



2019 Handbook

www.dahlgrensharks.com

Dahlgren Sharks 2019 Handbook

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A Word from Your President

April 2019

Your president is reaching out to you as a relative newcomer. Whereas the Sharks have been around for 53 seasons, they have had rock solid stability from Coach Guthrie over the last few decades, and wonderful families that have devoted lots of effort to see this program grow and thrive. It feels strange to write this letter. I have 4 kids involved in the program, but I have only been in King George for 3 years and I am just getting to learn all the stories and history of this organization.

Many of you know that the head coach mantle has changed in the past year. A word of thanks goes out to Coach Guthrie for being at the helm for such a long time. She is still loved and respected. I also wanted to thank Coach Ali for stepping in last season when Coach Guthrie had her accident. We were in need and Coach Ali guided the team through a winning season.

The team has been well taken care of, and this year will be no exception. Coach Sam Hunkele is taking the reins. She comes to the area as a military spouse, and we are grateful to have her. With her mix of college swimming, college coaching, and primary education experience we are blessed to have her. I hope you will welcome her and our assistant coaches Brant Landreth and Emily Bennett.

I have one request of you this season. Please find a way to support the team this year as a volunteer. We need to be deeper in certain roles, and we are always tight at getting enough people to volunteer at the meets. There are only 6 evenings a summer that the meets occur, so please check the dates on the website and mark them. We need all hands on deck. Meets can't start until we have everyone in place. So please be following the training announcements that come out in email and speak up. We'd love to hear from you.

We have some wonderful 2019 sponsors that have decided to support the Sharks. Please check out the banner that will hang in the Y this season. If you get services or visit any of the businesses, please give a shout out, thanking them for their support.

As always, your board is here to serve the team. Please reach out to us with needs, concerns, and questions. You can find our contact information in this handbook.

Looking forward to 2019. Go Sharks! Fear the fin!

Nathan Morrow

A Word from Your Head Coach

April 2019

Greetings Swimmers and Families,

I'd like to officially welcome you to the Dahlgren Sharks 2019 swim season! Like any new season that comes with great expectations, it is paired with a few new changes as well. Many returning swimmers will see some new faces on the coaching staff. I'd like to take a moment to introduce myself and the other Sharks coaches for this season.

My name is Samantha Hunkele (pronounced Hunk-lee). Although new to the area, I am no newbie to the awesome sport of swimming. I call Asheville, NC home and where I began my swimming career competing in USA Swimming with my club team, summer league, high school, and eventually at the collegiate level for Mars Hill University. In addition to being a former Inclusion Specialist for grades k-12, I have also managed a prestigious aquatic company in Atlanta, GA that offered private swim lessons, triathlete training, and aquatic physical therapy. More recently, I was the head swim coach for Warren Wilson College in Western North Carolina (Go Owls!).

I moved to Colonial Beach last August with my husband Nick, and our daughter, McKenna (16 months old). I didn't waste any time finding a pool and have been working with the YMCA's swim practice program for the past few months. I am excited to bring my experiences and passion for the sport to the Sharks this year in hopes of a wonderful and fun summer!

To help make this season a success, I will be joined by Coach Brant and Coach Emily.

Originally from Wyoming, Brant Landreth also competed in club, summer league, and high school swimming before going to college and joining the Navy. Upon retiring as a Naval Commander, Brant coached club swimming with the Raiders Swim Team before they merged with Rays Swimming. He continues to coach and has used his prior knowledge and organizational skills to successfully restructure the King George YMCA swim practice and masters programs. Brant's naval career experiences and swimming knowledge provides our coaching staff with invaluable resources. He joins the team with his lovely wife Laura and wonderful daughters (and swimmers) Caleigh and Sydney.

Emily Bennett, the current Miss King George, completes our coaching staff for the season. Emily is returning to the Sharks for her second year as an assistant coach. A rising high school senior, she has competed at the high school level as well as in club and summer league swimming. Unique to our coaching team, not only is Emily a current coach for the Sharks, she is a former Sharks swimmer! Already a great swimmer and asset to our coaching team, Emily continues to hone her skills as she trains with the Rays Swim Team.

This year will be the Dahlgren Sharks' 54th season, a major accomplishment! As a Coach new to the Sharks, I am honored to be a part of such a prestigious swim team. Although there is always a sense of "seriousness" that comes with competition, it is my goal to expose your swimmers to the fun side of what the sport has to offer as well including self-confidence and camaraderie.

I look forward to getting to know and work with each of you this season!

Sincerely,
Samantha Hunkele

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 2019!

