

**Round Rock
Dolphins**

**2019 Swim Team
Handbook**

2019 Dolphin Handbook

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Round Rock Dolphins Swim Team Inc.

P.O. Box 1776
Round Rock, TX 78680
www.roundrockdolphins.org

Hello Dolphin Families!

Welcome to the 2019 Swim Season with the Round Rock Dolphins!

We are excited to have you back for another great swim season, our 42nd season as a swim team! We are competing in NWSC Division 1 swimming against some great teams that include Balcones CC Sharks, Brushy Creek Marlins, Block House Creek Tidal Waves, Georgetown Aquadillos, Steiner Ranch Red Stars, and the Forest North Stingrays. The Divisional meet will be held at Micki Krebsbach pool and Texas A&M will be hosting the Invitationals meet for the fifth season.

We sincerely appreciate all that our amazing Dolphin parents and generous sponsors do to help make each and every season a memorable experience for each and every child. You make it possible and we look forward to seeing each and every one of you back around the pool this season, plus making new friends for those of your new to the Dolphins! Please do not hesitate to reach out to any Board Member for any questions or suggestions on ways we can continue to improve the experience of our swimmers! See you at Micki!

Sincerely,

The 2019 Dolphin Board of Directors

Superslide Cheer

Coach yells, "Is this not the swimming pool?" Swimmers yell, "This is the swimming pool"
Coach yells, "Are those not the starting blocks?" Swimmers yell, "Those are the starting blocks"
Coach yells, "Are those not the lane lines?" Swimmers yell, "Those are the lane lines"
Coach yells, "Is this not the superslide?" Swimmers yell, "This is the superslide"
Coach yells, "Is this not the winning team?" Swimmers yell, "This is the winning team"
Coach yells, "swimming pool!!!" Swimmers yell, "swimming pool!!!"
Coach yells, "starting blocks!!!" Swimmers yell, "starting blocks!!!"
Coach yells, "lane lines!!!" Swimmers yell, "lane lines!!!"
Coach yells, "superslide!!!" Swimmers yell, "superslide!!!"
Coach yells, "Winning team!!!" Swimmers yell, "winning team!!!"

2019 Dolphin Calendar

2/09-3/02		Returning Swimmer Online Registration
3/09-3/23		Returning Swimmer Online Pre-Registration
3/30	Saturday	Swimmer Registration (9-11)
5/1	Wednesday	Practice Starts-New Swimmers
5/2	Thursday	Practice Starts-All Swimmers
5/18	Saturday	Practice Meet at Micki Krebsbach Pool (9 a.m.)
5/25	Saturday	Home Meet – Georgetown
5/27	Monday	Memorial Day – No Practice
5/23	Thursday	Last Day of School for RRISD
5/24	Friday	Morning Practices Begin
6/1	Saturday	Home Meet – Balcones County Club
6/6	Thursday	Picture Day (No Practice)
6/08	Saturday	Forest North – At Micki Krebsbach
6/12	Wednesday	Dolphathon
6/15	Saturday	Tri-meet at Home– Anderson Mill and Block House Creek
6/15	Saturday	Mid-Summer Night’s Scream
6/22	Saturday	Home Meet - Brushy Creek
6/24	Monday	Team Trip (No Practice)
6/29	Saturday	Steiner Ranch – Red Team
7/1	Monday	RR Express Swim Night
7/4	Thursday	Fourth of July Parade
7/5	Friday	Pep Rally
7/6	Saturday	NWSC Divisionals 2019 – Micki Krebsbach
7/9	Tuesday	2018 Awards Ceremony
7/13	Saturday	NWSC Invitationals 2019 – At Texas A&M

2019 Dolphin Board of Directors

President	Karlen Alexander		president@roundrockdolphins.org
Vice President	Brady Mills		vicepresident@roundrockdolphins.org
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Secretary	Jamie Shepherd		secretary@roundrockdolphins.org
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Past President	Open		pastpresident@roundrockdolphins.org
Head Coach	Tom Arredondo		coach@roundrockdolphins.org

INTRODUCTION

Welcome to the 2019 Round Rock Dolphin Swim Team!

We are glad to have you as a part of our family. We are a non-profit organization with the mission of **PROVIDING RECREATIONAL, ORGANIZED SWIMMING TO THE YOUTH OF ROUND ROCK IN A FAMILY-ORIENTED ENVIRONMENT**. We foster teamwork and team spirit, focus on "personal best" improvement, and teach and develop swimming skills.

Since 1977, the Round Rock Dolphin Swim Team has offered recreational league swimming in the Round Rock area for swimmers ranging from 4 to 17 years of age. The Dolphins have been training and competing in the northwest Austin area as a part of the Northwest Swim Circuit (NWSC) for over 31 years. We will be swimming at the Micki Krebsbach Memorial pool and anticipate having over 290 swimmers this year.

The Dolphin Swim Team is a charter member of the Northwest Swim Circuit (NWSC), which provides a summer program of fun and recreational swimming for more than two thousand young swimmers in the North Austin, Round Rock, Pflugerville, Cedar Park and Georgetown areas. The objectives of the NWSC are to help young swimmers develop physical fitness, self-discipline, self-confidence, proficiency in competitive swimming strokes, a determination to do one's best, good sportsmanship, and to provide an enjoyable summer activity for all of its members.

The Dolphin Swim Team is an incorporated non-profit organization governed by a Board of Directors and bylaws approved by the membership.

We receive no financial support from any public agency. Instead, membership fees, fundraising projects, and donations from civic-minded businesses and professionals cover our expenses. Our sponsors are recognized in a number of ways (sponsor boards, sponsor name on the back of team T-shirts, our heat sheets and verbal recognition and thanks at all home meets). Each season, Dolph-a-thon is our main fundraising event and requires each swimmer to participate in raising money to support the Dolphins. We both encourage and require 100% swimmer participation in our Dolph-a-thon event by swimming laps and either raising a minimum of \$65.00 in pledges (for laps swam during event) or by selecting the \$65.00 fundraising "buyout" option when registering. Remember, this fundraising event is a key part of paying for Dolphins swim team expenses each season.

As with other youth sports there is a need for volunteer staff to fill positions at swim meets and to participate in fundraising activities. Swimming needs more staff than most other sports. Positions that need to be filled at every meet include: timers, runners, scoring and ribbons, equipment set-up and take down, meet director, announcer, starter, pit parents, ready bench, concessions, and stroke judges.

