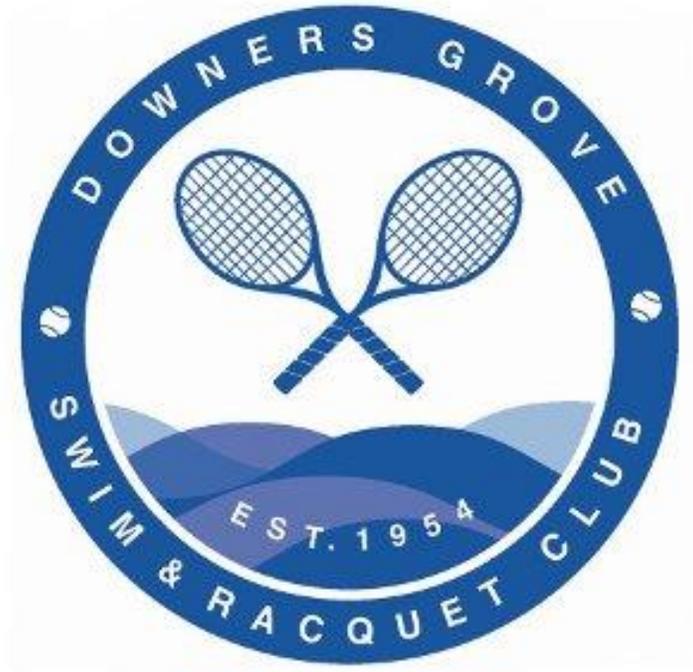


Downers Grove Swim and Racquet Club

2019 Swim Team Parent Manual



Welcome

Welcome to the 2019 season of the DGSRC Dolphins swim team. We are excited for another fun season of swimming and look forward to seeing all returning swimmers as well as welcoming all new team members. To be eligible for the team, participants must be able to swim two lengths of the pool. At try outs (8 & unders only), the coaches will decide if swim team or lessons are the best option for your child. Below is important information to read over and make note of prior to the start of the season.

2018 Swim Team Coaches

Position	Coach	Age Group
Head Coach	Emily Redpath	13 and over, 11 and 12
Assistant Coach	Will Morlock	13 and over, 11 and 12
Assistant Coach	Matt Elliott	9 and 10
Assistant Coach	Jillian Scott	9 and 10
Assistant Coach	Gillian Thomas	8 and under
Assistant Coach	Anna Bogdanski	8 and under

Parent Expectations

1. Support and respect the coach's goals and philosophies
2. Follow the communication process outlined in the Parent Manual. When you have a concern, correspond with coaches, Elizabeth Lukes, and/or board members.
3. Volunteer for **3** meets which your swimmer participates in (or volunteer in other ways).
4. Show respect for all swimmers, coaches, spectators and staff

Swimmer Responsibilities

1. Be on time for all practices and meets.
2. Come to practice with a positive attitude.
3. Adhere to all DGSRC pool rules.
4. Be prepared to swim all strokes at the meets. Coaches may put your child into an event that isn't his or her favorite stroke. By doing so, the child usually will improve at that stroke and help the overall team.
5. Show respect and consideration for all DGSRC coaches and staff as well as staff and swimmers on competing teams.
6. Stay in the team area for meets. It is important that all swimmers be prepared and ready when their events are called.

Communication

Communication will be critical to a successful season. There are a number of ways in which coaches and families can communicate throughout the season:

1. Folders will be located on the lower pool deck under the team bulletin board for the duration of all practices for each swim team family. Coaches will alert swimmers when there is new information to pick up.
2. The Swim Team Bulletin Board will house meet line-ups 2-3 days prior to each meet.
3. The DGSRC website (www.dgsrc.net) swim team page will host a variety of information including: Meet schedules and addresses, practice times and coaching contact information.
4. The Head Coach and Assistant Coaches will be available during office hours prior/after practice. Each coach will hold office hours for one hour prior to or after the start or finish of his/her designated age group practice time. Notes can also be left for the coaches in their mail folders.
5. The Swim Team Director, Elizabeth Lukes, can also be contacted with questions, comments and concerns via elukes730@gmail.com or 630.362.1898.

