



St. Croix Swimming Association
P.O. Box 972 Kingshill VI 00851

340-778-1974 EXT 7946 Office
340-778-1398 Fax

Dolphins Team Training Schedule 2018-2019

Offered Practice Days/Times

Groups

<i>Blue Group</i>	<i>Tuesdays and Thursdays</i>	<i>3:30pm-4:30pm</i>
<i>Yellow Group</i>	<i>Mondays, Wednesdays, & Fridays</i>	<i>3:30pm-4:45pm</i>
<i>Gold Group</i>	<i>Mondays to Fridays</i>	<i>4:30pm-6:00pm</i>
	<i>Saturdays</i>	<i>7:45am-9:30am</i>
<i>Senior Group</i>	<i>Mondays to Fridays</i>	<i>4:30pm-6:30pm</i>
	<i>Tuesdays and Thursdays</i>	<i>6:00am-7:15am</i>
	<i>Saturdays</i>	<i>8:00am-10:00am</i>
<i>Masters</i>	<i>Tuesdays & Thursdays</i>	<i>6:00am-7:15am</i>
	<i>Tuesdays & Thursdays</i>	<i>5:30pm-7:00pm</i>
	<i>Saturdays</i>	<i>8:00 am-10:00am</i>



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Meet Schedule for 2018-2019

September 4 th (Start)	On going Registration for Swim Season 2018-2019
Saturday, September 22	Dolphins Annual Meeting and Fun Swim Meet, Dolphins Pool
Saturday, September 29	Dolphins LC Meet, Dolphins Pool
Saturday, October 13	Dolphins Short Course Meet, Beeston Hill
Saturday, October 27	Swim A Thon, Dolphins Pool
Sunday, November 11	Coral Reef Swim Race (open water, 1, 2, or 5 mile options) This is not a Dolphins-hosted event, but we always have a good showing! More information can be found at www.swimrace.com
November 3-4	VISF Short Course Championships Meet, St. Thomas
November	Dolphins Short Course Meet, Beeston Hill
November 21-25	Santo Domingo Swim Meet, LC (QT)
Saturday, December 22	Last Chance Meet
January TBA	Dolphin Sea Swim
January TBA	Travel Meet, Puerto Rico
February TBA	Travel Meet (QT)
March TBA	Dolphins Short Course Meet, Beeston Hill
March TBA	Last Chance Carifta Meet, Dolphins Pool
March/April TBD	Carifta, Barbados (QT)
April	VISF Long Course Champs, St. Croix
May TBD	Dolphins Invitational
Sunday, May	Beach to Beach Power Swim, St. John This is not a Dolphins-hosted event, but we always have a good showing! More information can be found at www.swimrace.com
June (TBD)	Barbados (QT)

***Parents Annual Meeting and Elections Saturday, September 22, 2018
From 9:00am to 10:00am. Fun Meet/Day 10:00 am to 12:00 pm.**



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Dolphins Team Registration 2018-2019

Swimmer's Full Name

(1) _____
(2) _____
(3) _____

Last First Initial DOB

Mailing Address _____

Contact

Parent(s) Name _____ Contact Number _____

E-Mail Address _____

Emergency Contact Person _____ Phone # _____

****Note: Emails are the primary form of communication from the Dolphins.
Please provide one that is checked regularly.**

Annual Registration Fees

Quantity Total Cost

First swimmer in family \$140	\$ _____ = _____
Each additional swimmer \$125	\$ _____ X _____ = _____
<i>Includes a team suit, t-shirt, insurance fees, family dues & equipment fees</i>	
VISF Dues \$30 per swimmer	\$ _____ X _____ = _____
Blue (\$75 per month)	\$ _____ X _____ = _____
Yellow (\$85 per month)	\$ _____ X _____ = _____
Gold (\$90 per month)	\$ _____ X _____ = _____
Senior (\$115 per month)	\$ _____ X _____ = _____

Payment Options:

- 1) **Plan A: Registration Fee plus full year get 10% discount.**
- 2) **Plan B: Registration Fee plus 10 Monthly payments (\$5 discount only when paid by every 10th day of the month with cash or check)**

*****Discounts are only on monthly fees*****

Swim Suit Size	(1) _____	(2) _____	(3) _____	_____
Tee-Shirt Size	(1) _____	(2) _____	(3) _____	_____
Team Store Items	_____			\$ _____

I would like to sponsor a child(ren) from a low-income family: Yes _____ No _____

Total # of Swimmers Sponsored _____ X \$ _____ (amount) \$ _____

Total \$ _____



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Team Monthly Dues (10 monthly payments)

Monthly dues are payable to the St. Croix Swimming Association (SCSA) each month (Sept-June), even if your child is unable to swim for any reason, unless the swimmer is officially withdrawn from the Dolphins. Withdrawal may be done with written notice to the Program Director. Dues must be paid through the end of the month in which the written notice for withdrawal is received by the office.

Payments must be made by the 10th of each month in cash or check to be able to receive the \$5.00 discount per month.

There will be a fee of \$50 to reinstate a swimmer on the swim team who has previously been withdrawn. Swimmers who have paid the full ten months of dues will be eligible for FREE swimming for the months of July and August. All others will need to pay monthly dues during the summer months.

Volunteer Requirements

The St. Croix Dolphins Swim Team is unable to operate without the assistance of volunteers from the team families. Volunteers are required to run the administration of the team through the Board of Directors, to conduct certain operations such as fundraisers and maintenance, and to conduct competitive swim meets. It is only through the efforts of our parent volunteers that the success of the team is possible.

The Dolphins would like to fill as many volunteer positions as possible at the start of the swim season. We are asking that each parent complete the following volunteer form with your prioritized list of positions. Training is available for all positions.

There are two areas in which every family are expected to volunteer:

1. Swim Meets

Every family must provide at least one representative to volunteer at each on island swim meet or donate supplies for the swim meet.

Training will be provided for all positions. It is typical for new families joining the team to start in the role of "Timer." This is a very easy position, training is provided, and it is a great, social way to become involved with the team. There are, however, many other positions available. A complete description of the positions can be found in the Parent Handbook.

Basically, if your children are swimming we need to see you volunteering. There should be no circumstance where your child is swimming in a hosted meet and your family has provided no volunteers for the meet. For off island swim meets, our team is typically asked to provide volunteer timers for at least one session. We expect parents traveling with the team to volunteer as needed in these cases as it promotes goodwill between the teams and ensures our invitation to future meets!

If you are unable to volunteer DONATE. Please donate to the concession to help defray the cost of hosting a meet. Typically before every meet an email is sent with items needed to sell in the concession. Please feel free to contact the office if you wish to donate and a list will be provided.

2. Volunteering to Help with Team Operations

There are many ways to volunteer to help the team outside of actual swim meets. Typically, these opportunities are to serve on various committees that run different events, such as the Swim-a-Thon, Sea Swim, Annual Banquet, Summer Camp, Fundraiser Committee, Every Child A Swimmer, Grounds and Maintenance, or Meet Planning committees.

Each family must provide at least one representative to serve on at least one committee during the year (although participation on additional committees is highly appreciated!).



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You must complete the Volunteer Form as part of your swimmer's registration package in order for your swimmer to be registered for the team.

Volunteer Forms

Swimmer(s) Name	Group (Blue, Yellow, Gold, Senior)

Swim Meet Volunteer

Please select your top three choices of swim meet volunteer positions (indicate your order of preference by marking 1st, 2nd, 3rd, etc. beside the roles that interest you. It does not mean that you will be doing all three jobs, but that you are willing to do any of the three).

On the next sheet, choose at least one committee on which you commit to serve during the 2018-2019 season.

PARENT #1 _____

PARENT #2 _____

Before meet setup

Set up equipment and supplies needed for on island meets.

