pop up tents, please bring them to Kona meets for shade for your parents and families.
3. Before the meet starts, please check the wall by the swimmer's tarp for the list of events your child will be swimming in the meet and PLEASE WRITE THEM DOWN.
4. *Have the swimmer write each event-number on her or his hand (or arm) in ink.* This helps the swimmer to remember the events in which she or he is swimming and the event numbers to watch form.
5. Heat Sheets – Test list all the swimmers in each event in order of the “seed time”. Each swimmer and his or previous best time in that event are listed. If a swimmer is swimming an event for the first time, he or she will be entered as “NT” (no-time). A “no-time” swimmer will swim in one of the first heats of the event. Heat Sheets should be posted close to the start of the meet and will list the actual heat and lane in which a swimmer will swim. *It is imperative that the swimmers know their events, heats and lanes.*
6. It is very important for the swimmer to warm-up. A swimmer's body is just like a car on a cold day – the engine needs to get going and warmed-up before it can go all out.
7. After warm-up, *your swimmer* returns to the area where he or she will *wait there until her or his first event is up.* This is a good time for a bathroom break, to get a drink or just to get setline in.
8. The meet will usually start about 15 minutes after warm-ups are over.
9. According to the USA Swimming rules (because of insurance purposes), *parents are not allowed on deck or behind the blocks (especially not in the timers area and chairs)* unless they are serving in an official capacity.

Once the Meet Starts

1. It is important for a swimmer to know what event numbers, heats and lanes she or he is swimming (*this is why having the number on their hand is a great and helpful idea*).
2. Girls events are odd-numbers and boy's events are even-numbered. Example:
 - Event #25: 10-under Girls 50 Yard Freestyle
 - Event #26: 10-under Boys 50 Yard Freestyle
3. A swimmer reports directly to his or her lane for competition *a number of heats before he or she actually swims*. Swimmers report with caps and goggles either on or in their hands.
4. After each race the swimmer asks the timers for his or her time.
5. The swimmer should then immediately go to his or her coach. The coach will discuss the swim with each swimmer.
6. The coach follows these guidelines when discussing swims:
 - a. Positive comments or praise
 - b. Suggestions for improvements
7. The swimmer will be asked by the coach to do some recovery swimming *if* a “warm down” pool or lanes are available.
8. Things you, as a parent, can do after each swim:
 - a. Tell how proud you are and what a great job she or he did (“You are AWESOME”)
 - b. Take the swimmers back to the team area and relax, after they have done their recover swim if the “warm down” pool or lanes are available.
 - c. This is another good time to go to the bathroom, get a drink or eat something light.
 - d. The swimmer now waits until his or her next event and starts the procedure again.
9. The BIG “DQ”. We don't expect everyone to swim perfect all the time. Event Olympians still get disqualified. Each meet is a learning experience. When disqualified an official will give the coach (or swimmer if coach is busy) a yellow slip that explains what the swimmer did incorrect. This slip will be immediately brought to the coach so they can discuss the swim with the swimmer. PLEASE, be patient and support your swimmer when they are DQ'd.
10. When a swimmer has completed all scheduled events, the swimmer and parents may go home. Make sure, however, you, as a parent, check with the Coach before leaving, especially if there are relays scheduled for the meet or our team is in charge of clean up/break-down.
11. Results are posted on the wall somewhere in the facility during the meet as well as posted on our website after the conclusion of the meet. Ribbons are gathered for a team and given to the Coach at the end of the meet. The Coach gives our the ribbons at a later date.

KONA DOLPHINS PRACTICE HOURS AND DUES



We have three groups (Spinner Dolphins, Spotted Dolphins and Racer Dolphins) that swim on different days and at different hours. This schedule is designed so that all our swimmers will receive the attention and coaching they need to progress to higher levels.

Coach Harry has placed each swimmer in a specific group. He will move a swimmer up into a more advanced group when he thinks that swimmer is ready. To be eligible to move up to the next group, a swimmer must have a good attendance record for six months and be able to finish the whole practice session.

Please remember which days and at what times your child is scheduled to swim.

Please be punctual and always bring your swimsuit, goggles, cap and towel!

PARENT OBLIGATIONS TO PAY DUES AND FEES

Monthly club dues are:

Spinner and Spotted Dolphins: \$67.50

Racer Dolphins: \$77.91

Payment is due on the first of each month. Payment must be received and posted before midnight on the 14th of each month. Late fees will be assessed by the system at 12:01 A.M. on the 15th of each month. A late fee charge of \$10 will be imposed on dues received after that date. Check your account balance and/or set up auto payments using a credit/debit card or bank account at www.konadolphins.com. If paying by check please make your check payable to KONA DOLPHINS SWIM CLUB.

