

Del Amigo Swim Team



2025 Handbook

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A Letter from Our Head Coach

Dear Del Amigo Families,

I am beyond excited to welcome you to another incredible summer with the Del Amigo Dolphins! This season is especially meaningful to me as I begin my fourth year coaching at Del Amigo, and I couldn't be more grateful to be part of such an amazing team and community.

We have something truly special to look forward to this summer—a brand-new pool! This incredible upgrade is going to make our practices and meets even more fun. It will help our swimmers train harder, swim faster, and reach new personal bests.

I'm thrilled to share that last year's senior-level coaches are returning this season. Their experience, energy, and dedication to our team will help ensure another fantastic summer of growth, competition, and fun.

At Del Amigo, we take pride in our commitment to:

- Having fun—because a love for swimming starts with enjoying the process.
- Building community—supporting and encouraging one another, both in and out of the water.
- Working hard—setting goals, challenging ourselves, and celebrating our progress.
- Swimming fast—pushing our limits and racing with confidence.

To our returning families, welcome back! To our new families, we're so excited to have you join us and become part of the Del Amigo tradition. Whether this is your first season or your tenth, we are here to support you and make this summer an unforgettable one.

Please don't hesitate to reach out with any questions—we are here to serve you and ensure every swimmer has the best experience possible.

Looking forward to seeing you all on deck soon!

Go Del!

Head coach Julio

Mission & Vision Statement

Del Amigo is dedicated to cultivating an enriching recreational swimming experience centered around positive reinforcement, providing constructive feedback, and championing the journey of individual progress. Our dedication extends to prioritizing athlete safety, instilling values of good sportsmanship, collaborating with swimmers to establish realistic and achievable goals, and instilling an appreciation for the sport in each of our swimmers.

To inspire a lifelong love for swimming, our mission is to provide a welcoming and inclusive environment where individuals of all ages and skill levels can come together to enjoy the benefits of recreational swimming. Through expert coaching, positive encouragement, and a focus on skill development, we aim to foster a sense of community, sportsmanship, and personal growth among our team members. Our commitment to safety, fun, and continuous improvement guides us in creating a rewarding and memorable experience for every participant.

As a premier recreational swim team, our vision is to be a beacon of excellence and camaraderie in the swimming community. We envision a future where our team is celebrated for its commitment to inclusivity, skill enhancement, and the promotion of a healthy lifestyle. By fostering a supportive and positive atmosphere, we aspire to be the preferred choice for athletes and families seeking a fulfilling and enjoyable swimming experience. Through continuous innovation and a passion for excellence, we aim to create lasting memories and a sense of pride for our team members, both in and out of the water.

2025 Coaching Staff

Head Coach - Julio Enciso

Coach Julio was born and raised in Richmond, California. Before coaching, he was also a competitive swimmer, swimming for Berkeley Bears for more than 10 years, and ultimately finished his swim career at Diablo Valley College, where he competed for two more years. He first got into coaching through the Canyon Swim School, headed under the well-respected Fred Brown, and from there excelled as a coach. This will be his 11th summer coaching; this will be his 5th season with Del and his 4th as Head Coach! Julio brings an extensive amount of coaching experience including coaching in the OMPA, LSC, and VSA summer leagues. He has brought pieces of everything he learned from his swim career and his coaching resume to incorporate into his own charismatic style of coaching. Julio graduated from San Jose State University with a degree in Early Childhood and Adolescent Development, and could not be more excited to be the leader of the Del Amigo Swim Team program.

Senior Coach - John Dorr

This will be John's 12th year at Del Amigo. John comes to us with an impressive swimming background. As an age group swimmer, John swam for San Ramon Valley, Livermore Aquatics, and Orinda Aquatics. There, he excelled and made his first Olympic Trial cut in 2000. During his swim career, John qualified and swam in the Olympic Trials in 2000, 2004, 2008, and 2012. John was a finalist in the 2008 Olympic Trials in the 200 IM, as well as a National Finalist. John served as Team Captain at Cal Berkeley's Swimming and Diving Team. John is married to his wife, Jennifer, and they have twin 9 ½-year-old girls that swim on our team! John is an IT professional for a Tech Firm.

Greatest swimming accomplishment: Winning the parents relay at VSA in 2024.

Senior Coach - Dominic Patterson

Dom grew up swimming year-round with the Orinda Aquatics USA Swimming team. Dom then swam at DVC, where he was an All-American swimmer and competed in two State Championships, making finals in three events each year. Dom transferred to Sacramento State University, where he graduated in 2018 with a Sociology degree. Dom has coached at both the recreational level and the year-round level. This will be Dom's 7th year coaching at Del Amigo. He is currently an ASCA level 2 coach and also enjoys coaching the Orinda Aquatics senior-level age group. During his first year coaching at Del Amigo, it was evident that Dom found his "groove" with our team. His high energy, enthusiasm, and knowledge of the sport is displayed daily!

Special Note: Dom is currently an instructional assistant at Miramonte High School working in their special education department.

Senior Coach - Scott Mendelssohn

With 40 years of experience in coaching, Coach Scott Mendelssohn is a seasoned veteran in the swimming world. He began his journey as a swim coach for the Indian Valley Swim Team in Walnut Creek. Throughout his career, Coach Scott has been involved with multiple championship-level swim teams, such as Orinda Country Club and Crow Canyon Country Club. He is currently the head coach of Las Lomas High School, where he led the men's team to North Coast Section (NCS) titles in 1993 and 1995. In addition to his coaching duties, Coach Scott also works as the Head P.E. teacher at Charlotte Wood Middle School. He is known for his enthusiasm and passion for swimming and is excited to bring his talents to Del Amigo. This will be Coach Scott's 3rd year with the Del Amigo Swim Team.

Senior Coach - Sarah Firestone

Coach Sarah is returning for her second year at Del Amigo, bringing over 15 years of swimming experience and a deep passion for the sport. She grew up in Berkeley, California, swimming year-round until she was 18 years old. She continued her swimming career at UC Santa Cruz, where she competed in the 200 and 400 IM while earning her B.A. in Mathematics. She later earned her Master's in Education from UC Berkeley, combining her love of math and teaching. Currently, Sarah is a math professor and the head coach of the swim team at Bishop O'Dowd High School in Oakland, CA. Once her high school season wraps up, she will be back on deck, bringing her expertise, enthusiasm, and dedication to Del Amigo swimmers for another fantastic summer!

