

PARENT MEETING

LOWELL DOLPHINS SWIM CLUB

2024 - 2025 Season

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01

ABOUT US

Coaches, Board, & Club



COACHING

Head Coach: Kelly Blank

Assistant Coach: Shara Omen

Assistant Coach: Amy Cassata

Assistant Coach: OPEN

Junior Coach: OPEN

BOARD

President: Amy Cassata

Vice President: Shara Omen

Secretary: Mandy Skinner

Treasurer: Leslie Marchant

Fundraiser: Marcy Ishmael

Banquet: Jeanna Sickinger

MarComm: Caitlin Vulistis

Practice **Monday's** from 5:30-6:30pm
in office at bottom of stairs

OFFICE HOURS



WHOS ON DECK

JR. COACHES

HS SWIMMERS

LIFEGUARD

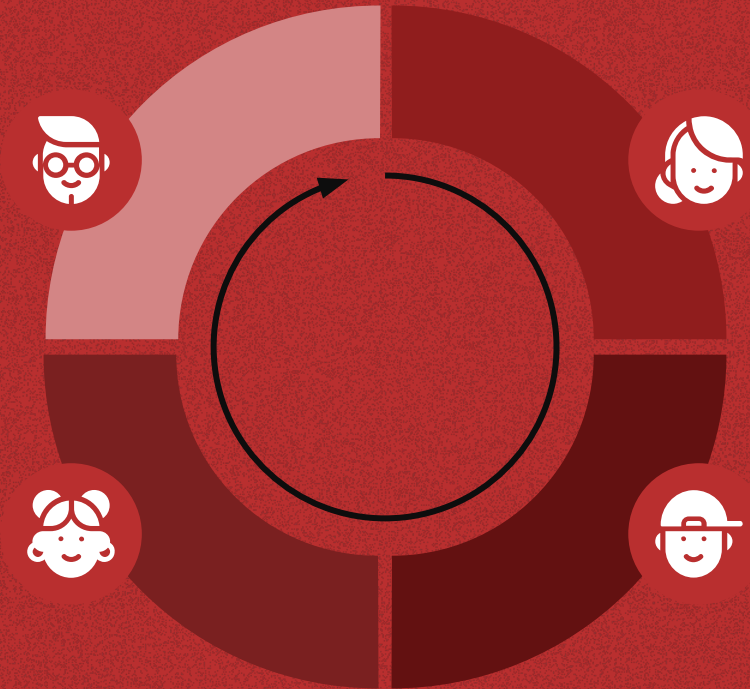
SAFETY

COACHES

ASSISTANT COACHES

BOARD

MEMBERS



SWIM GROUPS

GROUP

FOCUS

GROWTH

WHITE

Focus on basics, free, back,
turn, starts

Lots of repetition, need to
get basics understanding

RED

Free, Back, Fly, Breast,
turns & starts

Building distance,
improving on skills,
beginning on clock

BLACK

Free, Back, Fly, Breast,
turns and starts

Endurance, critiquing of
skills, on clock

SWIMMER SKILLS CHECKLIST

New this year. Each group will have assigned requirements they must pass to be approved to move to the next group. Lanes are grouped by swimmer ability, not necessarily groups. Swimmers will have a large checkoff sheet to easily keep track.

Skill	White Group		Red Group		Black Group	
	Goal	Details to Pass Goal	Goal	Details to Pass Goal	Goal	Details to Pass Goal
Kicking	50 yard flutter kick with boards		100 yards Flutter Kick with Board		200 yards Flutter Kick with Board	
		No stopping for 50 yards		No stopping for 100 yards		No stopping for 200 yards
		Toes pointed, kick is near the surface		Toes pointed, kick is near the surface		Toes pointed, kick is near the surface
	50 yard flutter kick on back	Arms straight on board, eyes looking forward	100 yards Flutter Kick on Back	Arms straight on board, eyes looking forward	200 yards Flutter Kick on Back	Arms straight on board, eyes looking forward
		No stopping for 50 yards		No stopping for 100 yards		No stopping for 200 yards
	25 yard Dolphin Kick on Back (with arms at sides)	No pulling with arms or touching the rope	50 yard Dolphin Kick (w/board)	No pulling with arms or touching the rope	100 yard Dolphin Kick (w/board)	No pulling with arms or touching the rope
		Body is on surface of water, toes pointed		Body is on surface of water, toes pointed		Body is on surface of water, toes pointed
		Back and forth motion of kick - starts from chest		Hips at surface, hips move up and down		Hips at surface, hips move up and down
		Legs straight - slight knee bend on down kick		Arms straight on board, eyes looking forward		Arms straight on board, eyes looking forward
		Big toes touching, toes pointed	50 yard Whip Kick (Breaststroke kick) w/ board	Big toes touching, legs together	100 yard Whip Kick (Breaststroke kick) w/ board	Legs together/toes touching, hips moving up and down
				Hips at surface		Hips at surface
				Arms straight on board, eyes looking forward		Arms straight on board, eyes looking forward
				Feet to bum, toes out, kick around (same time)		Feet to bum, toes out, kick around (same time)



02

SWIMMER EXPECTATIONS

The Do's and Don'ts

COMING PREPARED TO PRACTICE - ATTIRE

A

SUITS

Girls one piece, boys jammers - well fitting

B

HAIR

Long hair pulled up



C

CAPS

Long hair always, meets always

D

GOGGLES

Well fitting goggles

PROPER SWIMMING ATTIRE?

