



HELPFUL PARENT INFORMATION

DCST TEAM PHILOSOPHY

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

- Every swimmer is an integral member of the Sea Dragons program – 260 strong!!
- 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 4 competitive strokes
- Celebrate each victory and find the positives in defeat
- Make sure your dedication matches your goals
- Above all have fun and develop a life-long love for the sport of swimming



DCST PRACTICE EXPECTATIONS

- ❑ All swimmers and coaches must have a valid DCSC ID card for entry.
- ❑ Parents must have Photo ID checked before entry into the pool or scan their DCRC membership ID.
- ❑ Children ages 5 through 7 must be within sight of their attending adult at all times.
- ❑ Children ages 8 and 9 must have an adult in the facility at all times.
- ❑ Before and after practice, swimmers may only use the lap or leisure pool if they are members of the DCRC and are under adult supervision.
- ❑ Parents may not use the DCRC pools, workout equipment, or leisure areas unless they are DCRC members.
- ❑ Parents should not have their Swimmers “do extra” practice before or after practice.
- ❑ Please do not wait in the fire lane in front of the DCRC when you come to pick up your swimmer. Cars in the fire lane prevent first responders from entering the DCRC quickly in an emergency.
- ❑ Please be prompt when picking up your swimmer.
- ❑ Parents must not be on the deck speaking with the coaches or "coaching" their swimmers during practices. Parents should observe practice from the bleachers.
- ❑ Missed practices may not be "made up" with another practice group.



DCST MEET EXPECTATIONS

- ❑ Swimmers are only allowed to participate in meets their practice group has been assigned.
- ❑ Please participate in as many meets as possible.
- ❑ Color groups have specific meet requirements to continue participating in the color groups.
- ❑ Parents and swimmers can make event requests, but coaches have final say in entries and can change them based on needs of the swimmers and current ability.
- ❑ Parents are required to volunteer at meets. See Volunteer Information on website.
- ❑ Parents are not allowed to be on the deck speaking with the coaches or "coaching" their swimmers during meets. There are some meets where parents can sit in the ready room with their swimmers.
- ❑ Coaches are not responsible for ensuring that your swimmers get to their events. Depending on the meet, they will have a Clerk of Course or Bullpen to line up swimmers for their events.
- ❑ **Parents are not to contact coaches during the meet unless there is an emergency requiring the swimmer to be removed from the meet.**
- ❑ **Failure to comply with the Code of Conduct will result in disciplinary action.**



FIRST MEET SIGN UP

How to sign up for your first meet . . .



SWIM GROUP OR COACHING RELATED QUESTIONS

- All swim/swim group specific questions should be relayed to the coaching staff not the booster board
 - Your swimmer's lead coach should be the first point of contact for any swim/group related questions after practice, not during practice.
 - If your lead coach cannot answer the question, you will be referred to the Director of Coaching for assistance
 - Please be respectful in all communication with coaches. Coaches should not be contacted about relay selections.

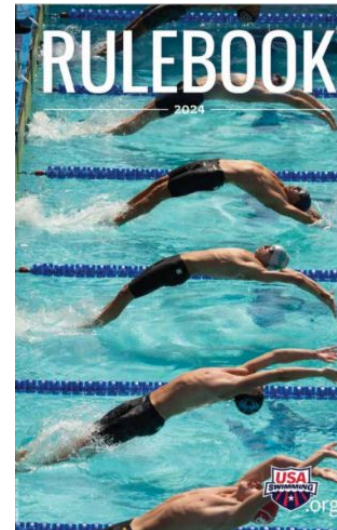


RULES AND REGULATIONS

□ Safe Sport



□ USA Swimming Rules



□ Team Handbook

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



PARENT AND SWIMMER CODES OF CONDUCT

- Every family signed the Parent Code of Conduct and the Swimmer Code of Conduct upon registration.
- The DCST Coaching Staff and Booster Board takes the Codes of Conduct very seriously.
- *Parents are NOT permitted on pool deck during meets unless they are a USA Swimming Official or Coach signed in for that meet or have a volunteer role.*



DCST BOOSTER ORGANIZATION

Executive Board

- ▣ **Presidents**
 - Beth Ehret
- ▣ **Vice Presidents**
 - Open
- ▣ **Secretary**
 - Heather Carlisle
- ▣ **Treasurer**
 - Chris Elliott

Committee Chairs

- ▣ **Apparel**
 - Tiffanie Ryan
- ▣ **Awards**
 - Paru Patel
- ▣ **Irish Festival**
 - Carrie Everingham
- ▣ **Records**
 - Open
- ▣ **Communications**
 - Joannie Blum
- ▣ **Website**
 - Keith Glover



DCST BOOSTER FEES GO TO...