2025 Swim Team Committee

DAST Role	Name	Contact Information
President	Holly Moore	hdmoore1@gmail.com
Vice President	Pam Burke	pamporteousburke@gmail.com
Secretary	Stephanie Scheiding	mainstonevp@gmail.com
Treasurer	Jim Biello	biellofamily@gmail.com
Membership	Jennifer Dorr	jenndorr4@gmail.com
Meet Director	Katie Thau	thaufamily15@gmail.com
VSA Representative	Jake Schroeder	jake@benefitsstore.com
Job Coordinator	Audrey Whirlow	audreywhirlow@gmail.com
Computers	Calvin Chang	mr.calvin.chang@gmail.com
Team Gear & Spiritwear	Kim Seabury	bimseabury@gmail.com
Team Spirit	Natasha Fitzgibbon	fitzgibbon.natasha@gmail.com
Activities	Lindsay Graves	ljcrimmins@gmail.com
Head Coach	Julio Enciso	delamigojulio@gmail.com
DAPA President	Jason Blatter	delamigoboard@gmail.com

Del Amigo Swim Team website

<https://www.gomotionapp.com/team/recvsadapa/page/home>

Athlete Protection Policy

The Del Amigo Swim Team is committed to providing our athletes with a safe and healthy environment to enjoy the sport of swimming. The U.S Center for Safe Sport provides training programs designed for parents, athletes, and coaches. Various aspects of the Safe Sport program have been incorporated into the Del Amigo Swim Team program to ensure that Del Amigo sets the standard and expectations for our community, ensuring a safe space for all to enjoy.

In alignment with our dedication to safety and in compliance with State of California regulations for youth sports organizations, Del Amigo Swim Team has adopted Minor Athlete Abuse Prevention Policies (MAAPP). The Del Amigo Swim Team has integrated components of the U.S. Center for Safe Sport training programs into the team framework. These programs are tailored for parents, athletes, and coaches, ensuring that all members of our community understand and uphold the highest standards of safety and respect.

As part of the implementation of the MAAPP, all senior coaches will undergo thorough background checks inclusive of fingerprinting conducted by the California Department of Justice. Senior-level coaches are required to complete specific training courses provided by the U.S. Center for Safe Sport, including athlete protection training and mandatory reporter training. The U.S Center for Safe Sport training programs provide coaches with the knowledge and tools necessary to create a safe and supportive environment for athletes.

In the event of suspected abuse, neglect, or misconduct, it is essential to follow the established reporting policy. Coaches, staff, volunteers, and athletes are encouraged to report any concerns first to the Head Coach or any of the senior coaches. If for any reason this is not possible, or if the concern involves the Head Coach or coaching staff, individuals should report directly to the Del Amigo Pool Association (DAPA) President (Jason Blatter, delamigoboard@gmail.com). Del Amigo Swim Team is committed to maintaining a transparent reporting process to ensure that all concerns are handled with the utmost seriousness and urgency.

By adhering to these stringent guidelines and fostering a culture of accountability, Del Amigo Swim Team is dedicated to ensuring the well-being and safety of all our athletes.

Best Practice Guidelines

As a dedicated recreational swim team committed to excellence and safety, we have established best practice guidelines to ensure the well-being of our athletes and to ensure that Del Amigo meets the standards set forth by our League.

- ★ Parents are encouraged to support their children's swimming experience appropriately.
- ★ All swim practices will be open to observation by parents.
- ★ Coaches should not initiate contact with or accept supervisory responsibility for athletes outside of DAST programs and activities.
- ★ Coaches will refrain from engaging in one-on-one text and/or electronic mail conversations with athletes to maintain appropriate boundaries and ensure transparency in all communication.
- ★ Relationships of a peer-to-peer nature with any athletes should be avoided. For example, coaches should avoid sharing personal problems/issues/opinions with athletes.
- ★ Coaches and other non-athlete adult members should avoid horseplay and roughhousing with athletes.
- ★ When a coach touches an athlete as part of instruction, the coach should do so in direct view of others and inform the athlete of what he/she is doing before the initial contact. Touching athletes should be minimized outside the boundaries of what is considered normal instruction. Appropriate interaction would include high-fives, fist bumps, side-to-side hugs, and handshakes.
- ★ Coaches should avoid having athletes as their favorites. Coaches should also avoid creating a situation that could be perceived as them having favorites.
- ★ Gift-giving, providing special favors, or showing favoritism to individual athletes is strongly discouraged.

Code of Conduct

A code of conduct serves as a foundational guide for establishing and maintaining a positive and respectful environment. Adherence to a code of conduct ensures that all participants, including swimmers, coaches, and parents, are aligned with shared expectations and values.

Parents & Guardians Code of Conduct

The purpose of this code of conduct for parents and guardians is to establish consistent expectations. As a parent/guardian on the Del Amigo Swim Team (DAST), we recognize the vital support and development that participation provides for our swimmers. We also acknowledge the importance of respecting and granting authority to the coaching staff.

- Parents/guardians are responsible for ensuring their children enter the pool complex before exiting the parking lot.
- Swimmers under the age of nine (9) must be accompanied by an adult (18 years or older) during practices.
- Swimmers under the age of 13 must be supervised by an adult (18 years or older) during swim meets.
- Parents/guardians are urged not to leave children at the pool without arranging proper supervision after the practice. Coaches are not expected to supervise swimmers who have completed their practice and remain at the pool.
- The diving board area is restricted to parent-supervised swimmers; no exceptions will be made.
- Parents/guardians should refrain from participating in the coaching aspect of practice. All coaching duties should be left to the coaches, and distractions with technical advice for your swimmer should be avoided.
- Parents/guardians will set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy at all times to the team members, coaches, competitors, officials, parents, and all facilities.
- Parents/guardians will actively participate by volunteering, observing practices, cheering at meets, and discussing my swimmer(s) progress with them and their coach.
- Criticizing, name-calling, and using abusive language or gestures directed toward coaches, officials, volunteers, or any participating swimmer will not be tolerated.
- Parents/guardians will respect the integrity of the officials.

