

## Davis Lake Dolphins 2011

Welcome to another exciting swim season at Davis Lake Swim and Tennis Club. Team participants must be children (ages 5 – 18 as of June 1<sup>st</sup>) of a Davis Lake homeowner in good standing. All children, regardless of age, must be able to swim one length of the pool without assistance. If your child cannot swim, the pool offers individual and group swim lessons during the summer. Every family of a swimmer or swimmer(s) must volunteer for a minimum of four swim meet jobs. Unlike sports where the parents are spectators, a swim meet must have a minimum of thirty parent volunteers from each team. Most of our jobs are not difficult to learn and do not require prior experience. When you register, you will indicate which jobs you would be interested in working and we will do our best to assign you those jobs. You will get your schedule by the end of May, if not before. Our team colors are green and black and our mascot is the dolphin. Team suits are not required, but can be ordered at registration.

We would like to thank our sponsor, Paquette Orthodontics, for the donation of swim team t-shirts. Please have your swimmer wear them over swimsuits to all meets.

### Practice Schedule

<b>May 23 – June 9</b>	5:30 – 6:00 PM	Guppies (6 and under)
<i>Monday – Thursday</i>	6:00 – 6:30 PM	Minnows (7 & 8)
<i>Evening Practices</i>	6:30 – 7:15 PM	Sailfish (9 – 12)
	7:15 – 8:00 PM	Sharks (13 & up)
<b>June 13 – July 9</b>	8:00 – 8:45 AM	Sailfish
<i>Monday - Thursday</i>	8:45 – 9:15 AM	Minnows
<i>Morning Practices</i>	9:15 – 9:45 AM	Guppies
	9:45 – 10:30 AM	Sharks

There is no practice on Memorial Day. Also, make note that practice is Monday – Thursday.

### Meet Schedule

Meets begin at 6, with warm-ups at 4:45 for home meets and 5:15 for away meets.

Saturday, June 4 <sup>th</sup>	Intrasquad at Davis Lake
Tuesday, June 14 <sup>th</sup>	Home against Skybrook
Thursday, June 16 <sup>th</sup>	Away at Cedarfield
Tuesday, June 21 <sup>st</sup>	Away at Wellington
Thursday, June 23 <sup>rd</sup>	Away at Skybrook
Tuesday, June 28 <sup>th</sup>	Home against Cedarfield
Thursday, June 30 <sup>th</sup>	Home against Wellington
Saturday, July 9 <sup>th</sup>	Junior and Senior Championships – NOMAD
Monday, July 11 <sup>th</sup>	Awards Ceremony and Banquet - time and location TBD

### Meet Directors

Julie Dail  
704 597-6745  
[juliekat@bellsouth.net](mailto:juliekat@bellsouth.net)

Stacy Brust  
704 280-2309  
[stacyb@carolina.rr.com](mailto:stacyb@carolina.rr.com)

The Meet Directors are volunteers who are responsible for organizing the swim meets and ensuring that the team has the resources to be successful. Meet Directors represent the team in any communication or issue with the other teams in the Triad League. Any problems or concerns that parents have with the coaches are to be addressed with the Meet Directors.

### Our Team and the Triad League

The Davis Lake Swim Team is an introduction to competitive swimming. Our goal is to stress competition, fitness, sportsmanship, discipline, in a positive, social atmosphere. We compete in the Triad Swim League against Cedarfield, Wellington, and Skybrook. We have two dual meets against each of these teams. The last meet of the season is the Championship meet in which all four teams participate. The team with the most points is the League champion. Swim meets are scored on a point system. The 6 swimmers with the fastest times in each event score points for their respective teams; 7-5-4-3-2-1. Relays are scored differently from individual events. The first team that finishes scores 7 points and all other relay teams do not score. Therefore, it is very important for our best swimmers, who have earned these slots, to compete on the fastest relay team in each age group.

### Communications

Each family has a file where important information is distributed. The file box is kept at the pool check-in desk. This is one of the primary means of communication with the swim team parents as well as the distribution of ribbons from each meet. We will also communicate by e-mail regularly.

### Spirit Committee

Liz Brady and Barb Scheffer are our parent volunteers for the Spirit Committee. They hold drawings, contests, etc. on a weekly basis during the season and are always looking for sponsors and **donations of prizes and snacks**. If you have access to toys, snacks or anything appropriate to donate, please let them know.