- Apparel – such as; t-shirts, towels, sweatshirts, latex cap for new swimmers
- Credit card fees
- End of season events
 - Awards
- Equipment for the team
- Relay costs at meets
- Social events
- DCST National Team/Coach apparel and support



VOLUNTEERING REQUIREMENTS

- Volunteering requirements run from the start of Long Course (LC) [May 2025] until the end of Short Course (SC) [March 2026]
- Requirements are as follows:
 - 2 per child on the team
 - This includes timing/assisting at meets, like Dan Ave
 - Irish Festival
- What if I don't want to volunteer? You will be charged \$200 per child at the end of the SC season



VOLUNTEERING OPPORTUNITIES

- Become a USA Swim Official
 - Contact Chris Elliott for more info
- Timing at Meets
 - Free entry
 - Free food
 - Free training by qualified USA Swimming officials
 - Best seat in the natatorium
 - It is easier than it looks and can now be started quickly online



VOLUNTEERING OPPORTUNITIES

- How else can I satisfy my volunteering requirements?
 - End of Year Banquet Chairperson
 - Social Chair
 - Contact Beth if interested!
- If you sign up to volunteer, show up!
- ***Finals Sessions at meets have separate volunteer requirements***



MEET FEES

- Fees are outlined in the Meet Packets:
 - Typically \$4-7 per individual event
 - \$10-\$25 facility surcharge (most meets)
 - \$10-15 per relay (costs covered by DCST booster fees)
 - \$5-20 per swimmer, Ohio Swimming Fee
- Team Unify account will be charged monthly except for championship and long course meets
- If your credit card is not current, an email will be sent notifying you of declined credit card and a \$25 fee will be added to your account
- Swimmers may be prohibited from future meets until account is current



DCST FAMILY FOLDERS

- Family file folders are located on a shelving unit on the left side of the breezeway when exiting. Used for awards and sometimes apparel distribution.
 - Anything left at the end of the season will be removed
- New swimmers to the team will receive 1 latex cap and a bag tag.
- All new swimmers will be provided a green DCST bag tag in their family folders. The green bag tags are a place for swimmers to display their DCST award stickers.
- Award stickers are typically given for new PRs at swim meets, and other special recognition. Awards given to Age Group swimmers.