Athlete Code of Conduct

The purpose of a code of conduct for athletes is to establish a consistent expectation for athlete behavior. By participating on the Del Amigo Swim Team, athletes affirm the following:

- Swimmers should arrive at the pool with their equipment 10-15 minutes before practice begins.

- Practice time is valuable; Swimmers are expected to be in the water promptly, with caps, goggles and all necessary equipment at their lane.
- If a swimmer needs to leave practice early, they must inform their coach before practice begins.
- The diving board area is exclusive to parent-supervised swimmers; no exceptions will be made.
- Swimmers commit to respecting and showing courtesy to teammates and coaches, demonstrating good sportsmanship at practices and meets, setting a positive example for younger teammates, and being respectful of teammates' feelings and personal space.
- Swimmers who exhibit sexist, racist, homophobic, or otherwise inappropriate behavior will be faced with disciplinary actions.
- No phones or cameras are allowed in changing rooms/locker rooms at any time.
- Swimmers will show respect for facilities and property (including locker and changing rooms) at both Del Amigo and any facility at which Del Amigo is a guest.
- Swimmers will refrain from the use of foul language and violence and will avoid any behavior deemed dishonest, offensive, or illegal.
- If a disagreement arises with an official's call, swimmers will discuss it with their coach and not approach the official directly.
- Adherence to the outlined DAST rules and codes of conduct is mandatory. Athletes understand that violating this code may lead to disciplinary action determined by coaches and the DAST Committee.

Coaches Code of Conduct

The purpose of this coaching code of conduct is to establish common expectations for all members of the coaching staff at DAST. It serves as a guide to foster a positive team environment and promote good sportsmanship. The DAST coaching staff affirms and commits to the following:

- Demonstrate respect and sportsmanship, providing a model for participants and fans.
- Act and dress with professionalism and dignity, reflecting the standards of coaching in the VSA.
- Respect officials and their judgment and abide by the rules of the VSA League and Contra Costa County Swim Championships.
- Treat opposing coaches, participants, and spectators with respect.
- Guide athletes on sportsmanship and foster their demonstration of good sportsmanship in all facets of the sport, including both practices and meets.
- Coach in a positive manner, avoiding derogatory comments or abusive language.
- Treat every athlete fairly, justly, impartially, intelligently, and with sensitivity.
- Always prioritize the well-being, health, and safety of swimmers.
- Continue to seek and maintain their professional development in all areas concerning coaching and teaching children.
- Maintain a professional separation between coach and athlete.
- Adhere to DAST's outlined rules and code of conduct at all times.

Any concerns should be brought to the attention of the DAST President.

Electronic Communication

Electronic communication between an adult participant and minor athlete includes telephone calls, text messages, electronic mails, and social media direct messages. All electronic communication between an adult participant and minor athlete must adhere to principles of openness and transparency.

- Coaches will abstain from engaging in one-on-one text and/or electronic mail conversations with athletes to maintain appropriate boundaries and ensure transparency in all communication.
- In instances where direct communication is required, a coach will add an adult to the conversation to ensure accountability and safeguard the well-being of all involved parties.
- Any communication between adult participants and minor athletes involving topics such as drug or alcohol use, sexual or explicit content, or discussions of personal or private relationships or problems is strictly prohibited.
- In accordance with MAAPP, if any communication with a minor athlete indicates issues of potential concern, including but not limited to signs of abuse, harassment, or other safety-related matters, the adult participant will immediately report the issue to the DAST President for prompt and appropriate response.

All concerns or questions related to this policy should be directed to the DAST President for prompt attention and resolution.

Reference:

Minor Athlete Abuse Prevention Policies

<https://maapp.uscenterforsafesport.org/>

Bullying Policy

Del Amigo Swim Team is committed to providing athletes with a positive, safe, and secure environment in which they can train and progress. Setting clear expectations about behaviors that will not be tolerated is important. The Del Amigo Swim Team strongly maintains a zero-tolerance policy on bullying to uphold this commitment.

Bullying is defined by the U.S. Center for Safe Sport as “repeated or severe aggressive behavior(s) directed at a Minor and intended or likely to hurt, control, or diminish them emotionally, physically, or sexually.” Bullying “can be physical, verbal, social, or sexual. It can also be criminal if it is conduct described as bullying under federal or state law.”

Bullying can cause psychological and physiological consequences for athletes’ physical and mental health. Recognizing and addressing both in-person and social media bullying is essential to maintaining a supportive and respectful team atmosphere. Addressing these issues swiftly is crucial to fostering a safe and supportive environment for all team members.

All instances of bullying should be promptly reported to the Head Coach. As necessary, violations will result in a formal meeting with the Del Amigo Swim Team Head Coach, appropriate coaching staff, the DAST President, and executive members.

Reference:

U.S. Center for Safe Sport Bullying Prevention Handbook

https://uscenterforsafesport.org/wp-content/uploads/2023/03/BullyingHandbook_2023Update_100423-A_v1.9.pdf

Social Media Policy

Personal Social Media Accounts

Del Amigo Swim Team expects that any material posted about the swim team, athletes, coaches, and all team volunteers will be posted positively.

No inappropriate material, comments, photographs, or videos will be tolerated. Inappropriate and offensive behaviors include the following:

- Photographs, videos, comments, or posts that are of a sexual nature
- Photographs, videos, comments, or posts that condone drug-related activity
- Content that is unsportsmanlike or derogatory
- Personal or private information about other athletes
- Content that would constitute a violation of the Del Amigo Swim Team Code of Conduct

Del Amigo Swim Team Social Media Account

The Del Amigo Swim Team is committed to maintaining a safe and respectful online environment for all members. Del Amigo will not post anything on social media of a sexual nature, the depiction of drugs or alcohol, or any other inappropriate content.

The Del Amigo Swim Team maintains a social media account on Instagram. Photographs of athletes during swim meets, social events, and practices may be posted on this account. Once images are posted on the team's social media account, they may be shared, copied, and distributed by other team members or individuals associated with the team. No athletes are entitled to compensation for the use of these materials. If you elect not to have your athlete posted in any materials or photographs, please notify the DAST President.

Any violations of the Team social media policy will result in a formal meeting with the Del Amigo Swim Team Head Coach, appropriate coaching staff, and the DAST President and executive members, as necessary.

