



Lemont Park District Dolphins Team Handbook

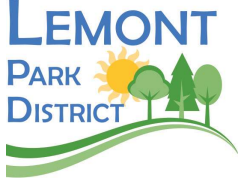




Lemont Park District Dolphins Team Handbook

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Welcome to the Dolphins Swim Team

The Lemont Park District welcomes you to the Lemont Park District Swim Team, known as the LPD Dolphins. The Dolphins have seven different practice groups that swim out of two different pools: the Centennial Outdoor Aquatic Park and the CORE Fitness and Aquatic Center. We are a nearly a year-round competitive swim team participating in 2 seasons, Fall/Winter and Summer.

LPD Mission Statement

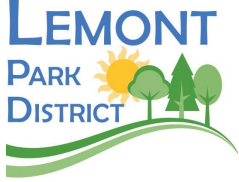
The Lemont Park District (LPD) Dolphin swim team is a developmental and competitive swimming club in Lemont. The mission of LPD is to embrace swimmers of every level and provide them with the best possible environment and resources, allowing them to progress from novice to the highest level of competition. We want to cultivate a competitive swimming program that empowers athletes to reach their highest potential in a safe, supportive, and inspiring environment. The LPD coaching staff strives to instill in swimmers an understanding and appreciation for such concepts as high self-esteem, personal accountability, sportsmanship, teamwork, self-discipline, goal setting and goal achievement. These ideals will translate into each athlete's success in training, competition and in life as they grow and develop into adults. The vision of LPD is to be recognized nationally as a leading swim team, fostering continuous improvement, a commitment to excellence, and pride in sportsmanship while maintaining a positive and encouraging atmosphere for all athletes.

LPD Objectives & Values

- To encourage and achieve excellence in developmental and competitive swimming.
- To promote competitive swimming on a local, regional, state and national level.
- To advance and promote a program that encourages attendance, develops team unity and builds life-long friendships between team members and club families.
- To operate all of our programs at the highest levels of integrity and fairness.
- To provide a positive environment that is challenging, safe, healthy and rewarding for all athletes.
- To offer professional, motivated and talented coaching staff.

History

In 1966, the Lemont Park District was founded by the Lemont Township supervisor, Mr. Lewis Rupert. Mr. Rupert saw a need for recreational programming for the community and was able to start with what we now know as the Lemont Park District. By 1973 the need for a recreational building and swimming pool was recognized and a bond was passed in April of 1974 to build both – what we now call the Centennial Community Center and the Centennial Outdoor Aquatic Park. Coach Erik Enslen was the first head coach of LPD Dolphins, and the first season was September 2010.



PHILOSOPHY OF COMPETITION

The Lemont Park District Dolphins engage in a multilevel competition program with USA Swimming that, like our training program, attempts to provide challenging yet success- oriented competitive situations for swimmers of all ages and abilities. The following policies outline our philosophy:

- We emphasize competition with oneself. Winning ribbons, medals, or trophies is not our main goal. Even if the swimmer finishes first, but has swum poorly in comparison to his/her own past performances, they are encouraged to do better. The individual's improvement is our primary objective.
- Sportsmanlike behavior is as important as improved performance. All the coaches teach swimmers how to behave like a champion when the swimmer has both a "good" and "bad" swim. Respect for officials, congratulations to other competitors, encouragement to teammates, determined effort, and mature attitudes are examples of behaviors praised by the Dolphins coaching staff.
- A swimmer is praised for improving his/her stroke or time. It is the coach's job to offer constructive criticism of a swimmer's performance. It is the parent's responsibility to provide love and encouragement that bolster the swimmer's confidence along the way.
- Swimmers are taught to set realistic, yet challenging, goals for meets and to relate those goals to practice to direct their training efforts.
- Swimmers are prepared and encouraged to compete in all swimming events, distances and strokes. This policy promotes versatility and encourages the swimmer to explore his/her potential in the wide range of events offered in competitive swimming. Oftentimes, a swimmer's "best" stroke changes as they mature and his/her body goes through physical changes.

Becoming Part of the Dolphins

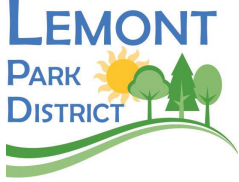
Registering for LPD

All swimmers must complete the registration process for each season of swimming. New swimmers must tryout for the swim team before they may begin registration. You can Register online or Register during the Placement Day usually a couple weeks before the season begins.