Meet Equipment Maintenance

Ensure stop watches, starter box, and touch pads are ready to use for on island meets.

Referee

Responsible to be head official for on island meets.

Timing Booth Team

Run the timing system for on island meets.

Stroke and Turn Official

Provide stroke and turn judging for on island meets.

Head Timer

Oversee the timers and ensure readiness with the Referee.

Timer

Use a stopwatch to record the time for each heat.

Runner

Collect heat sheets when completed and bring them to the timing booth. Post results and deliver results to awards personnel.

Marshall/Clerk of Course

Verify swimmers reporting for their events. Ensure they are in the proper lane/heat.

Child Care

Help watch younger children or siblings not participating in the meet so parents may help volunteer.

Awards/Ribbons

Responsible for organizing prizes for on island meets.

Concessions

Responsible for running the concessions during on island meets.

After meet cleanup

Clean up after on island meets.

Officials Tracking

After each swim meet records which parents participated. Provide regular reports to Executive Board.

Transportation/Housing

Provide transportation and housing for off-island athletes.

Before meet setup

Meet Equipment Maintenance

Referee

Timing Booth Team

Stroke and Turn Official

Head Timer

Timer

Runner

Marshall/Clerk of Course

Child Care

Awards/Ribbons

Concessions

After meet cleanup

Officials Tracking

Transportation/Housing



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Helping with Team Operations

Parents must provide at least one representative to serve on at least one committee during the swim season. We hope that parents will choose to help in more than one area and both parents will become involved. Please write the name of the parent who will help by the committee name. **A description of each committee can be found in the Parent Handbook, Appendix D.**

Swim-a-Thon (October) _____

Social Outreach Committee (several events per year) _____

Sea Swim (January) _____

Annual Dolphins Awards Banquet _____

Summer Invitational Meet (May) _____

Summer Camp Volunteer (June, July or August) _____

Facilities Maintenance _____

Fundraising Committee _____

Employee Committee _____

Web Design/Upkeep _____

Group Parent _____ **Circle Group: Blue, Yellow, Gold, Senior**

Nutrition, Exercise, Strength Training Specialist _____

Public School Lessons or Transportation _____

Learn to Swim Instructor _____

Parent Signature

I have indicated above which swim meet volunteer positions I will participate in (a minimum of 3 boxes are checked) and agree to volunteer in one of those capacities or provide a family representative to fill that position for each on island swim meet for which my child is registered.

I also acknowledge that over and above this commitment, I (or my spouse) am required to volunteer to serve on at least one committee during the 2016/2017 swim season and have indicated the committee above.

Please print name, sign and date.



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Swimmers Code of Conduct and Discipline Policy (from the Handbook)

All team members are expected to be orderly, courteous, and show sportsmanship during practices, meets, and any team-related function. In other words, they need to be good Dolphins members. Any inappropriate behavior may result in dismissing a swimmer from practice, or they may be sent home from team functions at the family's expense in the case of off-island swim meets. All violations of conduct will be reviewed by the Head Coach and may lead to suspension or dismissal.

The coaching staff cannot be responsible for supervision of any swimmer who does not report to them on deck. Therefore, parents of younger swimmers are strongly advised to ensure that these swimmers safely reach the pool deck.

Prohibitions

The Dolphins Swim Team strictly forbids the use or possession of tobacco, illegal drugs, alcohol, or performance-enhancing substances by any team member.

Anti-Bullying Policy

The Dolphins Swim Team has zero tolerance for any behavior that can be construed as bullying or intimidating. Any instances of bullying should be brought immediately to the attention of the Program Director. Parents will be involved in the discussion of any bullying events and will be involved in determining the appropriate course of action, including, if necessary, dismissal from the team.

