

DIXON DOLPHINS

2023 Handbook

Information for Parents and Swimmers

www.dixondolphins.org



MISSION STATEMENT

The Dixon Dolphins Swim Team is a non-profit organization established for the purpose of providing recreational and competitive swimming for the youth of Dixon. This is achieved by combining good coaching and rigorous practice in an enjoyable atmosphere. The focus of the Dixon Dolphins is on learning proper technique to allow swimmers to progress to their highest potential. Swimming teaches participants to compete and improve their individual performance for the benefit of the team. The Dixon Dolphins are a member of the Northern California Swim League (NCSL), which is divided into 5 conferences. The season begins in April and concludes with the league championships in July. Dual meets with NCSL teams take place on Saturdays in June and July and usually start at 8:30 AM and conclude at 2:00 PM (check in for meets is 6:30 am-6:45am). The league championships are on Saturday and Sunday, usually toward the end of July. We end our season with the Meet of Champions (MOC) on Saturday and Sunday, usually the first weekend of August. We swim against teams based on size and competitive ability. The Dolphins swim at the Pat Granucci Pool located at 450 E. Mayes St. in Hall Park.

REGISTRATION

Summer Swim Season registration is from **March 1st to May 31st**. The Summer Swim Season is from April through July.

March 1st to April 30th

\$275 for the first registered swimmer *

\$250 for the second registered swimmer *

\$250 for each additional swimmer *

May 1st to May 31st

\$295 for the first registered swimmer *

\$270 for the second registered swimmer *

\$270 for each additional swimmer *

*To receive the Family Discount, all Swimmers must be registered at one time, **no exceptions**.

No swimmers will be permitted to sign up for Summer Swim after Registration has closed on May 31st.

There is an additional required registration fee for Summer Swim Season swimmers only. Swimmers need to register with the Northern California Swim League (NCSL) by **May 30th**, the fee is \$15.00 per swimmer. **No swimmers will be permitted to swim in any NCSL meet, if not they are not registered with NCSL.**

Fall Swim Season registration is from **August 1 to August 28th**. The Fall Swim Season is from August through October. Registration for Fall Swim is TBD. **No swimmers will be permitted to sign up for Fall Swim after registration has closed on August 28th.**

The registration fee pays for website fees, processing fees, coaches' salaries, new equipment, repair and maintenance, score board and computer repair, printers and printer supplies, pool rental, insurance, awards, team suit, and the general operational cost of the team.

Prior to registration, all **NEW** swimmers must be assessed by a coach to determine if they are appropriate for the swim team. It is **required** that all **new** 6 years and under swimmers that have not been on the team previously be assessed before registration. If you register prior to the assessment and your child does not pass assessment, this may result in a refund less a \$25 processing fee. Assessments will be held the first week of practice in April for the Summer Swim Season and the first week of practice during the Fall Swim Season. The time and date will be posted on our website.

Registration with full payment is required prior to attending any Dixon Dolphin Swim Team practice sessions. Only registered swimmers are allowed in the pool, the **ONLY** exception is a swimmer that is being assessed.

Summer Swim Season Registration Refund: In the event that a swimmer has come to the first few of weeks of practice and has decided that this is not the sport for them, we are able to refund registration fees, less a \$25 processing fee. Requests for a refund must be made in writing (email is acceptable) to any Dixon Dolphin Board member. The amount refunded will be based off the following schedule:

- Before April 30th for a 100% refund, less the \$25 processing fee.
- On or before May 17th for a 50% refund, less the \$25 processing fee.
- **No refunds will be issued for requests submitted after 11:59 PM the Sunday after Intersquad.**

Fall Swim Season Registration Refund: If a refund request is made within the first two weeks from the start of the Fall Swim Season (14 calendar days), it will be eligible for a 100% refund, less a \$25 processing fee. For refund requests between two and four weeks from the start of the Fall Swim Season (15 to 30 calendar days) you will be eligible for a 50% refund, less a \$25 processing fee. No refunds will be given for requests submitted after 30 calendar days from the start of the Fall Swim Season. All requests for a refund must be made in writing to a Dixon Dolphin Board member.

