

South Irvine Dolphins

Parent Handbook



2011

Dear Dolphins Swim Team Parents,

Welcome to the start of our 2011 season. This handbook contains helpful information for your family's participation with the Dolphins this season. We're happy to welcome new families and to welcome back our returning members. We're all in for a successful, fun-filled summer.

Please take some time and review this handbook, as you will find answers to many of the questions you might have on the team's expectations of both you and your child. The Dolphins team is a member of the Irvine Swim League, a summer recreation league, operated by volunteer parents for the benefit of Irvine children. Our success depends on your participation in meets and activities. (Irvine is a great place for competitive swimming, and there are several year-round teams that could train an Olympic hopeful. The ISL is about bringing the benefits of swimming to all of our children.)

The philosophy of the South Irvine Dolphins:

It is our goal to be the swim-club of choice for children who swim at all levels. We will accomplish this by providing our swimmers with the necessary leadership to ensure that each can achieve their highest individual potential.

We want to provide our children with the opportunity to experience the camaraderie, accomplishment, and competition of a team environment.

We want our swimmers to develop their technical skills, improve their self-esteem, and form new friendships as well as renew old ones. Most of all, we want our team members to have fun, while they strive to improve.

We have an awesome coaching staff led by returning Head Coaches Eri Akutagawa and Leah Breen, as well as our other wonderful swimmer/coaches returning from last year. All our coaches are fully certified by the Red Cross and meet all requirements of the Irvine Swim League as league employees. All grew up on the Dolphins, swimming and coaching for years. The entire South Irvine Dolphins coaching staff has experience swimming in summer leagues. We feel the Dolphins are very fortunate to have such a strong group of coaches to lead our children this swimming season.

We have also planned additional, exciting social activities for both parents and children. This helps to break up the season with even more fun and helps build more team spirit. Look for more information on our web site: www.sidolphins.org. Join in and have a summer to remember!

We look forward to seeing all of you for practices this summer.

The Board of Directors, South Irvine Dolphins

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South Irvine Dolphins Swim Team
Board of Directors 2011

Board of Directors

President	Ginny Mumm	949.509.7151	ginnymumm@gmail.com
Vice President	Ernie Kwan	949.852-8085	erniekwan@yahoo.com
Secretary	Ann Chen	949.737.6811	annpchen@yahoo.com
Treasurer	Kathleen Rogers	949.748-6748	Email.rogers@cox.net
Meet Manager	Scot Oldham	949.861.3919	sso@dev-res.com
Website Manager/Meet Manager Assistant	Mark Wallin	949.856.4848	markwallin@gmail.com
ISL Representative	Erik Blum	949.474.2227	Erik_blum@yahoo.com
Fundraising Chair	Ernie Kwan	949.852.8085	erniekwan@yahoo.com
Fundraising Coordinator	Kara Lane	949.509.7467	karalane@cox.net
Registrar	Vicki Ennis	714.508.8925	trexzach@pacbell.net
New Families Coordinator	David Meyer	949.509.4759	dmeyer@uci.edu
Member At Large	Kathy Curtis	949.856.0704	Curtis.7@cox.net

Coaches

Head Coaches	Eri Akutagawa Leah Breen	949.322.6860 949.922.4179	Eri.akuta33@gmail.com leahfbreen@yahoo.com
Assistant Coaches	John DuMontelle Jennifer Curtis Taylor Curtis Cam Bennett Sarah Jane Brown Natalie Singarella Isabel Thiessen Tayla Breen Jay Jackman Alex Bennett Zach Ennis Tonya Youssefi Jack Knoell	949.351.6650 949.697.3545 949.697.3545 949.725.0555 949.509.6638 949.854.1678 949.725.3097 949.922.4179 949-733-9180 949.725.0555 714.508-8925 949.823-9234 949.854.3357	john.dumontelle@gmail.com jcurtz@hotmail.com curtis7@cox.net herbviv@cox.net cbrown@tumac.com heathersingarella@cox.net thiessen6@cox.net ritabreen04@yahoo.com mijackman@gmail.com herbviv@cox.net trexzach@pacbell.net sy2040@aol.com knoellfam@cox.net
Volunteer Coaches	Brent Stone Peter Kelman		laureenstone@cox.net peter.kelman@gmail.com
High School Volunteers	Philip Wright Juliette Singarella		

Team Web Site

The South Irvine Dolphins publish the most up-to-date information on Dolphin happenings, including meets, maps, results, social events, newsletters, and pictures on our website at www.sidolphins.org. In all cases, the information on the web site will supersede the manual.

Practice Schedule

During our summer season, the South Irvine Dolphins offer practices at the University High School Pool, located at 4771 Campus Dr., Irvine, CA 92612.

Some swimmers attend every practice, while others come a few times a week. It's up to you; generally, more effort produces more dramatic improvement.

Equipment: Swimmers should bring swim caps and goggles to practice every day (M-F). Don't forget your towels and dry clothes for when you get out.