Online Registration

Registration must be completed online prior to practicing with LPD. New families will need to provide all information requested and returning families will need to update any new information. Please list multiple e-mail addresses. Families must agree with the following:

- Medical Release Waiver
- Liability Waiver
- LPD Code of Conduct



- Agreement to Billing Terms & Conditions
- LPD Family Volunteer Agreement

All information provided is secure on the website and not made public.

Website Account

Once you have received your acceptance to the team and completed your website registration, you will be given your own online account and should verify your e-mail address. Here you will have access to your personal information, financial account, swim meet sign up, etc. Your primary e-mail address will be used as the user name to log in to this account. E-mails from the website are system generated, so be aware that they may be initially received as junk mail. Meet reminders, invoices and group notifications are all sent via e-mail so please make sure it is an e-mail account you check on a regular basis.

USA Swimming Registration

As a USA Swim Team, the Lemont Park District is required to have all LPD swimmers register with USA Swimming annually. A USA Swimming Registration link will be sent to parents for all swimmers. It is the Parents' responsibility to have this completed in a timely manner. Swimmers will not be allowed to practice after the Coaches' deadline to have the registration completed. There are currently 2 membership options available – Premium and Flex. Premium is the best for all swim meets while Flex is only good for 2 swim meets.

There are many benefits to being a USA Swim Team member. USA Swimming provides supplemental insurance coverage for all swimmers. It also provides us with a platform for competition which goes all the way up to the Olympics!

Club Transfers

Swimmers who transfer from another USA Swimming team to join LPD must fill out a Club Transfer Form at the time of registration. All transferring swimmers are unattached for 120 days following the last date of competition as a member of the prior team. While unattached, a swimmer may practice with LPD and compete in meets, but may not represent LPD or compete on relays until the 120-day period has expired since the last date of competition with previous USA Swimming Club.

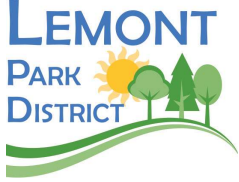
Team Fees

Seasonal Fees Commitment

Your tuition account is used to cover pool rental, coach's salary, operating expenses, awards, website and other administrative fees. Each child's tuition is based on the group that they are placed in. Fees can be found on the team information page of the website.

Prorating Fees

Swimmers who sign up and join the team are expected to pay for the full season. Pro-rating of tuition is only done under the following circumstances:



- If the swimmer starts the season late and with the Aquatics Manager approval
- If the swimmer changes groups during the season
- Special circumstances arise approved by the Aquatics Manager and/or the Head Coach

Refunds

Fees are not refundable unless (a) the program is canceled for the season, (b) a special circumstance arises or (c) you withdraw from a program for medical reasons. Special circumstances might include moving, family crisis, etc. You should immediately discuss any changes in your child's status with their coach and notify the head coach. If you do not notify the head coach, your account will be charged as though your child was training for that period. **Meet entry fees are not refundable.**

Billing & Payments

Registration Fees

Dolphins Swim Team registration is completed through the Lemont Park District's RecTrac system. Participants may register online or in person at the Customer Service Desk. Payment is due at the time of registration.

For registrations over \$400, two payment options are available:

- Payment in Full – Pay the full balance at registration Mailed to Colleen Ganzer at 16028 W 127th Street Lemont, IL 60439
- Installment Billing – Available only with in-person registration. Fees are divided over 3–5 months (depending on the season) and automatically billed to a credit card on file on the 10th of each month until paid in full.

USA Swimming Membership Fees

In addition to Park District registration fees, each swimmer must maintain an active USA Swimming membership. This annual fee is paid directly to USA Swimming through their website. Membership is required for all swimmers, coaches, and officials who participate in sanctioned activities.

- Insurance Protection – Provides liability and secondary accident medical insurance during sanctioned practices, meets, and events.
- Eligibility to Compete – Required to enter any USA Swimming–sanctioned meet (local, regional, or national).
- Development Programs – Supports swimmer development, coach education, official training, Safe Sport, and diversity/inclusion initiatives.
- Recognition & Rankings – Swimmers are included in the official USA Swimming database (SWIMS), which tracks times, records, and national rankings.



USA Swim Meet Fees

During the season, the team will attend optional USA Swimming meets that require additional entry fees. These registrations and payments are managed through Team Unify, a separate system used exclusively for the swim team. Please direct any questions about Team Unify to the coaching staff, as the Park District Customer Service Desk does not have access to this system.

