



2018 Handbook

<http://www.dahlgrensharks.com>

Dahlgren Sharks 2018 Handbook

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A Word from Your President

April 2018

The Dahlgren Sharks Board would like to welcome all swimmers and parents to our 2018 swim season at the King George YMCA. This will be the Sharks' 53rd season. The Board has had a busy off-season and we hope the team enjoys some of the fun events we have planned. We will continue some of the fun we added last year and hopefully add a surprise or two.

We are excited to have Mrs. Guthrie return as our head coach. She will be joined by some familiar Shark faces: Eddie Tidwell, Julian Bonilla-Vazquez and Emily Bennett as our Junior Assistant Coaches. We are also grateful to have Alex Poley returning to his data role this season. This would be an excellent opportunity for an interested parent to shadow Alex and learn this position for upcoming seasons.

Volunteers are very important to the team! The whole season runs with the help of volunteers! I would like to thank Violet Minero, Mendy Radyshevsky and Pam Henderson for stepping up as the Concessions Committee. Also, thank you to Bernie Kapp for assisting with Team Gear. If you would like to participate on the fundraising committee, assist with team gear, or assist with gathering donations for events, please let me know. Also, sign up early for your required six swim meets. Meets can't run without volunteers! The more volunteers we have, the smoother the meets will run.

I would like to thank our 2018 Sponsors. Please support our Sponsors! They help keep our fees as low as possible while providing the best coaching staff in the area. If you know of a business or individual who would like to sponsor the team with a donation of \$250 or more, please let me know. Our Sponsors are featured on our team banner which is displayed at the King George YMCA and on our RSL page which appears in the Championship Program. In addition, they appear in our team documents and website.

If you have any questions or concerns, please feel free to contact me, or any other Board member. Contact information is included in the handbook.

We look forward to a safe and fun season. Go Sharks!!! Mighty, Mighty Sharks!!!

Sincerely,

Deann Fairfax
Dahlgren Sharks Board President

A Word from Your Head Coach

APRIL 2018

Dear Dahlgren Shark Parents and Swimmers:

Welcome to the 2018 Dahlgren Sharks and another exciting season at the King George YMCA! We are still competing in the Patriot Division, swimming against some of the same teams. This is my 21st year as Head Coach and I look forward to another wonderful season. I have spent the past year coaching the Development group for the Rays and lifeguarding at our KGY.

We are very pleased to welcome new additions to our coaching staff. Assisting me will be Julian Bonilla-Vazquez, Emily Bennett, and Eddie Tidwell. Julian (now a student at University of Mary Washington) is a former year round swimmer, member of both KGHS and the Sharks swim team, and swim lesson instructor. Emily swims year round with the Rays, and is also a member of KGHS and the Sharks swim teams. Eddie (who will graduate from high school this year) has been a member of the Sharks since he was 5, and swam with KGHS. Emily and Eddie have been volunteering with the team for several years now. All three assistant coaches bring lots of experience to the pool deck. It is our goal as Sharks coaches to promote advancement in swimming, further enhance all our swimmers' passion in the sport, and have fun, too!

Please note the practice times in this year's handbook. Remember, we do not have to deal with after school practices, since King George schools are done before Memorial Day. Regular attendance shows a commitment to the team and helps keep us strong. Please make sure your swimmer comes to practice ready to swim. Please make sure your swimmer brings a water bottle and a healthy snack! Bringing a water bottle is extremely important once the water warms up.

Also, please do not hesitate to give me a call (or text) at 540-538-4049 or send me an email at eguth67@gmail.com. Don't forget to check out our web site. It is chock full of helpful information and has lots of pictures from previous years to bring back some wonderful memories!

So, lets "dive" into 2018—have fun, swim hard, and always show good sportsmanship! We are the 1998, 2000, 2004, 2007, and 2015 American Division Champs... and 2004 Finals Champs! We are still going strong after 50 plus years!

