

SMERSSET

**2024 Season**

Parent Information Session

# Meet the Dolphins Coaching Staff



## Head Coach Roger Dent

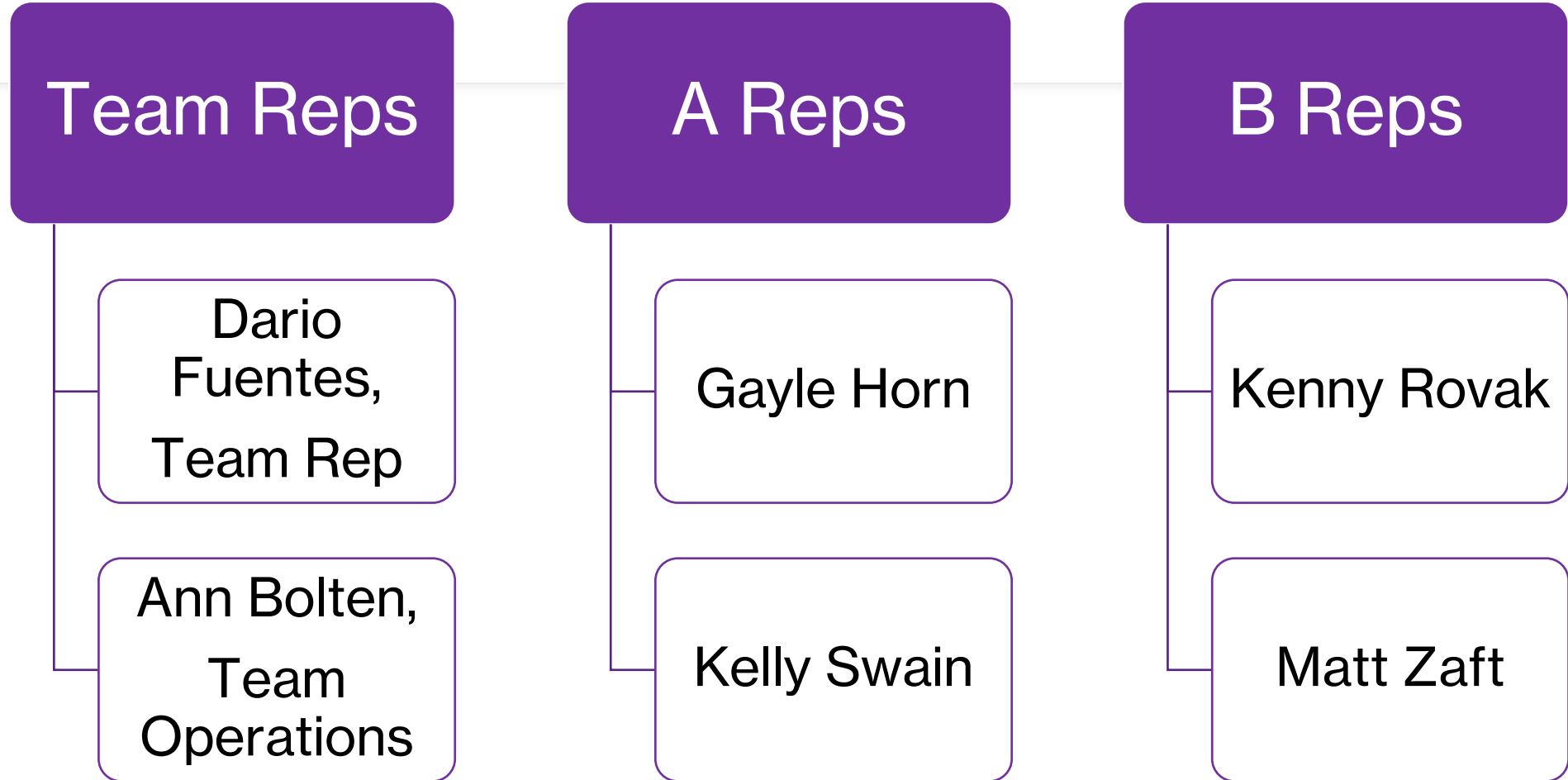
- 3<sup>rd</sup> season with the Dolphins
- Swam for University of Maryland
- Full-time coach for Tollefson