SWIMMER REQUIREMENTS

For registered swimmers of the Dixon Dolphins to be eligible to swim in the Conference Championships, they must participate in three league meets. The league meets that fulfill this requirement are highlighted in the Meets and Events Date Section.

Swimmers must register with the NCSL **24** hours before any league meet or no later than May 31st for the summer season, whichever date comes first. If they fail to register with the NCSL by May 31st, they will not be eligible to participate in any subsequent meets and the family will receive a refund of their Volunteer Deposit (see Volunteer Requirements and Volunteer Deposit below).

VOLUNTEER REQUIREMENTS

During the Summer Swim Season with the Dixon Dolphins and at Conference Championships, a family must meet the following volunteer requirements:

- Volunteer at the team's Intersquad meet.
- Volunteer at **three league meets** during the Summer Swim Season. You must meet these requirements by, or be signed up to volunteer for your last shift, before midnight on the Wednesday before our last league meet (July 8, 2023).
- To swim with the Dixon Dolphins in the Conference Championships, families must sign up for at least two volunteer shifts at Championships, one on Saturday and one on Sunday. Families who only have swimmers in the 6 and under age group need only volunteer for one shift on Saturday.

VOLUNTEER DEPOSIT

Each family is required to pay a \$300 Volunteer Deposit that is due by on or before May 15, 2023. If the deposit is not paid by May 15th, no swimmers from that family will be able to swim in any NCSL swim meets for the Summer Swim Season. The deposit will be returned to each family as long as the Volunteer Requirements are completely fulfilled by the last league meet. If a family does only some or a portion of the Volunteer Requirements, they will not get any of the Volunteer Deposit returned.

The Volunteer Deposit can be paid by cash, credit or debit card, or by check made out to the Dixon Dolphins. Checks will be held until the Volunteer Requirement is fulfilled, at which time the check will be shredded. Checks will be cashed if the Volunteer Requirement is not fulfilled. Credit or debit cards will only be charged if a family has not met the Volunteer Requirements. If the Volunteer Deposit is paid with cash, and the family has met the Volunteer Requirements, their cash will be returned after Championships. If a family has not done any volunteer shifts by the end of the 3rd swim meet, it will forfeit the Volunteer Deposit. If a family does not complete the Championships volunteer requirements, their deposit will be cashed/charged. Please refer to the Volunteer Requirements section for a complete explanation of the requirements.

VOLUNTEER JOBS AND DUTIES

Timers – Accurately time events and record results. These duties are required for the entire meet and parents are the only source of timers. Training will be conducted at the beginning each meet.

Snack Bar/Hospitality – Assist in preparing and organizing snack sales, and distribute cold drinks and snacks to other volunteers. This job is for home meets only.

Ready Bench – Ensure all swimmers are in the correct heat and lane for each event in the Ready Bench area and escort swimmers to the correct lane. This job is essential for the flow of the meet.

Ribbon Writing – Putting computer generated labels on award ribbons and organizing them in the file box for distribution at Monday's practice.

Runners – Transfer disqualification (DQ) slips from stroke and turn judges and takes timing slips to the computer.

Set-up/Tear Down – Set-up starts at 5:30 am putting up shade structures, speaker systems, starting systems, computer systems, swimmer shade area, and tables. The tear-down team puts all equipment away and ensures all items are ready for the next meet. These jobs are for home meets and Championship only.

Stroke and Turn Judge – Evaluates swimmers for correct techniques and proper turns. This position requires specialized training provided by the league and current judges. Potential volunteers must confer with a board member before signing up for this position.

Announcer – Announces events, results, and information over the speakers during the meet. Potential volunteers must confer with a board member before signing up for this position.

Computer Input – Enters times for events into the computer as they are delivered. Post the results for the announcer and team board. Some training is required and potential volunteers must confer with a board member before signing up for this position.