Meet Entry Fees

A “meet entry fee” is the cost for participation in swim meets. Most meets we attend have entry fees associated with them. LPD will invoice each participant for the amount owed. Entry fees price varies for each meet. For every sanctioned meet that an individual participates in there is an additional \$2 surcharge that goes to Illinois Swimming. There may be an additional facility fee charge from the host team. Entry fees will be charged before each meet and are included in the monthly invoices. **Once the entries for a swim meet have been turned into a host team, the swimmer is responsible for their entry fees whether they swim or not.** Families with a balance more than 30 days past due cannot register for meets.

LPD Equipment / Gear

Apparel items and additional equipment are available for purchase through our vendor, Eich’s Sports. They are located at 216 Main St, Lemont, IL 60439. Their phone number is 630-257-5836. When you are there remind them, you swim for Lemont Park District for a Team Discount. Swimmers qualifying for championship meets will receive additional gear. LPD offers a wide range of items (for swimmers and parents) including swim suits, T-shirts, bags, sweatshirts, sweatpants, parkas, shorts and jackets through the Team Store on the website from Eich’s Sports. Team suits are not required but are highly encouraged.

LPD Website

The LPD website aims to serve its members by providing news, accomplishments and updates during the season to its members. The following information can be found on the website:

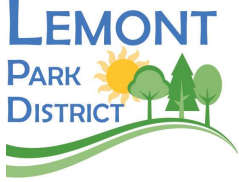
LPD Dolphins

Team Philosophy & Approach

At Lemont Park District Swimming, our mission is to give athletes the opportunity to view swimming as more than just a sport — as an **escape, a passion, and a source of confidence**. We aim to build lifelong relationships with swimming by teaching skills and discipline that support success at every stage of life.

Each season is carefully structured using **macro and micro cycles** with phases of **Conditioning, Endurance, Combination, Sprint, Taper, and Specialized Taper**. Training is balanced with fun to ensure athletes stay motivated and enjoy the process. Our coaches provide **one-on-one attention, goal-oriented planning, and milestone tracking** while promoting teamwork, positivity, and a caring environment.

We believe kids should work hard, but also remember that **swimming should be fun**. Through this balance, swimmers build character, discipline, and friendships that last beyond the pool.



Team Parameters

Our training framework provides clear objectives in five key areas:

- **Training** – Practice sets with a focus on building fitness and endurance.
- **Technique** – Stroke mechanics, efficiency, and skill development.
- **Tactical** – Race strategy, meet preparation, and competitive performance.
- **Team Building** – Character development, motivation, and life skills.
- **Teaching** – Education on nutrition, mental skills, and healthy habits.

Parameters are reviewed and adjusted each season to match the needs of athletes and the growth of the program.

Practice Expectations

- **Attendance** – Regular practice is the most important factor in improvement. Swimmers should arrive suited and on deck by start time and stay for the full practice.
- **Conduct** – Athletes must attend the group they are assigned to. Coaches oversee training; parents are asked to save questions until after practice and avoid coaching from the stands.
- **Safety** – Parents must ensure swimmers enter the building safely and pick them up promptly after practice.
- **Equipment** – Kickboards, pull buoys, paddles, and fins are provided. Coaches will communicate if additional equipment (snorkels, nose clips, etc.) is needed. Swimmers should always bring a suit, goggles (plus backup), towel, cap, deck shoes, and dryland clothes. Team suits are required at meets but not for practice.

Practice Group Descriptions

Bronze (Ages 6–12)

- *Practice:* 2x/week recommended
- *Focus:* Freestyle & Backstroke fundamentals; intro to Breaststroke, Butterfly, racing starts, and turns.

Silver (Ages 7–12)

- *Practice:* 3x/week recommended
- *Focus:* Efficiency in all four strokes, refining turns/starts, intro to interval training & clock use.

Gold (Ages 8–12)

- *Practice:* 3–5x/week recommended
- *Focus:* Advanced stroke mechanics, interval training, race prep. Must be proficient in all four strokes.

Junior (Ages 10–14, Pre-HS)

- *Practice:* 4–6x/week recommended
- *Focus:* Advanced training, race strategy, underwaters, and all four strokes at a competitive level.

Senior (12+, Regional Qualifiers/HS)



- *Practice*: 5–6x/week recommended
- *Focus*: High-level training including dryland (core, plyometrics, weights), race strategy, and technical refinement.