Sincerely,

ELIZABETH GUTHRIE
Head Coach, Dahlgren Sharks Swim Team

Welcome

The primary goal and purpose of the Dahlgren Sharks Swim Team is to make the summer swim season a positive experience for the swimmers. The team is an educational organization. The second goal is to teach and improve swimming skills, conditioning, and knowledge of the sport. We hope that every swimmer develops and improves sportsmanship, team spirit, conditioning, and stroke skills.

As many children as possible swim in regular dual meets to allow them the opportunity to qualify for Finals. We look forward to having another winning season. Welcome to the Dahlgren Sharks 2018!

For New Swim Team Families

Welcome to the wonderful world of swimming. Now what?

Now get involved. Swim meets require many parent volunteers to assist in the preparation, running and cleaning up. Each family needs to have at least one adult participate in an assignment at each meet. Your help is needed to ensure the team grows and prospers. At times, it will seem as though the swim meet will go on forever. However, if you are involved as a parent volunteer, time will fly. You will also gain a better understanding of the sport in which your child is involved. There are volunteer positions available for new swim team parents having little or no previous swim team experience. Some of these positions are timers, runners, concessions, score keeping, ribbon writing, and clerk of the course. For positions see page 9-10 for descriptions of each. Rappahannock Swim League offers clinics for those positions that require training. You can find dates and locations of the clinics on the Shark Website: <http://www.dahlgrensharks.com> and the RSL Website: <http://www.rslswimming.com>.

A Swim meet is structured so that swimmers of similar ages compete against each other. Events are made up of the following swimming strokes: freestyle, backstroke, breaststroke, butterfly, individual medley (IM), and relays. "Seeding" is the process of placing individual swimmers in "heats" within an event. All heats are seeded based upon the swimmers' times in that particular event. In other words, your child will be swimming against other children of similar ability.

Swim Gear

Team swimsuits are not mandatory. However, we will be sizing for swimsuits for those interested in purchasing a team swimsuit, at our first registration April 17, 6:00 pm – 7:30 pm, where we will be conducting a suit fitting. The design for this summer is a purple TYR Crypsis.



Prices are as follows:

- Jammers \$37
- Brief \$30
- Girls one piece \$54



Fees and Registration Process

Registration fees are as follows:

- 1st swimmer - \$120.00
- 2nd swimmer - \$95.00
- 3rd swimmer - \$65.00
- 4th + swimmer - \$25.00 each

Registration Fee of \$25 per swimmer.

All NEW Sharks Participants: you must bring the Registration packet and Swimmer(s) to the King George YMCA on either of the Designated Registration days (April 17th and May 14th from 6:00 to 7:30pm) as they will have to undergo a swimming assessment with the Sharks Coaches.

There will be a "CAP" placed on all age levels. What this means is that only 18 swimmers per gender per age category will be allowed. This will be done on a First Come First Served basis. For those that miss out on registration due to the categories being filled, we will put you on a waiting list. This "CAP" is being instituted to ensure fairness to all of the swimmers within their age category to allow each swimmer the opportunity to be able to swim multiple events. The age categories are as follows:

6 & under	Male (18)	Female (18),
7/8	Male (18)	Female (18),
9/10	Male (18)	Female (18),
11/12	Male (18)	Female (18),
13/14	Male (18)	Female (18),
15-18	Male (18)	Female (18),

The age group in which a competitor swims will be determined by his/her age as of June 1st of the current swim year. For example, a competitor who turns 19 after the June 1st cutoff is still eligible to swim for that season.

Refunds will be provided, on a prorated basis, up until the 1st meet. If a swimmer withdraws after the 1st meet, all funds are forfeited.

Team Rules

OUR GOAL IS TO SHOW A POSITIVE ATTITUDE, SWIM OUR BEST,
AND HAVE FUN!

1. To ensure a safe environment, all rules of the aquatic center must be followed.
2. Show respect to all swimmers and coaches.
3. Listen and follow all coaches' directions.
4. DO NOT leave the pool without permission from one of the coaches unless your practice session has ended.
5. Swimmers are not excused from practice (which means do not leave the pooldeck) until dismissed by one of the coaches. (Swimmers not accompanied by a parent, need a note to leave practice early).
6. DO NOT leave trash lying around (pick up after yourself) in the lockerroom, practice area, and during dual meets, both home and away.
7. Bring healthy snacks and water bottles to practice.

