



Valley Dolphins Swim Team



Welcome! The Valley Swim Team is built on traditions and we are so excited that you decided to join this community. There is a place for every athlete, from beginners to seasoned swimmers. The coaches work hard to build relationships with all the kids so that all swimmers are encouraged and challenged to develop and improve their swimming. During the summer, we become like a family, working toward the same goal. So, be encouraged to know that this is a special place. You also need to know that it is going to involve a **commitment** from you, as a parent. Most every job required for this team to run smoothly is done by volunteers, and the more that we can all contribute, the better the summer will run. This summer will feel full and fast, so here is some information that will help you navigate all the opportunities that will come your way.

Swim Meets:

You will get an email on Thursdays to sign up your kids for the meets. This needs to be done by Monday at noon, so be sure to check your email and sign up quickly. There will be instructions on how to sign up online. You will get to choose what events your swimmer can swim in, which will get approved by the coaches. The coaches will often add your kid to a relay as well, to give them more experience in the water. Once the meet is setup we will send out heat sheets through email. Occasionally, heat sheets will not be sent out prior to the meet because some meets will charge for these at the door. If you receive the heat sheet by email, it's best to print it out and take it with you to the meet. You will need to look through the events to find your swimmer. It's really helpful for swimmers to write out their events on their arm or leg with a Sharpie marker. If swimmers know the strokes they're swimming along with the event number, heat, and lane assignments, it will help them be in the right place at the right time. The meets go fast and can be a little confusing and we don't want any swimmers to miss their events. Please plan to arrive at meets a little early so swimmers can get their events written. Meets will have a "First Call" and "Last Call" sign. When your swimmer's event number is on the first call, have him/her head over to the staging area. Once there, the Clerk of Course will help organize swimmers into their heat and lane assignments. There are many jobs required to pull off a swim meet, even when we aren't hosting the meet. Here is a list of those jobs and what they entail:

- **Set-up/Take-down:** This role requires people to show up before warm ups or stay after the meet to help set up or clean up the pool. Setup usually takes place at 6:30 AM and cleanup usually takes place at 11:30 AM.
- **Timer:** The timer is responsible to stand at one end of a lane. There should be at least two timers assigned to each lane, for accuracy purposes. Usually, this job runs for about 2 hours. It is a favorite for parents, because it's not stressful and you can watch your swimmer race.
- **Runner:** The runner is responsible for taking timer sheets once complete over to the computer table so they can input results.
- **Clerk of Course:** This is a really fun role because you get to know all of the swimmers. The kids really depend on this person to tell them where to go. The clerk can sit or stand, depending on the pool set-up. Most pools will have a bit of a staging area where swimmers can be organized by heat and lane. The Clerk of Course is responsible for changing the event numbers and letting swimmers know when to start lining up. There is some flexibility with this role. You can usually watch most of the events and cheer on your swimmer, especially if there are two parents in this role.

For a successful and fun meet, always bring snacks, camping chairs, towels and lots of sun screen. It's also smart to bring card games, coloring books, and other activities for the down time.

Meet Schedule:

Wednesday, June 5 Mock Meet at Valley (followed by Pancake Breakfast)

Wednesday, June 12 Dual Meet

Wednesday, June 19 Dual Meet

Saturday, June 29 Pentathlon (half day)

Wednesday July 10 Dual Meet

Wednesday July 17 Dual Meet

Wednesday July 24 Red and Blue Meet @ Valley (followed by Walking Tacos)

Saturday July 27 and Sunday July 28 Championship Meet (two half days)

***Note:** Download the SportsEngine Motion app for an easy way to commit your swimmer and stay caught up on communication.



Swim Buddies:



The coaches will pair up each swimmer with a buddy. This is especially beneficial for the little ones or new swimmers to the team and is a great way to build a strong swim team community. Buddies are encouraged to find each other at the beginning of every meet and support each other throughout the meet. Some buddies will bring small gifts to meets while others may just offer counsel and words of encouragement. Don't feel pressure to spend a lot of money on your swimmer's buddy, but if you can, a little gift of Gatorade, water bottles, Chapstick, snacks, or other trinkets are fun ways to help the kids feel encouraged and excited about their experience.

