



2025 Season

Parent Information Session

Meet the Dolphins Head Coaching Staff



Head Coach Calen Janesky

- New to the Dolphins
- Full-Time coach for Nation's Capital Swim Club
- Life-long swimmer, has coached all age groups



Assistant Coach Julia Hemphill

- New to the Dolphins
- Lifelong swimmer and water polo player/coach
- Coaches for Sea Devils and experience with all ages

Meet the Team Rep Volunteers

Team Rep

- **Dario Fuentes** – Fuentes.Dario@gmail.com
- Competitive swimmer and former Dolphins Head Coach
- 3 swimmers on the team – experience at all age groups

A Reps

- **Gayle Horn** – gaylehorn@gmail.com; 3 swimmers on the team – experience at 14 & Under age groups
- **Kelly Swain** – kellyswain@gmail.com; 1 swimmer on the team – experience at all age groups.

B Reps

- **Kenny Rovak** – krovak@goodkarmabrands.com – 1 swimmer on the team – experience with 10 & Unders
- **Matt Zaft** – matthew.zaft@morganstanley.com – 2 swimmers on the team – experience at all age groups

Meet the 2025 Junior Coaching Staff



Junior Coaches (Years on Team)

Gage Bolten (9)

Cillian Doherty (5) -- SENIOR

Lola Fuentes-Darling (5)

Sedona Hawkins (12) – SENIOR

Avery Mascott (11)

Julia Meddin (11) -- SENIOR

Samuel Torrecilla (5)

Olivia Zaft (12) -- SENIOR

The Minis Learn to Swim Program



Minis Leadership



Matt Zaft

Parent Liaison



Liam Bryce

Co-Coordinator & Coach



Junie Zaft

Co-Coordinator & Coach

+ 18 other Minis Coaches who are rising 8th 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
- ❖ 15 Practice Dates: M/Tu/Th/Fri starting June 16 – Popsicles every Friday after practice!
- ❖ Mini Meet Date: Monday, July 14th (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!



A group of young swimmers and their coach are cheering at a poolside. The swimmers are wearing various swimwear, including blue, purple, and red suits, and some are wearing swim caps. The coach is wearing a purple shirt and a black cap. They are all looking towards the camera with their mouths open, likely cheering or shouting. The background shows a white banner with the text "scratch my wate" and a purple logo. The pool edge is visible at the bottom of the image.

Dolphins 101

2025 Season

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 + End of Season Slide Show!

Team Practice Schedule

- AFTERNOONS ONLY Monday through Friday from Tuesday after Memorial Day until MCPS year ends (5/27/25 – 6/17/25)
 - 4:30pm – 5:30pm (10 & Under)
 - 5:30pm – 6:30pm (11 & Up)
 - No practices Wednesday once B meets start on 6/11/25
 - Go to whichever practice works for your schedule – lanes assigned by age/experience
- Mornings and Afternoons after MCPS ends (6/18/25)
 - 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)
 - Go to whichever practice works for your schedule – lanes assigned by age/experience
- 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
- Go to as many or as few practices as you can – but the more practices your swimmer attends, the more they will feel engaged in the team

Swim Meets 101

Time Trials

Saturday, June 7th

All swimmers

Only Somerset

Relearn how to run and be in a swim meet

Qualifying times for 1st A meet

B Meets

Every Wednesday early evening ~5pm to 8:30pm beginning June 11th

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 14th

Dual meets vs. 5 other teams in Division H

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

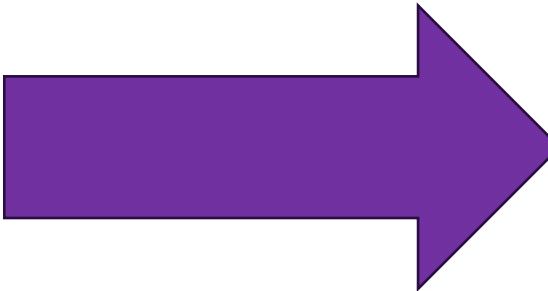
Potlucks at the pool
Team Lunches after A Meets
Breakfast with the Coaches
Movie Night at the Pool
July 4th
Parent/Alumni/Coaches Race
Dessert Contest
Laser Tag
Divisionals Pep Rally
Season Banquet
+ Every practice & meet!

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 SE Motion 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 (please go easy on both)

Make Life Easy – Download the App!

