

Online Registration Documents

In order to be able to register with the Dam West Dolphins you and your child(ren) are required to read, understand, and agree to the following information. If you have questions feel free to contact us.

From the Coach:

Welcome to Dam West Dolphins Swim Team.

The Dam West Dolphins is one of 24 teams in the Mountain Hi Swim League (www.mhsl.org) and although MHSL is a recreational league it is also competitive on both the individual and team levels. For that reason, it is important that we hold structured and organized practices and meets. For those who have not been part of our team before or are new to summer league swimming you will find that it is different from most other sports in that parents play many key roles in making swim meets possible, so it is extremely important that all parents sign-up on the volunteer sign-up sheet.

Parent/Swimmer/Team meeting: Dam West Clubhouse 7:00-8:30pm, Thursday May 5th.

Practices will be designed to help prepare the swimmers for the meets by working and improving proper swimming techniques, increasing the swimmers' stamina, power, and speed in the water, and help build a sense of team. Most practices will take place in the water; however, there may be certain circumstances where dry land exercises will be beneficial and implemented as the need arises. Our coaches will be working with swimmers as a team but also will be working with your child individually to help improve strokes, turns and dives. Please understand that this may entail hands-on physical contact with your child since the coaches may need to demonstrate correct form. It is common for swimmers to have some muscle stiffness/soreness during the first weeks of practice. With the exception of swimmers who participate in year-round or high school swim teams, most new swimmers may find practices to be demanding. The good thing is that if they persist and follow the instructions of the coaching staff, not only will the aches and pains go away, but the swimmers will find that their strokes are improving, they are getting faster in the water, and they will begin to feel a sense of accomplishment. Optionally, on Tuesday and Thursday evenings from 7:00-7:45pm (weather permitting, evening lightning can be a problem) we will be holding stroke and turn clinics to work on specific technique problems that swimmers have and are unable to spend the time necessary during regular practice to fix. Generally on Fridays we allow for some sort of water games during part of the practice to help ease the tension of practice and again continue team building. Although most events in swimming are seen as individual events, it all comes together during the relays and at the end of the meet when they announce the scores for each team, not each individual. All swimmers are eligible and are expected to participate in prelims. Please plan to participate. Prelims will determine who qualifies to go to Championships; most of our swimmers qualify for Championships in at least one event. GO DAM WEST DOLPHINS!!!

From the Parent Rep:

Dear Parents,

The 2011 Dam West Dolphins Swim Season is fast approaching, and we have many exciting things planned for the upcoming summer. I would like to welcome back our returning swimmers, and extend a warm welcome to our new swimmers. Please take a few minutes to familiarize yourself with this packet. It will have all the information you need to have a smooth and successful season for both you and your swimmer.

Also, please log onto our website for any changes and updates during the swim season. Our website will have the scores, division standings, photos, and much, much more. For further information about our league, Mountain Hi Swim League, please visit their website at www.MHSL.org.

Please join us on Thursday, May 5th at 7:00pm, at the Dam West Clubhouse. We will be having a parent/swimmer orientation. Coach Terry Trieu will be there to answer any questions you may have about the upcoming season. We urge all families to attend.

The majority of our communication will be via E-mail. We ask that you give us an e-mail address that will be checked often by yourself or your swimmer. An e-mail is generally sent out once a week with reminders of the upcoming meets and any schedule changes. Our email address is damwestdolphins@msn.com. If you don't have e-mail, please let me know so that we can communicate with you by telephone.

As many of you already know, our swim team cannot function without parent volunteers. Even if you don't have swimming experience, WE STILL NEED YOU!! We will be asking parents to sign up for various activities through the season. We have movie nights, Sunday Supper Club, Friday night set up and a host of other activities. We ask that ALL parents volunteer every week.

We look forward to an excellent 2011 Season. Thank you for your support of our team. If you ever have any questions, feel free to contact me by e-mail or call me at 303-368-9833.