Policy on Personal Items, Team Items, and Property

The Dolphins strongly discourage swimmers from bringing valuables to the pool. However, many of these items will come with the swimmer as they arrive from school (such as jewelry, phones, etc.). In no circumstances may a swimmer go through or take another swimmer's belongings, this includes their lunch kit, backpack, personal bags, and swim gear. There is no tolerance for theft of property from another swimmer or the team. Swimmers are expected to be respectful of the team property. There should not be any instances of graffiti or destruction of property or misuse of any team equipment. Any damaged property or equipment should be reported immediately to the office or coaching staff.

Disciplinary Actions

The coaches and staff strive to provide a positive experience for all swimmers while they are involved in a club-related activity. Problems with discipline not only detract from the overall learning environment, but in a "classroom" such as a pool, this can be dangerous. Discipline problems will be dealt with immediately by the coaching staff, and depending on the severity of the offense, may include a verbal warning, a discussion of the inappropriate behavior, time out from the pool, or dismissal from practice. In the final case, the swimmer is expected to get dressed and report immediately back to the pool deck, where he or she will remain until practice is over. Parents will be contacted and the incident discussed with them. The following outlines the typical order of consequences for continued non-compliance with team rules; one or more steps may be skipped if circumstances dictate:

- 1st Offense – Verbal Warning
- 2nd Offense – Written Warning
- 3rd Offense – Suspension
- 4th Offense – Dismissal from Team

The cost of repair and/or replacement of any damage or destruction, negligently or intentionally caused by a swimmer to property will be payable by the swimmer or the swimmer's parent(s)/guardian(s).

I _____ (parent/guardian) have read and understand the Dolphins Swimmer Code of Conduct and Discipline Policy and will discuss this policy with my swimmer.

Parent Name, Sign, and Date

Swimmer Name, Sign, and Date



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Travel Policy (from the Handbook)

Travel meets are a wonderful opportunity for swimmers to meet other teams, experience different locations and cultures, and bond with their teammates. In order to provide the most enjoyable experience, Dolphins team members are expected to adhere to the following policies.

Dolphins Travel Policy

- ANY swimmer travelling to an off-island swim meet must travel with a parent or guardian OR a chaperone.
- NO swimmer, regardless of age, will be allowed to travel unattended without the signed consent of a parent or guardian and will be assigned to a specific chaperone for the duration of the trip.
- The chaperone of a swimmer:
 - Must, in writing, accept responsibility of the swimmer for the entire trip
 - CANNOT be the Head or Age Group Coach - the coaches have their own responsibilities during a meet and cannot also be responsible for a swimmer with no parent/guardian present
 - Swimmers under the age of 13 should NEVER be left in a hotel room unsupervised
- ALL swimmers will stay in their rooms during the hours indicated by the Coaches (mid-day rest periods if applicable and after lights-out at night)
- Parents/guardians travelling with the Team are expected to assist with overall supervision/guidance of the Team and assist as needed during the meets (help time; help organize younger swimmers, etc.)
- Swimmers violating the Travel Policy can be forbidden to travel with the Team on subsequent trips by the coaches

Age Requirement

Swimmers under the age of 11 must have a parent or guardian travel with them to off island meets. While swimmers 11 and older are eligible to travel by themselves, maturity, of course, is a requirement for attending off island swim meets and they will be assigned to a chaperone for the duration of the trip. Any swimmer who demonstrates repeated disruptive behavior on travel meets will be ineligible to travel without a parent, or in extreme cases, ineligible to travel with the team.

Dress Code

All swimmers will travel wearing a team polo and khaki or jean pants (no short shorts permitted while traveling). During competition, swimmers will wear their Dolphins swim suits and caps. Gold and Senior swimmers may wear an approved “fast suit.”

Disciplinary Actions

Travel meets are a privilege, and all swimmers are expected to conduct behavior in a manner that best represents their island and their team. In very rare instances, the behavior of swimmers on off island trips is serious enough to cause the coach to dismiss a swimmer and send the swimmer home at the expense of the parent(s) or guardian(s). Dismissal may occur if:

1. The swimmer is in possession of any illegal substances, alcoholic beverages, or unlawful property.
2. The swimmer fails to comply with the team rules or reasonable directions from the coach or chaperone.
3. The swimmer’s conduct is detrimental or potentially hazardous to any person or property.
4. The swimmer commits an illegal act. The chaperone will notify the parent(s) or guardian(s) of the dismissal and transportation arrangements.

