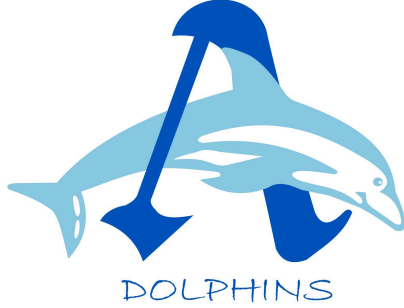


ASHBOURNE



2024 Team Information Packet

About the Dolphins

This is a fun-filled, competitive swim team open to boys and girls who have achieved at least a beginner level of swimming. The program is designed to bring out the best in each swimmer!

Our Summer Swim Team program promotes physical health, positive self-esteem, dedication, and teamwork. On the Dolphins, our desire is to help each child develop their swimming skills in a safe and caring environment while having fun!

Eligibility Requirements

In order to participate in the 2024 Dolphins Swim Team, participants must be members of good standing of Ashbourne Swim Club. All participants must be able to swim at least 25 meters on their stomach or back. Swimmers who are 18 years of age or younger on June 1, 2024 are eligible to participate this season. **Swimmers must be officially registered prior to participating in their first meet. All dues must be paid by June 14th.**

Each swimmer must be eligible to compete in the North Brandywine Swim League (NBSL) and affirm this by completing a 2024 NBSL Eligibility form. **If your swimmer is a returning swimmer from last season, they do not need to complete the eligibility form this season.** This form is located in Swimmingly and will be available to sign during registration.

WE ARE EXCITED TO ANNOUNCE: Mini Dolphins!

What are Mini Dolphins?

Mini Dolphins is for our new to swimming children who are 8 and under or returning swimmers who may not yet be able to swim 25 meters independently. Swim team coaches will work with the kids to develop increased comfort and stamina in the water. Coaches will focus on teaching freestyle, with the goal of getting the kids to swim a full 25 meters without help. If a child attains that goal within the swim season, they will be invited to join the full team.

In addition to the swim practices, children in the Mini Dolphins Pre-Team will be able to participate in the swim team events and will receive a team gift. They will also be able to participate in an end of season "fun meet" to show off the skills they have developed throughout the season.

Mini Dolphins Practices:

- 10:00-10:30 a.m Wednesdays and Fridays
- June 19 - July 12 (no practice on July 4).

Cost for Mini Dolphins:

The cost for the Mini Dolphins Pre-Team will be \$100 per swimmer. If your child transitions to the main team they will need to be registered through Swimmingley and pay the \$15 registration fee. The Mini Dolphin fee provides participation with all of the regular team events, activities, including swim cap and end of year team gift.

Swim Team Committee

Our team is in a transition year with new leadership and to that end we have instituted a Swim Team Committee. All decisions are made by a group of swim team parents who all have kids on the team.

Swim Team Committee Members and Roles:

Head Coach: Brendan Coughlan

Committee Leads & Membership: Heather Benson and Karrie Kershner

NBSL Rep: Beth Smith, Heather Benson and Karrie Keershner

Dolphin Diner: Eileen DeAngelis and Stephanie Hodgson

Social Events & Buddies: Rebecca Coughlan and Alison Gibbons

Team Treasurer: Kara Muniz

Meet Volunteer Coordinator: Kimberly Nickle & Beth Smith

Ribbons/Awards: Noel Daniels

Fundraisers/Gifts: Karrie Kershner

Spirit Wear: Heather Benson

Communication

Email/Facebook

Most team information will be distributed via email. During the season, frequent emails will be sent to families with updated information and reminders of upcoming meets and events. Please email Ashbournedolphins@gmail.com to add or change emails on our distribution list. We will use the email that is given at registration unless otherwise notified. Volunteer signup information for dual meets will also be distributed through email.

Join the new facebook group 'Ashbourne Dolphins' for the latest updates.

Direct Communication

Occasionally information will need to be shared more rapidly than email can allow (ex: a thunderstorm rolls in at 5:15pm and we have to cancel a meet). All Dolphin families will either be connected through the **Swimmingly App and Game Changer app**. More information will be provided closer to the start of the season.

Swimmingly

All NBSL families must register each swimmer through Swimmingly. Families will be required to RSVP to all swim meets through Swimmingly and meet results will be available through the Swimmingly app as well. More information about Swimmingly on page 8.

Parent Meeting

We will hold **mandatory** parent meetings offered during practice on Friday, **June 7 at 4:45 p.m** or **Saturday, June 15, 8:30 a.m.** Please make every effort to attend one of these, as there is important information and changes that we need to share with families. Staff will be available to help with any registration questions.