There is also a \$20 semi-annual administration fee per family due ever six months after you join the swim club. It is very important that you view your invoice each month as to not miss when this charge is applied to your bill. Please note that this is NOT auto drafted with your monthly dues if you pay online and you will have to pay it separately every six months.

We regret to announce that if dues are delinquent for more than two months, we will request that the involved swimmer not come to practice.

Dues revenues are the principal source of income for our club. Please be responsible in paying dues on time. Thank you!

MINIMUM AGE TO BECOME A DOLPHIN



We would like to remind you that, as of January 2009, we imposed a rule that we will only accept a child to our club who will be seven (7) years old in the year that he or she joins our club. Coach Harry will, however, have the discretion to accept a younger child who, in his view, shows maturity and advanced swimming abilities.

KONA DOLPHIN TEAM CAPS AND SUITS



Custom Kona Dolphin Swim Club silicone team caps with swimmer name or nickname are available in black and pink. To place an order we need to purchase a minimum of 48 caps and each swimmer must buy at least two with the name (or multiples of two). The price is \$13.50 per cap. If you are interested, please contact Coach Kathy. Once she is ready to place the order, payment in advance is required. Regular Kona Dolphin Swim Club silicone caps are also available from Coach Kathy for \$13.50. See her at the pool if you'd like one.

If you would like to purchase a team suit, please visit our website under the “Forms “ Tab. Then click on “Kona Dolphin Swim Club: Team Suit Order Form” turn in completed form and payment to Coach Kathy. If you have any questions on sizing, please check with Coach Kathy.

THE COACHES’ CORNER



We want to encourage all our swimmers to come to practice often.

Please be punctual. Always bring your swimsuit, goggles, cap and towel. And, more importantly, also take these items home after practice! The coaches are not responsible for your goggles, caps or swimsuits!

Parents: Please make sure that your child comes to practice with a bottle of water and a snack. Please remember that snacks must be consumed outside of the pool deck area after practice. Thanks for your cooperation.

Once again, we ask the parents to please observe the USA Swimming rule that ***no one is allowed on deck*** during a swim practice unless that person is a certified USA Swimming Coach or a USA Swimming registered Athlete Member *assisting* a coach.

We would like to remind our parents to visit our team’s website, www.konadolphins.com. You will find events, news, schedules, photos and your invoices. If you have photos from practice or meets, please e-mail them to our administrative assistants, Joyce Follis at joycefollis@gmail.com and she will be happy to add them. Please check the site often for last minute schedule changes.

KONA DOLPHIN SWIM CLUB PARENT PACKET

ACKNOWLEDGEMENT FORM

I, _____, the parent/legal guardian of _____, acknowledge that I have read, in its entirety, the Kona Dolphin Swim Club Parent Packet and agree to the rules, regulations and terms set forth in the for mentioned packet.

Signature: _____ Date: _____

(Parent/Legal Guardian)

PRIVATE INSTRUCTION POLICY

Effective October 1st, 2010, as a member of the Kona Dolphin Swim Club, receiving outside instruction/training without the consultation and referral from Kona Dolphin Swim Club Head Coach Harry Canales or Assistant Head Coach Kathy Clarke is against Kona Dolphin Swim Club policy and is grounds for removal from the team. If you would like private lessons please contact Coach Harry or Coach Kathy and they can provide you with a list of certified swim instructors/ coaches to work with your swimmer.

Our coaches and instructors have attended national USA Swimming, Hawaii Swimming, and ASCA Coaches conferences as well as other technique training annually and bi-annually. These coaches and instructors all teach within the Kona Dolphin model, vision, standards, and uphold the Kona Dolphin Swim Club Mission.

Kona Dolphins prides itself in team unity and loyalty to the coaches, staff, and swimmers. We do not want to compromise the time and effort our coaches and your swimmer(s) have put in physically, mentally, and emotionally. We are 100% dedicated to your swimmers' goals in and out of the pool and providing them with positive feedback that translates into confidence and success.

Mahalo Nui,

Kona Dolphin Swim Club Coaches and Staff

I, _____, have read and agree to abide by the Kona Dolphin Swim Club Private Instruction Policy.

Signature _____ Date _____

(parent/ legal guardian)