## Assistant Head Coach Catherine Belyakov

- Returning for 3<sup>rd</sup> season with the Dolphins
- Swam for Duke University
- Former MCSL Division B swimmer & record holder

# Meet the Team Rep Volunteers



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# The Minis Learn to Swim Program

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# Minis Leadership



Matt Zaft

Parent Liaison



Gage Bolten

Co-Coordinator & Coach



Lola Fuentes-Darling

Co-Coordinator & Coach

*+ 10-13 other Minis Coaches who are rising 8<sup>th</sup> graders or older*

# Overview of the Minis

- ❖ #1 GOAL: **HAVE FUN!**
- ❖ #2 GOAL: Be Comfortable in the Water
- ❖ #3 GOAL: Develop a “love” for swim team – or at least a “like”!
- ❖ Ages 4 to 7 as of June 1st – invited to all team social events
- ❖ 6 and 7 year olds may swim in B meets towards end of season if ready
- ❖ 1:1 or 2:1 coaching depending on how many kids show up to practice at either 3:30pm or 4pm (21 Minis registered; ~15 Minis coaches)
- ❖ 12 Practice Dates: M/Tu/Th/Fri on June 14, 17, 18, 20, 21; July 1, 2, 5, 8, 9, 11, 12 – Popsicles every Friday after practice!
- ❖ Mini Meet Date: Monday, July 15th (free pizza and drinks + RIBBONS!)

# What to Expect

- ❖ Some tears and nerves – coaches will do their best to help kids adjust
- ❖ Kids will develop at their own pace
- ❖ We will do our best to adapt to meet your child's needs
- ❖ Don't give up – they love getting their ribbons & trophies!





**Questions?**





# Dolphins 101

2024 Season

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- Division 1 swimmer at University of Maryland
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# Meet the Dolphins Junior Coaching Staff

Junior Coach (Years on Team)	Junior Coach (Years on Team)
Elana Bilbao (11)	Phoebe Lewis (12)
Clara Bilbao (11)	Avery Mascott (10)
Cillian Doherty (4)	Joey Panner (13) – GRADUATING SENIOR
Eliza Fox (9)	Nini Panner (13) – GRADUATING SENIOR
Sedona Hawkins (11)	Olivia Zaft (11)
Peter Kumar (9)	

# Who Are the Somerset Dolphins?

- **FUN:** We are first and foremost a social club for kids and their parents!
- **Supportive:** The secret sauce for our kids: *the mentorship the younger ones get from being on a team with older kids and the leadership skills the older kids hone by helping to coach and manage the younger kids.*
- **Small But Mighty:** Read more about the “[Mighty Dolphins](#)” in the *Economist*, courtesy of former swim team parent and columnist James Astill
- **Inclusive:** Fast or inexperienced or somewhere in between - every swimmer gets the chance to improve over the course of their season
- **Season is Short But the Weeks are Long:** 2 weeks of practice + 6 weeks of practices & meets + 1 week of All Stars = 8-9 weeks of intense **FUN!**

Full  
article  
here:



# Dolphin Traditions

- Theme weeks for meets
- Clayboys shaved ice
- “Love Shack” dance + cheers at meets
- Captain Purple
- Cheering for the final 175 freestyle relay races at every A meet
- TP’ing front yards of swimmers participating in the Division Championship meet
- Salute to Graduating Seniors at final home meet
- End of season points trophies + personal awards by age group
- The Banquet

# Team Practice Schedule

- **AFTERNOONS ONLY** Monday through Friday from Tuesday, May 28<sup>th</sup> through Friday, June 14<sup>th</sup> (until MCPS last day)
  - 4:30pm – 5:30pm (10 & Under)
  - 5:30pm – 6:30pm (11 & Up)
  - No practices Wednesday once B meets start June 12<sup>th</sup>
  - Go to whichever practice works for your schedule – lanes assigned by age/experience
- **Mornings and Afternoons** starting Monday, June 17<sup>th</sup>
  - 8:30am – 10am (all swimmers but especially more experienced swimmers)
  - 4:30pm – 5:30pm (10 & Under + learning to master 4 strokes legally)
  - 5:30pm – 6:30pm (all swimmers)
- Consider private lessons – all coaches and junior coaches offer them via coaches page; it's a great way to help your child enjoy swim team more