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 preparing, running and cleaning up. Each family needs to have a 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 course. For position descriptions, see pages 9-10. The Rappahannock Swim League offers clinics for those positions that require training and certification. You can find dates and locations of the clinics on the RSL website at 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 suits are **not** mandatory; however, we will be sizing for swimsuits for those interested in purchasing a team swimsuit. This will occur at our registrations on April 24th (6-8pm) and May 10th (5:30-7:30pm). The design for this summer is the purple Arena Shattered Glass. Sample pictures and pricing below:



Boys Jammer
\$36



Boys Brief
\$32



Girls One Piece
\$50.50

Fees and Registration Process

Swimmer fees are as follows:

1 st swimmer -	\$120.00
2 nd swimmer -	\$95.00
3 rd swimmer -	\$70.00
4 th swimmer -	\$50.00
5 th + swimmer -	\$25.00 each

Registration Fee of \$25 per swimmer (includes swim cap, t-shirt, RSL insurance).

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 as they will have to undergo a swimming assessment with the Sharks Coaches. The registration dates and times are:

April 24th – 6-8pm

May 10th – 5:30-7:30pm

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 to register. This will be done on a First Come First Served basis. Those that miss out on registration due to the categories being filled, will be placed on a waiting list. This “CAP” has been 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)

Age Qualification:

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 cut off is still eligible to swim for that season.

Refund Policy:

Refunds will be provided, on a prorated basis, up to 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 Aquatics 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 pool deck) 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 locker room, practice area and during all meets (both home and away).
7. Bring healthy snacks and water bottles to practice and meets.

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. Coaches will lead cheers before each meet. Swimmers are encouraged to participate and to cheer for their teammates during dual meets.

AND.....

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 (www.dahlgrensharks.com).

If a person is not able to support an event that they have signed up for, they are responsible for finding a replacement and then notifying the current Dahlgren Sharks Secretary, Hector Minero. 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!

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 a strobe light with a horn.

***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 timer 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, timers 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 the 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 Concessions: Sell pizza, candy, snow cones and other sundries. Set-up and clean-up will be required for this.

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 deck clean.

**These positions require training and information may be found at 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 is room for you to get involved in many ways. Contact any current Board member to offer services between swim meets.

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

2019 Officials' Clinics (no makeup sessions will be held)
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Refer to the Rappahannock Swim League website: www.rslswimming.com for dates, locations and times of clinics.

Meet Schedule

Division 2 – Patriot Division

Date	Start Time	Home	Visitor
Wednesday, June 19 th	6pm	Leeland Station	Dahlgren
Wednesday, June 26 th	6pm	Dahlgren	Ferry Farm
Monday, July 1 st	6pm	Dahlgren	Fox Point
Wednesday, July 10 th	5pm	Ferry Farm	Dahlgren
Wednesday, July 17 th	6pm	Dahlgren	Leeland Station
Monday, July 22 nd	6pm	Fox Point	Dahlgren

RSL Division 2-Patriot Division Finals – Saturday, August 3rd @ Doris Park Pool (Dixon Park)

Copies of these schedules will be posted on the Sharks website as well as the bulletin board at the pool.

For 6:00pm meet starts, swimmers should be at the pool at 4:30pm for home meets and 4:45pm for away meets. For 5:00pm meet starts, swimmers should be at the pool at 3:30pm for home meets and 3:45pm for away meets.

Changing into or out of swimsuits on the pool deck is NOT permitted.

Cancellation of Meets

Meets are not normally cancelled 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 cancelled, 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.

RSL Teams

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

Division 1 – Battlefield Division:

Curtis Park – 58 Jesse Curtis Lane, Fredericksburg, VA 22406
Massad YMCA – 212 Butler Road, Falmouth, VA 22405
Spotsy YMCA – 5700 Smith Station Road, Fredericksburg, VA 22407
Woodlands – 2 Northampton Boulevard, Stafford, VA 22554

Division 2 – Patriot Division:

Dahlgren – 10545 Kings Highway, King George, VA 22485
Ferry Farm – 11 Mercer Lane, Fredericksburg, VA 22405
Fox Point – 6120 Blackstone Boulevard, Fredericksburg, VA 22407
Leeland Station – 115 Riggs Road, Fredericksburg, VA 22405

Division 3 – Independence Division:

Aquia Harbor – 204 Bow Cove, Stafford, VA 22554
College Heights – 604 Greenbriar Drive, Fredericksburg, VA 22401
Fawn Lake – 11305 Long Street Drive, Spotsylvania Courthouse, VA 22551
Spotswood – 403 Lorraine Avenue, Fredericksburg, VA 22408

Division 4 – Freedom Division:

