

*WELCOME TO THE BLUE DOLPHINS.
Oviedo Branch*



The Blue Dolphins Swim team was established in 1972 by Battle of the Bulge Veteran, Harry Meisel. Coach Meisel founded the team on a belief that Age Group competitive swimming offers an exciting and valuable experience in a young person's life. It can be learned and enjoyed by those with little or no ability as well as those of Olympic caliber. Its values go far beyond that of just learning to swim fast. In a well planned and directed program every participant can gain from his or her experience, whether or not he or she ever wins a single race. It is for this reason that the following team objectives have been adopted:

- To provide opportunities for social and emotional development
- To furnish a wholesome physical and recreational outlet
- To provide the opportunity to learn sportsmanship and make swimmers aware of team cooperation and pride
- To provide opportunities to learn good health habits.
- To provide the highest level of training and competition for all swimmers
- To provide the opportunity to gain self-esteem and worth by making a commitment to excellence in this great sport
- And finally, to learn well a sport activity they can enjoy the rest of their lives

Parents must understand that they also must have a strong commitment to their swimmer and the team. They must support and take a genuine interest in their child's major sports activity. Over the years the Dolphins have been "family", and it is this bond that has made the team successful. Let me close with these fine lines by an unknown author--

"There is a bond that makes us brothers No one goes his way alone. All that we send into the lives of others Comes back into our own."

Again, welcome to the Blue Dolphins team. Have a sunny day!

This Packet was designed for new or interested families to learn more about the Blue Dolphins and how the team works...

REGISTRATION

FIRST STEP -

Email Coach Sue to set up a trial week. Coachsue.bd@gmail.com
First try the team for a week to see how you like it. DO NOT REGISTER BEFORE THE WEEK IS OVER.

REGISTERING - cost total is: \$125 per year - split between Blue Dolphins and USA swim.

Registration begins on the Blue Dolphins website. www.bluedolphins.org Be sure you are at the Oviedo Site listed above. Registration for the calendar year is \$125 per swimmer and must be completed for insurance purposes and it allows your swimmer to compete in sanctioned events. You will need to register on two sites, www.bluedolphins.org and then you'll be sent to USA swimming to complete registration.

FEES

FEES - All fees will be invoiced through the team website once an account has been set up. Invoices will be charged on the first of every month. This will be the only date your account or CC will be charged unless there is a special case when the fee is annually charged but this is rare.

MONTHLY DUES range from \$50 - \$160 depending on the group and can be found under the groups tab on www.bluedolphins.org

MEET FEES - Every meet will have fees associated with it. Pool rent, operational fees, timing equipment, and uploading times into the national Database all cost so each meet will have a fee. This fee is usually around \$24 for a 1 day meet and up. It also depends on the number of races.

PAYMENT OPTION - The two payment options are auto checking (ACH) or credit card. One must be on file when the registration process is complete. The team site uses a third party bank to handle all transactions. The Blue Dolphins do not have access to this information for security reasons. The site is secure.

MONTHLY ONLY - You only pay for the month you swim, regardless of number of workouts attended. If a swimmer decides to take off a month, you will be credited for that month or suspended so no fees are assessed. Please notify Coach Charlie by the 20th of the prior month in order to suspend or credit the account. Notifications after this will incur a 3% charge to cover fees assessed by the bank.

GROUPS

The Oviedo branch is made up of 7 different groups to cater to the specific needs of each athlete. The groups are based on age and experience level. Barracudas, Pre Flippers through Bronze are for all ages. Silver 1 and 2 are for middle schoolers. Senior and National group is for high school, college, and post grad athletes.

Barracudas - Seasonal introduction to swimming April - October

Pre Flippers - Beginner level young ones. Ages 6 and up. These athletes will learn the basics of body positioning, kicking, head position, and the strokes. 2 days per week

Flippers - Focusing on learning the basics of the strokes, turns, and good practice behaviors. 2-3 days per week

Blue - develop skills in order to move up to next level 2 days per week

Bronze - More detail on strokes, practice behavior, and conditioning is introduced. 3-4 days per week

Green - develop skills in order to move up to next level 2 days per week

Silver 1- Athletes who have achieved all goals in the bronze level and have entered a minimum of 6th grade. Continued focus on strokes and practice behavior while increasing the conditioning aspect of the sport. 5-6 days per week

Silver 2 - More advanced of the silver swimmers. Most have achieved or are close to FLAGS standards and have shown the ability to focus and handle higher level of conditioning 5-6 days per week.

Senior - High school and older swimmers who have achieved the minimum standards. Workout frequency is increased to 6 - 11 swim workouts, weights, and added drylands.

National Team - Any senior level swimmers who have achieved the Sectional level standards or above in a minimum of 3 events.