Deck Patrol – At home Dual Meets and Championships, ensures only swimmers and people with appropriate passes are on the swimmers deck.

Spirit wear table -- At home meets. Sale of Dixon Dolphin team apparel, spirit items, goggles and caps.

6 and under Team Parent-- Responsible for gathering 6 and under swimmers to ready bench at home and away meets.

Volunteers will only get credit for a volunteer shift if they check in and out with the Volunteer Coordinator and/or the volunteer area lead.

PRACTICE SESSIONS

Prior to attending the Dixon Dolphin Swim Team practice sessions, the swimmer must be registered and fees paid.

It is important for all swimmers to attend practice sessions. The Dixon Dolphin practice sessions are designed to improve individual swimming performance in competitions. Swimmers must be at practice **ON TIME**. They must leave immediately after practice. NO swimmers will be allowed to linger around the pool deck before or after practice without a parent or guardian present. There is no supervision outside the pool area at any

time.

Parents are required to stay away from the edges of the pool or anywhere that the coaches are interacting with swimmers during the scheduled practice times. If you need to speak to a coach, please find a time before or after practice as to not take away valuable time from the coaches teaching the swimmers. It is very important for swimmers and parents to respect each group's practice times.

PARENT & SWIMMER CODE OF CONDUCT

As a member of the Dixon Dolphins, I am part of a swimming organization that believes teamwork, integrity, respect and good sportsmanship are more important than winning. By signing this Code of Conduct, I agree to follow the rules for behavior and sportsmanship while I am a member of Dixon Dolphins. The following guidelines state the principles the Dixon Dolphins Swim Team expects all members to demonstrate and uphold. The Dixon Dolphins Swim Team also abides by the NCSL Anti-Bullying Policy.

Dixon Dolphins is fortunate to have experienced, professional coaches working to develop our children into better swimmers, and more importantly, teaching and instilling important life skills. These skills include time-management, self-discipline and sportsmanship. Your child will reap the benefits of swimming long after their participation with Dixon Dolphins ends.

As parents, it is absolutely essential that we give our coaching staff the respect and authority they deserve to run our swim team. Our coaches are hired for that purpose and the Head Coach oversees the direction of the staff.

PART I – PARENT CODE of CONDUCT

- Set the right example for our children by showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and for all facilities and other property used during practice or competition.
- Respect the integrity of swim officials by assuming decisions are based on honest, objective evaluations of performance. Only coaches may approach meet officials for clarification of rulings.
- Understand that opposing teams, including their swimmers, coaches, and fans, want the same positive experiences for their swimmers as we do. Help Dixon Dolphins achieve our goals by avoiding criticism either verbally or by gesture. Look for opportunities to build rapport with teams that we compete and work with.
- Demonstrate good sportsmanship during all practices, competitions and team activities. A Dixon Dolphins wins gracefully, loses graciously and congratulates their opponents either way.
- Support your coaches as they strive to do what is best for each swimmer. Our expectations and methods are based on USA Swimming and other recognized swimming authorities. Realize that swimmers become easily confused when coached by parents and benefit most from positive reinforcement of the coaching staff's instructions and advice. Your unconditional love and support before and after races will help them best.
- Represent Dixon Dolphins with excellence, respect, team spirit, good sportsmanship, and politeness.
- If you have coaching concerns, address it with the appropriate coach in private. If you have team concerns, address it with a Dixon Dolphins Board member in private.
- Maintain open and honest communication among all members of the Dixon Dolphins family. We reach our common goals by working together.

- Ensure that responses on any of the team's communications channels remain professional and considerate.
- Insist that your child refrain from using alcohol, tobacco, drugs, other prohibited substances, violence, abusive or foul language, inappropriate sexual conduct or any other behavior deemed dishonest, discourteous, offensive or disrespectful of others.

