



DAHLGREN SHARKS

2022 Handbook

www.dahlgrensharks.com

Dahlgren Sharks 2022 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 third term as President. The Dahlgren Sharks have been around now for 56 seasons, and we are looking forward to many more seasons to come. I have 3 grandsons that swim for the Dahlgren Sharks. Last season was our first season back since Covid – 19 took over. Due to that factor, we unfortunately lost quite a few swimmers' last season. Because we did not have as large of a team as we normally do, we did not have a winning season. But we are hopeful to get back to our normal season and see all the former yet familiar faces that we have had on our team in the past. So, if you know of anyone who is interested in swimming, please feel free to tell them to come and be apart of the Shark's family.

This season swim team will be led by a new head coach, Lindsay Knoke. Lindsay is finishing her educational journey in May 2022. She will have earned a double major from the University of Virginia. She comes to us having a lot of swimming experience from being an assistant coach for the Hopyard Hammerheads from 2016 to 2019, to being an aquatics supervisor at UVA from 2019 to 2022. She will be assisted by Andrew Green (Assistant Coach), Sarah Green (Assistant Coach), and Deborah Fairfax (Assistant Coach). Please join me and the rest of the board in welcoming her to our Shark's family, along with the assistant coaches for this season

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. The board and coaches are excited about the upcoming season! 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



Coach's Letter

What's up Sharks swimmers and parents! My name is Lindsay Knoke and I'm super excited to be your coach this year! I know that summer swimming has been different the past couple years and I'm so excited for this summer and a somewhat return to normalcy. I have been swimming for most of my life and have spent many seasons with the RSL. I first swam with Eden Estates and then with Hopyard, so I can't wait to bring my time with King George area teams full circle and add Sharks to the list. I did summer swim team from when I could barely get across the pool until I aged out and also swam for the Rappahannock Raiders and KGHS swim team while in middle and high school. In college I have been swimming for Club Swimming at UVA, where I just got to be part of the CCS women's national championship team! I've spent many previous summers as an assistant coach for the Hopyard Hammerheads which was a blast and I can't wait to coach for Dahlgren this summer. I personally think that summer swim team is the best way you can spend your time off from school, and it's such a good way to learn water safety, sportsmanship, meet new friends, get rid of some energy, and just have an overall great time. I have so many wonderful memories from summer swim and am excited to make some more this season. I love nothing more than watching swimmers work hard in practice and accomplishing their goals, and I know I'm going to see a lot of that this summer. Can't wait to meet you all and please reach out to me if you have any questions, comments, or concerns.

GO SHARKS!

Coach Lindsay

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 2022!

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/ds22>

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. Cut off for the group order will be May 15th.

Fees and Registration Process

Swimmer fees are as follows:

1 st swimmer -	\$150.00
2 nd swimmer -	\$125.00
3 rd swimmer -	\$100.00
4 th swimmer -	\$80.00
5 th + swimmer -	\$55.00 each

(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. See website for dates/times.

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. 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!!!!

2022 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

Independence Division

Date	Start Time	Home	Visitor
Wednesday, June 15 th	6pm	Dahlgren	College Heights
Wednesday, June 22 nd	6pm	Dahlgren	Aquia Harbour
Wednesday, June 29 th	6pm	Hopyard	Dahlgren
Wednesday, July 6 th	6pm	College Heights	Dahlgren
Wednesday, July 13 th	6pm	Dahlgren	Hopyard
Monday, July 18 th	6pm	Aquia Harbour	Dahlgren
Saturday, July 30 th		Finals	

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
Fawn Lake – 11305 Long Street Drive, Spotsylvania Courthouse, VA 22551
Hampton Oaks – 80 Northampton Boulevard, Stafford, VA 22554
Leeland Station – 115 Riggs Road, Fredericksburg, VA 22405
Massad YMCA – 212 Butler Road, Falmouth, VA 22405

Division 2 – Patriot Division:

Ferry Farm – 11 Mercer Lane, Fredericksburg, VA 22405
Fox Point – 6120 Blackstone Boulevard, Fredericksburg, VA 22407
Spotswood – 403 Lorraine Avenue, Fredericksburg, VA 22408
Woodlands – 2 Northampton Boulevard, Stafford, VA 22554

Division 3 – Independence Division:

Aquia Harbor – 204 Bow Cove, Stafford, VA 22554
College Heights – 604 Greenbriar Drive, Fredericksburg, VA 22401
Dahlgren – 10545 Kings Highway, King George, VA 22485
Hopyard – 5888 Coakley Drive, King George, VA 22485

Division 4 – Freedom Division:

Eden Estates – 8361 Cedar Lane, King George, VA 22485
Lake Wilderness – 12010 Jacksons Ford Road, Spotsylvania, VA 22551
Lee's Hill – 4300 Essex Court, Fredericksburg, VA 22408
Spotsy YMCA – 5700 Smith Station Road, Fredericksburg, VA 22407

Division 5 – American Division:

Austin Ridge – 27 Boulder Drive, Stafford, VA 22554
Caroline YMCA – 17422 Library Boulevard, Ruther Glen, VA 22546
Lake of the Woods – 101 Sweetbriar Park Road, Locust Grove, VA 22508
Salem Fields – 11125 Rappahannock Drive, Fredericksburg, VA 22407

Division 6 – National Division:

Chancellor – 6052 Plank Road, Fredericksburg, VA 22407
Country Club – 11031 Tidewater Trail, Fredericksburg, VA 22408
Grafton – 709 Jett Street, Fredericksburg, VA 22405
Idlewild – 2280 Idlewild Boulevard, Fredericksburg, VA 22401

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	Beth Aanerud	540-645-3079	beth@dahlgrensharks.com
Treasurer	Nathan Morrow	540-538-2243	nathan@dahlgrensharks.com
Secretary	Suzanne Cox		suzanne@dahlgrensharks.com
RSL Representative	Bill Fairfax	540-940-5423	billf574@gmail.com
Head Coach	Lindsay Knoke		
YMCA Aquatics Director	Alexandra Bentz	Office: 540-775-9622	abentz@family-ymca.org

Swim Practices

From May 31st – July 29th – Monday through Friday

Below was the practice schedule in 2021. More details will be coming out on the schedule for 2022 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

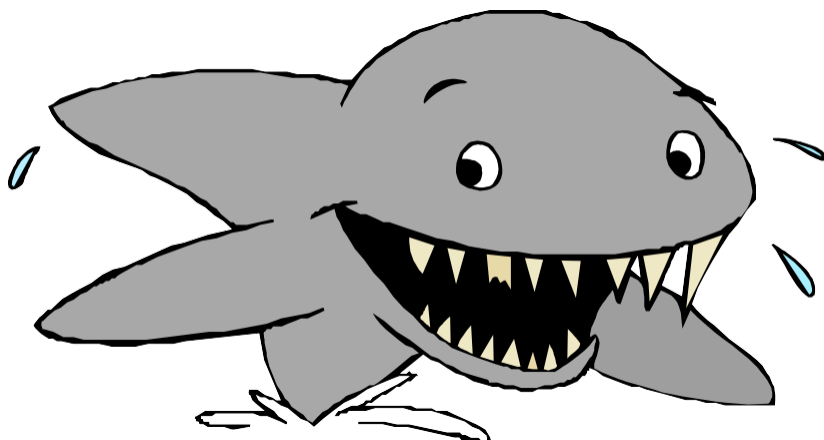
No practice the day after an away meet.

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)