Practice Information

Afternoon Practice

Starting Tuesday, May 28th afternoon practices will be held from

4:00 pm - 5:00 *all ages welcome

5:00 pm - 6:00 *all ages welcome

Early Morning Practice: Starting June 10th

Monday – Friday: June 10th through July 19th

8:00 am-9:00: 10&under practice

9:00 am-10:00: 11&up practice

Registration and Fees

Complete registration for all swimmers is due by **Friday, June 14** in order to participate in meets..

Swimmer Registration Fees

- Swim Team registration 2024:
 - \$100/swimmer
- Swimmingly registration - \$15/swimmer (see page 9)
- Family Volunteer Fee - \$250/Family - Given in the form of a check to be held by treasurer until volunteer obligations are met. (see p 6)

2024 Calendar

We have our swim team calendar available on the ashbourneswimclub.com website, our team facebook page 'Ashbourne Dolphins' and posted on the swim board at the pool.

Please look out for the emails which will come shortly before the season begins. If you do not receive an email, please reach out to Ashbournedolphins@gmail.com and we will be happy to send the link.

For a more traditional calendar, [click HERE](#) to access the google slide calendar for the season. We will be updating this calendar as we get closer to the season.

Swim Meets

All meet dates are subject to change, especially due to inclement weather. Notifications about any changes will be sent through email, Swimmingly, and will be updated on facebook.. Please be sure to check communications throughout the season.

- | | |
|-----------------------------------|---|
| ➤ Saturday, June 15 th | Time Trials & Buddy Breakfast (8:30am) |
| ➤ Tuesday, June 18 st | Away Meet @ Del Vets |
| ➤ Thursday, June 20 th | Home Meet vs. River Road |
| ➤ Tuesday, June 25 th | Away Meet @ Tatnall |
| ➤ Thursday, June 27 th | Home Meet vs. High Point |
| ➤ Tuesday, July 9 th | Away Meet @ Windybush |
| ➤ Thursday, July 11 th | Home Meet* vs. Timberlane (*senior meet) |
| ➤ Saturday, July 13 th | Mini Dolphins Expo* & Swim-a-Thon*(more info to come) |
| ➤ Monday, July 15 th | 6 & Under End of Season Meet @ Windybush |
| ➤ Friday, July 19 th | 13 & Over 'Champs' |
| ➤ Saturday, July 20 th | 12 & Under 'Champs' |

Home Meets

Please arrive at Ashbourne Swim Club by 4:30pm. Warmups start at 5:00pm and the meet will start at 6:00pm. Our Dolphin Diner will be open and selling a variety of foods throughout the meet. We encourage all swimmers to stay to the end of the meets to cheer on teammates.

Away Meets

Please arrive at the away pool by 5:00pm. Warmups start at 5:30pm. The meet starts at 6:00pm. Procedures for away meets may depend on the pool. Specific information regarding each away meet will be communicated through e-mail, facebook, and the team app the day before the meet.

RSVPing for Swim Meets (Meet declarations)

Swimmers are *required to RSVP for dual meets by 12pm noon the day before the meet in Swimmingley*. This gives the coaches enough time to write a balanced lineup. Coaches have many factors to consider and will write lineups that best benefit the team, improve times, and allow swimmers to get qualifying times for end of season meets.

RSVPs will be done through Swimmingley as they were last season (**see page 9 for instructions**).

If your attendance status changes after the RSVP deadline has passed, please email Ashbournedolphins@gmail.com and please reach out to the coaches directly. If your swimmer is running late to a meet, please use the Game Changer app to alert coaches of the delay ASAP. Failure to do so may result in us scratching your swimmer from the meet.

End of Season Meets

There are two end of season meets: the Invitational Meet which has a qualifying time, and the Classics Meet which all swimmers are welcome to participate in. All 7 to 18 year olds can participate in the Classics Meet regardless of qualifying times. Time Trial times do not count. Qualifying times for the Invitational Meet will be shared closer to the season and can be found on the NBSL website. As a team we seek to celebrate all of those who secure a qualifying time and encourage those who are still chasing qualifying times! Coach Brendan will have a banner swimmers can sign when they make a time!

Team Buddies

All swimmers will be assigned a buddy for the season. This informal program pairs older swimmers with younger swimmers to foster friendships, make new swimmers more comfortable, improves team spirit, and gets swimmers more involved with their teammates.

Each swim meet, buddies should cheer for each other's races and can exchange small gifts (*spending no more than \$5 per meet*). Buddies will be assigned in the first weeks of practice. Any questions contact Rebecca or Alison.

Buddy Schedule (These are suggestions, be as creative as you would like to be while sticking to the cap of \$5 per meet!)

