

DUBLIN COMMUNITY SWIM TEAM HANDBOOK

2024/25 SHORT COURSE SEASON

Welcome to the Dublin Community Swim Team (DCST) Sea Dragons! We are excited to have your family on board for our 2024-25 short-course season. The following is essential information to help you and your swimmer succeed with the Sea Dragons.

GENERAL INFORMATION

The Dublin Community Swim Team Sea Dragons is a City of Dublin program. Lynn Bowers Swimming LLC manages the team. The Dublin Community Swim Team is a **recreational** swim team with competitive elements that operate under the banner of USA Swimming.

The Sea Dragon program runs year-round for two seasons:

- **Fall/Winter Session** - *aka SHORT COURSE season*. The name is because it primarily swims indoors in a 25-yard pool. The season runs from September to February (for most groups).
- **Spring/Summer Session** - *aka LONG COURSE season*. The name is because we compete in both indoor/outdoor 50-meter pools. Our color and senior groups also practice in a 50-meter pool. This season runs from April to July (for most groups).

The Dublin Community Swim Team members must reside in the City of Dublin or the Dublin City Schools district.

TEAM PHILOSOPHY

The Dublin Community Swim Team is a recreational swim team with competitive elements that operate under the banner of USA Swimming. The Sea Dragon
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program promotes inclusion, team spirit, and sportsmanship. To achieve this philosophy and personal success, we follow the following:

- **Every** swimmer is an integral member of the Sea Dragons Program.
- We help each swimmer grow as an individual and an athlete.
- SMART Goals should be set, evaluated, and achieved throughout the season. SMART is the Acronym for Specific, Measurable, Achievable, Realistic, and Timely.
- The only stroke we specialize in is the Individual Medley. We emphasize teaching and learning correct technique and race strategies for the four competitive strokes.
- Make sure your dedication matches your goals.
- Above all, have fun and develop a life-long love for the sport of swimming.

TEAM EXPECTATIONS

- Our team expectations apply to our athletes, parents, and coaches.
- Adhere to all USA Swimming rules.
- Sign and adhere to the parent and athlete codes of conduct.
- Be inclusive, not exclusive. We are Dublin!
- Meet practice attendance and competition expectations for your swimmers' practice group. These are outlined later in this handbook.
- Parents must meet all volunteer requirements as outlined by the DCST Booster Board.

- Be respectful of teammates, parents, coaches, City of Dublin staff, officials, opponents, and practice and competition facilities.
- Have fun!

PRACTICE GROUPS

DCST has eight practice groups: Mini Dragons, Age Group 1, Age Group 2, Age Group 3, Green, White, Orange, and Senior. Our Mini Dragons and Age Groups are developmental groups, while our color groups are for those swimmers with prior USA or YMCA competitive swimming experience. The Senior group is comprised of swimmers who are in or entering high school.

The City of Dublin, Lynn Bowers Swimming LLC, and the DCST coaches understand and support our swimmers' involvement in family and school activities and sports outside of swimming. It is healthy, especially for young swimmers, not focusing on one sport or activity. However, please keep the following in mind:

- Missed practices may not be "made up" with another practice group. If your swimmer will miss practice, please ask your lead coach to provide a workout your swimmer can complete on their own.
- Continual absence from swim practice will make it difficult for your swimmer to improve their skills in the water. A swimmer will get out of swimming what they put into the sport.

Mini Dragons

Mini Dragons are first-time and returning swimmers under eight years old who want to experience a swim team and learn the fundamentals of each stroke, starts, and turns. Mini-Dragons is **not** a learn-to-swim program. Before joining Mini Dragons, swimmers must be comfortable in deep water (13 feet). They also must be able to swim 25 yards of freestyle and 25 yards of backstroke without

stopping. Mini Dragons should be comfortable in a group without their parents, guardians, or caretakers.