In all, about eighty volunteers are needed at each meet. Also volunteers are needed for fundraising projects. ALL PARENTS NEED TO SHARE IN THE RESPONSIBILITY OF FILLING THESE POSITIONS.

An annual Membership Meeting and Awards Ceremony are held at the end of the season. At this time, the membership votes on the Board of Directors for the following season. The Nominating Committee recommends the Board of Directors. Any parent wishing to serve on the Nominating Committee should contact the team president.

COACHING INFORMATION



Head Coach -- Tom Arredondo

Tom returns as the head coach of the Round Rock Dolphins for his 19th season. As Head Coach his goal is to promote the sport of swimming through time improvements and having fun. He believes the purpose of summer league is to grow swimmers as athletes and to help build their confidence through learning and improving strokes in a positive and supportive atmosphere.

Tom has also been the head coach of the Round Rock High School Dragons for the past nineteen years. During that time period he has been fortunate to see many of the Dolphin Swimmers grow up and go on to compete for his high school team and then come back to coach Dolphins. His high school teams have consistently represented RRHS at the UIL State Meet and many of his swimmers have received All State and All American status.

Tom is originally from Southern California. He graduated from UT Austin with a degree in History and teaches Social Studies at the high school in addition to his coaching responsibilities.

Tom, his wife Nancy and their three children, who are all Dolphins, live in Round Rock with their many animals. In his spare time he enjoys reading, going to the movies, fishing, relaxing at Barton Springs, and hanging out with his family.



Assistant Head Coach -- Marcy Parshall

Marcy has been Head Assistant Coach of AquaTex Swim Team for 9 years, and part of the South Texas LSC coaching staff. She has been swimming competitively since she was 4 years old. Marcy participated at STAGS, TAGS, Sectionals, and Zones for club swimming, and has been a District, Regional, and State qualifier for Round Rock High School.

Facilities Micki Krebsbach Pool

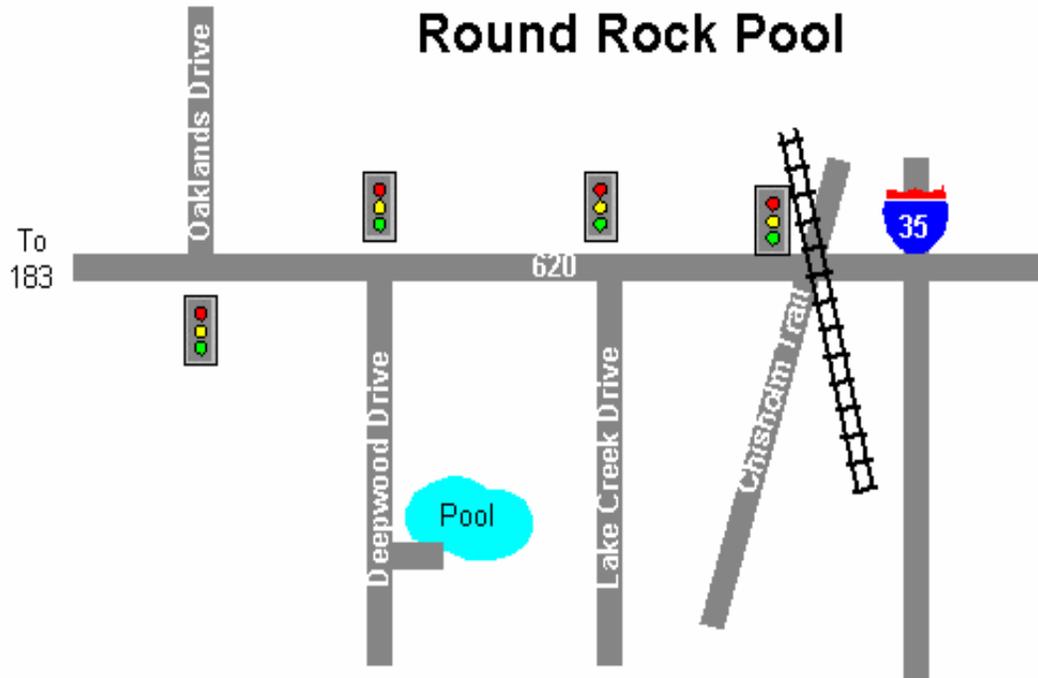
This is the twenty-first season that the Round Rock Dolphins will swim at the Krebsbach pool.

The pool is named in memory of a Round Rock Dolphin swimmer, Michelle “Micki” Krebsbach. Her family continues to be honored and proud to partner with the Round Rock Dolphins each summer.

The swimming facility is located on Deepwood Drive just to the west of the Round Rock High School football field. The pool features 8 competition lanes, a separate deep end and a bulkhead placed at 25 yards. There are 4 short "warm---up" lanes on the other side of the bulkhead.

The shallow recreational area with play equipment and the slide will be totally off-limits during practices and swim meets.

Round Rock Pool



Micki Krebsbach Pool is located on Deepwood Dr. just off 620.
Go south on Deepwood Dr. approximately 1/4 mile.
Parking and pool on left.

Swimmer Eligibility

The following are eligibility rules for the Round Rock Dolphin Swim Team and the NWSC.

- **The minimum requirements for a 12 and under swimmer are as follows:**

1) A swimmer must be able to swim one length of freestyle (25 yards) in order to be on the team. Any swimmer who registers with the understanding of our minimum requirements and are not able to swim one length of freestyle by the time of the practice meet will not be allowed to practice with the team and will be asked to take outside swim instructions and/or individual stroke clinics. These clinics are available in the local area and may be available through Dolphin coaches. After completion of the private lessons the Head Coach will review the swimmer's ability for possible reinstatement to the team.

- **The minimum requirements for a 13 and up swimmer are as follows:**

1) A swimmer must be able to swim one 50--yard freestyle in order to be on the team. Any swimmer who registers with the understanding of the minimum requirements and is not able to swim a 50 yard freestyle by the time of the practice meet will not be allowed to practice with the team and will be asked to take outside swim instruction and /or individual stroke clinics. These clinics are available in the local area and may be available through Dolphin coaches. After completion of the private lessons the Head Coach will review the swimmer's ability for possible reinstatement to the team.