Date	Buddy Event/Theme	Meet
Saturday, June 15th	Buddies meet each other/Breakfast	Time Trials at Home
Tuesday, June 18th	Gift: Make a poster for your buddy	Away Meet @ Del Vets
Thursday, June 20th	Gift: Snack of choice for your buddy	Home Meet vs. River Road
Tuesday, June 25 th	Gift: Sweet Treat for your buddy	Away Meet @ Tatnall
Thursday, June 27 th	Gift: Salty treat for your buddy	Home Meet vs. High Point
July 2 - 7th	Bye Week	
Tuesday, July 9 th	Gift: Sports Drink for your buddy	Away Meet. @ Windybush
Thursday, July 11 th	Gift: Game/Craft for your buddy	Home Meet vs. Timberlane/Senior Meet
Week of July 15 th	Gift: Good Luck Card for Champs	Champs

Parent Volunteer Responsibilities

It is essential that *all* Swim Team parents fill volunteer roles during the regular season and at the Championship meets. We can not run successful meets without everyone's help! At a home meet we need roughly 40 volunteers! All sign-ups will take place in signupgenius.com.

Dual meet volunteering policy and fee

- \$250/family check to be held by team treasurer
- Families commit to volunteer at 5 meets and events
- Any person 16 or older may volunteer 'for your family'
- If volunteer requirements are not met, checks will be cashed to pay for others to fill your place.

Parent Volunteer Opportunities

Even if you have never worked at a swim meet, we are happy to work with you to help you learn any of the positions below. These are essential positions to ensure our dual meets are able to happen.

Head Timer (2 per meet)	Takes charge of lane timers and also serves as a backup timer in case someone misses the start or there is a technical malfunction.
Scorer (2 per meet)	Follow along the Swimmingly app, correct any errors, add DQ's, and finalize score of the meet.
Lane Timer (first ½ or second ½ of meet) *12 people per meet	Stands with their smartphone with the Swimmingly app in a lane and times each swimmer in that lane. A timer from the opposing team will time each swimmer as well. Timers enter a swimmer's 3-digit code and times are automatically sent to the scorekeeper.
Place Judge *2 per meet	Visually determines where each swimmer places in each race (i.e. 1 st , 2 nd , 3 rd , etc.) and fills it out on a notepad. In the event of a discrepancy, the place judge's decision trumps the timer's decision. <i>Looking to train several people in this role.</i>
Announcer (1 per meet = 2 meet volunteer spots)	Announces each event and names of the swimmers in each event to the spectators over the loudspeaker. Announces anything else that the coaches or reps may indicate (home meets only). <i>We are looking to train someone in this job who would be available for all of our home meets during a season!!</i>
Starter (1 per meet = 2 meet volunteer spots)	Using their smartphone with the Swimmingly app, announces each event to the swimmers, calls the swimmers up to the blocks, makes sure timers are ready and presses the start button (home meets only). <i>We are looking to train someone in this job who would be available for all of our home meets during a season!!</i>
Stroke & Turn Judge *2 per meet	Determines legality of strokes and turns and marks them on their smartphone with the Swimmingly app (Must be able to attend the NBSL provided training session for this role). A knowledge of strokes and turns is a must.
Age Group Swimmer Herder (**6 people whole meet counts as 1 event)	Gets to know the swimmers in their respective age groups. During meets, helps to gather those swimmers and lines them up for their events. One parent for each age group is needed for the 6 & Under through 10 & Under age groups. **It is preferable that age group parents commit to help the entire season.
Dolphin Diner Shifts (6-8 people per meet)	Assists the Dolphin Diner Coordinators in selling items during the meet and cleaning up at the conclusion of the meet. Assistants will still be able to see their swimmers swim!
Ribbon Writer (2 per meet - 2nd half only)	As the results from each event come in, ribbon writers will attach printed labels to the appropriate ribbon and then sort them by team and last name. Ribbon writers from the opposing team will be present to complete their own team's ribbons. This may also be a 'day-after the meet' job.
Set Up and Clean Up (4 per meet)	Set up help would arrive at 4 p.m for Home Meets to help set up our Dolphin Cafe, Scorers Table, and any other things the Coach may need help with. Set up time 4 - 6 p.m Clean up help needed at the end of the meet for 2 hours, helping tear down Dolphin Diner, Scorer Table, clean up grounds and prepare the pool for the next morning. Clean up time: 1 hour before end of meet until work is done. Usually by 30 min after the meet is over.