2025 Important Dates & Activities Calendar

<u>DATE</u>	<u>ACTIVITY</u>
Tuesday, April 1	Swim Team Practice Start Meet Your Teammates Social (Following Practice)
Wednesday, April 2	Welcome Back to Swim!* 5:30pm - 7:30pm (New Family Meeting @ 5:00pm & Silent Auction)
April 10 and 11	No Practice - SRVUSD Spring Break
Monday, May 12	Online Auction Launch The online auction will run from May 12 - May 15
Friday, May 16	Tattoos at Del Amigo! Let's get ready for Time Trials
Sunday, May 18	Del Amigo Time Trials @ 11:00 am
Monday, May 26	No Practice (Memorial Day)
Saturday, May 31	Swim Meet: Rancho San Miguel @ DEL
Thursday, June 5	No Practice (Last Day of School)
Friday, June 6	Summer Practice Schedule Begins Pump Up DEL Social (Following Practice)
Saturday, June 7	Swim Meet: Danville @ DEL
Saturday, June 14	Swim Meet: DEL @ Springbrook
Wednesday, June 18	Swim Meet: DEL @ HOX (DEL is the host team for this meet)
Saturday, June 21	Swim Meet: DEL @ SRAC
Saturday, June 21	Hot Summer Disco & Movie Night* 6:00 pm - 9:00 pm
Wednesday, June 25	Swim Meet: RHCC @ DEL
Saturday & Sunday, June 28-29	Invitational: Battle of the Ages

DATE**ACTIVITY**

Monday, June 30

Team Pictures @ DEL (start at 9:00 am)
Primo's Fundraiser
Team Event Off-Site (TBD)

Thursday and Friday, July 3 & 4

No Practice (4th of July Holiday)

Wednesday, July 9

Swim Meet: DEL @ Gehringer Park

Saturday, July 12-13

Invitational: Woodlands

Wednesday, July 16

Swim Meet: DEL @ SSST

Saturday, July 19

Swim Meet: Diablo Country Club @
DEL

Sunday, July 20

Swim Meet: HOX Last Chance Meet

July 14 - July 18

Coach Appreciation Week

July 21 - July 25

Dolphins Spirit Week

Wednesday, July 23

Dolphin Feeding Frenzy & Spirit Rally*
5:30 pm - 8:00 pm
Coach Delivery of VSA goody bags

Friday through Sunday, July 25-27

VSA Championships

Monday, July 28

County Practice Begins
Pancake breakfast

Wednesday, July 30

End of Season Celebration @ DEL*
5:00 pm - 8:00 pm

**Per the DAPA Bylaws, Del Amigo is permitted four swim facility-related hosted social events.*

2025 Del Amigo Meet Schedule

May 18	Sunday	DEL Time Trials	Home
May 31	Saturday	Rancho San Miguel (RSM)	Home
June 7	Saturday	Danville Sea Devils (DANV)	Home
June 14	Saturday	Springbrook Hogs	Away
June 18	Wednesday	Blackhawk HOX	Away
*Note that this is officially a DEL “home” meet and DEL is responsible for host team jobs at this meet.			
June 21	Saturday	San Ramon Aquacats (SRAC)	Away
June 25	Wednesday	Round Hill Country Club (RHCC)	Home
June 28/29	Saturday/Sunday	Battle of the Ages	Away
July 9	Wednesday	Gehringer Park Swim Team	Away
July 12/13	Saturday/Sunday	Woodlands Invitational*	Away
July 16	Wednesday	Sycamore Stingrays (SSST)	Away
July 19	Saturday	Diablo Country Club	Home
July 20	Sunday	HOX Last Chance Meet	Away
July 25-27	Friday-Sunday	VSA Championships	Blackhawk (Friday) Dougherty Valley HS (Sat/Sun)
August 2-3	Saturday/Sunday	County Championships**	Acalanes High School

*** Invitation Only**

**** Must Qualify for Meet**

We are not scheduled to practice April 10 and 11, May 26, June 5, June 30 (Picture Day), July 3 and 4, 2025. If you are making vacation plans, please schedule them during this time.

2025 Practice Schedule

Regular season swim team practice starts on April 1, 2025. Practice from **April 1 through June 5, 2025** will be as follows:

4:00-4:45 pm	9/10
4:45-5:15 pm	6&under
5:15-6:00 pm	7/8
6:00-7:00 pm	11/12
7:00-8:00 pm	13+

***Spring break for SRVUSD is April 7 - April 11, 2025**

As of Friday **June 6, 2025**, the regular summer swim team practice will be as follows:

8:00-9:00 am	9/10
9:00-10:00 am	13+
10:00-11:00 am	11/12
11:00-12:00 pm	7/8
12:00-12:45 pm	6&under

Regular swim team practice will run through July 24, 2025

Stroke & Turn Clinics

June 9 - July 17

Monday & Thursday

7:00 - 8:00 pm

Ages 9/10 and older**

*All training times will be at coach discretion according to the swimmer's ability

**Must get coach approval via email (delamigojulio@gmail.com)

County Championship Practice

The County Championship practice schedule will begin July 28, 2025. Practices will be daily through Friday, August 1, 2025 (times to be announced). County practices are open to County-qualified individual event and relay swimmers only.

Practice Policy & Attire

Swimmers are expected to be on time and fully prepared for practice. Being on time demonstrates respect for yourself, your teammates, and your coaches. Please ensure that all athletes arrive ahead of their scheduled practice time to prepare for practice. Swimmers who are unprepared impact the other athletes in the pool.

To optimize team practice, all swimmers will be grouped according to their age, ability, and performance, ensuring that each swimmer gains the most from practice. Younger age groups will have shorter practice sessions to accommodate their concentration and physical capacities. The coach-to-swimmer ratio will be carefully monitored to ensure that every athlete receives the necessary attention and guidance. Team practices will prioritize stroke technique, tempo, coordination, and race strategy, promoting a supportive team environment where athletes can excel and achieve their personal goals.

We understand that conflicts may arise due to various commitments such as carpools, vacations, other sports and activities, and sibling obligations. In such cases, the coaches will accommodate the needs of the swimmer, if possible and per schedule restrictions. Makeup practices may also be available to help swimmers stay on track with their training.