Location: University High School Pool, 4771 Campus Dr. (@ Culver), Irvine, CA 92612

Dates: Beginning on June 6th
Ending on August 12th

Practice Times:

JUNE 6 –AUGUST 12 (M-F)

Age 5-8	4 - 5 PM
Age 9-10	4 - 5:10 PM
Age 11 & Up	4 - 5:30 PM

Season Schedule

- March 3 Registration packets mailed to returning families
- March 17 Deadline for returning families to register
- March 27 Open Registration and new team swimsuit fittings, Las Lomas Community Park, 11:30AM-3:00PM
- June 5 Season Opening Party & Parent Meeting @ Gabrielino Park, 4:30 p.m. to 6:30 p.m.
- June 6 First practice

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- June 20 Team Photo Day @ University High Pool
 4 PM - individual photos
 5 PM - team photo
- June 18 Time Trials @ Northwood High (warm-ups at 8:00 AM)**
- June 25 AWAY – Turtle Rock Broadmoor Sharks at Turtle Rock Pool**
- July 4 weekend NO MEET – HAPPY 4th of JULY!
- July 9 AWAY – Tri Meet Greentree Gators and Village Park Pirhanas at Village Park (8:30 AM),**
- July 16 HOME – Woodbury Waves, (WWJAC) (9:00)**
- July 23 HOME—at Northpark Riptides (9:00AM)**
- July 30 AWAY—Tri Meet Deerfield Bluefins and Colony Red Hots, at Deerfield (9:00AM)**
- August 12 Carb-Loading Pre-Champs Dinner (5:00-8:00 PM) TBA
- August 13 2010 ISL Championships at WWJAC (6:00 AM)**
- August 14 Awards Banquet Sunday from 4:30pm to 6:30pm, TBA

ADDITIONAL SOCIAL EVENTS WILL BE ANNOUNCED DURING THE SEASON

Parent Commitments

The South Irvine Dolphins flourish with volunteer labor, your labor. You will receive your swim meet job commitments before the season starts. Please review the list carefully and make note of the dates and time you are scheduled to work at our meets. Whenever possible, the requests indicated on your Swim Meet Worker Scheduling Form have been honored. If you cannot fulfill any one of your assigned commitments, it is your responsibility to find a substitute. All schedule changes you arrange must be communicated to our team's Job Manager prior to the meet.

Here is a brief (non-exhaustive) CHECKLIST of what you need to do as a parent member of the team:

- Complete the Swim Meet Worker Scheduling Form, and return to the team's registrar.
- Provide your email address to the team (so you can receive regular e-announcements).
- Purchase the team swimsuit for each of your swimmers.
- Purchase other team apparel for you and your swimmers (to identify yourself as a Dolphin parent and supporter).

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- Attend (with your swimmers) the team's season Opening Day Potluck and Parent Meeting (receive the team's Parent Handbook), as well as other Dolphins events.
- Check your family's mailbox (at Practice Pool) at least weekly (ribbons/announcements).
- Check the team's website before each swim meet for any potential updates.
- Have your swimmers attend three (3) or more practices per week.
- Attend all the regular season swim meets with your swimmers.
- Attend the final championship ("Champs") swim meet with your swimmers.

In addition, we ask parents to participate in two different kinds of jobs, helping to run the meets and helping to run the team.

Section A - Swim Meet Jobs:

Each swim meet is divided into two halves, and most parent jobs shifts are limited to one half of a meet. Jobs last about 2 hours and are fun and easy. The jobs may include lane timer, data entry, setup & cleanup, sign-in table, selling concessions, ready bench, etc. Job assignments will be spread across the seven meets (including the Time Trials and Championships).

You can check-in with the Job Manager for your assigned position at least 15 minutes prior to the start of the meet. Floater positions and those who are not certain where to go should check-in at the head table. The meet cannot get started until all of the volunteer workers have received their instructions and are ready to start.

Swim Meet Jobs - Parent Jobs during Every Meet

(Assigned by the Parent Job Manager before each meet.)

Back-Up Alternate - Three positions needed each half of the meet. Acts as back-up for missing volunteers, can be assigned to any position during a meet to help keep staffing levels adequate to continue the meet.

Head Table - Data Entry - Enters swimmers times and place finishes into computer, prints award, participation and time improvement ribbons.

Head Table - DQ Tally - Logs Soft and Hard disqualifications for swimmers received from judging officials. Provides log to coaches to help work with swimmers during the week.

Head Table - Ribbon Labels - Coordinate with Data Entry position to take ribbon labels, apply them to proper labels and file in ribbon box. Hand writes ribbons for team records and heat winners.

Lane Writer – Typically three positions needed each half of the meet, acts as a timer and is responsible for writing all 3 times on swimmers' lane cards, circling the middle time.

Ready Bench - Three positions needed each half of the meet. Coordinate Dolphin team swimmers, getting them ready for the races, assigning lanes to swimmers, looking for lost children not ready for their race, delivering younger swimmers to the proper lanes for the race.

Sign-In - Two positions needed before each meet. Responsible for checking in swimmers before the meet, providing swimmers with their race numbers (written on their arms with a sharpie) and advising the coaches if a swimmer does not show up for the meet.

Timer – Typically six positions needed each half of the meet. Responsible for timing the swimmers in their events. Shifts are for half of the meet.

Back Up Timer - Three positions needed each half of the meet. Provides back-up watch in case any timers have trouble with their watches. Looks for hand up or call to step into lane needing assistance.

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Concessions Worker - Six positions needed each half of the meet. Assist Concessions Manager with set-up/break-down, purchasing, cooking, sales, and serving food and snacks at home meets.

Head Table - Announcer - Provides announcements during meet to inform pool deck of the progress of the meet. Announces ready bench numbers, what event is in the water, team records, and general announcements.

Head Table - Place Sorting - Arranges lane cards for each event by finish places, notes heat winners, place winners, participants on each lane card, separate cards by team and deliver for data entry.

Judging Official / Starter - Two certified volunteer officials are required, unless a paid official is hired. Officials must attend a training class each year to be certified each season. Officials are responsible for starting races, judging swimmers' stroke looking for disqualifications and listing finish order for each race

Meet Set-up - Five positions needed prior to the start of a home meet. Under the direction of the Meet manager, will set-up the head table and canopy, ready bench carpet squares or chairs and canopy, swimmers pre-event chairs and timers canopies, and PA system.

Meet Tear-down – Four positions needed at the end of a home meet. Under the direction of the Meet manager will pack-up tables, chairs and canopies used for the meet. Returning the PA system and equipment to the proper location and cleaning the deck.