Group Criteria & Movement

Progression between groups is based on:

- Skill mastery & meet performance
- Commitment & attendance
- Training maturity & readiness

Coaches may trial athletes in new groups but only move swimmers when confident they are prepared for success. Athletes not maintaining their group's standards within the first four weeks may be reassigned. **Final placement decisions rest with the coaching staff**, whose goal is to ensure each swimmer's long-term development.

LPD Swim Meets

Meet Requirements

In a season LPD may participate in 1 to 2 Intersquad Meets, 6 to 10 Dual Meets, and attend 6 to 8 USA ISI meets: 1 to 2 of those meets being hosted by LPD. Coaches may specify which meets their group should attend at the beginning of the season. As this is a competitive program, all swimmers are encouraged to participate in competition and should attend the highest level of competition they qualify for. We will participate in a Conference Meet.

Meet Attire

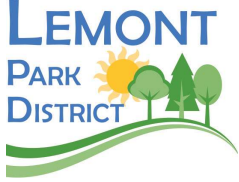
All LPD swimmers are expected to wear the team uniform when competing at meets. The team uniform includes a team swimsuit, team cap and team T-shirt. Team T-shirts and caps are distributed to team members at the beginning of the season. Team suits are sold at Eich's Sports in Lemont.

Wearing team swimsuits and caps, will help the coaches identify swimmers more easily, and will also improve team recognition, team unity and team spirit. Team uniforms display pride in our team and in our sport. Fans can easily identify LPD swimmers by their swimsuits and caps, adding to the excitement of each meet. Team gear should be worn for all awards ceremonies.

Regular Season Meets: Swimmers should wear a LPD team suit during competitions. If a swimmer does not have a team suit a solid colored suit should be worn in its place. Team suits can be purchased from our team store on the website.

Championship Meets: It is encouraged that swimmers 11 years old and older, competing at the regional level and above should compete in a technical suit. A family or swimmer should never feel as though they **MUST** purchase a technical suit. Swimmers should consult with their Lead Coach or Head Coach about if a technical suit should be worn during competition.

Meet Entries



SIGNING UP FOR MEETS

All meet entry should be done in the “Meet/Events” tab of the website then click on “Meet Sign-up”. On this page is a list of meets the team is planning on attending and the sign up deadline for that meet. If you click on a specific meet it will take you to the meet page that provides information about the meet including the meet packet. The meet packet provides meet information about the sessions, entry limits and event listings.

Decide which meets you would like your child to attend and enter them with any comments. Comments might include the events they would like to do, or that they can only attend one day of the meet.

Once the entries for a swim meet have been turned into a host team, the swimmer is responsible for their entry fees whether they swim or not. Changes or additions to the entries are at the discretion of the host team. A final entry report will be posted when the meet entries have closed.

All ISI meets have entry fees associated with them that will be invoiced to your account. Swimmers who compete in meets are accountable for paying their entry fees in a timely manner. Most meets, with the exception of a few, **DO NOT** have any qualifying times, so everyone may participate. All championship meets **DO** have qualifying times and they are posted on the website.

Swimmers may not attend meets on their own without permission from the head coach. If there is a swim meet that you want to attend that the team is not attending – you must notify the Head Coach and we will submit the entry and set up a coach with the host team.

CHAMPIONSHIP MEETS

It is assumed that all swimmers who qualify for regional, state, sectional or national championship meets will be available to compete in these meets. Meet entries for these swimmers will be handled on an individual basis by the coaches. If you have a conflict, let your coach know immediately.

MEET LINE-UPS

The coaches are responsible for developing meet line-ups. When constructing meet line-ups, the coaches use the following philosophy: First, swimmers compete only in the strokes that they can legally swim. This reduces the likelihood of a disqualification. Second, swimmers compete only in the distances that they are physically and mentally ready to handle. The coaches, however, regularly challenge swimmers to attain greater levels of performance. Finally, swimmers are placed into a wide variety of events (not just their favorites).

Swimmers need experience in every stroke and every race distance. This helps them develop as all-around swimmers and helps avoid burnout. Coaches will definitely take into consideration the entries of the swimmers and parents, but ultimately the coaching staff will make the final decision on meet entries. Typically swimmers are not allowed to “swim up” an age group.

Relays – Some meets will have relays and swimmers are expected to compete if asked. Championship meet relays are determined by the coaching staff.

SWIM MEET PROCEDURES



Meet Check-in – Swimmers must check-in with a coach 10 minutes prior to warm-up. Please arrive to meets in a timely manner.