Practice Attire

If a swimmer elects to wear a cap during practice, **Del Amigo swim caps should be worn.**

For swim practice, females are to wear one-piece competition-style suits exclusively. Two-piece style suits are not permitted. Male swimmers should be in Speedo-style brief or jammer suits for practice. All suits must be worn appropriately.

Changing Policy

To maintain a respectful environment, deck changes are not permitted. All swimmers are expected to utilize the changing rooms located near the administrative office for changing purposes.

Changing areas provide semi-private or private areas for athletes to change and dress for practice, when necessary. Adult participants (coaches) will not change in front of minor athletes. Taking pictures or videos is not permitted in any area designated for changing clothes. Changing areas will be monitored.

Individual Coach Lessons

Our coaches may offer individual swimmer lessons throughout the recreational season. Parents should expect to attend lessons for all swimmers under age 12. If swimmers over age 12 are attending lessons alone, please notify the coach before the lesson.

Description of Swim Meets

Time Trials

This is a practice meet that runs similar to a regular dual meet, except that only our team participates. Our swimmers compete against fellow teammates in a dress rehearsal for the dual meets to come. It gives the swimmers a chance to release some pre-season jitters, practice starts, strokes, turns and set times for each stroke. Typically, swimmers will swim all strokes at this meet to register a seed time. It also helps the coaches assign swimmers to events for the first dual meet. New parents benefit by learning how job assignments work and what a swim meet entails.

Dual Meets

Dual meets are meets held between Del Amigo and another team, either from within the Valley Swim Association League or a nearby league. Meets take approximately five hours to complete. The order of events for dual swim meets is: 50 Freestyle (15/18), Medley Relay, Individual Medley (I.M), Freestyle, Breaststroke, Backstroke, Butterfly, Freestyle Relay.

Battle Of The Ages Invitational

A championship style two-day swim meet invitational. This is a unique swim meet where swimmers only swim against swimmers who are the same age. For example, 9 year old swimmers compete only against other 9 year old swimmers of the same gender. This swim meet has a clerk of the course, which means that the swimmers are dropped off at a staging area 20-30 minutes before they race and escorted to their swim blocks. This is an exciting racing environment and generally is our first two-day meet of the summer season.

Woodlands Invitational

A two-day invitational meet with teams from all over the County. This is a trials/finals meet. Trials means that unlike at dual meets, your swimmer might swim more than once in a day. Due to entry restrictions, swimmers are chosen by the coaches to attend. **It's an honor to be invited** and since the pool is a "fast pool" swimmers generally post very fast times. If your child attends Woodlands, you **will** be required to work at the meet.

VSA League Championships

Our league finishes the season with a meet that will be held this year at Blackhawk Country Club in Danville and Dougherty Valley High School in San Ramon. This is a three-day event and the highlight of our league season. All eight teams in our league participate in this meet, and every swimmer is expected to participate. All families may be asked to volunteer at this meet to meet team responsibilities.

This is a trials/finals meet. In 2025, the Championship meet will include the racing of select events on Friday at Blackhawk Country Club, with the remainder of events to be raced on Saturday and Sunday at Dougherty Valley High School. All families are expected to participate in this season-culminating meet.

County Championships

The County Swim Meet attracts all the recreational team swimmers in Contra Costa County who have qualified by making a threshold time in an individual event (“making County”). **If your swimmer qualifies and attends, you will be expected to work a team job requirement at the meet.**

County qualifying times can be reviewed on the Contra Costa County Swim Championships website: <https://contracostacountymeet.com/2025-qualifying-times>.

Swim Meet Guidelines

Teams in our League

Del Amigo is one of eight teams in the Valley Swim Association (VSA) recreational swim league. Teams within the VSA include Blackhawk Country Club, Del Amigo Swim Team, Round Hill Country Club, Danville Sea Devils, Diablo Country Club, Springbrook Hogs, Sycamore Stingrays, and San Ramon Aquacats.

To be eligible to swim in league meets, a swimmer must have had no USA swimming participation since January 1 of the calendar year. All Del Amigo Swim Team athletes must have parents who are Del Amigo Pool Association (DAPA) members.

Scheduling Swimmer Events

All swimmers are entered in events by the Coaches' assessment of their ability, team needs, and other factors such as attendance and attitude. Every swimmer is guaranteed to swim a minimum of 2 events in each meet. By league rules, swimmers can be entered in a maximum of 5 events (3 individual events and 2 relay events). This is not guaranteed for every swimmer on the team and is determined by the Coaches. Impacted age group swimmers will swim fewer events than the maximum allowed because of time constraints on meets.

Relays are determined primarily by best times and secondarily by a swimmer's consistency, attendance, and attitude. The Coaches intend to use the best possible swimmers for every relay entered. Relay spots are earned, and individuals on relays may change throughout the season as swimmers' times and efforts improve.

Scoring a Meet

Dual League meets are scored by time placement in the first heat of each event.

Individual event points are awarded as follows: 1st = 9 points, 2nd = 5 points, 3rd = 4 points, 4th = 3 points, 5th = 2 points, 6th = 1 point. In **relay events**: 1st = 8 points, by default 2nd is always given to the other team (regardless of placement), 2nd = 4 points.

In dual meets, ribbons are awarded for 1st through 6th place in every heat of an event. At Del Amigo home meets, ribbons are given to swimmers in the 11/12 age group and younger. Note that ribbon policies may differ at away meets. Invitationals and League Championships follow their own unique scoring and award systems.

Every swimmer has something to contribute to our team. Swimmers should and will be encouraged to cheer on and support every member of our community team. Reinforcing good sportsmanship, and reaching for team and individual goals, will be the fundamentals of our program.

Meet Entry Deadlines

Please understand that all swim meets have deadlines for entries. Once entry deadlines have passed, meet entries cannot be modified. Please monitor Team Unify for all meet entry deadlines and ensure that your swimmer(s) are committed appropriately to each meet for the swim season.

Qualifying for League Championships

All team members are encouraged to participate in all League dual meets as well as the League Championship meet. Swimmers must compete in a minimum of three League dual meets during the season to compete at VSA League Championships.