Runner - Three positions needed each half of the meet. Literally, run from one end of the pool to the other. Responsible for delivering lane cards from swimmers to timers. Because younger swimmers only swim 25-yard events, their lane cards must be delivered to the timers at the other end of the pool before the start of each race. Runners pick up the events' lane cards from each swimmer and deliver to the proper lane writer at the other end of the pool.

Section B - Organization Positions:

It takes parents like you to run a great team. Thank you for your participation in the organization positions listed below. Asterisks indicate positions which require significant time commitment outside of meets and which are exempt from additional meet work.



Board of Directors Job Descriptions

(all of these roles are filled prior to starting the season – duration is entire season)

President – The president is responsible for the overall operation of the swim team. She directs the actions of the team, is instrumental in hiring coaching staff, attends the Irvine Swim League Board of Directors meetings as our representative, and provides the public face of the South Irvine Dolphins Swim team.

Vice President – The vice president is a general position that assists the President with the overall

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operation of the team. The VP attends ISL meetings when the president is unavailable, helps facilitate the team functions, meets and interacts with the team family members.

Secretary – The secretary is responsible for recording the minutes of the board meetings, scheduling of board meetings and communications with the team.

Treasurer – The treasurer oversees the financial well being of the team. This position establishes an annual budget, delivers monthly financial reports, issues checks, tax statements, coaches' payroll and conducts other banking functions.

New Family Coordinator – A “Go To” person for new families with questions or issues. During the Parent Meeting at the pre-season team potluck dinner banquet party, hosts an orientation session for new families and answers all their questions. During swim meets, actively seeks out new families to provide support and coordination to them.

Fundraising Manager and Fundraising Coordinator – Seek sponsorship from local businesses to secure cash and in-kind contributions to the team. Plan and coordinate fundraising activities such as raffles at meets. Provide receipts and funds to treasurer.

Meet Manager – The meet manager coordinates the set-up and break-down of the team's home meets, delivery of the necessary equipment to the pool deck, and directing the set-up/break-down teams.

Member at Large – This position attends board meetings and is assigned ad-hoc functions by the president.

Web Coordinator, Webmaster – This position maintains and updates the Dolphins' website, and attends board meetings.

Registrar – Maintains team records and registration for the Dolphins.

Advisory Member – Past President – In order to provide continuity to the team, the ex-president is invited back to the Board of Directors as an Advisory member to provide assistance to the board with their experience.

Team Job Descriptions

(All of these roles are filled prior to starting the season – duration is the entire season.)

Apparel & Suit Sales Manager – Oversees the team suit/cap and other merchandise orders for the team. Must be available for registration day, team suit try-on sessions, and at the kick off potluck to take orders. Delivers team order to the suit manufacturer, picks up suits/caps from manufacturer and distributes suits/caps to swimmers. Every 2-3 years the suit sales manager may select new team apparel. Sells apparel at home and away meets.

Apparel & Suit Sales Assistant – Supports the suit sales manager by being available to work at registration day, team suit try-on sessions, and kick off potluck. Sells apparel at home and away meets. Distributes purchased items to team members.

Awards Banquet Coordinator – Plans, coordinates & promotes awards banquet at the end of the season. Works with coaches, board, social activities coordinator & other team coordinators/managers to make sure event runs smoothly. Coordinates awards banquet assistants including set-up and clean-up of the event, and the delivery of trophies that are not picked up at the event.

Awards Banquet Assistant – Supports the awards party coordinator in planning, promoting, and the

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smooth conduct of this event.

Champs Committee Representative – Attends and represents the team at the ISL meetings for the Championship meet. Communicates information about the championship meet to the board, other team coordinators/managers and team members to make sure event runs smoothly. Promotes team attendance at this meet.

Coaching Coordinator – Acts as the primary team liaison with the coaching staff. Provides direction to the coaching staff, acts a single-point-of-contact interface between the coaches and the board or parents.

Concessions Manager – The concessions manager is responsible for the concessions stand during home meets. This means the coordination of staffing, purchasing, inventory and sales of food and snack items during the swim meets. Provides receipts and funds to treasurer.

Concessions Assistant – Support the concessions manager by coordinating concession workers at home meets.

Dolphin Dollar Store Manager – Runs & stocks the Dolphin Dollar Store on Fridays after practice. Is responsible for collecting monetary and/or goods donations from parents and storing goods throughout the season. Oversees the dolphin dollar supply and cash. Provides receipts and funds to treasurer.

Dolphin Dollar Store Assistant – Supports operating the Dolphin Dollar Store on Fridays after practice.

Head Table Lead – Statistician – Responsible for the operation of the head table, computer equipment and data entry during the meets. Works with coaching staff to prepare for the meets by producing meet entries and lane cards. Coordinates staffing the head table during the meets. Ensures adequate materials are available for ribbon labels and delivers meet results to the ISL League timekeeper, to the team's publicity editor/report, and to the team's webmaster.

High School Volunteer Coordinator – Meets and regularly communicates with the board pre-season to define jobs expectations available to volunteer coaches in high school, creates a list of eligible team members and siblings of team members and calls a gathering (pizza/soda) for all high school age swimmers and siblings of swimmers who are interested, manages these volunteer assignments, does reminder calls/emails to confirm job assignments (in particular the weekend meet jobs), will be responsible for communicating with high school volunteer/or their parents for tabulation of volunteer hours at the end of the system, and produces documentation on team letterhead stating volunteers hours worked at end of season.

New Family Coordinator – Orients families that are new to the team, assists new families during before and during swim meets, and assures that new families understand their obligations to the team by reviewing the contents of the parent packets with all new families. Supports the coordination of new families with the parent job manager.