Positive Check-in – Most meets have a positive check-in policy. When this is the case, swimmers must check in at the positive check-in table. When positive check-in closes (usually during the warm-up period), **all swimmers who have not checked will be scratched from the meet.** Scratched swimmers are not allowed to compete in the meet that day. There are no exceptions and no refunds.

Meet Warm-up – All LPD swimmers must participate in the warm-up before all meets. The warm-up usually last from 30 minutes to one hour. The reason for the warm-up is to allow swimmers to adjust to the competition pool, loosen up their muscles and to make final preparations before competition. The warm-up is mandatory for all LPD swimmers. Swimmers must be on time for meet warm-ups.

SWIM MEET FORMATS

LPD competes in a wide variety of meets in order to accommodate the needs of every swimmer on the team. Below is a brief explanation of each type of meet:

Intra-Squad Meet - This is a meet that involves only LPD swimmers. This meet offers events and opportunities to meet the needs of our swimmers. For instance, we may hold a meet specifically designed to introduce developmental swimmers to competitive swimming. Swimmers may participate in up to 4 events.

Dual Meet - This is a meet between two teams and swimmers compete in individual events and relays. Typically, swimmers will not participate in more than 2 individual events.

Pentathlon - In this meet, swimmers compete in 5 events (freestyle, backstroke, breaststroke, butterfly, and individual medley). The distances vary depending on the meet and the age group. The times for all 5 events are added up and places in each age group are determined by the total time for all five events.

ISI Meet - This meet includes multiple teams and often spans several days. Each day is divided into sessions that last four hours or less. Swimmers need to sign up for these meets well in advance and are required to pay entry fees. These meets are highly recommended for swimmers for experience.

Conference Championship - LPD is a member of the South Suburban Swim Conference (SSSC) with other teams in our area. Conference Championships Meets will be held at the end of each season (Winter and Summer). There are no time standards to compete in this meet and it serves as a Championship Meet. The line up for this meet is built by the Head Coach. Swimmers may swim up to achieve scores.

ISI Regional Meet - The state is divided into several regions and any swimmer who achieves a Regional Cut meet time standard may compete in that event as long as they have not qualified for the Age Group State or Senior State Championship Meet in that event. The age groups at this meet are: 10 & under, 11-12, 13-14 and 15-18. Time Standards are posted on the Website and change throughout the years.

ISI State Age Group Championship Meet - This is the state championship meet for swimmers ages 14 and under. The age groups at this meet are: 10 and under, 11-12 and 13-14. Swimmers and relays that achieve at least one Age Group State qualifying time will compete in this meet. During the winter this meet is held in a 25-yard pool and in the summer is held in a 50-meter pool.

ISI Senior State Championship Meet - This is the state meet for all eligible qualifiers with no age restrictions. Swimmers and relays that achieve at least one Senior Championship qualifying time will



compete in this meet. Everyone competes in the same age group. In winter, this meet is held in a 25-yard pool. In summer, it takes place in a 50-meter pool.

Zone Championship Meet - Swimmers with at least one AAA time may compete in this meet. Swimmers compete for Team Illinois. This is a championship meet with Team Illinois competing against eight other states in the Central Zone. Every Olympic year it is a Mega-Zone Meet where Team Illinois competes against all 16 states in the Central Zone. This meet is held in summer only (usually in early August). The age groups at this meet are: 10 and under, 11-12 and 13-14. A separate Senior Zone Meet is held at a different location

Sectional & Futures Championship Meets - These are championship meets run by USA Swimming. The purpose of this meet is to qualify individuals and relays for the National and Junior National Championship Meets. Swimmers and relays (no age restrictions) that achieve at least one Sectional / Future Championship qualifying time may compete in this meet. Everyone competes in the same age group. During the winter, this meet is held in a 25-yard pool. In the summer, it takes place in a 50-meter pool.

JR National Championship Meet – This is the 18 & under national championship. Swimmers and relays that achieve at least one Junior National Championship qualifying time will compete in this meet. Everyone competes in the same age group. The meet dates and formats vary from year to year.

National Championship Meet - This is THE national championship. There are no age restrictions at this meet. This is the national team selection meet (the top finishers in each event are placed on the USA National Team that represents the United States in international competition). Every four years this meet doubles as the Olympic Trials. Swimmers and relays that achieve at least one National Championship qualifying time compete in this meet. Everyone competes in the same age group. This meet takes place in a 50-meter pool and is typically held in spring (March) and summer (August).