NO REFUNDS OF FEES WILL BE ISSUED IN THE EVENT OF A DISMISSAL.

I _____ (parent/guardian) have read and understand the Dolphins Travel Policy and will discuss this policy with my swimmer.

Date Swimmer Name, Sign, and Date Parent Name, Sign, and Date



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Use of Personal Information

Photo Release

The St. Croix Swimming Association may wish to use photographs of participants on team bulletin boards, in publications, in general media releases, on websites, or on social media networks.

___ I/We consent to the use of my child’s image; such use may include all St. Croix Swimming Association/Dolphins Publications (print, online, video, etc.). I acknowledge that there will be no payment or any other consideration for such usage.

___ I/We DO NOT consent to the use of my child’s image;

Parent’s/guardian’s signature _____ Date _____

Information Release

Meet info to press, website, potential sponsors, etc.

Parent’s/guardian’s signature _____ Date _____

Waiver/Release

I, _____, the parent or guardian of the participant(s), affirm, agree and understand that:

- 1.) Swimming is a potentially hazardous activity. I recognize that there are risks inherent, including but not limited to, paralyzing injuries and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist.
- 2.) I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releases of others.
- 3.) The participant hereby agrees to participate in the St. Croix Swimming Association (SCSA)/St. Croix Dolphins Swim Team Program, including all activities held at the Good Hope Country Day School Pool on St. Croix.
- 4.) I hereby agree to indemnify and hold harmless SCSA and Dolphins Swim Team, its coaches, officers, directors, agents, and employees against any liability resulting from any injury that may occur to the participant while participating in these activities. In addition, the participant agrees to indemnify and hold harmless Good Hope Country Day School, its officers and directors against any liability resulting from any injury that may occur to the participant while participating in SCSA/St. Croix Dolphins Swim Team programs. The participant also agrees to indemnify SCSA/St. Croix Dolphins Swim Team and Good Hope Country Day School for any damages incurred arising from any claims, demand, action or cause of action by participant.
- 5.) The participant authorizes any representative of SCSA/St. Croix Dolphins Swim Team to have the participant treated in any medical emergency during their participation in any programs. Further, the participant and/or parent or guardian agrees to pay all costs associated with medical care and transportation for the participant. I have noted in the “Health Form” below any medical or health problems of which the staff should be aware.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: _____ Date: _____



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Health Form

(Please fill out one form for each swimmer)

Swimmer Name:

Birth Date:

Mother's (or Guardian) Information	Father's (or Guardian) Information
Name:	Name:
Home phone number:	Home phone number:
Work phone number:	Work phone number:
Cellular phone number:	Cellular phone number:

In case of emergency, notify:

Name:

Home phone number:

Work phone number:

Cellular phone number:

Is there any health conditions of which the coaches/staff should be aware?

Please indicate the usual treatments if any condition(s) occur and whether the swimmer is allowed to self medicate:

Is the swimmer subject to any allergies? Please indicate type, treatment, and medication, if required (name of drug and dosage):

As parents/guardians of _____ under circumstances enumerated below, I hereby authorize the coaches and/or staff of the St. Croix Dolphins Swim Team to administer either Advil® or Tylenol® to my child if and when required and to secure medical advice and services as deemed necessary for the health and safety of the above named swimmer:

1. Where the health and well-being of the swimmer is involved;
2. Where medical advice has been such that further services are needed which require the consent of the parent or guardian;
3. Where all attempts to contact the parent or guardian have failed or where, due to the nature of the emergency, there is insufficient time to contact such parent or guardian.

It shall be at the discretion of the coaches and or staff in charge of the swimmer.

_____ **Print Name**

_____ **Signature**

_____ **Date**