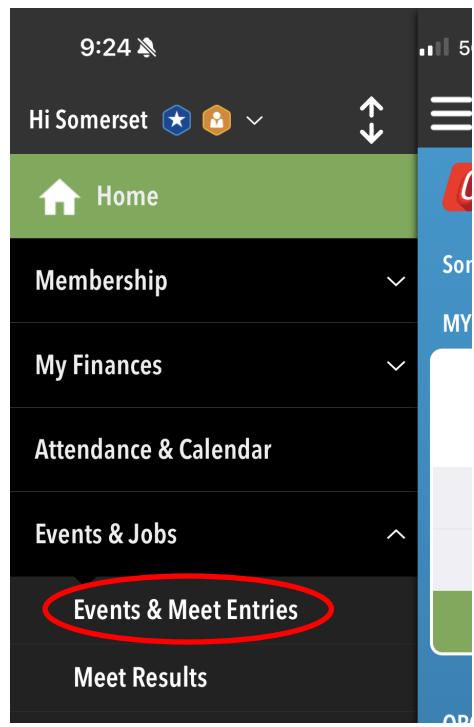


For [Apple](#)

For [Android](#)

How to Tell Us Your Swimmer is Available Using the SEMotion App

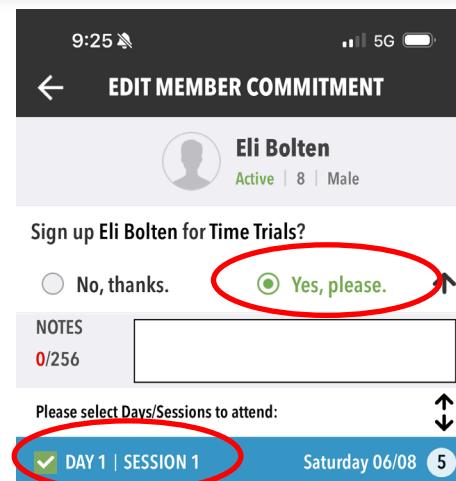
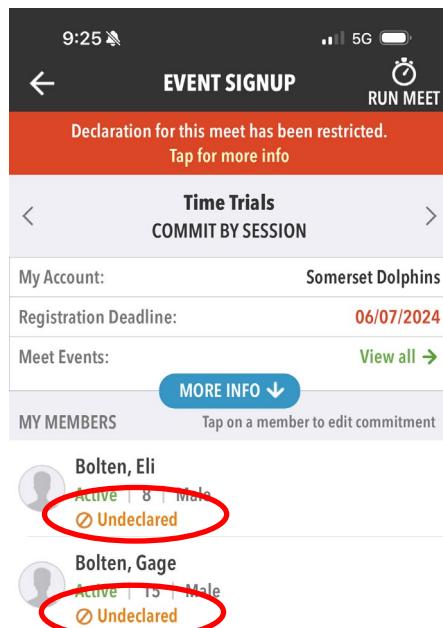
Step 1: Find the Meet Under “Events & Meet Entries”



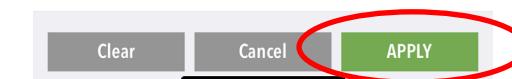
Step 2: Choose “Declare” Under the Meet Your Swimmer can Swim



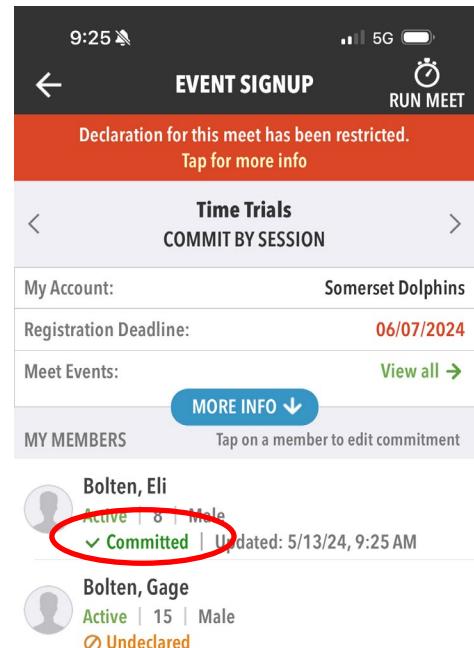
Step 3: Choose “Undeclared” for Each Swimmer on Your Account Who is Eligible to Swim



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. Will include the call for volunteers for the upcoming B meet.

Monday

- Head Coach 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? Email Us!

[Dario Fuentes](#) (Team Rep), [Gayle Horn](#) & [Kelly Swain](#) (A
Reps), [Kenny Rovak](#) & [Matt Zaft](#) (B Reps)
Email [Ann Bolten](#) with any website/registration/tech issues