### Practices

Swim practices are necessary for swimmers to build swimming endurance, skill, and team rapport. Instruction in the competitive swim strokes will be given at each practice in addition to starts, turns and other skills. Swimmers should avail themselves of as many practices as they can attend; it is for their benefit that these practices are held. Sometimes a child wants to be moved to another practice group to be with friends or because they are a strong swimmer and need to move to a more challenging practice. They can be moved, just let the coaches know. In order to qualify for the championship meet, an individual must have participated in at least one meet.

## **Swim Meets**

If your schedule changes and your child will not attend a meet, make sure you inform a Meet Director or put a note in the coaches folder in the file box. Having your child inform the coaches verbally at practice does not work. Also, it is very difficult to add a swimmer who suddenly shows up at a meet on a supposedly scheduled vacation date. Likewise, we understand illness and emergencies happen, just let us know. Relay teams especially depend upon attendance and when one member is missing, three children do not swim the event.

Swimming events will not be changed at the meet. Do not bother the coaches during the swim meet. If your child is sick, let a Meet Director know. If your child refuses to swim an event, that's okay. But he/she will not be added to another event to replace it.

6 and under swimmers swim only freestyle and the freestyle relay. They are allowed to swim with the 7-8 age group in other strokes. You may leave a meet when your children are finished swimming provided you are not working a meet job.

Junior Championships for swimmers 10 and under – The Junior Championships will be held at the Nomad Aquatics. Arrive at 8:00 AM. The meet will start promptly at 8:30 AM.

Senior Championships for swimmers 11 and above – The Senior Championships will be held at Nomad Aquatics. Parents will be notified of the meet time and the arrival time. Each competitor will be eligible to enter up to three individual events and two relays. There is no limit on the number of competitors, however, there is a limit of two relays per event, per team.

## **Relays**

Our coaches will do their best to put the fastest swimmers on the “A” relay team, next fastest on the “B” relay team and so forth for the first meet. After the first meet, the relays are automatically chosen by computer based on times. This is important since relays are scored as “winner take all”. The medley relays are more complicated since the coaches must enter the fastest combination of swimmers for the four strokes. Please be patient with the coaches in this regard.

## **Heat Sheets**

This is the “book” of the swim meet. It includes the order of events (1-71), the number of heats per event, the lane assignment of each swimmer, and the seed time of each swimmer in the event. Swimmers are seeded by what is called the seed time. The seed time is typically the swimmer's best time in that event. The heats are organized from the slowest to the fastest. The idea is for swimmers of similar ability to swim against each other in each heat. The ultimate order of finish for the event is determined by time. Results are computer generated and are posted on a wall some time after the event is completed. Please understand that winning a heat ribbon means that your child won that heat, not the event.

## **Events**

These are the events and relays:

Freestyle relay (1-11)	Breaststroke (44-53)
Freestyle individuals (12-23)	Butterfly (54-63)
Backstroke (24-33)	Medley relays (64-71)
Individual medley/IM (36-43) (11 and over)	

Medley relay order – Backstroke, Breaststroke, Butterfly, Freestyle  
Individual Medley order – Butterfly, Backstroke, Breaststroke, Freestyle

### **Alcohol and the Triad League**

Please refrain from drinking alcoholic beverages if you are working a job at any meet. This is a Triad League rule.

### **Trophies**

Trophies will be given out at the season-end awards ceremony. Each child will receive a team trophy. There will also be the following awards in each age/gender group:

Coaches Award – Given, at the Coach's discretion, to a swimmer with good practice attendance and a great team attitude

MVP – Given to the swimmers with the highest season point total

Summer Superstar – Since most MVP awards go to year-round swimmers, the Summer Superstar award recognizes excellence for swimmers that only compete during the summer season.

### **Disqualifications**

If your swimmer is disqualified, (gets a DQ), this means they did not swim the stroke correctly, did not touch the wall correctly, or left the blocks too early. Every swimmer has a DQ now and then, this is part of the learning experience for a swimmer.