Olympic Trials – This meet is held every four years and takes place several months before the Olympic Games. There are no age restrictions at this meet, but swimmers must achieve an Olympic Trial cut in an event in order to compete. This meet serves as the selection meet for the United States' Olympic Team.

Swim Team Travel Meet Fee Policy

Travel meets requiring overnight stays serve our club as both incentive and opportunity to experience the challenge and fun of a different competitive environment. For some, it is a proving ground against regional or national talent, for others, a great opportunity to have a blast in a different city with their teammates.

As a club, we budget to include some of our coach travel expenses, but also realize every athlete does not travel to every meet.

Given this, the Lemont Park District has decided to assign travel meet fees on a per (traveling) swimmer basis to equitably support the coach overnight travel expenses (mileage, hotel, meals, airfare, etc.). Our objective is to balance a commitment to support travel meets with quality coaching with fairness to swimmers who do not participate in overnight travel meets.

With various travel meets requiring different levels of coaching assistance, we have structured our 'travel meet fees' based on both coach role for the meet (managing vs chaperoning) and the number of swimmers attending the meet.

- **\$20 per swimmer** – Coaches attend only to manage and coach at the pool.



Examples: Fishers, Carmel (Indy), WI Age Group State.

- **\$50 per swimmer** – Coaches provide added support such as partial chaperoning, transportation, or meals. *Examples: Iowa, NASA, Clearwater (FL).*
- **Elite Meets** – For national-level meets where coaches are fully responsible for athlete care and logistics, fees reflect actual costs (typically around **\$200 per swimmer**, depending on attendance).

Our goal is to support travel opportunities with quality coaching while keeping costs fair and transparent for all families.

OTHER INFORMATION ON MEETS

Missed Meets - Please notify your swimmer's primary coach and the head coach as soon as possible if you cannot attend a meet that you signed up to attend. Giving coaches ample notice makes it much easier to make line-up and relay changes.

Away Meets - Swimmers are responsible for their own transportation to and from away meets unless the meet is a team bus / plane trip.

Coaches at Meets Each Lead Coach will be at all the meets that they can attend, both USA and Dual. If a coach cannot be there, they will communicate that to their group and who they must talk to after their races at the meets.

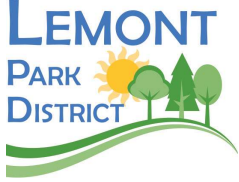
Parents at Meets – Parents are not allowed on the pool deck unless they are timing, volunteering or officiating. Please bring healthy snacks to meets for your swimmers. Parents should cheer and support all LPD swimmers.

Volunteering at Meets – Typically our team needs to help time at meets that we both host and attend. Parents will be asked to volunteer throughout the year. There are numerous ways to get involved and timing is a great way to learn the sport and help support the team. Please see more about the mandatory voluntary requirements.

Officiating at Meets – Parents interested in becoming an official must take a class to become certified. LPD will pay for officials USA membership upon completion of their course work. Please check with the head coach for more information on becoming an official.

What To Take To the Meet

- Most important: Swimsuit, Team Swim Cap and Goggles (2 pairs if you have them)
- Sharpie Pen. To write your event #, heat # and lane # on the swimmer's hands.
- Towels. Realize your swimmer will be there awhile, so pack at least two.
- Something to sit on. Examples - sleeping bag, old blanket, foldable lawn chair or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- Sweatpants or Jacket - bring one. Each swimmer needs to stay warm in between races.



- Games. Travel games, playing cards, coloring books, books, anything to pass the time.
- Food. Each swimmer is usually allowed to bring a small cooler. It is better to bring snacks. Some suggestions for items to bring are: drinks (fruit juices, sport drinks, or best of all water), snacks (granola bars, fun fruits, yogurt, cereal, sandwiches, etc.).
- Once you have attended one or two meets, this will all become very routine. Please do not hesitate to ask any other Dolphin parents for help or information!
- These meets are a lot of fun for the swimmers! They get to visit with their friends, play games, and meet kids from other teams. They also get to “race” and see how much they have improved from all the hard work they have put in at practice.

Special Parent’s Note

Sessions often run for 4 hours, not including warm-ups. The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a swim meet. It makes the time pass very slowly! Also, the bleachers normally have no backs; you may want to consider a bleacher seat with a back.

COACHES RESPONSIBILITIES

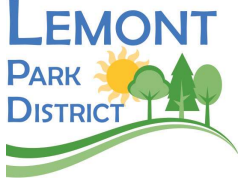
The Lemont Park District coaching staff is dedicated to helping every swimmer grow, improve, and enjoy the sport. To provide the best experience for all athletes, coaches oversee training and competition decisions.