Chancellor – 6052 Plank Road, Fredericksburg, VA 22407
Eden Estates – 8361 Cedar Lane, King George, VA 22485
Hopyard – 5888 Coakley Drive, King George, VA 22485
Lake Wilderness – 12010 Jacksons Ford Road, Spotsylvania, VA 22551

Division 5 – American Division:

Grafton – 709 Jett Street, Fredericksburg, VA 22405
Hampton Oaks – 80 Northampton Boulevard, Stafford, VA 22554
Lake of the Woods – 101 Sweetbriar Park Road, Locust Grove, VA 22508
Salem Fields – 11125 Rappahannock Drive, Fredericksburg, VA 22407

Division 6 – National Division:

Austin Ridge – 27 Boulder Drive, Stafford, VA 22554
Caroline YMCA – 17422 Library Boulevard, Ruther Glen, VA 22546
Country Club – 11031 Tidewater Trail, Fredericksburg, VA 22408
Idlewild – 2280 Idlewild Boulevard, Fredericksburg, VA 22401
Lee's Hill – 4300 Essex Court, Fredericksburg, VA 22408

Contacts

Our team website www.dahlgrensharks.com is 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.

A bulletin board is located next to the main entrance and exit of the pool deck for Sharks meet information. If your child will not be available to attend a particular meet, please put their name on that meet sheet located on this bulletin board.

Below is a contact list of the Dahlgren Sharks swim team Executive Board members, RSL Representative, Head Coach and Aquatics Director. If you have any questions, concerns or suggestions, please feel free to contact any board member or the Head Coach.

Important Dahlgren Sharks Contact Information

President	Nathan Morrow		president@dahlgrensharks.com
Vice President	Debbie Thomason	540-645-0662	debbie.r.thomason@gmail.com
Treasurer	Debbie Bennett	540-907-1836	treasurer@dahlgrensharks.com
Secretary	Hector Minero	540-845-3476	secretary@dahlgrensharks.com
RSL Representative	Bill Fairfax	540-940-5423	billf574@gmail.com
Head Coach	Sam Hunkele		coachsam@dahlgrensharks.com
YMCA Aquatics Director	Alexandra Bentz	Office: 540-775-9622	abentz@family-ymca.org

Swim Practices

From May 28th – August 2nd – Monday through Friday

<u>Practice Group</u>	<u>Practice Time</u>
Level 3 (ages 13-18)	8:00-9:15 am
Level 2 (ages 9-12)	9:05-10:15 am
Level 1 (ages 5-8)	10:05-11:00 am

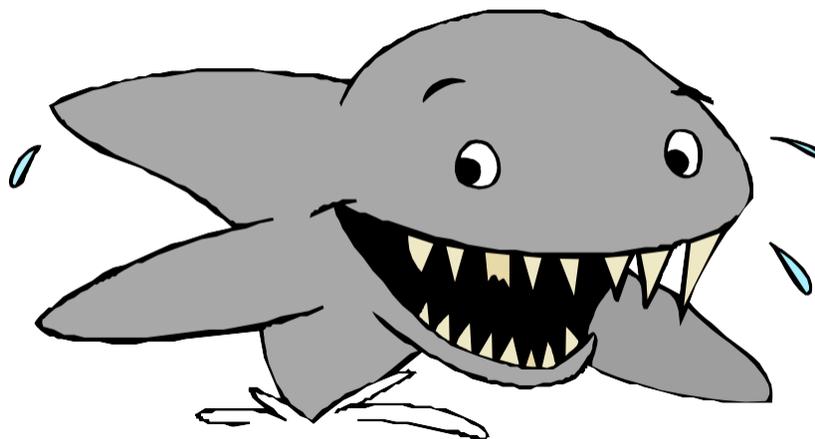
No practice the day after an away meet.

Fun practice the day after a home meet at the following times:

- ages 11 and over – 9:00am-10:00am
- ages 10 and under – 10:00am-11:00am

No practice on 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 will ask for donations of drinks, chips, etc.

RSL Fundraiser

The RSL requires each team to sell a minimum of \$250 worth of advertisements 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.

Corporate Sponsorship

The Dahlgren Sharks rely on the generosity of our community businesses to provide sponsorship contributions to help with the costs of operating expenses. Sponsorship recognition for these generous partners is as follows:

- Sponsorship of \$260: Business logo will be displayed on the team banner, team website and RSL Finals ad.
- Sponsorship of \$500: Business logo will be displayed on a Gold Sponsors banner in addition to the team website and RSL Finals Ad.

(The Dahlgren Sharks are a certified tax-exempt 501(c)(3) non-profit organization)

SUPPORT THE DAHLGREN SHARKS!!

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