Vicki Burns
Dam West Dolphin Parent Rep

Insurance Waiver

In consideration of permission granted this child or these children by the Dam West Dolphins to participate in its 2011 swim season, I hereby release and discharge said association and Mountain Hi Swim League, of which it is a member, and their agents, officers, directors, employees, homeowners, individual members, volunteer workers, and all others from all claims, demands, actions, judgments, and executions which the undersigned ever had, now has, or may have, or which the undersigned's heirs, executors, administrators, or assigns may have, or claim to have, or claim to have, against said association and Mountain Hi Swim League, its successors or assigns, for all personal injuries, known or unknown, and injuries to property, real or personal, caused by, or arising out of, the above-described activity.

I understand that this Mountain Hi Swim League insurance is a secondary insurance policy and that a \$2,500 deductible will apply with any claim.

For the safety of your own child, Mountain Hi Swim League highly recommends that you inform your child's coach and team Parent Delegate of any condition which may affect your child during the 2011 swim season.

Code of Conduct

- Swimmer(s) will be at practice and ready to swim on time.
- Swim staff will be notified prior to event if swimmer(s) cannot participate in practice/meet at scheduled times.
- Parents will be at all swim meets with swimmer(s) and be available to volunteer at the meets. this

includes prelims, championships and All Stars (if qualified).

- Parents and swimmers will not participate in any activity/behavior detrimental to the swim team.
- Parents/swimmer(s) will inform the coach of any disability or ailment that may affect them or the safety of other team members.
- Parents/swimmer(s) will not engage in any unsportsmanlike conduct.
- Parents will be a positive role model for their child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for coaches, officials, team members, team parents and other teams at every practice and event.
- Parents will teach their swimmer(s) to play by the rules and resolve conflicts in a positive manner. Parents will teach their swimmer(s) that doing one's best is more important than winning so that their swimmer(s) will never feel defeated by the outcome of an event or performance.
- Parents/swimmers will praise their swimmer(s) and other swimmers for competing fairly and trying hard and will never ridicule or yell at their swimmer(s) or others for making a mistake or losing an event.
- Parents will emphasize skill development and practices and how they benefit their swimmer(s).
- Swimmer(s) will show respect and courtesy to all coaches, officials, other swimmers and parents.

Media Waiver

I give my parental/guardian consent to have my child(ren) photographed or video recorded at all Dam West Dolphins Swim Meets. These photographs may appear on our web site and also may also appear on a professional photographer website if we so choose. These photos will also appear in our slide show at the end of the season banquet.

Volunteering with Dam West Dolphins

Swim team may well be one of the most volunteer intensive sports. In many sports parents are asked to sit quietly by the sidelines. With 5 dual swim meets, preliminaries, championships, and an All Stars meet we need every family to volunteer in some capacity at all of the meets and team events. We, as a team, are required to provide a certain amount of volunteers at every meet in a variety of positions. Volunteering can consist of simply checking kids in at the start of every meet to taking charge of running concessions at our home meets, handling the computer scoring or timing. We require every family to volunteer so that the burden of running a swim meet and the team doesn't just fall to a few.

That said, we do understand that certain families may have issues or time/work constraints that may limit their participation. There are many ways outside of the meets that these families can contribute to the team. If for some reason you are unable to volunteer at the meets then we ask that you contact our volunteer coordinator to let them know.

There will be volunteer signup sheets at swimmer signup and an ongoing roster on this website for families to review the positions we need to fill.

Many teams have resorted to a monetary system whereby families must post a specified amount of money and if their volunteer duties are not met their funds are not refunded to them. Dam West Dolphins is exceptionally proud of the fact that our volunteers have always generously given their time and experience freely to support their children and the team. We are also very proud to say that due to the dedication of our volunteers our home meets are smoothly run and we have a reputation of hospitality and friendliness among

the other teams.