### **What you and your Swimmer Need**

- A substantial snack around 3:30 PM
- Lots of rest the day of a meet. Do not go to the pool the day of a meet!
- Deck chairs to watch the meet
- A couple of towels
- A bag of some type to keep their belongings
- Snacks to eat during the meet or money to buy snacks at the concession stand
- Be sure your swimmers arm is marked with their swimming events
- Warm clothing; it can get chilly when the sun goes down

### **Jobs**

Unlike other sports where the parents are spectators, a swim meet must have a minimum of thirty parent volunteers from each team. Most of the jobs are not difficult to learn and do not require any prior experience. Each family is responsible for working four jobs during the season. If you cannot do a job that you have been assigned, please contact the volunteer coordinator, Beth Ann Calhoun, via e-mail at [Bcalhoun9130@bellsouth.net](mailto:Bcalhoun9130@bellsouth.net) or by calling her at 704 599-5706, so that a replacement can be found.

## Dolphin Volunteer Jobs - 2010

**Bullpen Parents:** The primary jobs of the Bullpen parents are to take attendance, supervise the swimmers in their age group, and help get the swimmers to the Clerk of Course for their races. The Bullpen parents will notify a coach if any swimmer is absent prior to the start of the meet so that the relays can be adjusted.

**Clerk of Course:** The Clerk of Course organizes the swimmers into their respective heats in preparation for their race. Swimmers are seated on benches and advance to the lanes as the heats progress. Each team provides a Clerk of Course so you will have help. This position counts as two towards a total of four per family.

**Timers/Head Timers:** There are two timers per lane, one from each team. The Head Timer is responsible for recording the times on a race sheet.

**Runners:** The runners take the race sheets with the times from the Head Timers to the Scorer's table.

**Scorers/Computer Support:** The Scorers/Computer Support volunteers take the race sheets from the Runners, sort and organize the information, and enter race times into the computer during the swim meet. They are required to stay at the meet until all of the information is input into the computer.

**Ribbon Writer:** Attach the labels generated by the computer to the ribbons for the Davis Lake swimmers. The Ribbon Writer will put the ribbons in the file box in large baggies by age and gender

**Stroke Judge:** The Stroke Judge watches for legal strokes, wall touch, and kick. If a disqualification is necessary, the Stroke Judge completes a DQ slip which is picked up by the runner and delivered to the scorer's table. This position counts as two towards a total of four per family.

**Place Judges:** Determines the order of finish for each race. Each team provides two Place Judges for each dual meet. One judge calls the finish order and the other records the information.

**Heat Ribbons:** Heat Ribbons are awarded to the swimmer who finished first in each heat immediately after the race for the younger age groups.

**Concessions Stand:** Help set up, sell concessions, and take down the concessions stand for home meets.

**Awards Ceremony:** Two people to coordinate the Awards Ceremony at UCUMC. This position counts as two meet jobs for each person.

**Alternates:** The responsibilities of an alternate are to show up at the assigned meet and fill in for any volunteer who is late until they arrive, or who does not show up at all.

## Directions

**Wellington** There are ways to get to Wellington using back roads but these are the two easiest routes.

1. Coming out of Davis Lake turn left on David Cox Road. Turn left on Sugar Creek Road. Wind your way along Sugar Creek which turns into Browne. Turn right onto DeArmon. Turn right onto Prosperity Church Road. Turn right onto Katelyn Lane. The pool is at the end of Katelyn. There is very little parking so be prepared to walk.

2. Go to WT Harris Blvd. Turn left, Turn left on Mallard Creek Road. Turn left on Prosperity Church Road. Turn left on Katelyn Lane. Follow Katelyn until you see the pool straight ahead.

**Cedarfield** Going out of Davis Lake turn right on David Cox Road. Turn right on Old Statesville Road. Turn left on Hambright (Blythe Elementary is on the left). You will stay on Hambright for 2.6 miles. You will cross over 77 and a lot of countryside. At McCoy turn right (you will know this is McCoy because Tesh's is on the left). Take the first left onto McIlwaine. Take the 2nd right onto Stratton Farm. Follow this until you see the pool on the left.

**Skybrook** Going out of Davis Lake, turn left onto David Cox Road. Turn left at the first light onto Sugar Creek/Browne Road. Go until it ends and turn right onto Eastfield Road. Proceed for several miles; Skybrook will be on the left. The pool is at the entrance to the community.

**Nomad Aquatic Center** Going out of Davis Lake, turn left onto David Cox Road. Turn left at the first light onto Sugar Creek/Browne Road. Go until it ends and turn right onto Eastfield Road. Proceed for several miles; Nomad will be on your left before Skybrook.