- Practice Groups – Swimmers are placed in groups based on age and ability. When ready, a swimmer may be moved to a more challenging group to continue their progress.
- Training & Instruction – Coaches design practices and teach stroke technique using proven methods tailored to each group’s goals. If you have questions about training or season planning, please reach out to the Head Coach, who will be glad to set up a time to talk.
- Meet Participation – Coaches decide which meets swimmers may attend and which events they will swim. At meets, they lead warm-ups and provide constructive feedback after each race. Parents are encouraged to offer support and positivity, no matter the result.
- Relays – Coaches are responsible for building relay teams. Decisions are based on swimmers’ times, performance at meets, attendance, training effort, and team strategy. Relays may be adjusted to maximize team points.

Relays and team events are an important part of our program, and all swimmers are expected to give their best effort. Every swimmer plays a role in our team’s success!

ADDRESSING CONCERNS

Communicating Concerns



At times, parents may feel more comfortable sharing concerns with other parents instead of bringing them directly to the coaching staff. While understandable, this often creates more confusion than solutions. The best way to resolve concerns is through open and direct communication with our coaches. This allows them the opportunity to address issues, make improvements if needed, and maintain a positive environment for everyone.

Guidelines for Raising Concerns:

- **Shared Goals** – Remember that both you and the coaches want what's best for your child. Even if approaches differ, trusting that the coach has long-term development in mind will help foster constructive dialogue.
- **Patience in Progress** – Coaches often take a gradual approach to training, focusing on long-term growth rather than quick results. This patience should not be mistaken for lack of care or ability.
- **Balancing Individual & Team Needs** – Coaches must consider both your child's development and the needs of the team. At times, individual preferences may be secondary to team goals, but the group experience offers lasting benefits.
- **Communication Process** – If you have a concern:
 1. Start with your child's **Lead Coach**.
 2. If not resolved, bring the matter to the **Head Coach**.
 3. If further support is needed, contact the **Aquatics Manager** at rscribano@lemontparks.org.
- **Supporting Each Other** – If another parent shares a complaint with you, listen respectfully but encourage them to speak directly with the coach, who is the only one able to resolve the issue.

By following these steps, we can ensure clear communication, healthy relationships, and the best possible experience for all swimmers.

Your Role as Parents

Competitive swimming teaches athletes discipline, sportsmanship, and time management while building confidence, fitness, and resilience. As parents, your role is to provide a stable, supportive environment—one that celebrates effort, not just results.

Support & Encouragement – Ensure your swimmer attends practices and meets, cheer them on, and be their biggest fan. Show good sportsmanship toward coaches, officials, teammates, and competitors. Remember, this is their sport—let them set their own goals and enjoy the journey.

Positive Reinforcement – Mistakes are part of learning. Focus on effort and improvement, not just outcomes. Encourage your swimmer's progress with positivity, leaving technical corrections to the coaches.

Parent–Coach Partnership – Parents and coaches share the same goal: helping your swimmer succeed. If



you have questions or concerns, approach your child's head coach respectfully and privately, outside of practice times. Keep your swimmer out of the middle of disputes.

Parent–Swimmer Relationship – Coaches are the technical experts; parents are the cheerleaders. Even if you've swum before, avoid giving conflicting advice that may confuse your swimmer. Stay positive—after a tough race, they need encouragement, not criticism.

Parent–Parent Teamwork – You are part of a community of swim parents. Support one another through carpools, sharing knowledge, and encouragement. Avoid gossip and maintain respect for others.

Patience with Progress – Swimming is complex, and every child learns skills at a different pace. Improvement takes time, and progress may not always be visible. Trust the process and encourage your swimmer to speak with their coach if they feel discouraged.

Motivation & Balance – The best motivation comes from within. Let your swimmer's passion drive their effort and support their interest in exploring other sports or hobbies as long as it remains healthy and balanced with school and family life.

By staying positive, respectful, and patient, you help create the best environment for your swimmer's growth and enjoyment in the sport.

Nutrition & Hydration for Swimmers

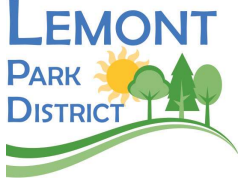
What you eat and drink directly impacts your training, performance, recovery, and overall health. Consistent, balanced nutrition fuels your body for the demands of swimming and supports long-term well-being.