Being a volunteer on our team may seem like extra work, but it is a wonderful way to be involved in your children's lives and development. Our parents find they enjoy the camaraderie of the team's families and have made lasting friendships with them as well as with the families from visiting teams. Many families, with multiple swimmers, have been with the team for years.

Our team is a wonderful community of swimmers and their families. We hope that you and your whole family truly enjoy the experience. Please feel free to contact me with any questions or concerns you may have - krystrieu@gmail.com.

Krys Trieu
Volunteer Coordinator

2011 Volunteer Sign Up

Below is a listing of our volunteer needs for the meets. Once you have registered your swimmer(s) you will be receiving emails prior to each meet with meet instructions, recommendations, and volunteer positions that need to be filled. We are REQUIRED to fill all of the positions in order to participate in the meets.

We suggest that you sign up for your preference of volunteer position as soon as possible in order to get the shift or position you would like. You can sign up at registration on April 10th or email Krys at any time at krystrieu@gmail.com.

Home Meets

June 4th – June 11th – July 9th – July 12th

Stroke and Turn Judges: *2 volunteers for each shift*
Order of Finish Official: *1 volunteer for each shift*
Scribe: *1 volunteer for each shift*

Swimmer Check In: *2 volunteers*
Timers: *10 volunteers for each shift*
Heating Area: *2 volunteers for each shift*
Scoring Area: *1 volunteer for each shift*
DQ Notifiers: *1 volunteer for each shift*
Water Runner: *1 volunteer for each shift*
Concessions: *3 volunteers for each shift*
Grill Master: *1 volunteer*
Friday Night Pool Set up: *6 volunteers*

Away Meets

June 18th – June 25th – July 11th – July 13th

Stroke and Turn Judges: 2 volunteers for each shift

Scribe: 1 volunteer for each shift

Swimmer Check In: 2 volunteers

Timers: 10 volunteers for each shift

Heating Area: 2 volunteers for each shift

Scoring Area: 1 volunteer for each shift

DQ Notifiers: 1 volunteer for each shift

July 16th - Championships – Volunteer needs - to be announced

We have additional need for volunteers for the following:

Friday Donuts: June 3rd – June 10th – June 17th – June 24th – July 8th – July 15th

Volunteers – we need to provide the team with 10 dozen donuts,

2 – 3 volunteers for each date is preferable

Sunday Supper Club – 2 families to sponsor each event. Dates to be announced

Banquet Help – July 17th – Set up/take down

At the Meets

Arrival time: Arrive approximately an hour and 15 minutes prior to start time of meets. Swimmers need to be in the pool area on time for warm ups (may be one hour before start). We need to check your swimmer in with the officials in order for your swimmer to participate. If they arrive any later than 45 minutes before the start of the meet they will be scratched. If you are running late or have an emergency and cannot arrive prior to the start of the meet NOTIFY the head coach (720-206-4219 Coach Terry) so that your swimmer is not scratched from their events. (Please do not rely upon a friend to notify us or call other staff, more often than not your message will not be relayed properly.)

Upon arrival swimmers are required to check-in.

Warm-ups for Dam West at our home meets will start at 6:30am, warm-ups for the visiting team start at 6:50am. Warm up times will differ with away meets, please always check before the meet as to the times.

Volunteer meetings will begin 15 minutes prior to meet start.

The meets begin at 7:30am and will end at approximately 1:00pm.

For away meets please check the web site for start times and directions.

Check in: Swimmers must check in at the outside table at home meets and with the Check In Volunteer or coaches at away meets – this includes finding the event sheet, checking that you are registered for the correct events and having those events listed on your swimmer's arm with marker. You should be able to access this information the night before the meet. You can help save time and confusion at the meet by listing your swimmer's events and heat numbers on their arm with sharpie pen and their last name on their right back shoulder prior to arriving at the meet. You will receive specific email instructions prior to the meet about this process.