Parent Job Manager – After registration paperwork is turned in, takes all parent meet & committee volunteer sign-up information and compiles family volunteer assignments for the season according to the number of children per family and individual family requests. Provides printed version of volunteer assignments per meet for Parent Packet and communicates with volunteers throughout the season and before/during meets. Working with the Meet Manager, the parent job manager is responsible for making sure all meet volunteer positions are covered.

Parent Packet Coordinator – Arranges for the compilation, cover design, printing, labeling and distribution of the annual parent packet. Works with the team registrar, parent job coordinator, social activities coordinator, and coaches to get their items defined, created, and published. Takes original copy to a printer and picks up finished parent packets from printer. Distributes parent packets at the Opening Day Potluck/Parent Meeting.

Photo Day Coordinator – Coordinates the planning, promotion and execution of the team photo, including delivery of forms before the event and photos after the event. Works with professional

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photographer, coaches, board & other team coordinators/managers to make sure event runs smoothly.

Photographer – Captures visual content at meets and team events, and provides to Webmaster and Publicity Editor/Reporter on a timely basis.

Opening Day Potluck/Parent Meeting Coordinator – Plans and promotes the Opening Day Potluck. Creates flyer for email distribution to team. Works with coaches, board and social activities coordinator to make sure event runs smoothly. Arranges location and set-up / clean-up of event, plans for introductory meeting between coaches, parents and swimmers. Works with parent packet coordinator to have all material prepared for presentation at this event.

Opening Day Potluck/Parent Meeting Assistant – Supports and participates in the activities of the Opening Day Potluck/Parent Meeting Coordinator.

Publicity Editor/Reporter – Receives meet results from the head table lead and writes an article highlighting any team records, Champs qualifiers and time improvements after swim meets for publication in the *Irvine World News* and the team’s weekly newsletter. Editor is responsible for getting team story in to the ISL Executive Director by Sunday afternoon following a Saturday meet. Responsible for writing team report for publication in the Irvine World News. Creates weekly newsletter.

Registrar – Works with coaches, board & other team coordinators/managers to promote new membership and retain current members. Provides input to parent packet coordinator on necessary paperwork to be completed for membership. Works with treasurer and the board to determine registration/membership fees. Works with the ISL to complete requirements of team registration. Provides receipts and funds to treasurer.

Social Activities Coordinator – Arranges, promotes, and oversees the team’s social activities. Works with coaches, board & other team coordinators/managers to make sure all social and other events run smoothly.

Social Activities Assistant – Supports the social activities coordinator in operating the team’s social and other events.

Trophy Awards Coordinator – Works with the Social Activities Coordinator to organize all aspects of the awards banquet.

Webmaster – Creates and maintains the team’s website pre-season and until Championships. Updates website on a weekly basis during the competition season. Communicates with the board other team coordinators/managers regarding content.

Webmaster, Assistant – Supports maintaining the team’s website pre-season through Championships. Updates website on a weekly basis during the competition season.

2011 Committee Assignments

Committee Job	Parent	Email	Contact Phone
Apparel & Suit Sales Manager *	Suzanne Neuhaus/Cindy Murphy	cindymurphy@earthlink.net	949-831-7161/949-854-6048
Apparel & Suit Sales Assistants	Hane		
Awards Party Coordinator	Soo		
Awards Party Assistants	Kroll, Yen/Lee, Simpson/Kurtz		

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Champs Committee Representative	Carola Wright	cwright@mtsac.edu	949-559-6092
Champs Carbo Load Dinner	Arabzeda, Chen/Huang, Reinkensmeyer, Schreiber		
Coaching Coordinator	Scot Oldham	sso@dev-res.com	949-856-4334
Concessions Manager			
Concessions Assistants			
Dolphin Dollar Store Manager	Singarella		
Dolphin Dollar Store Assistants	Nguyen, Lee/Chen, Green, Chen/Yiu		
Food Donation Coordinator	Johnson		
Food Donation Assistants	Smith, Rubado-Mejia, Morris, Rama, Macintyre, Babaein, Youssefi		
Fundraising	Kwan, Lane, Gomez		
Head Table Lead – Statistician	Michelle Musacchio	michelemusacchio@me.com	949-737-1929
Head Table Assistants			
High School Volunteer Coordinator	Morse Family	sherim3@sbcglobal.net	949-551-4918
Parent Job Manager *	Susan Cha	chosanluv@yahoo.com	949-679-4475
Parent Job Assistants	Schwab-Matalon and Blum Families		
Photo Day Coordinator	Vickie Ennis	trexzach@pacbell.net	714-508-8925
Kickoff Dinner/	Field		
Kickoff Dinner/Parent Meeting Assistants	Klein, Bhat, Alcser		
Webmaster	Mark Wallin		
Social Activities Coordinators	Corpus Family/Charles Family, Caufman	kcorpus@sbp.org	949-725-1710
Social Activities Assistants	Baskys, Knoell, Sheen		
Trophy Awards Coordinator	Diane Balding	thebaldings@cox.net	949-559-4494
Team Photographer	Jodi Field		
Meet Set-up	Breen, Shen/Lee, Mahallati, Iddamsetty, Krogman		
Meet Clean-up	Zanck, Patterson, McGuire, Lee/Wang, Sheen		

Primer for Swim Meets

"...everything you wanted to know, but were afraid to ask..."

ISL teams compete against each other in head-to-head competitions called swim meets. A swim meet typically involves just 2 teams, the "home" team and the "visiting" team, although this season we will also compete in "Tri-Meets," which include 3 teams. The meets are held at the home team's pool. Each season the Dolphins participate in an intra-squad practice meet, 5 regular swim meets, and the ISL Championship meet.