- Swimmers must abide by all Round Rock Dolphin and City of Round Rock rules and regulations as they pertain to swimmers and use of the pool facilities.
- The swimmer's age on May 1 determines the age group with which the swimmer may compete for the season.

Reimbursement Policy for Withdrawals from Dolphins

The reimbursement policy for a withdrawal from the Dolphins will be as follows:

1. Swimmer Insurance and credit card fees, paid during registration process, will not be refunded.
2. 100% of the registration fee (including a pre-paid Dolph--a--thon buyout, if applicable) will be refunded if the withdrawal occurs before April 17th.
3. 50% of the registration fee (including a pre-paid Dolph--a--thon buyout, if applicable) will be refunded if the withdrawal is after April 17th though May 15th.
4. No registration fee's (including a pre-paid Dolph-a-thon buyout, if applicable) will be refunded after May 15th.
5. All refund requests must be submitted via email to the vice president (vicepresident@roundrockdolphins.org) by the deadlines above.

Northwest Swim Circuit Code of Conduct

The Northwest Swim Circuit (NWSC) was formed with the objective of helping young swimmers to develop physical fitness, self-discipline, self-confidence, proficiency in competitive swimming strokes, determination to do one's best, and good sportsmanship. The expectation of the Executive Board is that participants will exhibit the highest standards of sportsmanship at all times while participating in all NWSC and member club affiliated events. Every participant, including swimmers, coaches, officials, board members, parents and spectators, has a responsibility to behave in a respectable manner and to comply with and support the Code of Conduct.

BEHAVIORAL GUIDELINES

Unsportsmanlike Conduct

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall:

(1) Use trash talk, profane, obscene or vulgar language, or gesture under any circumstances, on or off the pool area, or (2) Engage in an objectionable demonstration of dissent or unsportsmanlike conduct such as throwing equipment or any other forceful action. (3) Otherwise behave in an unsportsmanlike fashion, including engaging in or escalating arguments between any participants at the event.

Refusal to Abide by Officials

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall refuse to abide by an official's decision.

Violent Physical Behavior

While attending and/or participating in any NWSC or member club affiliated practice or event, no individual shall:

- At any time strike, shove, threaten to strike or lay a hand upon an official, swimmer, coach or spectator.
- Engage in an abusive, verbal attack upon any official, swimmer, coach or spectator on or off the pool area.

REPORTING and REMEDIATION GUIDELINES

Unsportsmanlike behavior falling under the Behavioral Guidelines shall be immediately reported to the Home Meet Director, or other Enforcement Authority, by anyone involved in or observing such behavior. Retaliatory or escalating behavior shall be viewed as unsportsmanlike conduct and a failure to comply with this code of conduct.

PENALTIES

Penalty for Unsportsmanlike Conduct or Refusal to Abide

Any Unsportsmanlike Conduct or Refusal to Abide violation of the above policy will result in the following action at the discretion of the Meet Director or recognized Enforcement Authority:

First Offense – Warning to violator from the Meet Director, or Enforcement Authority

Second Offense - Additional Warning to or Ejection of the violator(s) from the meet/event by the Meet Director, or Enforcement Authority, at the discretion of that Enforcement Authority

Third Offense – Ejection of the violator from the event by the Meet Director, or Enforcement Authority

Penalty for Violent Physical Behavior

Any Violent Physical Behavior violation of the above policy shall result in the ejection of the person(s) from the meet/event by the Meet Director or other Enforcement Authority.

REVIEW

Violations of NWSC Code of Conduct will be subject to review by the NWSC Board under the investigative authority of the Vice President of the NWSC, and may result in seasonal or permanent ban of the violator and/or family from the Northwest Swim Circuit.

*All violations shall be reported in writing to the Vice President of the NWSC Executive Board either by Meet Director, or Enforcement Authority, through their NWSC Representative via electronic or traditional mail within 72 hours of the infraction.

By signing below, I do hereby certify that I have read and agree to abide by the Northwest Swim Circuit Code of Conduct.

Parent/Guardian/Coach/Official Signature _____ Date _____

Parent/Guardian/Coach/Official Signature _____ Date _____

Round Rock Dolphin Swim Team Swimmer Code of Conduct

I. Statement of Purpose and Intent

Dolphin Swimmers represent not only themselves, but also the other swimmers and coaches on the team when practicing and competing. For this reason, each Dolphin Swimmer's behavior must be exemplary and reflect good sportsmanship and complete respect at all times and in all places.

Important goals of Dolphin team membership are to give our swimmers direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

II. Conduct Expectations

The following conduct is expected of all swimmers participating on the Dolphins Swim team. Failure to meet these expectations can result in disciplinary action by the coach or sponsor:

- Swimmers will conduct themselves in a sportsmanlike manner at all times. This includes behavior toward visiting teams or hosting teams; as well as, the opponent's fans. Dolphin swimmers will be noted for their competitive swims and sportsmanship. Praise your competitors and swim beyond your ability.
- Swimmers should arrive to practices, meetings, and events prior scheduled times and be prepared to fully participate at their scheduled time.
- Swimmers are required to show respect at all times to coaches, officials, volunteers, swimmers, and sponsors.

III. Prohibited Conduct

Dolphin swimmers are prohibited at all times from:

- Possessing, selling, giving, delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, or any dangerous drug or tobacco;
 - Stealing;
 - Conduct that causes injury or harm to persons or property;
 - Using profanity, lewd or vulgar language, or obscene gestures;
 - Fighting;
-
- Inappropriate behavior in public places.

IV. Sportsmanship For All Dolphin Swimmers

All Dolphin swimmers are expected to demonstrate good sportsmanship to coaches, officials, fellow swimmers, volunteers, and parents at all times during the season. Unsportsmanlike behavior, of any kind, will not be tolerated including being disrespectful to any coach, parent, official, swimmer or spectator during the season. Disrespectful behavior or actions toward other people, particularly coaches, may be grounds for removal from the team. The Dolphins Swim team utilizes a "three strike" policy to address Sportsmanship violations.

V. Three Strike Policy - Sportsmanship Violations

First Offense: The first offense will result in the swimmer receiving one warning and being given the opportunity for a sincere apology.

Second Offense: The second offense will result in a one-week removal from meets and team activities including practice. The swimmer will be permitted to return to the team after a sincere apology.