ON DECK SAFETY

RULES

Rules are in place for your swimmers and other swimmer's safety

No Running on Deck, circle swimming, no yelling, no spitting water, heads above water while waiting to swim, no summersaults, no inappropriate behaviors, horse play, inappropriate behaviors in locker rooms

1ST WARNING

Verbal warning of what swimmers was doing incorrect

2ND WARNING

Swimmer will sit out the next practice set

3RD WARNING

Swimmer will sit out rest of practice & parent conversation

ATHLETE CODE OF CONDUCT



- I will respect and show courtesy to my teammates and coaches at all times.
- I will demonstrate good sportsmanship at all practices and meets.
- I will set a good example of behavior and work ethic for my younger teammates.
- I will be respectful of my teammates' feelings and personal space. Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with consequences.
- I will attend all team meetings and training sessions, unless I am excused by my coach.
- I will show respect for all facilities and other property (including locker rooms) used during practices, competitions, and team activities.
- I will refrain from foul language, violence, behavior deemed dishonest, offensive, or illegal.
- If I disagree with an official's call, I will talk with my coach and not approach the official directly.
- I will obey all of USA Swimming's rules and codes of conduct.

SIGNATURE REQUIRED

ATHLETE CELL PHONE POLICY

During practice hours all swimmers' cell phones will be stored on the deck in a cell phone rack and will be assigned a spot number for the entire season. Swimmers will sign a cell phone contract policy for each season. Cell phones will need to be deposited in the cell phone holder as soon as they come on deck.

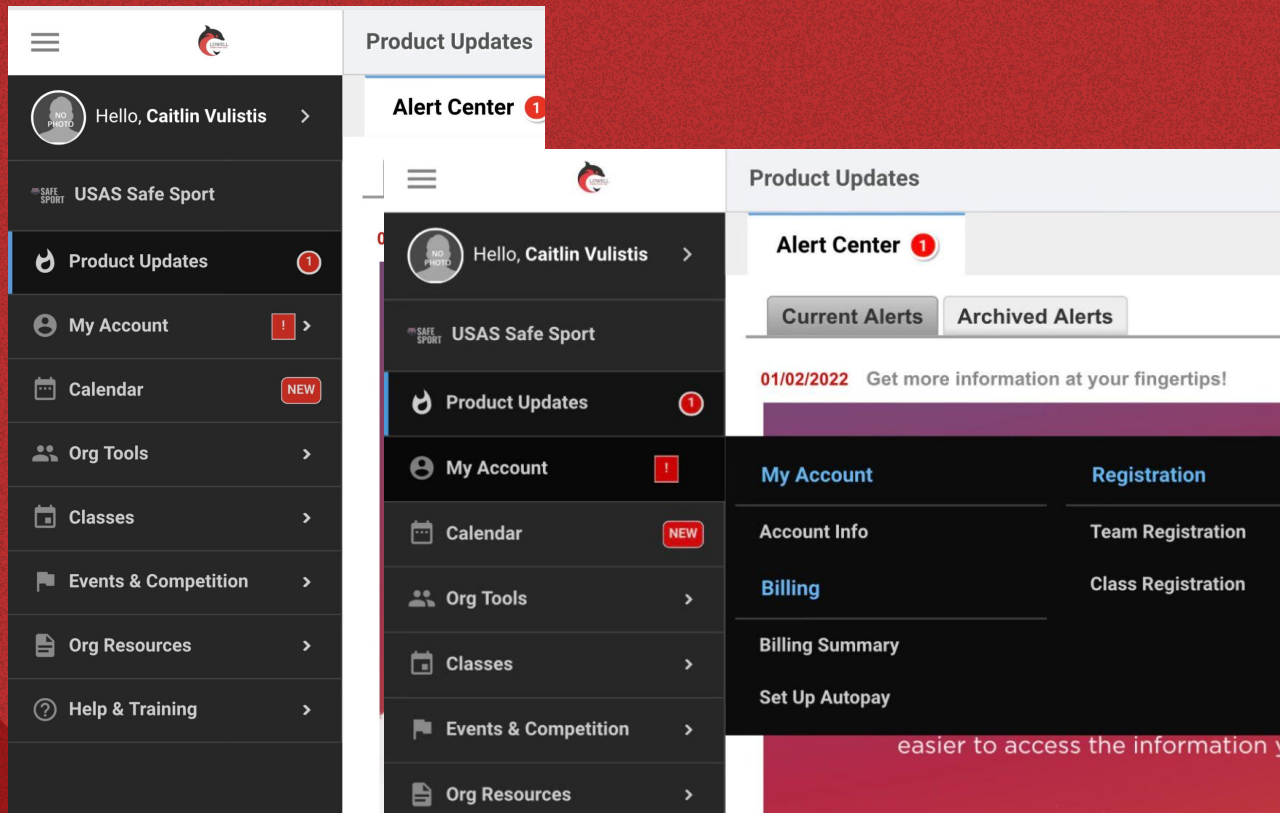
Cell phones will not be allowed in the locker rooms.