Age Group 1

Age Group 1 is for new and experienced 6 – 9-year-old swimmers already legal in at least two competitive strokes. The group will learn drills and techniques for the four competitive swim strokes, starts, and turns. They also learn the skills necessary to compete in swimming, such as working with teammates, following directions, and listening to the coaches. Before joining Age Group 1, swimmers must be comfortable in deep water (13 feet). They must also be able to swim 25 yards of freestyle and backstroke without stopping. They should also be able to kick 25 yards of either freestyle or backstroke. Swim meet attendance is not mandatory but strongly encouraged.

Age Group 2

AGE Group 2 is for new and experienced 8 – 12-year-old swimmers who are legal in 3 of the competitive strokes. Swimmers in this group will continue to improve their techniques in the four competitive strokes and starts and turns. They will also learn team-building skills, listening to coaches, using a pace clock and racing strategies. Before joining Age Group 2, swimmers should be able to swim 50 yards of freestyle and backstroke without stopping. They should also be able to swim 25 yards of breaststroke and kick 15 yards of dolphin kick. Swim meet attendance is not mandatory but is strongly encouraged.

Age Group 3

The purpose of Age Group 3 is to refine and develop each stroke, turn, and starts for competitions for our 11 – 15-year-old swimmers who are newer to competitive swimming. Before joining Age Group 3, swimmers must swim at least 50 yards of freestyle, backstroke, and breaststroke. They should also be able to swim or kick 25 yards of butterfly. Swim meet attendance is not mandatory but is strongly encouraged.

Green Group

The Green group is for our 8 – 11-year-old competitive swimmers with previous year-round swimming experience. Swimmers in this group should be legal in three of the four competitive strokes and have good start and turn technique. A willingness to accept higher levels of swim training and challenges is also necessary for those in this group. Even though this group will primarily focus on technique, swimmers should also be prepared to learn about goal setting, endurance, and race pace training. Good practice attendance and competing in at least two regular season meets is required. Participation in the end-of-season championship meet is also required.

White Group

The White group is for experienced competitive swimmers, 11 – 14-year-old swimmers. These athletes have high goals and a strong desire to compete at more competitive meets. This group focuses on race strategy, work ethic, endurance, and high performance in both practices and competitions. Athletes will continue to refine and improve their stroke technique. White group swimmers are highly encouraged to attend all practices. Participation in at least two regular-season and end-of-season championship meets is required.

Orange Group

Orange group swimmers are 12 – 14 years old and demonstrate the ability to achieve Junior Championship time standards and/ or present the ability to practice at a high level. If appropriate, those who have achieved (11-12) AAA Zone cuts may be considered for this group. The Orange group is the highest level for Sea Dragon age-group swimming. These athletes are expected to set realistic goals based on time standards and work to attain them, demonstrate time management, maturity, and commitment to training. Orange group swimmers are expected to attend all practices. At least two regular season meets and the end-of-season championship meets are required.

Senior Group

Senior group swimmers must be in high school or attending high school in the fall. Athletes are expected to set goals for the higher level meets within USA
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Swimming. Swimmers in this group must exhibit the maturity and ability necessary to train at a high level. Swimmers in this group will commit to year-round practice and competition. Senior group swimmers are expected to attend all practices. A minimum of two regular season meets and attendance at the end-of-season championship meet is required

High School Club

This group is for current Sea Dragon swimmers not selected for their high school team following high school swimming tryouts. Swimmers on a high school team who must "swim out" will also be considered for this group.

COMMUNICATION

Our Team Unify website is our primary source of communication for DCST. Families can find meet information, hotel information, links to our team apparel store, current time standards, Safe Sport guidelines, and answers to frequently asked questions on our website. If you need guidance, a response to a question, or details on a competition, please visit our website before emailing a coach or posting on Facebook.