Third Offense: The third offense will result in an immediate and final removal from the team for the remainder of the season.

VI. Procedures

The Head Coach will determine whether a *Code of Conduct* violation has occurred.

Upon determination of a *Code of Conduct* violation, the swimmer and the swimmer's parent(s) or guardian(s) will be notified and appropriate disciplinary action will be determined and communicated at that time.

Should the Head Coach determine a swimmer's behavior warrants consequences more severe than those outlined in this Code of Conduct, the Head Coach shall refer the matter to the President for additional disciplinary action.

Nothing in this *Code of Conduct* shall limit the authority of the Head Coach to impose reasonable sanctions, which may include extra workouts, suspension from practice or competition, or removal from the activity, for swimmers who breach team or organization conduct expectations but do not engage in prohibited conduct.

VII. Disciplinary Action

Coaches will also exercise sound professional discretion in determining Code of Conduct violations and determining disciplinary actions in response to violations determined to have occurred. Violation of any of the above-mentioned rules by a swimmer will be subject to the following disciplinary action:

- Suspension from all team activities for the following time periods:

1st Offense - 24 hours beginning on the day of the infraction.

2nd Offense - 7 days beginning on the date of the infraction.

3rd Offense - Removal from team for the remainder of the season.

A committee composed of the President of the Board of Directors and two individuals appointed by the President, in its discretion and in conjunction with the Head Coach, may take additional action or impose consequences under circumstances where the conduct constitutes a severe infraction.

The Board of Directors will not ordinarily interfere in a coach's judgment regarding appropriate discipline; however, it reserves the right and has the authority to increase or decrease the punishment based on its assessment of the situation.

In the event that this code of conduct is found to conflict with a code of conduct issued by the NWSC, the greater consequence shall be applied to the infraction.

Note: No refunds of Dolphin fees will be paid if a swimmer is removed from the team under this Code of Conduct's disciplinary actions.

VIII. Acknowledgement

A condition to participating in team activities is to acknowledgement that the swimmer and parent have read and understand the *Dolphin Swimmer Code of Conduct*. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct.

REGISTRATION

IT COSTS A LOT OF MONEY TO HAVE A SWIM TEAM! Part of belonging to any organization includes the responsibility to raise money necessary for the group to operate. For the Round Rock Dolphins, this means we need funds to pay for use of the pool for practice and meets, salaries for our coaches, insurance, team pictures, team T-shirts and swim caps, computer costs, and trophies and ribbons for our meets. Our primary sources of income to meet these expenses come from registration fees, team sponsorship from local businesses, and fundraising events.

Each year the Round Rock Dolphin Board evaluates the team's projected budget and sets the registration fees, targets for local business sponsorship and fundraising events. The basic charge per swimmer this year is \$120 for the first two swimmers in a family. There will be a 15% discount for the 3rd swimmer and then a 25% discount for the 4th swimmer. Any additional swimmers beyond four will all receive the 25% discount. Additionally, there is a required \$6.00 per swimmer insurance fee that is added to each swimmer's registration fee. Your registration fee includes the following:

- Registration
- Facility fees
- Coaching fees
- Team T-shirt
- End of season medals
- Mid Summer's Night Scream

Registration Process:

Two registration times will be held: One for returning swimmers and one for new swimmers. Returning swimmer registration will be held first. Those eligible to attend returning swimmer registration are:

- Children that have swam for Dolphins in the past.
- Children that have a sibling that has swam for the Dolphins in the past and are joining for the first time.

New swimmers are considered to be those children that have never swum for Dolphins and do not have any siblings that have swum for Dolphins in past years.

Swimmers that competed with the team last season are welcome to register during the returning swimmer registration. Other "once a dolphin always a dolphin" swimmers and children of past dolphin swimmers are invited to contact the vice president regarding registering for the team. At the discretion of the vice president, swimmers from past seasons and children of past dolphins may be allowed to register after returning swimmer registration but before new swimmer registration begins. Any waitlist families from the last season may also be allowed to register at this time.

TEAM SWIMSUIT

See the Dolphin website for the latest information on 2019 season team swimsuits.

FUNDRAISING

There is only one mandatory fundraising event for every swimmer, which is Dolph-a-thon.

The Dolph-a-thon is a fundraising event, which will be used to help with Dolphin expenses and operating costs. Prizes will be awarded for various levels of success such as pledges raised and most number of laps.

Dolph-a-thon laps will be held June 12th during regular swim practice.

The deadline for turning in money raised from the Dolph--a--thon event is June 15, 2019.

There also will be various restaurant nights planned throughout the season. All other fundraising events will be found on the calendar or in the newsletter.

NOTE: Since Dolph---a---thon is mandatory, if a swimmer fails to meet their Dolph-a-thon requirement (either through buyout at registration or Dolph-a-thon fundraising through sponsorship), that swimmer will not be allowed to participate in:

1. Mid-Summer Night's Scream,
2. any other non-meet events and
3. the remaining swim meets of the season.

Families that competed with the team last season that did not complete the Dolph-a-thon fundraising requirement will not be allowed to register their swimmers until all past due funds are paid. Their registration will be held until the family account is paid in full. At that time the registration will be completed if open slots remain on the team.

SCHOLARSHIPS

The Micki Krebsbach Memorial Scholarship and The Coach Christy Scholarship are the two scholarships that are offered to high school swimmers in their last year of eligibility of Dolphins who are planning to pursue a two or four year collegiate degree. The recipient of both scholarships will be announced at the annual Dolphin Awards Ceremony.

The completed applications will be submitted to the Scholarship Family File. The Dolphins' Vice President will select a chairperson and four other volunteers, who will receive and evaluate the scholarship applications and present their results to the Dolphin Board.

An applicant is allowed to apply for both scholarships but can only be eligible to be awarded one of the scholarships. In the event an applicant receives the highest score for both scholarships, the applicant will be awarded the scholarship in which they have their highest score. In the event an applicant's scores are the same for both scholarships, the determination will be made by a flip of a coin.

PRACTICE TIMES AND INFORMATION

The following practice schedule is provided as a guideline and is subject to change. Coaches will reschedule some swimmers in order to have swimmers with similar needs and abilities in the pool at the same time.

