

# **2011 Dunn Loring Swim Team Handbook**

**INTRODUCTION:** The Dunn Loring Swim Team is a member of the Northern Virginia Swim League, the largest age-group swim league in the country. NVSL was formed to develop “a love for the sport, advanced aquatic skills, teamwork, and principles of good sportsmanship”. NVSL has 102 teams divided into 17 divisions. We are in Division 4.

## **DUNN LORING SWIM TEAM GOALS:**

**Improve swimmers' skills**

**Develop good sportsmanship**

**Encourage and develop teamwork**

**Enable swimmers to feel good about themselves**

**Have fun while developing a love for swimming**

**We are one team. Plan to attend ALL meets, parties, and activities. This builds DOLPHIN SPIRIT!!**

**PREREQUISITE:** To be on the swim team, a child must pass the Dunn Loring Swim Club patch test. It is the parents' responsibility to have the swimmer tested by a lifeguard at the swim club. Swimmers who have not received their patch may sign up for the team but may not practice with the team until patch test has been passed.

**\*\*THE DUNN LORING SWIM CLUB RULES STATE THAT CHILDREN UNDER THE AGE OF 10 MUST BE ACCOMPANIED BY AN ADULT WHILE AT THE POOL. THIS RULE ALSO APPLIES TO SWIM TEAM PRACTICES. THE COACHES MUST DEVOTE THEIR TIME AND ATTENTION TO THE SAFETY OF THE SWIMMERS IN THE WATER AND CANNOT BE RESPONSIBLE FOR CHILDREN ON DECK OR IN THE RESTROOMS. IT IS IMPORTANT THAT WE BE ABLE TO FIND THE RESPONSIBLE ADULT IN CASE OF AN EMERGENCY. THANK YOU.**

**REGISTRATION FEE:**

**\$60.00 per swimmer (\$100.00 combination for both swim and dive teams)**

**Each swimmer receives a T-shirt and swim cap and each family receives one Handbook. Also covered are newsletters, awards, trophies, meet supplies, insurance and coaches gifts, etc. Everyone who swims in one or more meets receives a trophy at the Awards Picnic.**

**COACHES:**

**Head Coach: Kristin Fimian**

**Assistant Coaches: Sarah Biggs, Steven Krawczyk, Andrew Nyce, Chris Parkhurst and Katie Wood**

**STAY INFORMED! -To be informed of upcoming events - parents and swimmers should check their email (DAILY!), the swim team bulletin board, and family folders in the team boxes. Ribbons, picture order forms and swimmer availability sheets along with**

**other important announcements will be placed in your family folder - so it is very important to check it on a regular basis.**

**PRACTICE TIMES (MONDAY THRU FRIDAY)**

**Afternoon practice starts Tuesday, May 31**

**8 & Unders -4:00 pm -5:00 pm**

**9 to 12 -5:00 pm -6:00 pm**

**13 & over -6:00 pm -7:00 pm**

**Morning Practice starts Wednesday, June 22**

**11 & over 8:00 am to 9:00 am**

**10 & under 9:00 am to 10:00 am**

**Starting June 28, there will be an afternoon makeup practice on Tues. and Thurs. from 5 -6 pm.**

**FRIDAY MORNING PRACTICE IS VERY IMPORTANT!! PLEASE TRY AND BE THERE!**

## **PRIVATE LESSONS:**

**Private lessons are available from all coaches and lifeguards.  
Contact the individual for cost and times.**

## **MEET TIMES:**

### **“A” Meets:**

**All “A” MEETS START PROMPTLY AT 9:00 AM. For away meets, we will caravan from our pool. See Swim Team Bulletin Board/ Email for departure times. For home meets, be at our pool at 7:50 am for warm-ups.**

### **“B” Meets:**

**ALL “B” MEETS START PROMPTLY AT 6:30 PM.**

**For home meets, be at our pool at 5:20 pm for warm-ups.**

### **“A” Meets:**

**Scored dual meets on Saturday mornings. We swim all the teams in our Division, both individual and relay events.**

### **POINTS:**

**Individual 1st place -5 points**

**2nd place -3 points**

**3rd place -1 point**

**Relays 1st place -5 points**

## **RULES:**

**A swimmer may swim in no more than 2 individual events, plus 1 regular relay and 1 mixed age relay. We enter 3 swimmers in each individual event. Competition is grouped by age (8 & under, 9-10, 11-12, 13-14, and 15-18) and gender. The swimmer's age on the day of the meet determines age group. A swimmer can "swim up", i.e. swim in an older group ( a 12 year old may compete in a 13-14 event).**