Parents' responsibilities: Arrive on time with your swimmer for warm ups. Check in with the volunteer coordinator and making sure your volunteer assignment is correct. that you are present at the short

informational meetings before start of meet and that you are on time for your assignment. Parents of young children – make sure your child is in the heating area at the appropriate time, if they are not they will miss their event. It is best if your child sits in the designated Dam West Team area during the meet, this is where we will be looking for them if they are not in the heating area at the appropriate time. We do not have the volunteer power to go searching through the pool area for your child. If you choose to sit elsewhere they may miss their event.

Swimmer's responsibilities: Be on time for warm ups, be at the heating area at the appropriate time with your goggles. Check the board at the heating area for events being heated. Have your events listed on your arm, name on your back (meet card, if needed, with you at heating - present it to the timers at your lane).

Where to go for assistance:

- For medical emergencies call 911 or notify a coach.
- Volunteer/Meet info: Find Krys Trieu
- DQ info: Check with coaches
- Event results will be posted at intervals throughout the meet at or near the concessions area for home meets. DO NOT bother the people at the scoring table, as they will have their hands full trying to generate the results and questions will only cause a delay in getting results posted.

Dropping/Adding an event: If a swimmer is signed-up for an event(s) that is not correct please notify the head coach immediately (check email listing, if available, the night before) prior to the start of the meet (45 minutes before), so that it can be dealt with prior to the start of the meet. Should a swimmer become injured or ill during the course of the meet and not able to swim their remaining events, please notify the head coach immediately.

What to bring: Foldable chairs for parents and swimmers are helpful (lounges are too large with the amount of space our team is allocated. Towels, EXTRA set of goggles!!!!, Sunscreen, Snacks or money for snacks, visors and sunglasses for parents (visors really help on a hot sunny day). At home meets all families are asked to provide a snack for sale at concessions or \$5.

A Special Note:

Swimmers are expected to be at the meet for the **ENTIRE** meet not just for their individual events.

Relays occur at the beginning and the end of the meet. It is important to remember that if a swimmer finishes their individual events and leaves before the relays it could cause the team to forfeit the relay and possibly lose the meet (your child's absence affects the team standings as well as their teammates' ability to swim the event). Always check with the head coach before leaving the meet.

Concessions for Home Meets

All families are required to bring food for the concession stand at home swim meets or pay \$5.00 FOR EACH HOME MEET!

We have three home meets this season and concessions are our major source of fundraising. Suggested food items would be bagels/cream cheese, muffins, donuts, rice krispie bars, cereal bars, cup of noodles, cut up veggies/ranch dip and fruit. Be creative and generous! We appreciate your support! It all goes back to benefit the kids!

2011 Practice Schedule

Practices last for one (1) hour Mondays-Friday and will be as follows unless otherwise noted on the home page:

Afternoons starting Monday, May 16th

- 3:30pm for swimmers 10 years old and under
- 4:30pm for swimmers 11-18 years old

Mornings starting Wednesday, June 8th

- 6:15-7:15am Open to anyone 13 years old and older, or by coach Terry's approval
- 7:20-8:20am for 10 year olds and under
- 8:25-9:25am for 11-18 year olds

2011 Meet Schedule

Home meets begin promptly at 7:30am, away meets begin promptly at 8:00am, with warm-up times to be announced

<u>Date</u>	<u>Home/Away</u>	<u>Team/Location</u>
June 4	Home (7:30am)	Southglenn Country Club
June 11	Home (7:30am)	Cook Creek
June 18	Away (8:00am)	Castle Pines North
June 25	Away (8:00am)	Castle Rock
July 2		July 4th Holiday Weekend
July 9	Home (7:30am)	Foxridge

July 11 prelims	Away (8:00am)	Southglenn Country Club
July 12 prelims	Home (7:30am)	Dam West
July 13 prelims	Away (8:00am)	Foxridge

July 16 - Championships	Away (8:00am)	Castle Rock
July 17 - Team Banquet	Home (11:00am)	Dam West Clubhouse / Pool Grounds

July 23 - All Stars	Away (8:00am)	Castle Rock