May 1* - May 23	Age Group
4:15---4:45 PM	6 and Under
4:45---5:30 PM	7---12 (Parents' choice)
5:30---6:15 PM	7---12 (Parents' choice)
6:15---7:15 PM	13 and Up

May 24 - July 6	Age Group
6:15---7:30 AM	13 and Up**
7:30---8:30 AM	7---12 (Parents' choice)
8:30---9:30 AM	7---12 (Parents' choice)
9:30---10:00 AM	6 and Under

*May 1 is for new swimmers only. Returning swimmers start on May 2th.

**13 and Over 6:15---7:30 am: 11---12 year olds who meet the following qualifications may also practice at this time provided there is space and they

- ... have at least one 13---14 Invitational time
- ... have Coach's approval.

7---12 age groups --- There will be two practice sessions before the end of school year- 4:45---5:30 p.m. and 5:30---6:15 p.m. from May 1---May 23. There will be two practice sessions during the summer --- 7:30---8:30 a.m. and 8:30---9:30 a.m. from May 24--- July 5. Parents will be able to request a practice time for the both sessions at registration. Please note that this will be a request and the practice time selected is not guaranteed. Every effort will be made to place your swimmer(s) in the requested time slot, but the first priority will be making sure the two practices have an equal number of swimmers.

Our practice or training program is designed to acquaint and teach young swimmers the strokes and training involved in today's competitive swimming. Emphasis is placed on learning the proper stroke, start and turn techniques, and "personal best" improvement. Swimmers are introduced to competition through weekly swim meets.

Swimmers must come to practice with a suit, goggles (in good working order), and a towel. Swimmers are asked to attend all training sessions, but it is understood that there will be absences from time to time.

MICKI KREBSBACH POOL RULES

The POOL RULES of the Round Rock Dolphins and the City of Round Rock are:

1. NO SMOKING or TOBACCO USE inside the pool area.
2. NO PETS are allowed.
3. NO GLASS CONTAINERS in the pool area.
4. NO METAL OBJECTS in the pool (i.e. hair clips, bobby pins)
5. NO ALCOHOLIC beverages.
6. Chewing gum is not permitted during practice.
7. Use kick boards, pull buoys and all other swim equipment with care and replace after use.
8. Put all paper, cans, and disposable items in the garbage cans.
9. No horseplay or running on decks.
10. Place clothes and all personal items in your bag while swimming.
11. Remove all personal property after practice and meets.
12. No bicycles inside the pool area.
13. The wading pool is closed during practice and swim meets.
14. Swimmers must be picked up promptly after their practice time.
15. No playing in the volleyball sand pit.
16. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. There are no exceptions to this policy. Violators are subject to disqualification from the meet, disbarment from the facility, and arrest.
17. Photographers and videographers are prohibited from the area immediately behind the starting blocks.

SWIM MEETS

On most Saturdays, the Round Rock Dolphins compete in swim meets (dual meets) with one of the other teams in the NWSC.

Swimmers must sign up for each swim meet by the Monday prior to each meet. This sign---up indicates a swimmer will attend the meet. Our coaches will enter swimmers in events best suited to the swimmer and the team. Failure to sign up for a meet means the swimmer will probably not swim in that meet. It is the swimmer's responsibility to sign up. It is not possible for coaches to check with all swimmers to ensure that they sign up. Even if you are not intending to swim in a meet, please indicate on the sign---up sheet that you won't be swimming. **NOT LETTING THE COACHES KNOW CAN LEAD TO DISAPPOINTED SWIMMERS WHO MUST BE SCRATCHED FROM RELAY EVENTS WHEN OTHER TEAM MEMBERS DO NOT SHOW.**

All age groups are open to swimmers of that age group or younger. If a swimmer swims in an age group older than his or her own, then that swimmer must swim in that age group for each event in which he or she may compete in that meet. Two exceptions to this exist:

- If a swimmer competes in an older age group in an individual event, which is not offered in his or her age group, the swimmer is then not required to compete in the older age group for other events.
- A swimmer may "**swim up**" for a relay and then return to his or her own age group for the individual events. The swimmer may not swim on two different age levels in relay events, with one exception, 6 & under swimmers may compete in the 6 & under free relay and the appropriate 7 & 8 medley relay.

Meets can begin only after each team has submitted its official heat sheet to the official scoring table. Once submitted, no changes may be made to the meet entries without approval of both meet directors. No swimmer may swim in an event unless his name appears on the event card.

The following paragraph is very important...

Each team is allowed 30 minutes of warm---up time. The home team has warm---up first and should be out of the water 40 minutes prior to the meet start time. The visiting team begins warm---up 35 minutes prior to the start of the meet and should be clear of the pool 5 minutes prior to that time. For example, an 8:00 a.m. meet start time means that swimmers must arrive for home meets by 6:45 a.m. and for away meets by 7:15 a.m.

Prior to warm up, swimmers must report to their pit parents. Late arriving swimmers may be scratched from events. All last minute changes due to absences must be reflected on the official heatsheet. In some cases, when agreeable to both teams, additional heats may be

added. Be sure to check the information board during daily practices to find out what time each week's meet and warm-ups will start.

Visiting teams swim in odd numbered lanes. Home teams swim in even numbered lanes. Where multiple heats are scheduled for an event, the anticipated fastest swimmers are entered in the first heat.

Up to eight swimmers from each team may enter each individual event to swim for team points. Points will be awarded for the first three place finishes only. Only three relay teams from each team are eligible to swim for points.

A swimmer may compete in a maximum of three individual events in dual meets. Events for Official Time only will NOT be allowed. Normally no more than three heats per event for 6 or 8 lane pools, or 4 heats per event for 4 lane pools are to be swum. In some cases, when agreeable to both teams, additional heats may be added.

From the time a heat is called to the starting blocks until that heat has finished swimming, the swimming pool belongs to that heat only. Any other individual who enters the water during this time is considered an intrusive swimmer and may result in Disqualification of swimmers. This rule does not apply if water entry is to save a swimmer in obvious danger.

Official event finish results will be posted as soon as possible at a place accessible to both teams. Each pool that we swim in is not exactly 25 yards; therefore each pool has a conversion factor. The times that are posted are converted times, the "clock time" is the time from the stopwatch and is an "unconverted" time.

The order of finish in dual meets is based on the times of all swimmers in all heats, except those swimmers who have been disqualified. Three stopwatches are used for timing each lane; the middle time becomes the official time.