# Swim Meets 101

## Time Trials

**Saturday, June 8th**

All swimmers  
Only Somerset  
Relearn how to run and be in a swim meet  
Qualifying times for 1<sup>st</sup> A meet

## B Meets

**Every Wednesday early evening ~5pm to 8:30pm beginning June 12<sup>th</sup>**

Dual meets vs. other local teams from different divisions  
No relays  
Qualifying times for A meets  
Fun and chaotic

## A Meets

**Every Saturday morning ~8am to 11:30am beginning June 15<sup>th</sup>**

Dual meets vs. 5 other teams in Division J  
Fastest **available** 3-6 swimmers in each stroke  
Relays (Open & 14 & Under)  
Fun Themes  
Relay Carnival is an A meet  
Divisionals Championship  
All Stars

*We are a small team - never assume your swimmer will not qualify for an A meet!*

## Social Events

Potlucks at the pool  
Team Lunches after A Meets  
Breakfast with the Coaches  
Movie Night at the Pool  
July 4<sup>th</sup>  
Parent/Alumni/Coaches Race  
Dessert Contest  
Laser Tag  
Divisionals Pep Rally  
Season Banquet  
+ Every practice & meet!

*Not just for the kids - parents socialize as well*

# Most Important Info for Parents

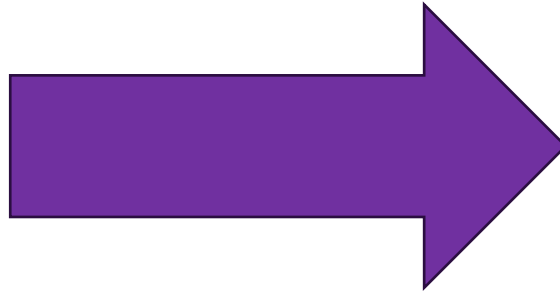
- **Stay in Town** – we need you and your swimmer(s), particularly for A meets!
- **Tell us you're in Town** – by selecting Y/N for meets via website or OnDeck app
- **Volunteer to help (required)** – it takes a lot of parent volunteers to run a meet (no prior experience necessary – we will train you!)
- **Swim team is whatever you want it to be** – but we promise you will have more fun participating more vs. less
- **Direct questions** about lineups and swimming to the coaches; administrative questions to the Reps



# Make Life Easy – Download the App!



***OnDeck***

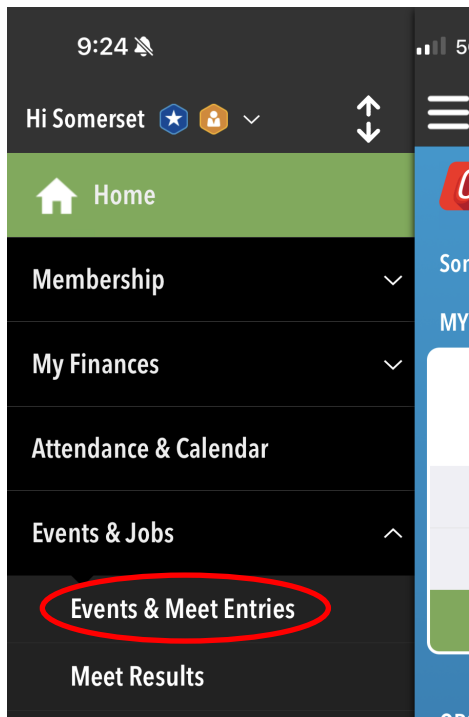


For [Apple](#)

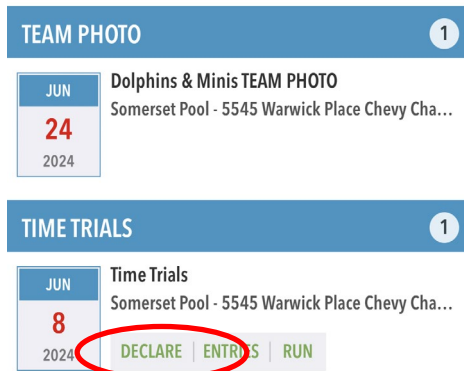
For [Android](#)