Key Principles of a Swimmer's Diet

- **Carbohydrates (50–60%)** – Your main energy source. Focus on whole grains, fruits, vegetables, and starchy foods like rice, pasta, and potatoes.
- **Protein (15–20%)** – Builds and repairs muscles. Include lean meats, poultry, fish, eggs, beans, nuts, and dairy.
- **Healthy Fats (20–30%)** – Support energy, hormone health, and recovery. Choose sources like avocado, nuts, seeds, olive oil, and fatty fish.
- **Hydration** – Aim to drink water regularly throughout the day. For intense or long sessions, use electrolyte-rich fluids to replace sodium and other minerals lost in sweat.

Nutrition Around Training & Competition

- **Daily Training** – Most swimmers need 2,500–4,000 calories per day, depending on age, size, and training load. Replenish energy quickly after practice by eating a carbohydrate-rich snack with some protein within 30 minutes (e.g., chocolate milk, yogurt with fruit, or a smoothie).
- **Pre-Event** – In the 2–3 days leading up to a meet, focus on higher carbohydrate meals and plenty of fluids. Eat a light, easily digestible meal 3–4 hours before competition (e.g., oatmeal with fruit, a turkey sandwich, or rice with lean protein).
- **During Competition** – Stay hydrated and eat small, frequent, easy-to-digest snacks between races. Good options include fruit, granola bars, pretzels, or sports drinks if racing frequently.



- **Post-Event Recovery** – Rebuild energy and muscle by combining carbohydrates and protein within an hour of finishing. Follow with a balanced meal (protein, carbs, vegetables, and healthy fats) to support recovery.

Hydration Tips

- Begin workouts well-hydrated; urine should be light yellow.
- Sip water or a sports drink during long practices and meets.
- Replace fluids after swimming — aim for about 16–24 oz per pound of body weight lost in sweat.

Bottom Line

There are no “magic foods” or fad diets. Consistency matters most. A varied, whole-food diet — supported by good hydration — will fuel peak performance in the pool and build lifelong healthy habits.

Be a Role Model

Children learn from many influences—coaches, teachers, teammates—but the most powerful examples come from parents. Your actions and attitude, both verbal and nonverbal, shape how your child approaches swimming and competition. A look of encouragement can inspire them, while frustration or negativity can discourage them.

Tips for Parents at Swim Meets:

- **Show Good Sportsmanship** – Support all swimmers, respect coaches and officials, and manage emotions even when things don’t go as planned.
- **Promote Team Spirit** – Cheer positively for your swimmer, their teammates, and the program as a whole.
- **Keep Perspective** – Put your child’s growth and enjoyment ahead of your own expectations or ego.
- **Have Fun** – Enjoy the swim experience yourself; your attitude sets the tone for your child.
- **Get Involved** – Volunteering strengthens the team, builds community, and shows your child that their sport matters. Most roles require no experience, just a willingness to help.

By modeling positivity, respect, and support, you give your child—and the whole team—the best environment to grow and succeed.

Dolphins Family Volunteer Guidelines

Volunteering

Swim meets run on family support. Volunteering keeps events safe, on-time, and fun—and directly benefits our swimmers through better equipment, coaching, and team activities. We don’t charge athletes for volunteering; we simply ask every family to pitch in.

Why it matters



- Creates a great meet experience for all swimmers
- Builds community and shows your swimmer their sport matters
- Gets you closer to the action (and out of the hot, crowded stands!)

How it works

- We host several events each season (dual meets, USA meets, and an intrasquad).
- Jobs include timing, concessions, admissions, clerk of course, awards, and more—most require no experience.
- Sessions are typically ~4 hours, and many parents volunteer during their swimmer's session.

Family commitment

- Each family is expected to volunteer at **a minimum of 2 meets per season**.
- If you can't make a date, a trusted adult (relative, friend, caregiver) may volunteer on your behalf.
- Set-up/tear-down spots are great options if your schedule is tight.

Questions

Contact the Head Coach at **dolphins@lemontparks.org**—we'll help you find a role that fits.

Thank you for helping our meets—and our swimmers—thrive!

Thank You

We are grateful for your support, commitment, and partnership in making the Dolphins program a positive and rewarding experience for every swimmer. The success of our team depends not only on the hard work of our athletes and coaches, but also on the encouragement and involvement of our families. If you have any questions or need clarification at any time, please do not hesitate to reach out to the **Head Coach** at **dolphins@lemontparks.org**. Together, we can continue building a program where swimmers grow, succeed, and most importantly, enjoy the journey.