In regular season meets, points and ribbons are awarded on the following basis:

Individual Events

1ST	4 points and a Blue Ribbon
2ND	3 points and a Red Ribbon
3RD	1 point and a White Ribbon
4TH	Yellow Ribbon
5TH	Green Ribbon
6TH	Purple Ribbon
7TH	Orange Ribbon
8TH	Teal Ribbon
9TH	Peach Ribbon
10TH	Gray Ribbon

Relay Events

1ST	5 points and Blue Ribbons
2ND	2 points and Red Ribbons
3RD	1 point and White Ribbons

No more than two relay teams from any team may be awarded points in an event. Disqualified swimmers receive no awards or points. Time improvement ribbons are awarded to swimmers in recognition of their improved times. Participation ribbons are awarded to all swimmers who compete in a swim meet and do not receive any other ribbon.

Another award a swimmer may earn is the heat winner ribbon. It is given to the swimmer who comes in first place for the heat in which they participated. Each heat in individual events (relays not included) will have a heat winner.

The events for a dual meet are as follows:

No.	Age	Event			
			44---45	6&U	25 Butterfly
1	6&U	100 Mixed Free Relay	46---47	6&U	25 Breast
2---3	7---8	100 Medley Relay	48---49	7---8	25 Breast
4---5	9---10	100 Medley Relay	50---51	9---10	25 Breast
6---7	11---12	100 Medley Relay	52---53	11---12	25 Breast
8---9	13---14	200 Medley Relay	54---55	13---14	50 Breast
10---11	15---17	200 Medley Relay	56---57	15---17	50 Breast
12---13	6&U	25 Freestyle	58---59	7---8	50 Freestyle
14---15	7---8	25 Freestyle	60---61	9---10	50 Freestyle
16---17	9---10	25 Freestyle	62---63	11---12	50 Freestyle
18---19	11---12	25 Freestyle	64---65	13---14	100 Freestyle
20---21	13---14	50 Freestyle	66---67	15---17	100 Freestyle
22---23	15---17	50 Freestyle			
24---25	9---10	100 IM	68---69	7---8	25 Butterfly
26---27	11---12	100 IM	70---71	9---10	25 Butterfly
28---29	13---14	100 IM	72---73	11---12	25 Butterfly
30---31	15---17	100 IM	74---75	13---14	50 Butterfly
			76---77	15---17	50 Butterfly
32---33	6&U	25 Backstroke	78---79	7---8	100 Free Relay
34---35	7---8	25 Backstroke	80---81	9---10	100 Free Relay
36---37	9---10	25 Backstroke	82---83	11---12	100 Free Relay
38---39	11---12	25 Backstroke	84---85	13---14	200 Free Relay
40---41	13---14	50 Backstroke	86---87	15---17	200 Free Relay
42---43	15---17	50 Backstroke			

Pool lengths are usually not exactly 25 yards or 25 meters in this circuit; a 25 will be considered to be one pool length, a 50 will be 2 pool lengths, etc. The times achieved in these pools must be adjusted to obtain actual 25---yard times. Our team records and the seeding for the Divisional

Championship meets are based on adjusted times. Times posted at dual meets and recorded on ribbons are the adjusted times.

In even numbered years, girls will swim the even numbered events and boys will swim the odd---numbered events. In odd---numbered years, the girls will swim the odd---numbered events and boys will swim even---numbered events.

2019 NW SWIM CIRCUIT INVITATIONAL TIMES

Our swim season will conclude with an invitational meet on July 13th. This meet is truly an invitational meet and is open only to those swimmers who equal or better the qualifying standards in a NWSC dual meet or in the divisional. The qualifying times for are as follows:

2019 NW Swim Circuit Invitational Times

Girls 2019	Event	Boys 2019
24.61	6 & U 25 Free	24.21
29.00	6 & U 25 Back	30.56
32.64	6 & U 25 Breast	34.28
33.76	6 & U 25 Fly	33.41
18.00	7-8 25 Free	18.12
22.97	7-8 25 Back	22.74
24.62	7-8 25 Breast	25.50
41.67	7-8 50 Free	41.86
21.85	7-8 25 Fly	23.16
15.72	9-10 25 Free	15.30
1:33.90	9-10 100 IM	1:33.90
20.33	9-10 25 Back	20.33
20.45	9-10 25 Breast	21.17
35.66	9-10 50 Free	34.69
18.34	9-10 25 Fly	18.25
14.34	11-12 25 Free	13.85
1:22.71	11-12 100 IM	1:23.04
18.05	11-12 25 Back	17.70
18.57	11-12 25 Breast	18.97
31.70	11-12 50 Free	30.32
16.16	11-12 25 Fly	15.75
29.81	13-14 50 Free	27.63
1:19.20	13-14 100 IM	1:13.05
35.81	13-14 50 Back	35.93
39.86	13-14 50 Breast	36.59
1:08.35	13-14 100 Free	1:03.63
34.54	13-14 50 Fly	32.17
28.49	15-17 50 Free	25.36
1:14.36	15-17 100 IM	1:07.79
34.47	15-17 50 Back	31.47
37.81	15-17 50 Breast	35.44
1:01.99	15-17 100 Free	56.31
31.91	15-17 50 Fly	27.84

Pool Conversion Table

The Dolphins swim at a number of various pools throughout the season. Each pool may not be the same length as our own pool. The NWSC has published a table that allows you to convert your swimmer's time to a standard time, which is used for calculating Invitational Meet eligibility and standards for Divisonals.

Pool	Pool Length In Ft	Adjustment Factor	# of Lanes
Anderson Mill	75.06	0.999	6
El Salido	83.00	0.904	5
Balcones Country Club	82.38	0.910	4
Block House Creek		1.000	
Brushy Creek--Creekside	81.91	0.916	6
Brushy Creek--Sendero			
Cedar Park	82.08	0.914	8
Forest North	81.59	0.919	6
Georgetown – Village	75.00	1.000	6
Georgetown – Southwestern	75.00	1.000	6
Hurricanes – Rattan Creek	82.19	0.913	8
Pflugerville	82.93	0.904	8
Round Rock	75.00	1.000	8
Steiner Ranch	81.96	0.915	6
UT Swim Center	75.00	1.000	8
Wells Branch	75.08	0.999	6

To calculate your swimmer's time:

Official Time = Stop Watch Time X Adjustment Factor

Description of Volunteer Positions

INTRODUCTION: The Dolphin swim team exists and functions due to the efforts of volunteers and coaches. Without the volunteer efforts of swimmer's parents, the team would not exist. The parents or guardians of the swimmers on the team are counted upon to support the team by volunteering their time and effort. Most volunteer positions and jobs are at swim meets, although there are a few positions where the work is done outside of meet settings. These pages describe the primary volunteer positions. There are approximate 180 positions to be filled! Please review and plan to select your preferred volunteer positions prior to checkout at registration. We will work very hard to place you in one of your requested positions, but sometimes that is not always possible.