Cell phones will be collected by swimmers when they leave the deck after practice. The only exception to this policy would be athletes who need to have their phones with them at all times for documented medical reasons. (Example: Continuous Glucose Monitoring)

The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area: 305.3 Use of audio or visual recording devices, including a cell phone camera, is not allowed in changing areas, rest rooms or locker rooms. This policy is being adopted to protect the rights, privileges and most importantly, the privacy of ALL swimmers.

SIGNATURE REQUIRED

DOCUMENT SIGNATURE PROCESS



Login to your account

1. My Account
2. Account Info

easier to access the information y

DOCUMENT SIGNATURE PROCESS

The screenshot displays a web application interface for account management. On the left is a dark sidebar with a menu containing items like 'Hello, Caitlin Vulistis', 'USAS Safe Sport', 'Product Updates', 'My Account', 'Calendar', 'Org Tools', 'Classes', 'Events & Competition', 'Org Resources', and 'Help & Training'. The main content area is titled 'Account Info' and features a tabbed interface with tabs for 'INFORMATION', 'PAYMENT SETUP', 'SERVICE HOURS', 'CLASSES', and 'AGREEMENTS'. The 'AGREEMENTS' tab is selected and highlighted with a black rectangular box. Below the tabs, the 'Account Information' section is visible, containing fields for 'SE First Name' (Caitlin) and 'SE Last Name' (Vulistis). A large black redaction box covers the middle section of the page. At the bottom, there is a section for 'SE Account Connected' showing a 'Connected' status and a 'Manage at sportsengine.com' button. The 'Account Contact Information' section is partially visible at the very bottom.

Account Info

Hello, Caitlin Vulistis

USAS Safe Sport

Product Updates

My Account

Calendar

Org Tools

Classes

Events & Competition

Org Resources

Help & Training

INFORMATION PAYMENT SETUP SERVICE HOURS CLASSES AGREEMENTS

Account Information

SE First Name: Caitlin






SE Last Name: Vulistis

SE Account Connected: Connected Manage at sportsengine.com

Account Contact Information

Location
Agreements Section

DOCUMENT SIGNATURE PROCESS

INFORMATION	PAYMENT SETUP	SERVICE HOURS	CLASSES	AGREEMENTS	DUES SCHEDULE
↓ Member Name	↑ Agreements	↑ Status	Date Signed		
Mackenzie Deering	Parent Code of Conduct	 Signed	10/01/2024		
Mackenzie Deering	Medical Release Waiver	 Required			
Mackenzie Deering	Cell Phone Policy	 Required			
Mackenzie Deering	Athlete Code of Conduct	 Required			
Mackenzie Deering	COVID Liability Waiver	 Required			

Select Each agreement to
sign

Must sign all agreements

DOCUMENT SIGNATURE PROCESS

Product Updates 1

INFORMATION PAYMENT SETUP SERVICE HOURS CLASSES AGREEMENTS DUE

My Account 1

Member Name Agreements Status

Medical Release Waiver

Medical Release Waiver

I understand that swimming can be dangerous and result in injuries. By signing below, I acknowledge and agree, that the Lowell Dolphin Swim Club, its coaches/independent contractors, board of directors, and anyone connected with the swim program, will not assume any responsibility or liabilities for accidents that may occur during the operation of the program, nor for any medical or dental expenses that may be incurred as a result of such accidents during, or as a result of, course of instruction given my child by the staff. I accept full responsibility for accidents, injuries, or loss of property, and agree to hold the Lowell Dolphin Swim Club, its coaches/independent contractors, board of directors, and all program personnel, harmless.

☒ I have read and agree.

Unsaved changes Save Close

- Select “I have read and agree”
- Then select Save



03

PARENT EXPECTATIONS

The Do's and Don'ts

WHAT WE NEED FROM YOU



COMMUNICATE

TeamLinkit for absence communications



DUES

Paid timely to ensure swimmer can practice



ATTITUDE

Encourage and support coaching staff



TIMELY

Swimmer to be on time for practice



PREPARED

Swimmer prepared when going on deck practice & meets



PARTICIPATE

Fundraise, door duty, cheer



PARENT RULES



DECK

No parents on deck, only swimmers, coaches, board members



LOCKER ROOMS

No parents in locker rooms



PRACTICE WATCHING

White Group - Wednesday
Red/Black - Thursdays



New this year, online payments will be accepted directly via our website.

Please note we are learning this just as you are.

ONLINE PAYMENTS

MEET FEES

Will post after club submits registration to the specific meet

REGISTRATION FEES

Club dues and registration fees can be paid directly here, discounts will be auto applied