Absences:

If you have summer plans that interfere with swim practices or meets, please communicate with the coaches so that they can plan accordingly. Joining the swim team is a commitment, but we realize that summer is a time when families often travel and swimmers may not be able to attend all practices and meets.



Practices:

Practices will take place every morning of the week, with the exception of meet days, which are typically on Wednesdays. Times for practices are as follows:

- 13 and overs 6:30-8:00am
- 9-12 year-olds 8:00-9:00am
- 8 and unders 9:00-9:45am

All practices will take place at Valley Swim Club. Please bring goggles and a towel. Swim caps are optional. The parent is always responsible for applying sunscreen when needed.

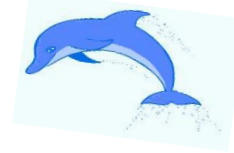


Fun Traditions:

- Pancake Breakfast: The first meet at Valley will be a mock meet. At this meet, the kids learn the rhythm of a normal meet. Afterward, we have a pancake breakfast provided by the parents. This is a fun time for students to get to know each other and familiarize themselves with the events.
- Water Park: Toward the middle of the season (tentatively scheduled for July 12), there will be an organized day for swimmers to go to Water World in Denver. Parents can carpool or meet up there. Each family is responsible to purchase their own tickets.
- Red & Blue Meet: This is a fun meet that is only between Valley swimmers. The swim team is split up into two teams: Red and Blue. At this meet, swimmers (and coaches!) compete in silly and fun events. This meet is filled with bandanas, mascots, chants, and lots of fun memories for the kids.
- Championship Meet Fun: The kids work so hard all season, so when it comes time for this, we like to celebrate the event with several activities. More details to come!
- End of Year Banquet: This is at Valley Swim Club (tentatively scheduled for August 6) and is a time to eat and celebrate the swim team season. The coaches present awards and we watch a slideshow highlighting the summer. Don't miss this special night! Every kid will be recognized in some way, and it's a great time for them to celebrate their accomplishments.



Meet the Coaches



Nate Holm	Rachel Holm	Sydney McDaniel
Coach Nate started swimming at the age of ten, joining his local summer team in Illinois. The following fall he continued swimming for a YMCA/USA team where he spent the next nine years. Placing at YMCA State in the 50 yard fly, 100 fly, and the 100 freestyle, he was a part of several state-winning relays that went on to compete at nationals. He also made Nationals cuts in the 50 yard butterfly and 100 meter butterfly. He coached his hometown team for two summers starting in 2012 and the following two summers he coached the local Swim Club, while getting his masters in School Counseling. He helped coach a USA swim club as the age group/high school boys coach before moving to Colorado in 2019 and joining the Valley Coaching staff. Currently, Nate works at Coronado High School as a School Counselor and as the head girls' coach while helping with the boys' program. Nate has been irreplaceable as the head coach for the Valley Swim Club, leading us to several state championships. We are excited as he returns for his 6th summer at Valley.	Coach Rachel comes from a background of playing various sports throughout her childhood. She started her swimming career at a summer league team similar to Valley when she was 4 years old and joined a year-round club team the following year. After 14 years of competitive club swimming, she continued her career another 4 years at Illinois State University. Go Redbirds! Upon graduation, she started coaching club swimming in 2018 in Bloomington-Normal, IL while pursuing her Master's degree. In 2020, Coach Rachel moved to Colorado Springs and became the head coach of Liberty High School Swim Team for both the boys' and girls' seasons. In the summer of 2022, Coach Rachel started assistant coaching at Valley.	Hi Valley families! My name is Sydney McDaniel aka Coach Syd. I grew up swimming in Aurora, CO since I was 5 and I am excited to be part of your team! I have been an assistant coach for 5 years (3 on a summer team and the last 2 at Coronado High School). I am currently a student at UCCS for Elementary Education and ASL. I have been a lifeguard for 5+ years, and this will be my third year as a Manager. I will be managing and coaching Valley for the first time this summer, I would love to get to know you all so come say hi!