

2018

Community Services Department

Aquatics Division



Swim Team Handbook

Team website:

www.chandlerdolphins.com

PHILOSOPHY OF THE RECREATION SWIM TEAM PROGRAM

The Chandler recreation swim teams are organized to serve the needs and potential development for children and teens that are interested in a swim team experience. Through the recreation design of the program, it is intended that all children who participate will enhance their physical and mental fitness.

Through participation in the program, it is hoped that participants will have a positive experience, and develop positive attitudes, learn good sportsmanship, teamwork and self-esteem from their accomplishments. It is also hoped that participants will learn the rules of the sport, correct stroke techniques, and realize their potential through self-discipline and hard work.

This program was developed to allow family participation. Parents are highly encouraged to become involved with this program through volunteering their services or being supportive spectators.

OBJECTIVES OF THE PROGRAM

- 1.) Learning and Practicing the **FUN**-damentals of all four Olympic strokes, including specialized skills such as starts and flip turns.
- 2.) To provide a **SAFE**, fun and positive atmosphere.
- 3.) Provide opportunities for participants to develop their swimming skills through organized training and self-discipline.
- 4.) Allow participants to gain self-esteem and confidence through personal accomplishments.

Important Dates

Wednesday June 6th- T-shirt Order forms and payment are due to the Coaching Staff or the Aquatics Office.

Thursday, June 7 from 6:30-9:30 a.m. - Swim Suit Fittings. You can also view and order suits through [East Valley Sports](#).

Thursday, June 14—Team and Individual pictures. All swimmers are asked to be at Arrowhead Pool at 6:45 a.m. Practice will be conducted on picture day.

** Team Suits , T-shirts , and Pictures are optional.*

PRACTICE SCHEDULE

Arrowhead Dolphins practice at Arrowhead Pool

Tuesday through Friday

5½ to 8 8:00-8:50 a.m.

9 to 11 7:00-7:50 a.m.

12 to 18 6:00-6:50 a.m.

Practice begins June 5!

IMPORTANT: Swimmers are asked to **arrive 10 minutes early** for practice to stretch and warm-up. Attendance and participation at practice is highly recommended, but not mandatory.

VOLUNTEERS

It is truly a team effort running/hosting a swim meet. The success of home meets rely heavily on parent volunteers. The volunteers are responsible for filling positions such as: clerk of the course, timers, judges, starters, etc.. During the intersquad meet (June 9), we will be providing a volunteer training for parents.



SWIM MEETS

Most swim meets are held Saturday mornings, 7-10:45 a.m. All Saturday meets will start at 7:30 a.m. with warm-ups at 7 a.m. for away meets and **6:15 a.m. for home meets**. Home meets will be hosted at the pool at which you practice. The Head Coach will be the Meet Director at all home meets. He/She is also responsible for obtaining all materials and volunteers needed in order to operate a smooth meet.

The 8th Annual City of Chandler All City Meet is scheduled for **Saturday, July 14 from 6-10:45 a.m.** at Mesquite Groves Aquatic Center. Participants from all four City of Chandler recreation swim teams will compete against one another in various strokes and events.

ARROWHEAD DOLPHINS-SATURDAY SWIM MEET SCHEDULE

June 09	Intersquad Meet and Volunteer Training	Arrowhead
June 16	Home vs. Arrowhead Sea Lions	Arrowhead
June 23	Away vs. West Chandler Hammerheads	Nozomi
June 30	Home vs. Mesquite Groves Stingrays	Arrowhead
July 14	All City Swim Meet	Mesquite Groves

No practice or swim meet the week of July 2-7, 2018

**Meet schedule is subject to change*

COACHING STAFF

Head Swim Coach – Denise Underwood
Assistant Swim Coach – Connor McAuliffe

Coaches' Aide – Zach Mendoza

Coaches' Aide – TBD

Coaches' Aide – TBD



SWIM TEAM PARTY

Saturday, July 21 from
6:30 - 9:30 p.m.

@ Mesquite Groves Aquatic Center