



2021 Handbook

www.dahlgrensharks.com

Dahlgren Sharks 2019 Handbook

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A Word from Your President

April 2021

Hello Sharks families!

Most of you know me. But for those of you that do not, my name is Debbie Thomason. I am the President of the Dahlgren Sharks. This is my second term as President. The Dahlgren Sharks have been around for 55 seasons and we are looking forward to many more seasons to come. I have 3 grandsons that swim for the Dahlgren Sharks.

Normally I would briefly recap on our previous season. But as many of you are aware, last season was a no go due to COVID-19. Last year the board was in the process of getting everything organized for the season, then Virginia went through a lockdown. The season ended before it even got started. Unfortunately we are still dealing with the coronavirus. But we are not letting that stop us this season. We are working closely with RSL to make this upcoming season safe and fun.

This season the swim team will be led by a new head coach, Rachel King. Rachel comes to us having quite a bit of swimming experience from teaching swim lessons to children, to being an assistant coach for a couple of other local swim teams. She is also a soon to be graduate of Bridgewater College where she swims as well. She will be assisted by Assistant Coaches Patrick McGarrity, Jillian Wedding, and Andrew Green.

As with every season we will need parents to step up to the plate and volunteer. Show your children that you support their passion for swimming! RSL is implementing safety precautions for every position that is needed to be filled by volunteers. For those of you that are interested in volunteering to support the team, you will be made aware of the precautions set forth by RSL. Training sessions will be available, and information will be made available on the website within the next few weeks.

If anyone has any questions or concerns, please feel free to reach out to any board member for answers. Our contact information can be found within the handbook packet.

Looking forward to a great season – GO SHARKS!!

Sincerely,

Debbie Thomason
Dahlgren Sharks President



Hello to all the Dahlgren Sharks parents and swimmers! My name is Rachael King, and I am so excited to be your coach this season. I am sorry that I could not meet you all during registration, but I will be seeing you all soon. I just wanted to introduce myself to you all and let you know how excited I am for this season.

A little about myself, I have been swimming for about the last 18 years of my life. I started swimming in RSL and absolutely loved it. I swam with the Pleasant Valley Piranhas first, and later with the Leeland Station Express. I started swimming year-round at the end of middle school with the Regency Park Swim Team, and finished my senior year of high school swimming for STAT. I just finished my last season swimming at Bridgewater College.

Swimming has been a huge part of my life, both as a swimmer and a Coach. I have learned so much that has helped me in all aspects of my life. I have learned to dream big, work hard, and have fun through the process. I hope to give all of you the same opportunities this season. I can not wait to meet you all. Please reach out if you have any questions or concerns.

Coach Rachael
Go Sharks!



Favorite food: Ice-cream, I would eat it for every meal if I could. (Pie is in a super close second)

Favorite animal: Ostrich. Not many people know about ostriches, but they are super strong!

Weirdest talent: I can make a whistle out of an acorn top, weave a basket, and do one hand-stand push-up.

Obsession: I love plants. If I get anymore, they will

probably create a forest in my room.

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; but we do offer a suit design through the following link:

<https://sportfairusa.tuosystems.com/stores/dsharks21>

Sizing for swimsuits, for those interested in purchasing a team swimsuit, will occur at our in person registrations. By ordering through the attached link, the suits will be delivered in bulk to the team with the expectation of delivery by the time practice starts. With covid, there is always a chance of delay. So please keep that in mind.

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 17th – 9am - Noon

April 29th – 6pm - 9pm

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!!!!

2021 Officials' Clinics

Details will be forthcoming. Most likely some online options may exist this season. Refer to the Rappahannock Swim League website: www.rslswimming.com for dates, locations and times of clinics.

Tentative Meet Schedule

Division 2

Date	Start Time	Home	Visitor
Wednesday, June 16 th	6pm	Fox Point	Dahlgren
Wednesday, June 23 rd	6pm	Dahlgren	Spotswood
Wednesday, June 30 th	6pm	Spotswood	Dahlgren
Wednesday, July 7 th	5pm	Hampton Oaks	Dahlgren
Wednesday, July 14 th	6pm	Dahlgren	Fox Point
Wednesday, July 21 st	6pm	Dahlgren	Hampton Oaks

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	Debbie Thomason	540-645-0662	debbie.r.thomason@gmail.com
Vice President	Heather Brown	540-645-3079	heather@dahlgrensharks.com
Treasurer	Nathan Morrow	540-538-2243	nathan@dahlgrensharks.com
Secretary	Diane Armstrong	703-989-2282	dianef.armstrong@gmail.com
RSL Representative	Bill Fairfax	540-940-5423	billf574@gmail.com
Head Coach	Rachael King		
YMCA Aquatics Director	Alexandra Bentz	Office: 540-775-9622	abentz@family-ymca.org

Swim Practices

From June 1st – July 26th – Monday through Friday

Below was the practice schedule in 2019. More details will be coming out on the schedule for 2021 based on registration.

<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

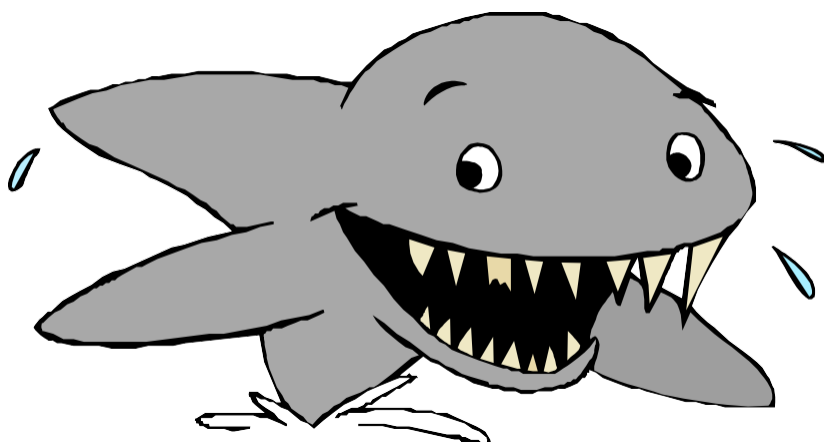
No practice the day after an away meet.

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.