Team Uniform

- Purchase a black suit from your outlet of choice
- The Swim Shop at Fairfax Shopping Center can place our team logo on a suit **must purchase the suit from them** *Tell them you are with Ashbourne*
- Swimmers are encouraged to wear the black team suit but it is not required.
- All fittings and payments go through The Swim Shop.
- Strongly suggested: 2 pairs of goggles for meets
- Team will provide latex swim caps
- Order a personalized silicone swim cap through The Swim Shop. *Tell them you are with Ashbourne.*

Swimmingly App

NBSL is using Swimmingly to run swim meets again this year. After registering their swimmers for the team, parents will RSVP for every meet for their swimmers to ensure an accurate lineup.

- Push notifications when your swimmers event is near
- Check your swimmers times
- Check the lineup in real time
- Volunteers use app on their smartphones to streamline meets
- Starter syncs all stopwatches automatically to the start of the race with the app
- Timers automatically send their times to the scorer
- Stroke and Turn judges automatically send disqualifications to the scorer
- Staging area helpers can view meet lineup in real time

These procedures will be practiced at the Parent's Meeting and Time Trials for any new families to the team.

Swimmer Registration on the Swimmingly App

Parents/Guardians, once you register & sign-up your swimmer(s) using the instructions below, they'll automatically populate on the roster and become active for the season! Per the Swimmingly Child Protection Policy, as a guardian, you will have oversight of your swimmer(s) and can invite other parents/guardians/grandparents that you wish to affiliate with your swimmers in the Swimmingly Clubhouse!

****You must register & sign-up your swimmer(s) using these instructions to participate in the season.**

To register your swimmer(s) for swim team:

The steps below are required for ALL (new and returning) swimmers to swim in meets this season. Please take action ASAP so we can get ready for the 2024 swim season!

Step-by-step Instructions:

Returning Parents with an active Swimmingly® account

Go [HERE](#) for step-by-step instructions to register & sign-up your swimmer(s) using the Club Registration Code.

<https://support.swimmingly.app/returning-parent-register> (Direct link)

New Parents without an active Swimmingly® account

Go [HERE](#) for step-by-step instructions to register & sign-up your swimmer(s) using the Club Registration Code.

<https://support.swimmingly.app/new-parent-register> (Direct link)

Meet Declarations/RSVP

1. Log into your Parent account in the [Swimmingly Clubhouse](#).
2. Click on the Meet Schedule tab.
3. If you do not see the Meet Schedule tab, you will first need to select your club name.
4. Select the meet that you wish to declare your swimmers for.
5. If you see "Meet Declarations (pending)" that means that we have not yet opened up meet declarations for the swim meet.
6. Declare your swimmers as "attending" or "not attending."
7. If your Club Admin has allowed parents to enter their swimmers for individual events (like Championships), you will also have the option to select the events you want your swimmer(s) to compete in. Any declarations will be saved in real-time as soon as you take action here.
8. That's it! Your coach will now be able to view your meet declarations for the upcoming swim meet.

**We look forward to seeing all our
returning Dolphins and welcoming our
new Dolphins to the team in May!!**

NBSL Code of Conduct

The purpose of the North Brandywine Swim League Code of Conduct is to establish standards of conduct that our swimmers, officials and parents are expected to uphold while participating in sanctioned swim meets of the NBSL. It is the goal of the NBSL that these standards of conduct be incorporated into the daily management of the teams within the league. Any individual with a complaint should be directed to the NBSL representative or designee who will take the complaint to the meet referee if warranted.

1. All participating teams will abide by this code of conduct.
2. Disrespectful, indiscreet or destructive behavior at a swim meet will not be tolerated.
3. No team personnel, competitor or spectator shall act in an unsportsmanlike manner. This includes, but is not limited to, the following:
 - a. Making insulting or derogatory remarks, gestures or acts, including taunting.
 - b. Trying to influence or showing disgust with the officials' decisions.
 - c. Using obscene language.
 - d. Vandalizing property.
 - e. Physical Abuse, defined as any unwanted physical contact including but not limited to, shoving or striking a person before, during, or after a meet.
4. The use of tobacco products, alcoholic beverages, or drugs other than those prescribed by a physician, is not permitted within the pool deck area prior to, during, or after the meets.
5. No individual shall direct the modification of disqualification cards following the final approval by the meet referee.
6. No individual shall modify the ribbons or medals awarded to swimmers at NBSL Classic or Invitational Meets.
7. Each team shall maintain orderly conduct at all times, including after-meet celebrations.
8. No team personnel/competitor shall enter the water without the referee's approval.
9. The reporting of a violation to these codes of conduct will be through the team's NBSL representative or designee, to the meet referee, and written documentation will be presented to the NBSL Executive Committee

within 24 hours.

10. If an individual swimmer, coach, NBSL representative or designee, or team has repeated offenses, the NBSL officers will be consulted for further actions, to include barring the offender from further participation in the league activities.