PART II – PARENT RESPONSIBILITIES

- Assist the coaches in conducting effective practices by ensuring swimmers arrive and leave on time, and bring the proper equipment.
- Arrive at meets in time for volunteer or swimmer check in, stretching and warm-ups.
- Know your role. Swimmers – Swim / Coaches – Coach / Officials – Officiate / Parents – Parent
- Do not interrupt or confront the coaching staff on the pool deck during practice or meets. Coaches are available before or after training, meets and competitions for feedback or to discuss issues.
- Assist the coaches by not talking with or motioning to swimmers during practices unless clearing it with a coach first.
- Ensure that all your children, including non-swimmers, follow pool safety rules both at practices and at meets.
- Do not speak harshly or directly to a child who is not your own. Please contact a coach or a Board member if you have an issue with another parent's child. The Dixon Dolphins Board member or coach will approach the child's parent, if necessary.
- Maintain self-control at all times. Refrain from inappropriate behavior that detracts from a positive image of the team or is detrimental to our performance.
- Be an active participant in fundraising events and other team activities and encourage and support your child by ensuring your child is timely for all Dixon Dolphins team events.
- Trust and support your swimmer's and coach's decisions around goal-setting, training commitments, swim event entries, and meet schedules. Do not impose your ambitions on your child.
- Any questions about disqualifications, judging, etc. should be directed to your swimmer's coach.
- Get involved! Be an official, work on a committee, help plan a fundraiser, help plan a group social. Find something you enjoy!
- Know and uphold Dixon Dolphins rules, regulations, and coach directives, and by-laws that are designed to maximize the experience for all swimmers and parents.

PART III – SWIMMER CODE of CONDUCT

The undersigned athlete participating with/for the Dixon Dolphins agrees to abide by the guidelines outlined below in addition to those established by the staff.

- Swim for the fun of it, not just to please your parents or coach.
- Make every team practice, meet participation and activity an opportunity to learn.
- Represent Dixon Dolphins with excellence, respect, team spirit and politeness.
- Follow the directions of the coaching staff, respect official instructions and designated chaperones. Disrespect or failure to obey instructions will not be tolerated from any athlete.
- Practice good sportsmanship at all times with team members, coaches, competitors, officials, parents and for all facilities and properties used during practices, competitions and team activities.
- Be punctual and arrive on time for all practices, meets and team events. Pool time is very valuable.
- Attend all team meetings, practice sessions and swim meets (if registered for meets), unless excused by staff or have made special arrangements with a coach.

- Be an active participant in all team practices, competitions, fundraising events and other team activities.
- Swimmers must notify the coach, in advance, if they are planning to leave practice or swim meets early.
- Wear appropriate team swim suits and team caps at all swim meets.
- Focus on every drill and every set. Be committed to putting forth your best effort every day. An honest effort does not include cutting laps, pulling on lane lines or missing send offs/sets.
- Repeated disruption of practice by an athlete will be grounds for disciplinary action.
- Pay attention and follow all of the coach's instructions completely and exactly. If clarifications are needed, ask questions politely.
- Use appropriate language. Use of profane or abusive language or obscene gestures will not be tolerated.
- Dishonestly, theft, and/or vandalism will not be tolerated.
- Destructive behavior will not be tolerated.
- Every effort should be made to avoid guilt by association with such activities as those listed above.
- There shall be no drinking of alcohol or use of tobacco products or illegal drugs or any substances banned by NCSL.
- Swimmers are expected to respect each other. Fighting, intentional touching or striking another athlete are violations of the Dixon Dolphins Zero Tolerance Policy.

Swimmers are expected to follow the spirit of the rules as well as the specific rules. The coach must adapt this philosophy to an infinite number of situations. Swimmers are asked to respect the coach's directions and give their full cooperation. Cooperation with teammates and staff will produce a productive practice environment and competitive environment for all.