Problems and Concerns

Most issues can be resolved by going directly to the source. Please address coaches during office hours or by appointment to discuss any problems or concerns instead of during practices or meets, when their attention will be on their swimmers. The coaches are of high school age; please keep that in mind when communicating with them. If you have spoken with a coach and still have concerns or issues, feel free to reach out to the Swim Team Director, Elizabeth Lukes, as well.

Practice and Attendance

DGSRC does not set any minimum requirements for weekly practice attendance; however swimmers are encouraged to attend all practices. Swimmers will improve more quickly with regular practice, and we recommend that swimmers attend at least three practices each week.

1. Parents are welcome to view practice from the snack deck. Coaches welcome questions and feedback but we ask that you contact during office hours and/or arrange a time to speak outside of regular practice hours.
2. Practices are usually held rain or shine. If thunder or lightning is spotted, practice will be cancelled.
3. The Head Coach will leave a message on her cell phone voicemail when weather is questionable and will indicate if the team will hold practice or not.
4. When appropriate, an email will be sent out to inform of changes in schedules, practice cancellations, and other updates

Practices for all age groups begin May 24

Practices will be held Monday – Friday during the season. Swimmers should be on the pool deck ready to swim at the time practice starts. The practice schedule is as follows: Afternoon practices will begin on Wednesday, June 12th and continue through July 12th (for conference B swimmers) and July 19th (conference A swimmers).

Tryouts for the 8 & unders will be on May 22nd at 4PM.

- 10 and Under: 4PM – 5PM and 11 and Over: 5PM – 6PM.
- Morning Practices, beginning June 12th. Specific details to be shared during first week of practices.

Swim Team	
Age Group	Time
11 & 12, 13-18	10:00-11:00
9 & 10	9:00-10:00
8 & Under	11:00 -12:00 pm

What Swimmers Should Bring to Practice

- Towel
- Swimsuit/Goggles
- Swim cap (if desired)
- Sunscreen

Parent Volunteers

In order for the DGSRC Dolphins to have a successful season, we rely on parents to help with various positions throughout each meet. Each family **must** volunteer for a minimum of 3 meets that your child swims at. We ask that all volunteers arrive at the pool 30 minutes prior to the start of each meet. Volunteers should arrive by 6:30PM for the Tuesday and Thursday meets (which start at 6:45 PM) and at 7:30 AM for Saturday meets, which start at 8:00 AM. If you can't volunteer at meets, you can help in other ways, such as by writing ribbons the morning after a swim meet.

Volunteer Job Descriptions

Swim Team

1. **Announcer (1 volunteer needed per meet):** The announcer will announce both the event that is currently taking place AND the event that is "on deck" (the event that is immediately after the current event).
2. **Starter (1 volunteer needed per meet):** The starter's responsibilities include announcing and starting the event. Specific responsibilities include the following:
 - a. 3 short beeps/whistles signaling swimmers to be prepared
 - b. Announces the event again
 - c. One long beep/whistle signaling swimmer to step-up, announce take your mark, then a beep/whistle to start
3. **Timers (12 needed per each home meet/6 needed per away meet):** Timers will begin timing when the starter signals the start of each race and will stop the watch when any part of the swimmers body comes in contact with the wall. Timers will record all times on event cards at the completion of each race.
4. **Scorers (2 needed per meet):** Scorers will enter swimmers times into pool computer at the conclusion of each race. The scorer will be responsible for submitting the results of the meet at the completion of each meet.
5. **Ribbon Writers (2 needed per meet):** Ribbon writers are responsible for recording of places and writing on ribbons once given the official finish from the scorer. This will be done the morning after the meet on the pool deck.

6. **Runners (1 needed per meet):** Runners will collect the timing pages from timers and deliver them to the scorer's table once the pages are complete.
7. **Other volunteers**—We also need volunteers to help with other aspects of swim team, such as designing and procuring T-shirts, organizing the swim team party, and other jobs. Let Kelly James know how you'd like to help out!

Swim Meets

The Dolphins compete in the Western Suburban Swim Conference and compete in "A" (more competitive) and "B" level meets. Coaches will evaluate all swimmers the first week of practice to determine the appropriate classification for each swimmer based on current skill level. A roster will be issued to parents confirming "A" and "B" team assignments 2-3 days prior to each meet. Please note that "A" and "B" classifications are fluid and can change throughout the season. Please note that while it is not required for swimmers to participate in meets, it is encouraged as meets help swimmers build a sense of sportsmanship.