Meets are typically held on Saturday mornings, 8:00am to 1:00pm. They typically begin in mid-June and end on the first Saturday in August.

Coming to the Swim Meet.

On the day of the swim meet, arrive at the pool at **8:00am** with your swimmers for check-in and warm-up. Your swimmer should have already had a good breakfast.

When you arrive at the meet, your swimmer will check in with the coaches. The coach will write the event numbers on your swimmer's arm with a sharpie marker (it will wash off easily later). The coaches will organize warm-ups for the swimmers by age group. Swimmers should bring their team swim caps, and of course, they should wear their official team swimsuits.

If your family has a swim meet job assignment, check-in with the parent job manager as you arrive at the pool (descriptions of jobs above).

While all swimmers are encouraged to attend all of the meets, we understand that families are busy. If you are going to miss a meet, **it is important to notify the Head Coaches**, so they can plan accordingly.

What to Bring

Your swimmer should have a Dolphins suit, plus goggles and Dolphins cap. You'll also want to bring two towels (per swimmer), warm clothes (tee shirt/sweat shirt), and plenty of sunscreen. You may also want to bring your own chair, as seating is limited at most pools. Some Dolphin parents will bring canopies, so you will want to look out for shade as well.

You will be at the pool for a few hours. Bring cards, board games, books, and other things your kids might like to do. The kids enjoy playing games with their friends.

The home team operates a **concessions table** with food and drink available for sale. Items typically include pizza, hamburgers, hot dogs, donuts, candy, water, Gatorade, coffee, instant ramen, and soft drinks (the pizza will arrive later in the morning).

Swim Meet Events

A swim meet consists of 68 events (or races). The four swim strokes that are used in a meet are freestyle, backstroke, butterfly, and breaststroke. Most events involve only one stroke, with swimmers under 9 swimming one lap races (25 yards), and older swimmers swimming two lap races (50 yards). Swimmers over 9 may also participate in the individual medley (one lap of each stroke). Teams of four swimmers also participate in relay races at the beginning and end of the meet, in which each swimmer completes one length of the pool.

In the Irvine Swim League, individual events are organized by stroke, age, and gender. Relays are organized by age, but all are co-ed. You'll note that the Girls' events have odd numbers, and the Boys' events have even numbers. We'll often run several heats of many events, so that everyone can participate. The coaches keep track of each swimmer's best time in each event, and the heats are seeded to have the fastest swimmers in the first heats of each event.

In practice, the swimmers will learn to perform each stroke in accord to swimming rules. Swimming an event with improper form, including starts and turns, can result in Disqualification (DQ). At the beginning of the season—and a little longer for the youngest swimmers, disqualifications will be “soft,” that is, the swimmer will be advised, but still receive a time. As the season goes on, everyone will learn to swim their events legally.

The coaches will work with the swimmers to plan their events each week. In general, the coaches encourage the kids to try all of the events over the summer. As the season goes on, the coaches may encourage a particular combination of events so that a swimmer can qualify for the championships and/or develop new skills.

The Irvine Swim League posts qualifying times for each event in the Championships, and swimmers achieving these times during the season can qualify in multiple events. It's important to remember that every Dolphins swimmer gets to swim in at least one event in the championships, regardless of the times he or she has posted so far.

Meet Event List (in sequence)

Event #		Stroke	Ages	Yards
1	Boys/Girls	Medley Relay	5-6	100
2	Boys/Girls		7-8	100
3	Boys/Girls		9-10	200
4	Boys/Girls		11-12	200
5	Boys/Girls		13-14	200
6	Boys/Girls		15-18	200

7	Girls	Butterfly	5-6	25
8	Boys		5-6	25
9	Girls		7-8	25
10	Boys		7-8	25
11	Girls		9-10	50
12	Boys		9-10	50
13	Girls		11-12	50
14	Boys		11-12	50
15	Girls		13-14	50
16	Boys		13-14	50
17	Girls	15-18	50	
18	Boys	15-18	50	

19	Girls	Backstroke	5-6	25
20	Boys		5-6	25
21	Girls		7-8	25
22	Boys		7-8	25
23	Girls		9-10	50
24	Boys		9-10	50
25	Girls		11-12	50
26	Boys		11-12	50
27	Girls		13-14	50
28	Boys		13-14	50
29	Girls		15-18	50
30	Boys		15-18	50

31	Girls	Individual Medley	9-10	100
32	Boys		9-10	100
33	Girls		11-12	100
34	Boys		11-12	100
35	Girls		13-14	100
36	Boys		13-14	100
37	Girls		15-18	100
38	Boys		15-18	100

Event #		Stroke	Ages	Yards
39	Girls	Breast Stroke	5-6	25
40	Boys		5-6	25
41	Girls		7-8	25
42	Boys		7-8	25
43	Girls		9-10	50
44	Boys		9-10	50
45	Girls		11-12	50
46	Boys		11-12	50
47	Girls		13-14	50
48	Boys		13-14	50
49	Girls		15-18	50
50	Boys		15-18	50

51	Girls	Freestyle	5-6	25
52	Boys		5-6	25
53	Girls		7-8	50
54	Boys		7-8	50
55	Girls		9-10	50
56	Boys		9-10	50
57	Girls		11-12	50
58	Boys		11-12	50
59	Girls		13-14	50
60	Boys		13-14	50
61	Girls		15-18	50
62	Boys		15-18	50

63	Boys/Girls	Free Relay	5-6	100
64	Boys/Girls		7-8	100
65	Boys/Girls		9-10	200
66	Boys/Girls		11-12	200
67	Boys/Girls		13-14	200
68	Boys/Girls		15-18	200

Ribbons and Awards

We believe in recognizing every achievement. Every swimmer who completes an event receives a ribbon for participation, featuring the date, event, and time. The top six finishers (top nine in a tri-meet) will instead receive a place ribbon, which includes the same information. Swimmers can receive additional ribbons for winning a heat. Swimmers receive the coveted rainbow ribbon in addition for every time improvement during the season. The ribbons are available in the family file folder beginning at the next practice. At the end of the season, all swimmers in good standing receive a swimmer's trophy for participation, and swimmers who set new records, for the team or the league, will receive special medals.