- Please email your athletes' group lead coach for training and competition questions. Our coaches' names, groups, and email addresses are on our website under the "Coaches" tab. **PLEASE DO NOT TEXT OR CALL YOUR COACH.** Please do not communicate with a coach during practice. If you have a quick question, please speak with the coach before or after training. Talking with a coach during training takes the coach away from the swimmers.
- For coaching concerns, athlete safety, and Safe Sport issues, please contact Coach Lynn at dcstoffice@gmail.com
- For billing questions, please contact DCST Treasurer Chris Elliott at osueng02@gmail.com
- Booster/Team Questions, please contact DCST Co-Presidents Beth Ehret at bethehret@gmail.com or Dan McGinnis at danmcginnis23@gmail.com

- The coaches will send a bi-weekly newsletter. The letter will contain information on meet deadlines, practice changes, nutrition, "shout-outs" to swimmers, and other important information.
- You may also find information on our Facebook page, "DCST Sea Dragons," and Twitter @DublinSwimTeam.

USA SWIMMING MEMBERSHIP

All swimmers must have a current USA Swimming membership, which costs \$84.00. After September 1, 2024, our registration chair will send our team membership links (renewal and new members). Please do not purchase or renew your athlete's USA Swimming membership until you receive the link and instructions from our registration chair.

If a swimmer does not have a USA membership, they will not be permitted to attend practices or competitions until the membership has been purchased.

All athletes who are 18 years or older must complete USA Swimming's Athlete Protection Training. Failure to complete this training will prevent the athlete from attending DCST practices and USA Swimming competitions.

COMPETITIONS

Swim meets are available for all practice groups. Some competitions are open for all swimmers regardless of the times they have achieved. Other competitions require time standards, such as USA Swimming B times. You can find the most recent USA Swimming Motivational Time Standards and Ohio Swimming Junior Olympic times on our website and in the appendix section of this handbook.

Our competition schedule is posted on our website and in the window of the swim team office at the DCRC. You will also find each meet posted as an event on our website. Under each event, you will find relevant information, including but not limited to meet books, commitment deadlines, events, warm-up times, psych sheets, heat sheets, and results.

If you want your swimmer to compete in a particular meet, you must commit your swimmer to the event **before** the commitment deadline. In most instances, you can also select your athlete's events. Please communicate with your lead coach if you have questions about your swimmer's events. Once we have submitted our entries, we will not add swimmers to the meet.

There have been times when a coach has made an entry error. We will work with the meet host to correct the mistake in these instances.

Families mustn't contact a meet host or Ohio Swimming regarding competition entries. *Doing so does not look favorably on DCST and can result in corrective action and fines for our team.*

Parents are **not permitted** on deck at competitions unless they are a meet volunteer.

EQUIPMENT

The coaches will send a required equipment list for their practice groups. All swimmers should come to practice with goggles, a cap, a towel, and a water bottle.

Speedo sponsors DCST. You may purchase Speedo equipment and receive a team discount at Swimville USA, 837 Bethel Rd, Columbus, OH 43214

REFUNDS

- Meet Fees: Your Team Unify account is charged for your swimmer's entry fees for every competition. These fees are sent to the meet host. Once the fees have been sent to the meet host, we will not refund your fees if your swimmer does not compete
- Booster Fees: Booster fees are non-refundable.
- USA Swimming Registration Fees: These fees are non-refundable and paid to USA Swimming.

- Coaching Fees: In the event of a season-ending illness or injury, you may receive a prorated refund for the portion of the season your swimmer will miss. A doctor's note stating your athlete may no longer participate in swimming will be required. Requests for coaching fee refunds should be submitted to Coach Lynn Bowers at dcstoffice@gmail.com

TRANSFER POLICY

We understand there are times when families will choose to leave DCST and transfer to another USA or YMCA team. If a member leaves DCST to join another USA or YMCA program, they must wait 12 months from when they transferred teams to rejoin DCST. If DCST cannot operate due to COVID-19 or other mandatory shutdowns of 2 months or more, members who transfer teams to continue training will be permitted to return to DCST before the 12-month waiting period.

Attachments

Parent Code of Conduct

Athlete Code of Conduct

Swim Team 101 for new families.

DCST Minor Athlete Abuse Prevention
Policy

USA Swimming Motivational Times

Waivers & Releases