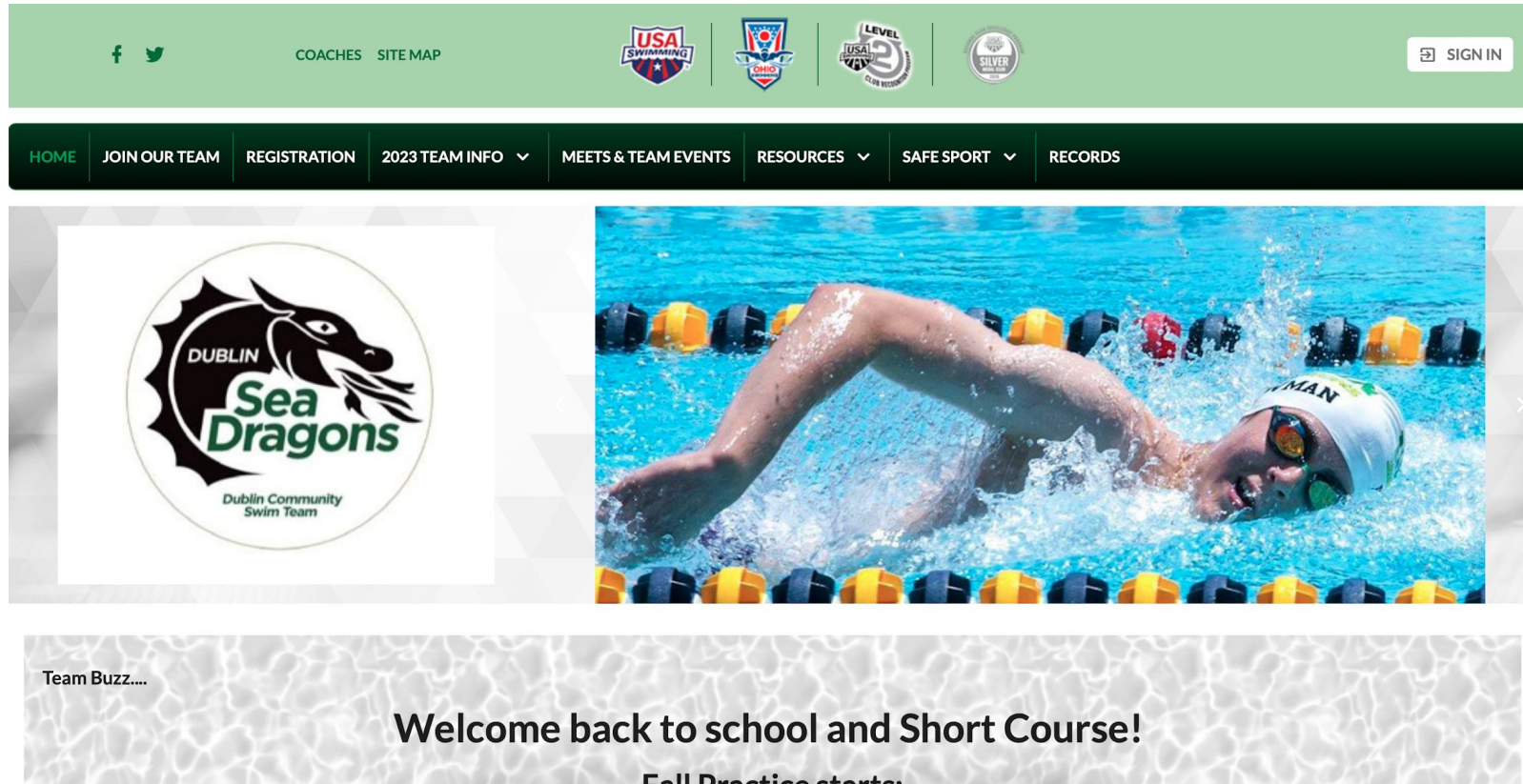
DCST BREEZEWAY COMMUNICATIONS HUB

- The white boards on the right side of the breezeway when exiting are utilized for team communication and recognition.
 - Swimmer birthdays
 - Newsletters
 - Award recognition
 - Special Announcements



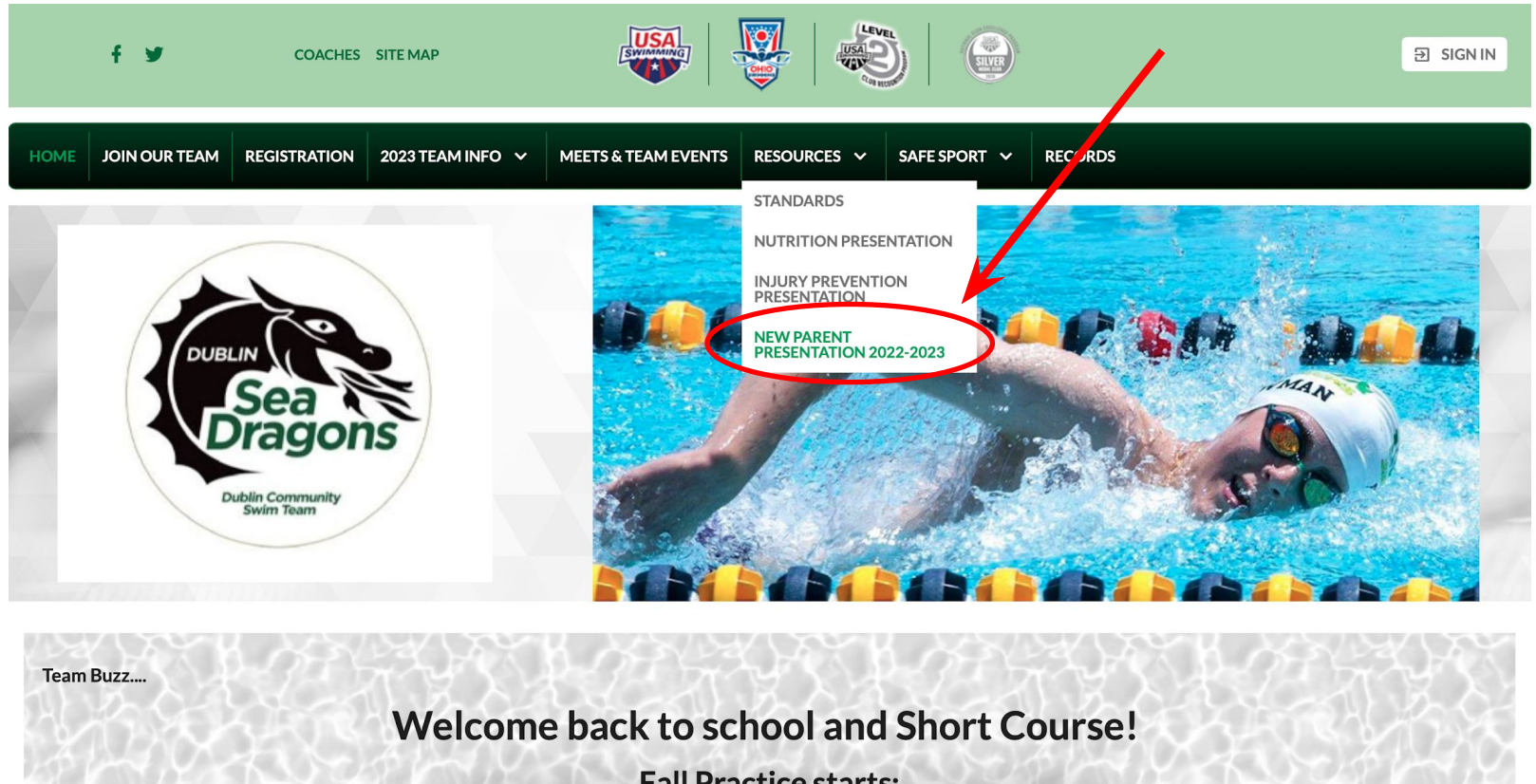
CHECK THE TEAM WEBSITE OFTEN...