Parent and Swimmer Responsibilities at Meets

Running a traditional swim meet requires the participation of parents! To ensure our swim program operates smoothly with minimal confusion, to foster enthusiasm, and, most importantly, to create a fun experience for families and swimmers, we have established the following responsibilities and policies.

Approximately 55 parents are needed for a home meet, while around 25 parents are required for an away meet. During the swim season, there are usually two meets each week: Wednesday evenings and Saturday mornings. Home meets have earlier warm-up times, whereas away meets typically have later warm-up times.

The approximate start times and swimmer check-in times for each meet will be provided below, but please note that these times may vary based on individual meets. An email with specific times will be sent out before each meet.

Saturday swim meets start at 9:00 am and Wednesday swim meets start at 5:00 pm. *Wednesday night meets at Del Amigo must end by 9:00 pm.*

Approximate Arrival Times for Swimmers

Check-in Times	home meet	away meet	approximate end
Saturday	7:30am	7:30am	12:00pm
Wednesday	3:30pm	4:00pm	9:00pm

Wear your team suits and colors and cheer for your teammates during their races. Have fun and swim fast!

Warm-up is essential and is a mandatory team activity. It is important for you to loosen up before races, as well as to practice dives and turns at new pools. Additionally, warm-up provides valuable time for the coaches to connect with the swimmers.

Swimmer Sign-Out Policies

We strongly encourage all swimmers to attend all league meets. To confirm your attendance for each meet, please visit the Del [website](#) and click on the “Events” section. For each meet, you will see a “Commitment” button. For every swimmer and each meet, please indicate your attendance by selecting “Yes” or “No.” If you need to provide information about partial attendance, you can include a note in the comments field.

Swimmers who intend to sign in or out of meets must do so by the deadline posted for each event. It is the responsibility of the swimmer or parent to electronically sign in or out through Team Unify. Texting or emailing a coach about meet attendance is not an efficient form of communication, as it saves coaches hours of scheduling time. If a parent has a job assignment, they must either find a replacement or fulfill the assignment if they sign their swimmer out of a meet.

All swimmers are expected to swim in the VSA League Championship meet.

→ **Illness**

If a swimmer is ill, please notify Coach Julio (delamigojulio@gmail.com) and the Computer team (dapacomputers@gmail.com) prior to the meet.

→ **Relays**

When a relay team must be “scratched” because a scheduled swimmer doesn’t show up for a meet, three other swimmers are deprived of their chance to compete. Please make every effort to ensure your child will be attending the meets that they have committed to so this does not happen.

Team Competition Suits and Caps

What To Wear during practice and on meet days:

→ **Practice:** Womens one-piece suit, mens jammer, or mens brief

→ **All Meets:** Del Amigo competition suit - purchased via the Del Amigo online store at Elsmore Swim Shop

→ **Optional for Invitationals: Woodlands Invitational, HOX Last Chance, VSA Championship, and County Championship:** Technical suits are permitted with coaches approval (see additional detail below)

Team competition suits and team caps are to be worn at all swim meets, unless you have approval to wear a technical suit. If you are new to the team, or need a new team suit, it can be ordered through our Elsmore Swim Shop team store:

<https://elsmoreswim.com/collections/del-amigo-swim-team>

Elsmore Swim Shop
(925) 300-3369
2054 Treat Blvd. Suite D
Walnut Creek, CA 94598

Suit fittings will be available at the Elsmore Swim Shop in Walnut Creek and at the Del Amigo on select dates. For more information or questions regarding team gear, please contact Kim Seabury.

Kim Seabury (bimseabury@gmail.com)

Technical Suits

Technical suits are designed to accommodate different flow characteristics across the body and reduce drag through the water. If technical suits are worn for all meets, the integrity of the suit as well as the mental preparation is compromised. Theoretically, race suits are designed to accommodate 6 to 8 individual swimmers.

Del Amigo will allow athletes to wear technical suits for specific meets with the coach approval. Technical suits must be in accordance with the USA Swimming rules. Please review restrictions to technical suits permitted for 12 and under swimmers (<https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>).

Technical suits are NOT to be worn at dual meets unless you have prior coach approval. Please see the “Documents” on the Del Amigo Swim Team home page for more information (<https://www.gomotionapp.com/team/recvsadapa/page/home>).

Junior Coaches and their Responsibilities

Del Amigo’s junior coaches are 15 to 18 year old teammates who enjoy working with our younger swimmers. Their responsibilities include helping the coaching staff with in the water instruction, cheering on the kids at the start blocks and being positive role models.

Job Responsibilities

The responsibilities and policies for our swim meets have been developed to ensure they run safely, efficiently, and per the standards set by our League.

Family Responsibilities

Like many youth sports, recreational swim teams rely on the support of parents to create safe, efficient, and enjoyable meets for our athletes. To improve the experience and success of our swimmers, please consider your commitment to the following points:

Each family with a swimmer aged 14 and under is required to sign up for the **following during the job sign-up period:**

- Five (5) dual meet jobs
- One (1) invitational job (as applicable based on team requirements)
- One (1) activity job

Information regarding the job registration dates and times will be sent to each family in advance.

If you fail to register for the required jobs during this period, you will receive a notification from the Del Amigo Swim Team, giving you 48 hours to complete your registration. If you do not fulfill the job/activity registration requirements within this 48-hour window, a fine of \$200 will be imposed.

It is each family's responsibility to ensure that they meet these obligations. Please plan ahead, keeping in mind the dates when you might be absent or on vacation.

Additionally, failing to fulfill a job requirement at any meet (including Invitational, League Championship, or dual meet) will result in a \$200 no-show fee.

All individuals assigned to work at a specific meet or event must sign in with the Meet Host. Each position has a designated check-in time that varies based on the role. The Meet Host will communicate the required check-in time and will require everyone to sign in, acknowledging the documented time. **If a family fails to check in with the Meet Host, it will be considered an absence or no-show.**

Families are only allowed to sign up for a maximum of two (2) jobs per swim meet or event. If a family registers for more than one job at a single meet, each job must be assigned to a different individual. Any excess registrations will be removed and reassigned to another swim meet.

Please provide appropriate adult supervision for small children if you have a job assignment. Based on the pace and expectations during a swim meet, parents cannot be expected to give thorough attention to both a job and their swimmers during a swim meet.