# How to Tell Us Your Swimmer is Available Using the OnDeck App

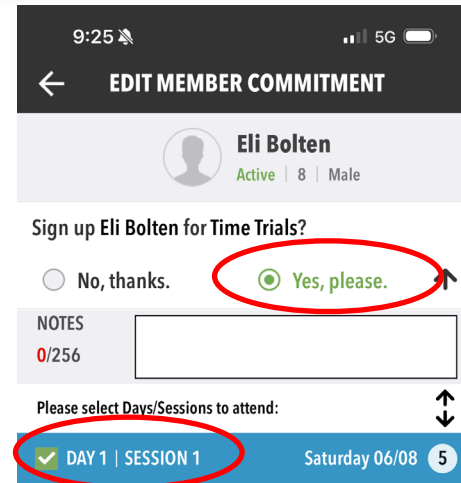
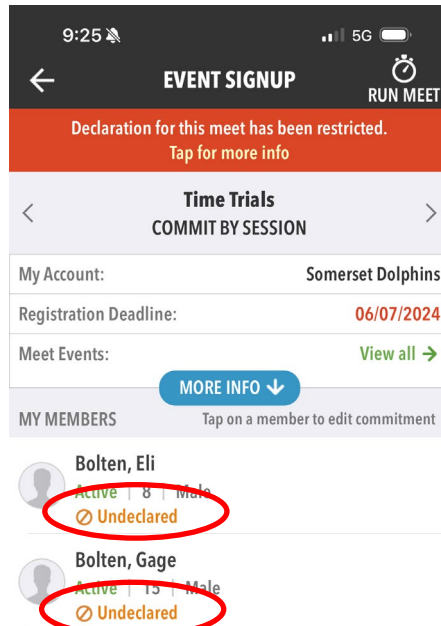
**Step 1: Find the Meet Under “Events & Meet Entries**



**Step 2: Choose “Declare” Under the Meet Your Swimmer can Swim**



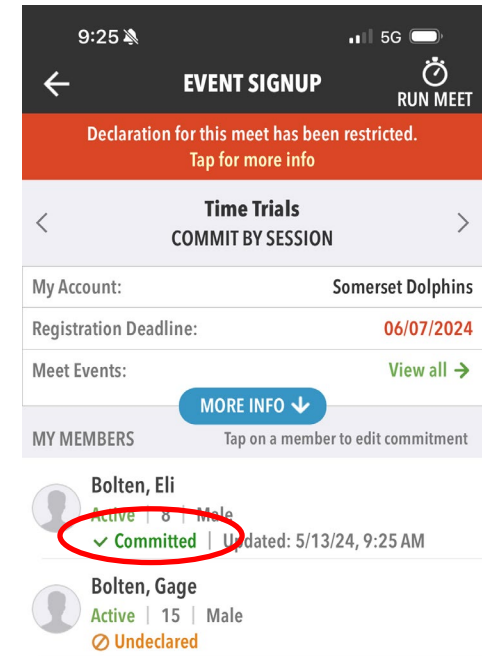
**Step 3: Choose “Undeclared” for Each Swimmer on Your Account Who is Eligible to Swim**



**Step 4: Select YES or NO (just as important we know you cannot make it) + DAY 1 and then “Apply”**



**Step 5: Confirm It Says “Committed” or “Declined”; Repeat for All Swimmers and Events!**



# Weekly Communications

## Sunday

- **Week Ahead Email** – Please review and take any requested actions including indicating your swimmers' availability to come to that week's meets.

## Monday

- Coach Roger will circulate a **Draft B Meet Lineup for Parents/Swimmers for review**
- **10:00 p.m. Deadline for any feedback on B Meet Lineup** for coaches.

## Tuesday

- **B Meet Details and Final B-Meet Lineup** to Parents/Swimmers.

## Thursday

- **B-Meet Results** will be sent to Parents/Swimmers
- **Draft A-Meet Lineup sent for Parents/Swimmers review.**
- **10:00 p.m. Deadline for any feedback on A Meet Lineup** for coaches

## Friday

- **A-Meet Details and Final A-Meet Lineup** sent to Parents

## Saturday

- **A-Meet Results and Meet Recap** Sent to Parents / Swimmers

## Subscribe to Dolphins Calendar:

1. Login to Website
2. Click on Calendar
3. Click on Subscribe
4. Click Copy Link
5. Go to Calendars on Your Phone
6. Add Subscription Calendar
7. Paste Link
8. Change Calendar Color to Purple 😊



Questions?