IMPORTANT THINGS TO REMEMBER:

1. SHOW RESPECT and ALWAYS demonstrate good sportsmanship, especially at dual meets.
2. It is recommended that all swimmers and coaches find someone from the other team and wish them good luck.
3. Assistant Coaches will lead cheers before each meet. Swimmers are encouraged to participate and to cheer for their teammates during dual meets.

AND LASTLY...

Unkind or disrespectful behavior at practices or dual meets is UNACCEPTABLE and will be dealt with immediately.

FINALLY...



SMILE AND HAVE FUN!

Family Participation

It takes at least 60 parent volunteers to successfully conduct a swim meet at home (including first and second half). We require all parents, new and experienced alike, to sign up and help conduct the meets. To handle all the work that must be done at each meet, it is MANDATORY that at least one parent of each family participate at least six times throughout the season. Each half counts as a single participant time slot.

We will be using an electronic sign-up form that is available at the Dahlgren Sharks' website (<http://www.dahlgrensharks.com>).

If a person is not able to support an event that they signed up for, they are responsible for finding a replacement and then notifying the current Dahlgren Sharks secretary, Diane LaMoy. Exceptions will be made for extenuating circumstances. Special arrangements are made so that parents can break free to watch their children compete.

To reiterate, Participation is MANDATORY.

Please remember that successful, efficient meets depend on all parents helping throughout the swim season. Please pitch in as best you can! Rappahannock Swim League offers clinics for those positions that require training. You can find dates and locations of the clinics on the RSL Website (<http://www.rslswimming.com>), and in the Clinics section of this handbook. We will fill positions for finals at a later date.

Descriptions of Positions for Swim Meets

***Referee:** Responsible for the meet. No disqualifications are valid until the referee signs the DQ form. All disputes are immediately referred to the referee for final resolution.

***Starter:** Issues the starting commands to the swimmers. The starter will use either a strobe light with a horn or a starter's pistol.

***Stroke and Turn Judges:** Ensure each swimmer executes turns and swims each stroke in accordance with league rules.

***Head Timer:** Ensure all lanes have the correct number of timers present and that they all have stop watches, pencils, and clipboards. Reviews all rules and policies with volunteer timers prior to the meet start time. Acts as a back-up to volunteer timers when/if a malfunction occurs. Has the authority to replace any volunteer timer if a continual problem occurs with lack of attention or major askew in time with fellow timers of that lane.

Timers: Use stop watches to time individual swimmers in a race. Ensure the correct swimmer is in the correct lane for the event and record the swimmers' times on cards picked up by the runner. Remember, if you are using the strobe start system, starters must look for the light, and not listen for the sound of the horn.

Runners: Carry event cards from each swimmer to the timers and from the timer to the scorekeepers.

***Head Clerk of Course:** Assign swimmers to lanes and give them their event cards before each event. The only exception is relays which are provided by the Head Coach.

Clerk of Course Team Members: Assist the Head Clerk of Course with ordering swimmers in accordance with event, heat, and lane.

Announcer: Announce events to the crowd during the meet. Announce the score, swimmers needing to report to Clerk of Course, and any other special announcements.

***Scorers and Checkers:** Copy times from event cards into the meet software, check that the times are accurately computed, and print and QA the scores ensuring they reflect times that were recorded on heat cards.

Ribbon writers: Put winners' name labels onto their ribbons.

Food concession: This will entail selling pizza, candy, snow cones, and other sundries. Set-up and clean-up will be required for this. Head Concessioner receives a free shirt.

Set up/Clean up: Before home meets, assist with setting up equipment (chairs, clerk of course section, announcer section, scorer section, etc). After home meets, ensure we leave the pool and deck clean.