<https://www.swimdepotusa.com/product-category/swim-teams/blue-dolphins-oviedo/>

Coach Charlie's note - These groups are designed for progression as the swimmers get older. I prefer an athlete who is excited about the sport and ready to work hard as they enter 8th grade. At a younger age, participating in other sports is encouraged as it can help to develop skills that can be beneficial in swimming. It also provides an opportunity for your athlete to pick swimming out of love and not being forced. I do suggest picking a single sport at high school or at least dedicating yourself to one year round. If an athlete chooses to be a two sport student, they should be able to balance the demands of BOTH sports while maintaining high academic standards.. USA



swimming and Florida Swimming have created time standards and age group motivational times - learn them and shoot for them! FLAGS and B or A standards are excellent goals.

MEETS

LOCATION - Most meets are local meaning will not travel more than 2.5 hours for competition. Younger swimmers will find that most meets are in the central Florida area. As swimmers get older and more advanced, meets can ultimately be held anywhere in the world. Most swimmers who achieve a Junior National standard or above will attend meets locally with a couple per year being out of state travel.

FREQUENCY - We try to limit meets to 1 per month although there may be 2 per month on occasion.

SANCTIONED - Most meets we attend are sanctioned with USA Swimming and will allow the athletes times to be uploaded into the SWIMS database and kept as a record for future meets. All meets do come with participation fees.

NEW PARENT MEET INFORMATION PACKET - There is a new parent swim meet packet to help explain the process of meet entry on our team website. www.bluedolphins.org and click the new parent tab.

Coach Charlie's Note - Meets are an essential part of the development process for SO many reasons. Swimmer participation, gaining self confidence, learning the ins and outs of competition, progression, meeting friends, having fun, showing parent support, seeing the fruits of your swimmers labor are all just a few of the reasons that meets are so important. If you do not plan on attending meets, this team is not for you.

VOLUNTEERS AND FUNDRAISING

FUNDRAISING - We don't do any fundraising - YAY! I have two children myself and remember the car washes, bake sales, door to door, etc, that they did for the other sports and would have preferred a better way.

EVENTS - We may host events to help cover costs for items the team needs. Swim meets and movie nights (although rare), are both events we can use to cover costs like the awning we paid for at the pool, timing equipment, training equipment, coaches meet travel costs, among other things.

Officials - You are so important to the experience of our sport. Swim meets need officials and we are always in desperate need for help. If you are at all interested in helping officiate meets, please let coach Charlie know. bdcoachrose@gmail.com . Help can be in timing system, starters, stroke and turn judges, and admin officials. All require NO experience as we will train..

VOLUNTEERS - By helping as a volunteer you enable the meets to run, show your swimmer a life lesson of getting involved, meet great people, and usually get a front row seat to the competition.

Coach Charlie's Note - Officials are critical to our sport. USA Swimming has worked hard to have consistency nation wide from State to State and pool to pool. The times entered into the SWIMS database are fair, the swims entered are all legal, and the pools are all measured down to the 100th of an inch. Officials will help to keep up the high standards. Most importantly, officials will help to make the experience for our swimmers a great one. They volunteer and set such great examples for the kids. If you are interested or just curious, please don't hesitate to ask for more inf. Just email me. bdcoachrose@gmail.com

Communication

We encourage parents to attend meets and make it fun for the kids. Unwavering love and support regardless of performance is always the best method.

There should always be a line of communication between parents and coaches. If you have any questions or concerns, please reach out to your child's coach first through email or text.

Coaches are fortunate to be able to spend hours every week teaching the great sport of swimming. It's our goal to develop swimming and team skills and to prepare them for swimming in college if that is their goal. Communication from a coach should come from the remind app or email. If texting is used, they will communicate through the parents and athletes. emails below

Team Website

www.bluedolphins.org

Our Website has loads of information. There is a new parent section that helps to understand swim meets and has an FAQ section. There is a registration tab that also has safe sport practices. All our fees are handles through the website. Please take time to get familiar with the team site as much of the team operation is handled through that.

REMIND - If you look at the calendar link on the team website, it will show you how to sign up for remind for your specific group. This is important as we will send out updates via remind.

WEATHER

THOR GUARD

The pool in Oviedo is controlled by Thorguard, a lightning detection system. Thor guard measures the amount of static in the air which predicts our chance of lightning. Once the pool closes, swimmers must enter the locker room or the car. They can not remain outside.

20 MINUTES LEFT - In most cases we will not cancel practice until there is 20 minutes left. This is the coaches discretion. The old saying in Florida is: ***If you don't like the weather, wait a minute, it will change....***

CONTACT

EMAIL-

Once on the team, contact should be through your coach via email. If you have an emergency, you can always email or text Coach Charlie.

Coach Charlie bdcoachrose@gmail.com, coach sue coachsue.bd@gmail.com

ON DECK-

Coach Eric - eric@rmexpert.com

Parents are not allowed on the pool deck during practice. You are welcome to watch from the gate area. This is not only a city policy but a BD policy for efficiency in workout and for insurance compliance.