Based on the Dolphin schedule, the number of families on our team and the positions we need filled, each family is asked to volunteer a minimum of 7 shifts per season through Swim Topia. Each family is required to (1) sign up for at least one shift at the Divisionals meet if their swimmer(s) will compete and (2) choose an equal number of 1st and 2nd shifts for all other meets. The Volunteer Coordinator will review all volunteer sign ups by family and adjust as necessary based on rules (1) and (2) above.

Families that competed with the team last season that did not complete more than five volunteer shifts will not be allowed to register their swimmers during the returning swimmer registration. Their registration will be held until new swimmer registration opens. The registration will be completed if open slots remain on the team.

IMPORTANT NOTICE

Please note the following stipulations regarding Volunteer commitments:

- Swimmers of parents who have not signed up for Volunteer shifts by May 14th will not be allowed to register for any swim meet or extracurricular activities.
- Swimmers will not be allowed to register for the Divisional Swim Meet unless one (1) Divisional Meet Volunteer shift has been committed to by the parents.
- Families who have not substantially fulfilled (at least 5 out of 7 shifts) their Volunteer commitments will not be allowed to register their Swimmer for either Divisionals or Invitational Swim Meets.
- Families who do not fulfill their volunteer commitments for the current season will either be excluded from returning or will have to register as a New Swimmer in the following swim season based upon the ruling by the Round Rock Dolphin Board.

TIMERS: Keep accurate time of the swimmer in the lane to which they are assigned and record all three times on the event card at the end of the event. The timers also verify that the event card is correct for that lane, swimmer, and event. (30 volunteer slots. 24 timers are needed to work ½ meet shifts at each home and away meet. Timers will be contacted by the head timer during the week before the meet. Volunteers are expected to plan to work multiple meets)

STROKE JUDGES: Work in pairs on each side of the pool with one member of a pair being from each team. Judges only rule on infractions on their side of the pool. They observe strokes, turns, and finishes to see that swimmers comply with requirements for that stroke. (8 volunteer slots. 4

judges are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

EXCHANGE JUDGES: They are only required for relay events and shall be positioned at each corner of the pool. One Exchange Judge from each team shall be positioned at the corners of the pool. These exchange judges shall be responsible for observing exchanges. (10 volunteer slots. judges are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

READY BENCH: They are the keys to keeping a meet on schedule. They organize the swimmers into heats before the start of each event. Swimmers must arrive at the ready bench with an event card for their event. Ready bench workers must:

1. Verify each swimmer or relay team has a valid event card (i.e., with their name and the correct event, heat, and lane) for the event being staged.
2. Check their copy of the official heat sheet to verify that all swimmers on the list are present. Notify the age group parents of any missing swimmers, and notify the coach of any swimmers not on the official heat sheet.
3. Arrange the swimmers from both teams into individual heats. During this process the ready bench workers may reassign a swimmer to an earlier heat if there is an open lane and a remaining swimmer is not left to swim alone in the previously assigned heat. Such changes should only be initiated when they will result in fewer heats.
4. If there are very few swimmers in two events (e.g. in the older age groups) then the ready bench workers may combine the swimmers into a single race. (8 volunteer slots. 6 volunteers are needed to work ½ meet shifts at all home meets. Volunteers are expected to plan to work multiple meets)

RUNNERS: Responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table. (10 volunteer slots. 8 runners are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

SCORING/RIBBON OFFICIALS: Identify the official time for each swimmer in an event and determine the official order of finish, according to the recorded times. Scoring/ribbon officials keep an accurate count of the team points as the meet progresses, post official results, and prepare ribbons. In addition, a volunteer determines the winner of each individual event heat and awards that swimmer a heat winner ribbon. (8 volunteer slots. 3 volunteers are needed to work ½ meet shifts at all home and away meets. Volunteers are expected to plan to work multiple meets)

PIT PARENTS (By Age Group and Gender): Receive all event cards for their age group prior to the start of the meet. Pit parents distribute event cards to the swimmers at the time the announcer calls "first call" for their event. These parents listen to the announcer and begin locating their swimmers about 2 events prior to the "first call" for an event. The Pit Parents for the youngest ages (6 & under and 7-8) are critical to the timely start of the meet. About 15 minutes prior to the start of a meet, pit parent for these ages begin organizing their swimmers. Pit parents must report absentees to the scoring table 10 minutes before the start of the meet. Younger swimmers are personally escorted to the ready bench for each event to prevent them from getting lost or losing their cards. Pit Parents also plan and organize various spirit and theme activities for their groups during the season. (2-3 volunteer slots per gender per age group. Volunteers are expected to plan to work every meet or find substitutes if unable to attend. This is a season long position and Pit Parents stay with their assigned Pit for the entire meet.)

SETUP/TAKEDOWN/TRUCK CREWS: Install the lane ropes, set up the starting blocks, and other items necessary to conduct the meets. They also install canopies and barrier ropes, relocate tables and chairs and assist the meet director in last minute preparations for the meet. During the last few minutes of a meet the crew begins taking down and storing items in preparation for vacating the pool immediately after the meet. All swimmers and parents are expected to help clean up the entire pool area. This position requires time on Friday evening prior to home meets, early Saturday morning prior to the start of meets, and at the end of meets. (10 volunteer slots. All volunteers are needed for both home and away meets for setup as well as tear down)

CONCESSIONS: They set up the concession stand and then operate it throughout the meet. At the conclusion of the meet, they clean up and store the equipment properly for use at future meets. (40 volunteer slots. 10 volunteers are needed to work ½ meet shifts at all home meets. Volunteers are expected to plan to work multiple meets. 1st shift includes setup and runs from 6:15am to 9:30am. 2nd shift runs from 9:30am to 12:45pm and includes clean up.)