The Ready Bench

A flip chart with rotating numbers is visible on deck, keeping track of the meet's progress. When the meet begins (at 9:00) the swimmers for the first 2 or 3 races will be called to the Ready Bench. As the meet goes on, the number on the chart will advance a little ahead of the actual events. Thus, if the displayed number is 28, all swimmers who are participating in event #28 and below should go to the Ready Bench. Keep an eye on the chart during the meet, so that you can make sure your swimmer makes it to the Ready Bench on time for his or her event.

The Ready Bench is a staging area, is typically located under a canopy on the pool deck. The swimmers are assembled in heats and led to the starting blocks by the Ready Bench volunteers.

Reluctant Swimmers

It's common for some new swimmers to be tentative before their races; they may not want to race or even go to the Ready Bench. The coaches are expert at gentle persuasion, but no swimmer will be forced to do anything against his or her will. Many accomplished swimmers started very tentatively, so remember to be patient and understanding with your child.

Typical Meet Schedule

7:00 AM	Set-Up Committee and Concession Committee arrive (home meets only)
8:00 AM	Swimmers arrive for check-in
8:30 AM	Swimmers warm-up
8:45 AM	First half workers check-in & go to assigned positions
9:00 AM	Meet begins (sometimes may start @ 8:30 AM). We will advise if that is the case
10:45 AM	Break - second half workers check-in & go to assigned positions
11:00 AM	Second half begins
1:00 PM	Meet ends; Clean-Up Committee begins (home meets only)

The Dolphins try to be good hosts and good guests, **returning chairs to their proper place, cleaning up after ourselves, and doing what we can to make the place look nice.**

Championship Qualifying Times

The following times are required to qualify for Championships. Please note that the qualifying times for a given year may be changed during the season prior to the Championship meet.

5-6 Year Olds	Girls	Boys
25 Yard Backstroke	33.50	33.50
25 Yard Breaststroke	35.50	35.50
25 Yard Butterfly	32.50	32.50
25 Yard Freestyle	26.50	26.50
7-8 Year Olds	Girls	Boys
25 Yard Backstroke	24.50	24.50
25 Yard Breaststroke	26.50	26.50
25 Yard Butterfly	23.50	23.50
25 Yard Freestyle	19.50	19.50
9-10 Year Olds	Girls	Boys
50 Yard Backstroke	47.00	47.00
50 Yard Breaststroke	50.50	50.50
50 Yard Butterfly	46.50	46.50
50 Yard Freestyle	39.00	39.50
100 Yard Individual Medley	1:38.00	1:38.00
11-12 Year Olds	Girls	Boys
50 Yard Backstroke	43.00	43.00
50 Yard Breaststroke	45.00	45.00
50 Yard Butterfly	42.00	42.00
50 Yard Freestyle	35.00	35.00
100 Yard Individual Medley	1:30.00	1:30.00
13-14 Year Olds	Girls	Boys
50 Yard Backstroke	39.00	39.00
50 Yard Breaststroke	42.00	42.00
50 Yard Butterfly	37.50	36.00
50 Yard Freestyle	32.00	30.50
100 Yard Individual Medley	1:24.00	1:22.00
15-18 Year Olds	Girls	Boys
50 Yard Backstroke	38.50	36.00
50 Yard Breaststroke	40.00	37.00
50 Yard Butterfly	35.50	32.00
50 Yard Freestyle	31.00	28.50
100 Yard Individual Medley	1:19.00	1:10.00

***Remember:
Everyone
can swim at
least 1 event
@ ISL
Champs!***

Dolphin Team Records

(updated 8/14/10)

Event	Name	Time	Date	Meet
5-6 Year Old Girls				
25 Yard Freestyle	Diana Eldefrawy	18.44	7/18/2001	ISL Triathlon
25 Yard Backstroke	Danielle Winters	23.92	7/31/1998	
25 Yard Breaststroke	Katherine Bukaty	27.17	7/31/1998	
25 Yard Butterfly	Ally Swardstrom	24.16	8/12/2005	ISL Championships
5-6 Year Old Boys				
25 Yard Freestyle	Patrick Walsh	17.45	7/27/2002	TR Broadmoor
25 Yard Backstroke	Patrick Walsh	21.72	8/10/2002	ISL Championships
25 Yard Breaststroke	Colin Hicks	25.13	7/31/1996	
25 Yard Butterfly	Patrick Walsh	20.65	8/10/2002	ISL Championships
7-8 Year Old Girls				
25 Yard Freestyle	Julia Wright	15.62	7/19/2008	Turtle Rock Broadmoor
25 Yard Backstroke	Jocelyn Leung	20.53	6/21/2008	Colony
25 Yard Breaststroke	Julia Wright	20.60	7/19/2008	Turtle Rock Broadmoor
25 Yard Butterfly	Jaqueline Leung	17.75	7/24/2010	Northpark Riptides
7-8 Year Old Boys				
25 Yard Freestyle	Patrick F. Walsh	15.40	7/31/2004	College Park
25 Yard Backstroke	Jason Schreiber	18.50	7/17/2010	Heritage Park Seals
25 Yard Breaststroke	Jake Strich	18.50	8/8/1998	ISL Championships
25 Yard Butterfly	Grant Sheen	16.94	8/8/2009	ISL Championships
	Jason Schreiber	16.94	7/31/2010	N. Irvine & Westpark
9-10 Year Old Girls				
50 Yard Freestyle	Julia Wright	29.81	8/14/2010	ISL Championships
50 Yard Backstroke	Hannah Davis	35.69	7/31/1998	
50 Yard Breaststroke	Julia Wright	38.38	7/27/2010	ISL Pentathlon
50 Yard Butterfly	Julia Wright	33.50	7/17/2010	Heritage Park Seals
100 Yard IM	Julia Wright	1:13.49	8/14/2010	ISL Championships
9-10 Year Old Boys				
50 Yard Freestyle	Philip Wright	28.00	8/11/2007	ISL Championships
50 Yard Backstroke	Philip Wright	35.31	7/18/2007	Pentathlon
50 Yard Breaststroke	Philip Wright	36.09	8/11/2007	ISL Championships
50 Yard Butterfly	Philip Wright	31.51	7/28/2007	Greentree
100 Yard IM	Philip Wright	1:13.60	7/18/2007	Pentathlon
11-12 Year Old Girls				
50 Yard Freestyle	Juliana Thiessen	28.26	7/29/2006	Turtle Rock Broadmoor
50 Yard Backstroke	Rosalie Thiessen	33.78	7/30/2005	Colony
50 Yard Breaststroke	Rosalie Thiessen	34.08	8/12/2005	ISL Championships
50 Yard Butterfly	Rosalie Thiessen	29.61	8/12/2005	ISL Championships
100 Yard IM	Rosalie Thiessen	1:07.47	8/12/2005	ISL Championships