Jobs Switching / Hiring a Replacement

Once you have registered for a job, you are responsible for fulfilling that position, regardless of any outside circumstances. If you are unable to fulfill your role, you must assign a responsible replacement.

If you choose to hire a replacement for your job or activity responsibility, your family must notify the Job Coordinators via email at least 48 hours prior to the commitment. Please review the requirements below regarding individuals hired to replace a Del Amigo Swim Team parent responsibility:

- All individuals must be at least 14 years of age.
- Replacements aged 14-17 may only take on café, timing, and ribbons jobs due to safety, responsibilities, and work expectations.
- Replacement workers must be provided with a description of their responsibilities by the hiring parent.
- The recommended fee for a replacement is \$20 per hour or \$100 for the entire swim meet.

Please note that no exceptions will be allowed. Failure to complete a job requirement will result in a fine according to the fee structure mentioned above.

All questions, issues, and replacements regarding Del Amigo Swim Team job responsibilities should be directed to **Audrey Whirlow, Job Coordinator**, at audreywhirlow@gmail.com.

Late/No Show Job Responsibilities

A vital aspect of ensuring the success of the Del Swim Team is the commitment of parents to run and staff our swim meets. We cannot overstate how important it is for everyone to fulfill their obligations as parents in support of team events. We know that all swim team members and their families believe in establishing a fair method of cooperation. When you do not complete the job assigned to you, it places additional burdens on others who must take on your responsibilities.

Please note that all fines must be paid before your swimmer(s) can participate in the next swim meet. Failure to pay the fine may result in your swimmer being ineligible to compete. All funds collected will go directly to support the team.

Thank you for your support of the Del Amigo Swim Team.

DAPA Parking & Circulation Plan

This plan has been created by the Del Amigo Swim Team Committee in an effort to lessen the effects of pool traffic on the surrounding neighborhood. The pool members and guests should comply with this plan when attending a swim meet or large social event at Del Amigo Pool.

Home Swim Meets

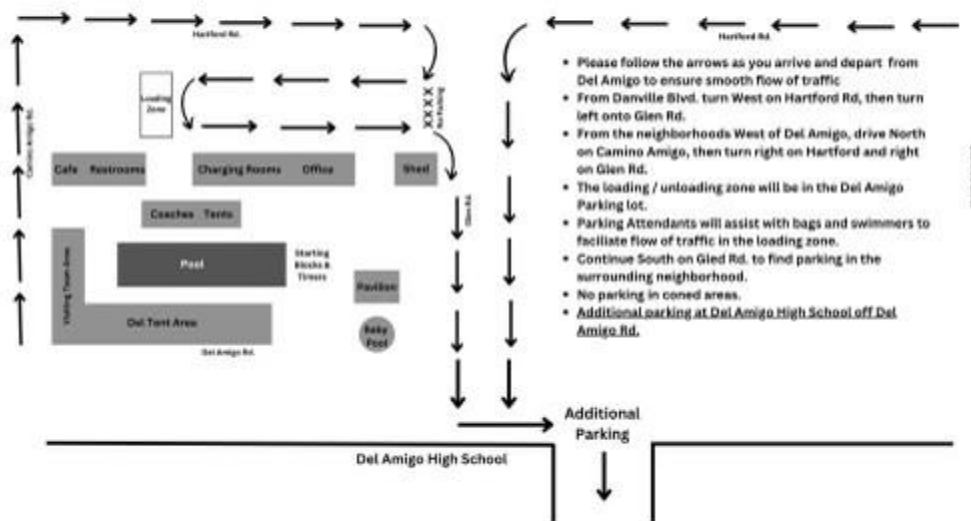
From Danville Blvd: Turn West on Hartford Road, then turn left onto Glen Road. Del Amigo Pool will be on your right side. If you are coming from west of Del Amigo, drive north on Camino Amigo, then turn right on Hartford Road and right on Glen Rd. The Del Amigo pool will be on your right side.

The Del Amigo main parking lot will be used for drop off and pick up of swimmers and for meet parking. Parking assistants will help with loading and unloading.

After using the drop-off and pick-up area in the parking lot, please seek parking along Del Amigo Road, Glen Road and Danville Blvd. Parking is also available at the Del Amigo High School parking lot.

- There is no parking permitted in the coned areas in front of the Del Amigo gate on Glen Road; this is the emergency services access to the pool.
- Please eliminate making “U” turns on Glen Road or in residential driveways.
- Please park legally and do not park in any zones with a red curb.

Traffic Circulation During Home Swim Meets



During Practice and Del Amigo Social Events

The parking lot will be open for parking during practices and Del Amigo Swim Team events (Welcome Back to Swim, Hot Summer Disco & Movie Night, Dolphin Feeding Frenzy (Spirit Rally), and End of Season Banquet). Please proceed slowly through the parking lot. Swimmers can be dropped off at the main entrance to the pool with their belongings.

Please do not park illegally, block private driveways or fire hydrants, or park in any red curb area. During the events please respect the coned areas opposite the pool, between the pool parking exit/entrance and from the Glen Road entrance to the corner that will allow emergency vehicle access. Danville Police will ticket any cars parked illegally.

Please be respectful of our neighbors. Use quiet voices in early morning hours. Do not litter. Please do not trespass on private property. Please drive at the speed limit and park legally.

We appreciate your help in making Del Amigo Pool Association a good place for our members, guests and neighbors.

Swimmer Recognition

Athlete Recognition

Del Amigo is proud to honor our swimmers who dedicate their summer to our swim team. We love watching them swim, race, grow in sportsmanship, and shine as incredible teammates! The recreational swim season wouldn't be the same without each and every one of them enriching our team.

- **Swimmer of the Week** - This program celebrates athletes who embody the qualities of a Dolphin swimmer at practice and meets every day. Encouraging others, cheering for teammates, and giving their all are core pillars of recreational swimming. Each week, two swimmers from each age group (one male and one female) will be recognized as the Swimmer of the Week. We applaud all of our athletes for their hard work and commitment to the team, and we can't wait to see who inspires us this summer.
- **Popped Time Awards** - Make sure to pick up a Popped Time bag tag for athletes to collect popped time stickers throughout the season so we can celebrate all of our swimmers' accomplishments. We are proud of every one of our amazing Dolphin swimmers!

