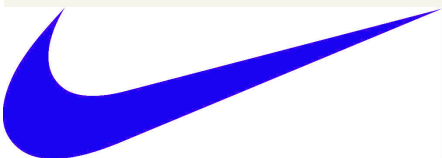


**Head Coach**

Mike Kavanaugh

**Board of Directors****President**—Bob Sweet**Vice President**—Nadine Grismer**Treasurer**—Brian Dankemeyer**Secretary**—Jennifer Wollpert**Awards**—Kecia Griffin**Registration**—Angela Thuma**Web**—Charlie Kostov**Marketing/Team Certification**—  
Cindy Theobald**Spirit Wear**—Jen Blaksley**Fundraising**—Janine Heidtke**Members** - Susan Dunnett**Team Partners**[www.ElsmoreSwim.com](http://www.ElsmoreSwim.com)[www.NikeSwim.com](http://www.NikeSwim.com)

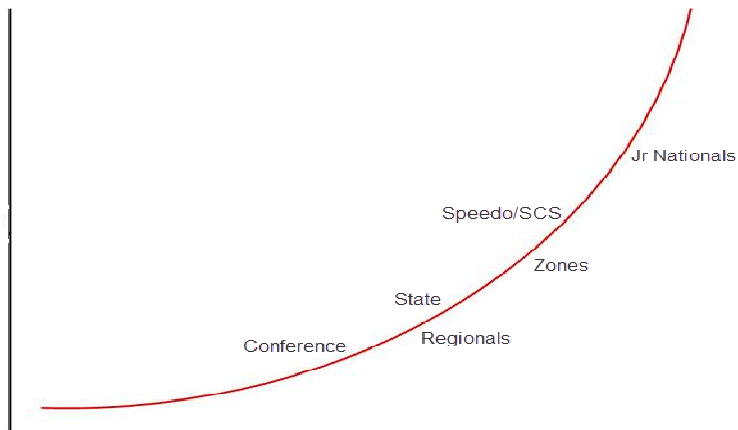
# Dolphin Encounters

## Welcome to the New Season!

Welcome to the new season! I am really excited to be on deck actively coaching your kids. There have been some pretty big changes for the start of the short course season that we think that will really help the team, mainly the Nike & Elsmore sponsorship. One of the benefits that was not mentioned in the previous newsletter is that we will look like a team with all the swimmers in the same color & style(s) of suits. This also extends to the coaches as well.

I am sure a lot of you are wondering, so what can we expect this season? What will be worked on? How does the mean measure success now?

As a coaching staff, we believe in the long term development of our athletes as swimmers and as people, we are shaping swimmers in and out of the pool. We measure success by expecting swimmers to be their best at all times. Swimming is a fantastic sport in that every swimmer grows at their own pace, some swimmers peak earlier than others and some peak later than others. As long as swimmers give their best effort in practice and at meets, we as coaches cannot be disappointed with an outcome of a race. The graph below depicts how a swimmer can track their progress against higher level meets.



If we have swimmers not swimming in the conference meet, then we want them at the conference meet. The next meet is Regionals, which requires qualifying times. We want the swimmers to ask themselves "what do I need to do to get to this meet?" This goes all the way up to the National circuit. Not everyone is going to be a Zone level swimmer, or a state level swimmer, and that is ok. We as coaches will provide the tools, motivation, and instruction that can help them get to the level they want to be at.

We want parents to be supportive of their children. If you have questions or concerns, please contact me, and I will be happy to meet with you and explain what we are doing.

**Please be sure to watch the sign up for the Fox Fall Splash, this meet sign up date is rapidly approaching! Sign up is by September 16th, 2013.**



# Dolphin Encounters

## New swimming policies!

The team will have new policies for selecting events for swimmers, team suit/caps, wearing technical suits, attending practices, and a new swimmer incentive program called IM Tough.