Dolphin Team Records

(updated 8/14/10)

Event	Name	Time	Date	Meet
11-12 Year Old Boys				
50 Yard Freestyle	Philip Wright	25.01	8/8/2009	ISL Championships
50 Yard Backstroke	Andrew Knoell	31.38	8/14/2010	ISL Championships
50 Yard Breaststroke	Philip Wright	32.90	7/25/2009	Tidalwaves
50 Yard Butterfly	Philip Wright	27.59	8/8/2009	ISL Championships*record
100 Yard IM	Philip Wright	1:01.62	8/8/2009	ISL Championships
13-14 Year Old Girls				
50 Yard Freestyle	Rosalie Thiessen	25.98	8/11/2007	ISL Championships*record
50 Yard Backstroke	Juliana Thiessen	31.45	8/9/2008	ISL Championships
50 Yard Breaststroke	Juliana Thiessen	32.73	8/11/2007	ISL Championships
50 Yard Butterfly	Rosalie Thiessen	27.48	8/11/2007	ISL Championships *record
100 Yard IM	Rosalie Thiessen	1:03.41	8/11/2007	ISL Championships
13-14 Year Old Boys				
50 Yard Freestyle	Jay Jackman	24.18	8/8/2009	ISL Championships
	Philip Wright	24.18	8/14/10	ISL Championships
50 Yard Backstroke	Philip Wright	28.51	7/27/2010	ISL Pentathlon
50 Yard Breaststroke	Philip Wright	29.82	8/14/2010	ISL Championships
50 Yard Butterfly	Reith Sarkar	27.04	8/11/2007	ISL Championships
100 Yard IM	Philip Wright	58.79	8/14/2010	ISL Championships
15-18 Year Old Girls				
50 Yard Freestyle	Leah Breen	24.69	8/8/2009	ISL Championships*record
50 Yard Backstroke	Lisa Sciarani	29.16	8/9/2003	ISL Championships
50 Yard Breaststroke	Juliana Thiessen	33.17	8/8/2009	ISL Championships
50 Yard Butterfly	Rosalie Thiessen	26.83	8/8/2009	ISL Championships*record
100 Yard IM	Rosalie Thiessen	1:02.04	8/9/2008	ISL Championships
15-18 Year Old Boys				
50 Yard Freestyle	Ben Nguyen	22.26	8/11/2007	ISL Championships
50 Yard Backstroke	Lan Doan	28.22	8/7/2004	ISL Championships
50 Yard Breaststroke	Samuel Song	29.13	8/7/2004	ISL Championships
50 Yard Butterfly	Ben Nguyen	24.98	8/11/2007	ISL Championships
100 Yard IM	Ben Nguyen	59.43	8/11/2007	ISL Championships

South Irvine Dolphins Swim Team
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Dolphin Team Records

(updated 8/14/10)

Event	Name	Time	Date	Meet
5-6 Year Old Relays				
100 Yard Free	L. Kwan M. Greene M. Wallin A. Lane	1:30.42	8/8/2009	ISL Championships
100 Yard Medley	J. Meyer A. Kurtz P. Blum D. Edwards	1:47.07	8/14/2010	ISL Championships
7-8 Year Old Relays				
100 Yard Free	C. Kim T. Lu A. Bennett P. Walsh	1:07.97	8/7/2004	ISL Championships
100 Yard Medley	J. Leung J. Wright B. Chung D. Chen-Hsiao	1:19.08	8/9/2008	ISL Championships
9-10 Year Old Relays				
200 Yard Free	J. Singarella B. Stone J. Balding P. Walsh	2:21.86	8/12/2006	ISL Championships
200 Yard Medley	J. Leung J. Wright G. Sheen I. Oldham	2:26.32	8/14/2010	ISL Championships
11-12 Year Old Relays				
200 Yard Free	Z. Ennis J. Balding D. Ovens P. Wright	1:53.57	8/9/2008	ISL Championships
200 Yard Medley	J. Singarella P. Wright Z. Ennis J. Balding	2:15.65	7/12/2008	Turtle Rock Glen
13-14 Year Old Relays				
200 Yard Free	J. Balding A. Bennett J. Knoell P. Wright	1:41.38	8/14/2010	ISL Championships
200 Yard Medley	J. DuMontelle J. Thiessen R. Thiessen R. Sarkar	1:56.11	8/11/2007	ISL Championships

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15-18 Year Old Relays				
200 Yard Free	L. Doan, L. Sciarani S. Song	1:41.38	7/24/2004	Colony
200 Yard Medley	T. Curtis C. Clarke R. Thiessen E. Radoff	1:49.93	8/9/2008	ISL Championships

Swimmer Code of Conduct

The Dolphins aim to provide an atmosphere where swimmers will learn the proper competitive swimming techniques and fair play through friendly competition in a team setting. We believe that swimmers should be praised and rewarded for good behavior and that positive affirmation should be emphasized at all times. Swimmers should be helped to realize their place of importance within our team, our community and the Irvine Swim League.