*These positions require training and information may be found at <http://www.rslswimming.com>

There is also some work to be done keeping the team running smoothly during the season. Parent participation is needed in organizing concessions, fundraising, special events, and other tasks between meets. We will need parent representation at Executive Board meetings. There's room for you to get involved in many ways. Contact Deann Fairfax to offer services between swim meets.

We need ALL parents to volunteer to ensure successful swim meets for our children. Dahlgren Shark swim meets are a Hands-On Activity!!!!

Meets/Events Schedule

Schedule: PATRIOT DIVISION

DATE	HOME	VISITOR
Wednesday, June 20	Dahlgren	Fawn Lake
Wednesday, June 27	Dahlgren	Ferry Farm
Thursday, July 5	Woodlands	Dahlgren
Wednesday, July 11	Dahlgren	Curtis Park
Wednesday, July 18	Salem Fields	Dahlgren
Monday, July 23	Spotswood	Dahlgren

RSL Patriot's Division Championships,
Saturday, August 4th @ Spotsylvania YMCA

Copies of these schedules will be posted on the Sharks website as well as the bulletin board at the pool. Unless otherwise notified, except for RSL Finals, all meets start at 6 p.m.

Swimmers should be at the pool at
4:30pm for home meets, 4:45pm for away meets.

Changing into swimsuits on the pool deck is NOT permitted.

Cancellation of Meets

Meets are not normally canceled unless there are ongoing lightning and thunderstorms. RSL rules state, "once a meet is suspended due to adverse weather conditions, the meet should be rescheduled when cumulative weather delays exceed one (1) hour. Such a decision should not be made prior to 7:30pm. A suspended meet cannot be restarted after 10:00pm." Until word is given that the meet has been canceled, please wait in your cars. If the meet is cancelled, the policy for the Sharks home meets is that the meet will recommence the following evening.

Occasionally we get caught when a thunderstorm causes RSL officials to cancel a meet while we are in our cars on the way to the meet. We will do our best to get on the phone as early as possible if this happens.

We have established an account with Rainedout.com to provide text alerts. Go to RainedOut.com Search for Dahlgren Sharks and select the category swimming. Click on the organization name and then add your phone number or email. They will email or text you a confirmation code. Then you type in the confirmation code and the key word. Key Word: FEARTHEFIN

RSL Teams

(Directions can be found at www.rslswimming.com)

Battlefield:

Aquia Harbour – 204 Bow Cove, Stafford, VA 22554
Fawn Lake – 11305 Long Street Drive, Spotsylvania Courthouse 22551
Fox Point – 6120 Blackstone Blvd, Fredericksburg, VA 22407
Leeland Station – 115 Riggs Road, Fredericksburg, VA 22405
Massad YMCA – 212 Butler Rd, Falmouth VA 22405
Spotsylvania YMCA – 5700 Smith Station Rd, Fredericksburg, VA 22407

Patriot:

Curtis Park – 58 Jesse Curtis Lane, Fredericksburg, VA 22406
Dahlgren – 10545 Kings Hwy, King George, VA 22485
Ferry Farm – 11 Mercer Lane, Fredericksburg, VA 22405
Salem Fields – 11125 Rappahannock Drive, Fredericksburg 22407
Spotswood – 403 Lorraine Ave, Fredericksburg, VA 22408
Woodlands- 2 Northampton, Blvd, Stafford, VA 22554

American:

Austin Ridge – 27 Boulder Drive, Stafford 22554
Chancellor – 6052 Plank Road, Fredericksburg, VA 22407
College Heights – 604 Greenbrier Drive, Fredericksburg, VA 22401
Hampton Oaks – 80 Northampton Blvd, Stafford, VA 22554
Lake of the Woods – 101 Sweetbriar Park Rd, Locusts Grove, VA 22508
Lee's Hill – 4300 Essex Court, Fredericksburg, VA 22408

National:

Caroline YMCA – 17422 Library Blvd, Ruther Glen, VA 22546
Country Club – 11031 Tidewater Trail, Fredericksburg, VA 22408
Eden Estates – 8361 Cedar Lane, King George, VA 22485
Grafton – 709 Jett Street, Fredericksburg, VA 22405
Hopyard – 5888 Coakley Drive, King George, VA 22485
Idlewild – 2280 Idlewild Blvd, Fredericksburg, VA 22401
Lake Wilderness – 12010 Jacksons Ford Road, Spotsylvania, VA 22551

2018 Officials' Clinics (no makeup sessions will be held)

Refer to the Rappahannock Swim League website: www.rslswimming.com for dates, locations and times of clinics.