PART IV – VIOLATION OF THE CODE of CONDUCT – SWIMMERS

Violations of the Code of Conduct will be subject to the Dixon Dolphins Disciplinary Policy. The following penalties for practice disruptions include, but are not limited to, the following penalties:

- The swimmer will be given a verbal warning.
- The swimmer will be pulled out of practice in addition to a verbal warning and the coach and/or a Board member will contact the parent.
- Before coming back to practice, the swimmer will need to be accompanied by a parent and the parent stay for the duration of practice for four (4) consecutive days.
- If the swimmer continues their behavior, they will be suspended for one (1) week. (There will be NO prorated registration fee for practices missed due to suspensions.) If the swimmer's behavior problem continues, the swimmer will be subject to the Dixon Dolphins Disciplinary Policy.

PART IV – VIOLATION OF THE CODE of CONDUCT – PARENTS

Violation by parents who fail to abide by the code of conduct, will be subject to the Dixon Dolphins Disciplinary Policy.

Your acknowledgement during registration indicated, you have reviewed and understand the Dixon Dolphins Code of Conduct and Disciplinary Policy, as well as reviewed them with your registered swimmers. You (the parent/guardian) and the swimmer(s) agree to abide by this Code and accept the penalties for not abiding by these rules. Any non-compliance may be subject to disciplinary action determined by the coaches and/or the Board, which may include expulsion from the team.

MEET AND EVENT DATES

March 1, 2023	Registration opens for returning swimmers
March 8, 2023	Registration opens for new swimmers
April 10, 2023	Tentative first day of practice, depending on DHS Swim Team Meet schedule
April 10, 2023	Swim assessments
TBD	MANDATORY Parent Meeting *One parent need only attend one meeting date
May 5, 2023	Picture Day & Team Picnic
May 6, 2023	Intersquad

2023 SWIM MEETS

Home meets are in **bold**

*League Meet

May 6, 2023	Intersquad Meet
May 20, 2023	Dixon @ Elk Grove Piranhas*
May 27, 2023	BYE Week (Memorial Weekend)
June 3, 2023	BYE Week (DHS Graduation)
June 17, 2023	Dixon @ Fair Oaks Dolphins*
June 24, 2023	Arden Park Dolphins @ Dixon*
July 2, 2023	BYE Week (4 th of July)
July 8, 2023	Fulton/El Camino Stingrays @ Dixon*
July 15 & 16, 2023	Conference Championships @ Vista Del Lago
July 29 & 30, 2023	MOC @ Elk Grove

PARENT INFORMATION MEETING

We require that one parent from each family attend one of the two Parent Meetings. At these meetings you will meet the Dolphin Board Members, Coaches, and go over the expectations and goals of the season. We will also go over any new or changed Dolphin and NCSL rules, as well as any new or changed requirements.

MEETS

Pool Rules: No Dolphin Swimmer or parent is allowed inside the pool area until a city life guard has opened the front gate around 5:30 am. Any swimmer or parent inside the pool area before a city life guard could be dismissed from swimming with the Dolphins without a refund.

The Dixon Dolphins require every registered participant must swim in a minimum of 3 league meets during the Summer Season to qualify for participation in the Conference Championships. The team Intersquad meet does not qualify as a league meet. It is expected that all swimmers will try to attend all meets. **Swimmers can sign-up for a meet online through the Dolphin website no later than midnight the Tuesday before the meet.** If a swimmer is not signed up, they may not be included in events or relays.

If your child can't swim at Saturday's meet after already signing up for the meet, you must notify the coaching staff or board member as soon as possible. **If you have signed up your child for a swim meet and do not show for the meet without notifying a coach or board member, your child may not be eligible to swim on a relay team at the following meet.**

A swimmer's unanticipated absence at a meet is extremely disruptive. If a relay must be cancelled, it affects other members of the relay team who may have been scheduled for that relay event in lieu of other events. Please do not leave the meet early before confirming the final relays with the coaches. Other team members are counting on your child.

The Intersquad meet is the first meet of the season which only includes Dixon Dolphins swimmers, and typically happens in May. Each swimmer will get their new times for each swim event, which are then used to seed future events. **There will be no ribbons issued during the Intersquad Meet.** You can check the website for your swimmers new times.