Meet Lineups and "Yes Sheet"

Yes Sheet: All parents will be asked to complete a "Yes" sheet no later than the first day of practice indicating which meets your child **can** attend. Swimmers will be entered in meets indicated on the "Yes Sheet". If there are additional meets throughout the season your child cannot attend, we ask that you notify the coach for your child's respective age group in writing no later than 2 days prior to the meet.

Meet Line-ups: Meet line-ups will be announced 2-3 days prior to each meet. The coaches will work with the swimmers to determine what events they will swim. Swimmer input will be welcomed but the final decision will be made by the coaches.

2018 Meet Schedule:

A Meet Schedule				
Date	Opponent	Location	Arrival Time	Meet Start Time
June 11	Lisle	Away - Lisle	6:15 PM	6:45 PM
June 15	Wheaton	Home - DGSRC	7:15 AM	8:00 AM
June 18	Lemont	Away - Lemont	6:15 PM	6:45 PM
June 25	Western Springs	Away – Western Springs	6:15 PM	6:45 PM
July 2	Glen Ellyn	Home - DGSRC	6:00 PM	6:45 PM
July 6	Clarendon Hills	Home - DGSRC	7:15 AM	8:00 AM

July 16	Hinsdale	Home - DGSRC	6:00PM	6:45PM
July 20	Conference A Meet	Away - (location TBD)	TBD	TBD

B Meet Schedule				
Date	Opponent	Location	Arrival Time	Meet Start Time
June 13	Lisle	Home - DGSRC	6:00 PM	6:45PM
June 20	Wheaton	Away - Wheaton	6:15 PM	6:45PM
June 22	Lemont	Home - DGSRC	7:15AM	8:00AM
June 27	Western Springs	Home - DGSRC	6:00 PM	6:45 PM
June 29	Glen Ellyn	Away – Glen Ellyn	7:30 AM	8:00 AM
July 9	Clarendon Hills	Away – Clarendon Hills	6:15 PM	6:45PM
July 11	Hinsdale	Away - Hinsdale	6:00 PM	6:45PM
July 13	Conference B Meet	Away – (location TBD)	TBD	TBD

Meet Considerations

1. Meet arrival times. Meets typically last for two hours; swimmers should arrive at least 45 minutes before the start of the meet. The home team typically warms up first and the warm-ups for the competing team will follow.
 - a. Tuesday/Thursday Meets: Warm—Ups: 6:00-6:15 PM and Meet Start Time: 6:45 PM.
 - b. Saturday Meets: Warm-Ups: 7:15-7:30 AM and Meet Start Time: 8:00 AM
2. Things to bring to meets: towels, 2 pairs of goggles, swimsuit, swim cap (if desired), warm clothes, water bottle, healthy snacks, sunscreen, insect repellent (for evening meets), blanket or sleeping bag to camp out on between events. We suggest you leave your electronic devices at home.
3. Regular Season Meets
 - a. A swimmer’s age group is determined by his or her age as of June 1st

- b. Swimmers are allowed to swim up, but not down (i.e. a 10-year-old can swim in the 11-12 age group if a coach deems it appropriate) during meets. Swimmers may only swim in one age group during any one meet.
- c. A swimmer must swim in at least one individual event during regular season meets to qualify to swim on a relay team.
- d. "A" Meets
 - i. Teams are able to enter up to 3 swimmers per event
 - ii. A swimmer can participate in up to 2 individual events and up to two relays per dual meet
4. Eligibility for "A" and "B" Conference Meets: To participate in the conference meet, swimmers must compete in a minimum of 3 meets throughout the season.
5. Rain Policy:
 - a. In the event of inclement weather, both teams will endeavor to make a final decision about meets prior to the start time.
 - b. Rained out meets will be rescheduled at a date and time that is agreeable to both teams
6. Club names and addresses to each away meet will be placed on the website at www.dgsrc.net
7. Swim Team Suits

A representative from Swimmer's Edge will be at practice on Thursday, May 29 from 4:30-5:30 for fittings and to place orders. To get the swim suit by the first meet, they must be ordered by a date which we will announce.

Additional Swim Team Events

1. Swim Team Pictures: Picture day is June 14. Order forms will be put in the swimmers' folders in the bins when we receive them.
2. End of the Season Party: The end of the season party will be Sunday, July 14, 3-6 PM. This end-of-the-season party is for swimmers and their families.