End of Season Banquet

Del Amigo hosts an End of Season banquet for all swimmers and their families at the end of the regular season to celebrate our swimmers' accomplishments. Each Del Amigo swimmer is recognized for his/her participation and achievements throughout the season with a medal or trophy. Additionally, special achievement awards will be presented to a boy and girl in each age group. These include the following:

- **Coaches Award**
This award recognizes swimmers for their commitment and dedication to the team and their overall attitude and work ethic.
- **Most Improved Award**
This award recognizes swimmers who have shown the greatest growth in skills including technique and times.
- **High-Point Award**
This award recognizes swimmers who have achieved the most points in their age group.
- **Jellyfish Award**
This award recognizes swimmers who do not care about attention and are "silent but deadly" when racing.
- **Workhorse Award**
This award recognizes swimmers who train with a relentless work ethic. The workhorse doesn't complain and always welcomes the challenge.

The Del Amigo team presents the coveted **Joey Moore Award** for spirit at the finale of the End of Season Banquet. This prestigious award is bestowed upon two swimmers, one boy and one girl, who exhibit a contagious team spirit and enthusiasm for the sport of swimming each year. The Head Coaches present this enduring trophy to the deserving recipients. Each awardee will also receive a certificate, and the trophy will be shared between the two winners with each holding it for six months.

Frequently Asked Questions

How can I talk to the coaches? We ask that you not engage in conversation with the coaches during workouts as we require them to focus on the children during that time. If you wish to speak to the coaches, please see them after all practices are finished, not during practice hours. You can also email Head Coach Julio with your questions or concerns. His email address is listed in this handbook.

How do I find out what's going on? *Our primary means of communication is email.* Newsletters will be distributed regularly. The newsletters can be long, but are full of important information and dates/deadlines and should be read in their entirety. The swim team website (<https://www.gomotionapp.com/team/recvsadapa/page/home>) is also a great resource for dates and events. Swim Team Committee members' email addresses are on the website and listed in this Handbook. Additionally, there are family folders where ribbons and some hard copy information (picture forms and event flyers) will be placed.

What gear does my child need? All swimmers will need to wear goggles and fins for practice. The fins, paddles, and goggles recommended by coaches are available via the Del Amigo online store or via Elsmore Swim shop online and in store. The Del Amigo team suits being offered for the 2025 season are TYR Durafast Elite Diamondfit solid navy suits with the Del Amigo logo embroidered in yellow. All team suits are TYR suits. Swimmers will need a Del Amigo swim cap for meets.

All team suits should be ordered through Elsmore Swim Shop, 2054 Treat Boulevard, Suite D, Walnut Creek, California.

Del Amigo Team store: <https://elsmoreswim.com/collections/del-amigo-swim-team>.

Team suits and caps are to be worn for all swim meets. All swimmers can visit the Elsmore Swim Shop in Walnut Creek (2054 Treat Blvd, Suite D, Walnut Creek, California 94589). Elsmore Swim Shop offers all of the Del Amigo Swim Team gear as well as equipment, goggles, practice suits, and technical suits.

For any questions regarding team apparel or swim gear, please contact Kim Seabury (bimseabury@gmail.com).

What should I bring to a meet? All things needed to swim: team suit and goggles are required for all swimmers, yellow cap for girls, plus extra towels, sweats (jackets, sleeping bags, it can be very cold early in the morning or late in the evening), chairs and sun umbrellas, something to play or read (board games, cards, pens & paper). Bring healthy and kid-friendly food for your swimmer to snack on in between races.

As a parent, what will I need for a swim meet? First off...a sense of humor and patience! You will need paper and pencil to record your child's time, a chair and sunscreen. The most important thing to bring to a meet is encouragement. Please remember to always be positive with your comments and let the coaches handle the technical part of the swim.

How are age groups determined? A swimmer's age group is determined by what age they are on June 15 of the calendar year.

What is a swim meet like? Sometimes swim meets appear chaotic and confusing to new members. Experienced swim team families are there to answer any questions new families might have. For any specific questions, please contact the Meet Director. Generally, meets are fun, exciting, and thrilling to spectators and participants. Cheer for our team!

What is the order of events in a meet? 15/18 50 Freestyle, Medley Relay, Individual Medley (I.M.), Freestyle, Breaststroke, Backstroke, Butterfly, Freestyle Relay. For each stroke, 6&U swimmers go first, followed by 7/8's, 9/10's, 11/12's, 13/14's, then 15/18's. Female swimmers precede male swimmers. The order of a Medley Relay is Backstroke, Breaststroke, Butterfly, and Freestyle.

What is a heat? A heat is composed of up to 6 swimmers racing against each other, 3 swimmers from our team and 3 swimmers from the other team competing in alternating lanes. Typically, each event has several heats.

What is an I.M.? In the individual medley (I.M) the swimmer swims a lap of each stroke, in the order of butterfly, backstroke, breaststroke, and freestyle.

What is a DQ? Swimmers can be disqualified (DQ) from an event for making an illegal stroke, false start, or an illegal touch at the finish (two hands required for butterfly and breaststroke). DQ's happen! They are merely a reminder that the swimmer needs to be corrected with stroke instruction and practice.

What distances will my child swim ?

6&U = 25 yards /one lap,

7/8 = 25 yards /one lap,

9/10 = 50 yards/ two laps

11/12 = 50 yards/ two laps,

13/14 = 50 yards/ two laps,

15-18 = 100 yards/ four laps for all strokes / 50 yard freestyle also offered

How long does a swim meet last?

4 to 5 hours, depending on the size of the teams and the pace of events.

What if my swimmer has to leave the team?

Refund Policy for 2025

Refunds for regular summer team registration will be paid out as follows:

- 100% refund, less \$75 (per swimmer) and applicable credit card fees, if request is received before the first day of practice (April 1, 2025)
- 50% refund and less applicable credit card fees if request is received after April 1, 2025 but before June 6, 2025
- 0% refund if request is received after June 6, 2025

****6U swimmers:** If the coach and swimmer's parents determine that a child is not ready to swim and should wait another year, an 85% refund will be paid, provided this determination is made prior to June 6, 2025.

Requests for refunds must be emailed to Jenn Dorr at Jenndorr4@gmail.com.