CHECK IN, TRASH, BATHROOMS AND LOST AND FOUND: Responsible for helping volunteers check in and, for Home meets, helping collect trash, check restrooms and manning the lost and found items at swim practice, meets and team sponsored events.

STANDBY: Responsible for assisting the Volunteer Coordinator (Vanessa Camp) and Meet Director (Harry Schultze) with any reasonable request. Looking for volunteers who are flexible in pitching in to deal with family emergencies, unforeseen absences in other positions or generally pitching in for spikes in activities (e.g. Concessions).

WHAT TO TAKE TO A SWIM MEET...

Be prepared to do your best at a meet by taking all of the following:

Team suit,

Team cap,

One or two towels,

Team shirt,

Two pairs of goggles (if used),

Nutritional food and drink (juice, fruit, etc. NO JUNK FOOD),

Book, games, and a blanket or something to sit on.

LABEL ALL ITEMS --- we accumulate hundreds of lost items every year.

... AND WHAT TO DO AT A SWIM MEET

During the warm---up each swimmer should follow the prescribed routine. You should also be sure to practice correct turns and starts (in designated lanes only).

After warm---up, swimmers should report to the team area and generally stay in the area.

It is the responsibility of each swimmer to report to their pit parent when the announcer calls their event.

Before you leave the team area **PICK UP ALL YOUR BELONGINGS AND CLEAN UP YOUR TRASH!!**

Dual meets run about 4 to 5 hours; it does take time to conduct 85 events with at least two heats in each event --- a typical dual meet may involve 300 swimmers from the two teams. 6 & Under swimmers usually finish about halfway through the meet (after event 45). Although they are free to leave at this time, we encourage them to stay and cheer on the rest of their teammates!!!!

SWIMMER'S EAR

"Swimmer's Ear" is fairly common among swimmers and is no fun! In many cases, swimmers ear can be prevented. The following are two of several suggestions. If you have any doubts, please get a prepared product from your drug store or consult your family doctor:

(1) MIX --- one (1) part white vinegar with one (1) part rubbing alcohol

(2) One Packet of Domeboro Solution mixed with 3 oz. of clear vinegar and 1 pint of distilled water, or a 50---50 mixture of vinegar and water.

Place 2 to 3 drops in each ear after every swim practice or meet. Swimmers should carry a bottle of this, or other preventive mixture, in their bags and get into a habit of using it themselves.

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OTHER INFORMATION FOR PARENTS

To have a successful program there must be understanding and cooperation among parents, swimmers, and coaches. The progress a swimmer makes depends to a great extent on this triangular relationship. It is with this in mind that we ask you to consider this section as you join the Dolphin Swim Team.

The coach's job is to teach swimming technique, to constructively criticize the swimmer's performance, and to motivate the swimmer to perform well in competition. The swimmer's job is to attend practice regularly, listen to the coaches, follow directions, and do his/her best at all times. Parents supply the love, recognition and encouragement necessary to give the swimmer confidence.

Watching Practice: Parents are welcome to observe practices, but please remember that practices are learning situations, and swimmers need to be able to concentrate to improve their technique and times.

Be Enthusiastic: Positive enthusiasm creates an environment, which promotes the swimmer's improvement. In addition to self-motivation, swimmers need encouragement and positive feedback from parents and coaches. Be enthusiastic about taking your swimmer to practices and meets, participating in fundraising projects, meetings, etc.

The Proper Place to Complain: The coaches and board members want you and your swimmer to have a positive and enjoyable swim team experience. When something is not going well for an individual, or group of people, please discuss the problem with a board member so that they can aid in finding an acceptable solution.

SOURCES OF TEAM COMMUNICATIONS

The three main sources of Dolphin Team communications are the team website, email and text blasts, and the "family file". Each family will have a folder sorted by last name in one of the two large plastic bins at the pool. Information on upcoming meets, events, fundraisers, newsletters, notes from various sources and miscellaneous communications will frequently be added to your file. In addition you may place information and items in the file of the board members, coaches or other families.

Everyone is **STRONGLY** encouraged to check his or her family file regularly, in fact to make it a daily habit! Email will be used to send out a link to the weekly newsletters.

The Dolphins are now offering text alerting for important team announcements. You can sign up by sending the text message @rrrdolphins to 81010 and answering a few simple questions.

GLOSSARY

The following are terms commonly used/heard in our swimming "world":

DOLPHIN AWARD This award is given after each meet to a boy and a girl who the Coaching Staff feels has shown significant improvement over the past week. Improvement can be in numerous areas such as stroke technique, time, and attitude.

ROCK AWARD this award is given after each meet to a boy and a girl who the Coaching Staff feels had a "rock solid" meet. It can also be someone who has consistently performed well at meets and practices.

DISQUALIFICATION A ruling by a judge resulting from a rules infraction known as a "DQ".

DUAL MEETS A competition between two teams

HEAT SHEET A list of all swimmers by event number, heat, and lane assignments in a meet

INTERVAL A given amount of time the swimmer has to finish a given amount of work such as: 10x50 free on 1:00 means the swimmer must swim each 50 free in 1:00

MEET DIRECTOR Swim meet official charged with overall command of the meet. He is judge of any problem that may arise during the course of the meet

NWSC North West Swim Circuit (the governing body under which we participate)

PIT PARENTS Parents who distribute event cards and send swimmers to the ready bench in event order

RUNNER The runner is responsible for obtaining the completed event cards and DQ forms for each race from the timers and judges. The cards and DQ forms are delivered to the scoring table.

SEEDING TIMES The time a swimmer uses to enter a meet. This time, which is written on the entry card, determines one's position and lane in the particular event.

SET A series of swimming, kicking, or pulling efforts performed in a workout. For example, 10x50 free on 1:00 or 300 kick.

SPLIT A per lap time that coaches often record for teaching the concept of pacing. For instance, a swimmer's time for each 25---yard leg of a 100---yard event is the split.

STARTER Meet official who has the responsibility for a fair start to all contestants. He may charge contestants for attempting to take unfair advantage during a start.

STROKE DRILL An exercise used in practice to improve stroke mechanics by concentrating on one aspect of the stroke.

DOLPH--A--THON A marathon swim fundraising activity held during regular practice time.