Behavioral Expectations:

- Swimmers should come to every practice and swim meet prepared to give their best effort.
- Swimmers must listen carefully to the coaches and follow directions.
- Swimmers may not disrupt practice by inappropriate behavior. This includes any form of harassment toward a coach, parent or teammate or use of rude language, gestures or remarks to teammates, unsportsmanlike conduct, kicking, pushing, name calling, fighting, provoking a fight between other individuals, or participating in activities that result in physical harm or violence to any person.
- Swimmers will treat others with respect and courtesy. They will respect the rights and property of others.
- Swimmers will follow the rules regarding appropriate use of the pool facilities.

Disciplinary Procedures:

In the event of unacceptable behavior, attempts will be made to redirect the behavior through personal conferencing with the swimmer and contacting a parent or guardian.

1. If a swimmer is removed from practice more than once during any week, his/her parents will need to contact the head coach or team president before he/she will be allowed to return to practice.
2. Continued disruption of practice will necessitate a meeting with the swimmer, the swimmer's parent or guardians, the head coach and a member of the Board of Directors.
3. The final decision on disciplinary action will be taken by the Board of Directors and may take the form of an informal reprimand, removal from practice and/or meets for a period of time, exclusion from social events, or removal from the team.

Swimmers, you are representing your team and your neighborhood. We have worked long and hard to present ourselves as a positive influence within the community. **As a member of this team, every swimmer affirms and agrees to abide by the above.**

Parent Code of Conduct

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

As a parent of a member of this team, every parent affirms and agrees that:

1. I will remember that families participate to have fun and that the meet is for the swimmers.
2. I will be a positive role model for all children and demonstrate positive support for the swimmer, coaches, officials and other parents.
3. I will demand that my child treat other swimmers, coaches, officials and parents with respect.
4. I will teach my child that doing one's best is more important than winning.
5. I will emphasize skill development and practices.
6. I will respect the officials and their authority during meets and will never question, discuss, or confront coaches at the meet, and will take time to speak with coaches at an agreed upon time and place.

High School Volunteers

The Dolphins are expanding our Volunteer program for High School Students

The Dolphins are a not-for-profit community organization with 501(c)3 status and we are looking to expand our on-going “Volunteer Coach” program for high school age team members in a big way! Entering 9-12 grade swimmers OR entering 9-12 grade siblings of swim team members are eligible. Yes, a high school student does not have to be on the team to volunteer for us.

Volunteer positions include:

- Traditional volunteer coach (15&older) – We usually move our volunteer coaches into the paid positions (head coach and the assistant coach) with the team over time. This job is a great way to demonstrate responsibility & commitment. These positions require Red Cross certification classes.
- Team Website – A creative, responsible student to work with the team’s webmaster.
- Team reporter – A student with an interest in journalism would be able to assist in producing the team news report for the Irvine World News.
- Photographer or Videographer – Take pictures/videos at meets or social events for use on the website or end of the year highlight film.
- Registration/Social events – Working with the Social chair to plan and work at the team’s fun times out of the pool.
- Concessions - Probably best for non-swimmers, concessions can always use assistance and it’s in the shade!
- Meet set-up/take down – If you can put up/take down an EZ-up tent then you can help. During the meet, general clean-up help is also needed.
- ?? You tell us! – Do you have an idea on how your high school age son or daughter can help and earn volunteer hours?

At the end of the season, the South Irvine Dolphins will provide each high school volunteer with an accounting of their hours on team letterhead.

-----CUT AND RETURN WITH REGISTRATION MATERIAL-----

() YES, I am interested in having my high school age son or daughter do volunteer work for the Dolphins. My son or daughter (name, grade) is interested in doing:

Dolphin Dollar Program

The Dolphin Dollar Program is an incentive program that encourages attending practices, recognizes personal time improvements, and helps the Dolphins' coaches reward hard work and cooperation.

Swimmers (of all ages) participate and beginning the first week of practice the program will start. Kids collect Dolphin Dollars, and on Fridays after practice the Dolphin Dollar Store will be open on the Swim Deck for kids to redeem them for candy, snacks, and small toys.

How to earn Dolphin Dollars *:

\$1 - attend practice 3 x per week

\$3 - attend all 5 practices in a week

\$1 - earn a time improvement ribbon at a swim meet

\$\$ - Coaches' discretion for hard work, improvement, cooperation, etc.

*** It is up to the swimmer to notify coaches that it is their 3rd/5th practice of the week.**

Once time improvement ribbons are received (usually on Mondays in your Dolphin mailbox) the kids can show them to the coaches after practice to receive their Dolphin Dollars.

The Dolphin Dollar Store is managed by one of our parent volunteers and will be run on Fridays by our High School Volunteers. Your donations at registration helped to stock the store.

If you have suggestions or would like to help with the store or purchasing items, please let the Dolphin Dollar Store Manager know.

Thanks for your support of this program. We always welcome donations and your ideas at any time.