### Processing Meet Entries

Completing meet entries is the responsibility of the W DST Head Coach. W DST uses Team Unify to power the W DST Website. With the Team Unify website, the W DST Head Coach will set up the Meet as an event and tie a registration deadline to it. The registration deadline will be roughly one week prior to the due date of the entries to the host team.

After the event has been created, all team members will receive an e-mail that the event has been created and members can declare their swimmers intent to swim the meet. W DST will allow parents to initially choose their swimmer's events.

Families and swimmers do not always see where a child's strength will be. It's not always about winning. We want our swimmers to be versatile. Same for relay orders. Coaches may put the relays together in different ways, depending on what they are looking for.

Once the registration deadline has passed, the Head Coach will go into the website and either approve the entries chosen or make any necessary event changes to the swimmers participating in the meet. It is W DST Team Policy, that the Head Coach will have the final say on all swimmer's events.

### Tech Suit Policy

Swimmers wishing to wear a technical suit, a tech suit is defined as a suit with a FINA sticker, require the approval of the Head Coach for any meet. Swimmers who wear a technical suit without the permission of the Head Coach will either be scratched from the current session or from next session's day's events.

Swimmers who are attending Championship meets and wish to wear a technical suit should wear a Nike Technical suit. Swimmers who experience difficulties should approach the Head Coach with any concerns about the suit that they are wearing. Swimmers who wear a non approved technical suit and without the approval of the Head Coach will be scratched from the session's events by Declared False Start.

### Practice Schedules & Groups Policy

Swimmers are to come to their level's designated swim practice time and day. Any swimmer who shows up to another level's practice will be asked to come back at the swimmer's next available practice. Coaches will determine when a child should be moved to a different group. All communications for this will come from the Head Coach to that swimmer's family.

## Upcoming Meets

### Fox Fall Splash:

10/19 - 10/20

### Registration Deadline:

September 14th, 2013

### Location:

Neuqua Valley High School

Naperville, IL

### J-Hawk SYOA High Point

10/26 - 10/27

### Registration Deadline:

Will be on website soon!

### Location:

Williams Center

U-W Whitewater

### PX-3 Welcome to Winter

11/15 - 11/17

### Registration Deadline:

Will be on website soon!

### Location:

Recplex Aqua Arena

Pleasant Prairie, WI



# Dolphin Encounters

## New swimming policies continued

### Upcoming Meets:

#### BSC 33rd Annual Mustang Classic

11/22-11/24

#### Registration Deadline:

Will be on website soon!

#### Location:

Barrington High School

Barrington, IL

#### WDST 5th Annual Splashtastic

#### Registration Deadline:

Will be on website soon!

#### Location:

Woodstock North High School

Woodstock, IL

### Team Suit/Cap Policy

Starting the 2013 -2014 Short Course Season, WDST has signed a sponsorship contract with Nike.

As a result of this agreement between WDST and Nike, WDST has picked out team suits that will be worn by the team when attending any swim meet on WDST's schedule.

All existing members, defined as swimmers on the team during the Long Course 2013 team roster, are grandfathered into this policy. Any new swimmer joining the team during the 2013 -2014 Short Course Season will need to purchase a Nike team suit for meets.

During the 2013 - 2014 Short Course Season, all new swimmers must wear Nike Team Suits, all existing swimmers must wear the previous season's team suit, with an exception with a tech suit. A tech suit is defined as any suit with a FINA sticker on it.

Starting Long Course 2014, all swimmers must have a Nike Team Suit. Swimmers who wear a suit other than a Nike Team Suit without the approval of the Head Coach will be scratched from that session's events.

Swimmers are to wear Nike Suits for all Championship meets. Championship meets are defined as any meet at the end of the season that requires a subsequent time standard to compete in. Any swimmer who wears a non Nike Suit without the approval of the Head Coach will be scratched by the Head Coach declaring a False Start for that swimmer for that session's races.

Swimmers must wear a team cap for competitions, any other cap must be approved by the Head Coach.