Contacts

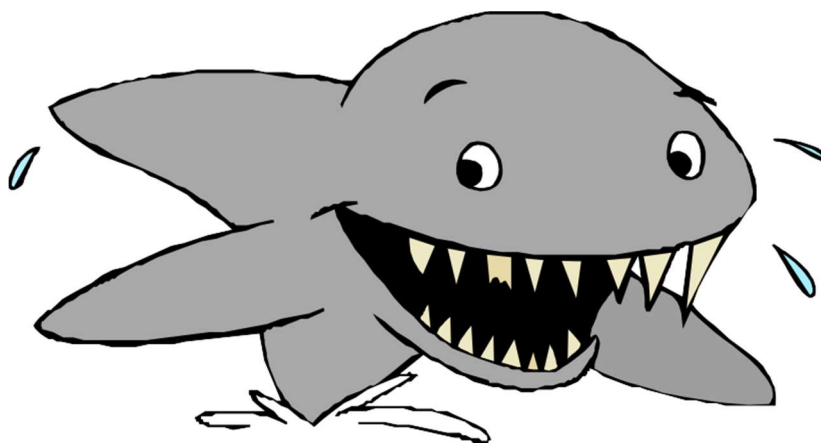
Below is a phone list of the Dahlgren Sharks swim team RSL officer, executive board members, Aquatic facility/manager, and coaching staff. If you have any questions, concerns, or suggestions, please feel free to contact any board member or the Head Coach.

Our team Web site is <http://www.dahlgrensharks.com> a great source for documents, communications and schedule updates. Feel free to ask any board member for any documents or information you need.

A communication file box with a folder for each family is located at the pool. Parents and swimmers are requested to check this box daily. If your child will not be available to attend a particular meet, please put their name on the board, in the pool, under the meet they will not attend.

Important Dahlgren Sharks Contact Information

President	Deann Fairfax	540-273-0227	dfairfax4@gmail.com
Vice President	Hector Minero	540-845-3476	hminero@hotmail.com
Treasurer	Debbie Bennett	540-907-1836	debbieaps@gmail.com
Secretary	Diane LaMoy	540-424-3280	dahlgrensharks@gmail.com
RSL Rep	Kris Tidwell	540-642-2592	tidwellk94@gmail.com
Head Coach	Elizabeth Guthrie	540-538-4049	eguth67@gmail.com
YMCA Aquatic Director	Alexandra Bentz	Office: 540-775-9622	abentz@family-ymca.org



Swim Practices

From May 29th – August 3rd

<u>Monday through Friday</u>	<u>Practice Time</u>
Level 3 (ages 12-18)	07:45 – 09:00 am
Level 2 (ages 9-11)	08:45 – 10:00 am
Level 1 (ages 5-8)	09:45 – 11:00 am

No Practice the day after meets

No Practice July 4th

The head coach may adjust practice times throughout the season.

Fundraising

Concession Stand

As part of our fundraising efforts each year, we provide a concession stand during the home dual meets which is staffed by parent volunteers. We may ask for donations of drinks, chips, etc.

RSL Fundraiser

RSL requires each team to sell a minimum \$250 worth of advertisement for the RSL Finals program. To accommodate their request, each family is requested to sell at least one advertisement. The ad order form containing an explanation and the purpose of this fundraiser will be available at the registration table or you may request a form from any board member. We encourage team members to seek local businesses for participation in this fundraiser.

SUPPORT THE DAHLGREN SHARKS

By shopping at www.swimoutlet.com/sharksva
anytime of the year,
Dahlgren Sharks will receive 8% of the sale.