*INFORMATION ON APPAREL, TEAM EVENTS,
PRACTICE TIMES, MEETS, ETC.



*Must log on to website for all info to show

NEW PARENT INFORMATION (FAQ)



The screenshot shows the website for the Dublin Sea Dragons Swim Team. The top navigation bar is green and includes social media icons for Facebook and Twitter, links for COACHES and SITE MAP, and several logos including USA Swimming, Ohio Swimming, Level 3 USA Swimming, and a Silver Medalist award. A SIGN IN button is located in the top right corner. Below the navigation bar is a dark green menu with links: HOME, JOIN OUR TEAM, REGISTRATION, 2023 TEAM INFO (with a dropdown arrow), MEETS & TEAM EVENTS, RESOURCES (with a dropdown arrow), SAFE SPORT (with a dropdown arrow), and RECORDS. A dropdown menu is open under the RESOURCES link, listing: STANDARDS, NUTRITION PRESENTATION, INJURY PREVENTION PRESENTATION, and NEW PARENT PRESENTATION 2022-2023. The last item is circled in red, and a red arrow points to it from the right. The main content area features a large image of a swimmer in a pool. To the left of the swimmer is a circular logo for the Dublin Sea Dragons Swim Team, which includes a dragon head and the text "DUBLIN Sea Dragons" and "Dublin Community Swim Team". Below the swimmer image is a banner with the text "Team Buzz...." and "Welcome back to school and Short Course!" followed by "Fall Practice starts:".

COACHES SITE MAP

USA SWIMMING OHIO SWIMMING LEVEL 3 USA SWIMMING SILVER MEDALIST

SIGN IN

HOME JOIN OUR TEAM REGISTRATION 2023 TEAM INFO MEETS & TEAM EVENTS RESOURCES SAFE SPORT RECORDS

STANDARDS
NUTRITION PRESENTATION
INJURY PREVENTION PRESENTATION
NEW PARENT PRESENTATION 2022-2023

DUBLIN Sea Dragons
Dublin Community Swim Team

Team Buzz....

Welcome back to school and Short Course!
Fall Practice starts:



CLOSING THOUGHTS

- ❑ Sign your swimmer up for the Dan Ave meet!
- ❑ Talk with experienced parents about meet prep, day of meet coordination, and how to survive 4.5 hours in a sweltering natatorium
- ❑ If this is your first year with your first swimmer, don't worry . . . Tell them to have fun and listen to their coaches.
- ❑ Focus on the process not times. Improving in swimming is not a linear progression.