CHECK IN PROCEDURES

Dixon Dolphin Swim Team members are required to be at swim meets **on time**. The Dolphin check in time will be **between 6:30 - 6:45am**, for both home and away meets. Scratch session is the final set-up for the day's events and **swimmers not checked in by 6:45 am will be scratched and not allowed to swim**. Please do not check in swimmers that are not present without absolute assurance they will be attending the meet. Checking in a child, who does not attend, results in the disruption of events and relays.

Coaches and/or board members will post or have with them the meet sign-in sheets. Please assure your child as physically signed themselves in; simply being at the meet does not ensure that your child is in the meet. Events, heats and lanes will be posted after the scratch session. Final relays are not posted until after the second half of the meet starts. **You are responsible for getting your child to the ready bench on time for each event.**

SWIMSUITS

Team suits must be purchased by the swimmer through the team store on Swim Outlet.

<https://www.swimoutlet.com/collections/dixondolphinsca>

It is **MANDATORY** that you wear only the team suit (or approved black suit) for all league meets and Championships. Another team's suit, a suit with another team's logo, or any other colors is not acceptable. The DHS Swim Team suit and DHS Water Polo Suit is not acceptable.

You can wear any suit for practice, and we encourage you to have more than one practice suit. Any suit can be worn for the Intersquad Meet. We highly recommend that you only wear your team suit for meets.

High-tech performance racing suits, also known as tech suits, are not allowed for swimmers aged 12 and under. Dixon Dolphins do not recommend tech suits for league meets, but they may be used during final events at Championships for swimmers aged 13 and older. If you have any questions about tech suits, please consult with the coaches. For modesty and religious beliefs, one (1) undergarment may be worn under a suit. Any tech suits or modesty garments must be approved at each meet by the meet referee, otherwise, swimmers may be disqualified.

TEAM PICTURES

Team pictures will be taken at the picnic meet up on the Friday before the Intersquad Meet. The cost of team pictures is not included in the registration.

TEAM APPAREL/SPIRIT WEAR

Team apparel with Dolphins logo will be on sale throughout the season on the Swim Outlet team store <https://www.swimoutlet.com/collections/dixondolphinsca>. We will also have some spirit wear available at the pool during home swim meets.

SNACK BAR

The Snack Bar is open every home meet. Healthy snacks, fruit, drinks, coffee, bagels, etc will be offered for purchase as a team fundraiser. Volunteers are needed. Please check with the Volunteer Coordinator and Snack Bar Coordinator if you are interested in volunteering for the Snack Bar.

SPONSORSHIP BOARD

Located along the fences of our pool, the Sponsor Board shows the name of businesses and families who have contributed to help support the Dixon Dolphins for the swim season. Please try to remember to thank and patronize these sponsors during the year.

THE DIXON DOLPHINS DEDICATED SWIMMER SCHOLARSHIP AWARD

The Dolphins have 2 - \$500 Scholarships available each year to graduating seniors.

Minimum Qualifications to Apply:

- Swim on a swim team for four years, the Dixon Dolphins or another recreational swim organization. Have a GPA of 3.0 or above
- Some other extracurricular activity or community involvement
- You must swim your senior year with the Dixon Dolphins, swim in at least three (3) dual meets your senior year, and swim at Conference Championships your senior year.
- Enroll in a Community College, Trade School, University, Maritime Colleges or institutes, Military Academies/Institutes/Colleges, or Active Duty Military Enlistment (once Boot Camp completed). Reserve enlistment is not eligible.

Preferred Qualifications:

- Additional swim time with the Dixon Dolphins plus participate in High School Swim Team. The more time and dedication to a swim organization will receive additional consideration.
- GPA 3.5 or above

- Additional extracurricular activities or community service
- Swim-related job experience receives additional consideration

Please submit a letter to the Dixon Dolphins Board of your qualifications along with your supporting documents.

**** In order to be awarded the Dedicated Swimmer Scholarship, all the senior requirements must be fulfilled.

Once all requirements are fulfilled, a check will be mailed to you upon submission of proof of enrollment in a secondary educational institution.