## **OBJECTIVE:**

**WIN TEAM POINTS! TELL THE COACH NOW IF YOU WILL BE UNAVAILABLE FOR AN "A" MEET! Meet Sheets are exchanged with the other team on Thursday. After that, substitutions are VERY difficult. Swimmers are told FRIDAY MORNING at PRACTICE who is swimming on Saturday. The Meet Sheet for the Saturday "A" meet is posted at the pool by Friday noon - it is the responsibility of each swimmer to check this EVERY Friday to see if they are scheduled to swim an event on Saturday morning. IF YOU MISS FRIDAY PRACTICE, CALL THE COACH OR TEAM REP A.S.A.P.**

## **"B" Meets:**

**Unscored developmental meets on Monday evenings with Vienna teams. There are only two 6 and under events (freestyle and backstroke). Each swimmer may enter two individual events. The sign up sheet is posted on Tuesday morning and is removed Friday evening. It is the responsibility of each swimmer to make every effort possible to get to the pool before Friday evening and make their stroke selections for the "B" meet on Monday night. With multiple heats, every child swims the strokes of their**

**choosing. These meets are fun for the swimmers and low in stress/competition.**

**They are great builders of self esteem and moral. We encourage all of our swimmers who are eligible to participate. We would like to see all of our team members attend even if they are not swimming in the meet.**

### **NEW THIS YEAR!!!!**

**Due to the size of our swim team, we will be evaluating the swim strokes of all 8 and under swimmers to see if they are eligible to compete in our Monday/Saturday meets. To be eligible to compete, the swimmer must be able to swim a comfortable freestyle stroke or a legal backstroke or a legal breaststroke. Coaches will regularly evaluate these strokes. When they see that the swimmer can legally swim a stroke – they will sign a card verifying this accomplishment and let the swimmer know that they can sign up for this stroke in a B Meet. These cards will be checked before entering a swimmer in that event.**

### **“B” Meet Rules:**

- A swimmer can compete for place in each week’s “B” meet as long as he/she did not win a first or second place ribbon in any individual event in the previous Saturday’s regularly scheduled NVSL “A” meet. A swimmer who earned a third place in the previous “A” meet may not swim that stroke in the following “B” meet, but may swim another stroke for place.**
- A swimmer that places 1<sup>st</sup> or 2<sup>nd</sup> in the prior “A” meet may swim as unofficial swimmers in the following “B” meet. They may not swim the same stroke(s) that they placed with at the “A” meet. If a swimmer is absent from an “A” meet, his/her eligibility will be based on the last “A” meet he/she attended.**

- **Unofficial swimmers will swim together in combined heats at the end of each stroke, regardless of age/sex. These swimmers will not be eligible for place ribbons.**
- **A swimmer is limited to two events in his/her age group and cannot repeat any stroke. Swimmers who place 1<sup>st</sup> or 2<sup>nd</sup> in an “A” meet will be allotted a total of 3 strokes/events (this does not include relays) over the course of both meets. Therefore, if they swim 2 events in an “A” meet, they can swim only one event in the following “B” meet. If they swim 1 event in the “A” meet, they can swim 2 events in the following “B” meet.**

### **OTHER MEETS:**

**4th of July Relays: An unscored relay meet held with Vienna Aquatic, Vienna Woods, Cardinal Hill, Hunter Mill, Lakevale, and Dunn Loring. Ribbons are awarded for 1st through 8th place. This fun meet has been a Vienna tradition for over 20 years. The swimmers will see many of their school and sports friends and it is a fun time for everyone. Check the bulletin board to see what your child is swimming in this meet. If your swimmer will be unable to attend, please let us know in advance.**

**Divisional Relay Carnival: July 13 at Hunt Valley. A scored relay meet among the teams in Division 4 on Wednesday evening. Children may swim in no more than 2 relays (1 medley and 1 freestyle relay) and 1 mixed age freestyle relay. **THE RESULTS OF THIS MEET DETERMINE WHO GOES TO ALL-STAR RELAYS THE FOLLOWING WEDNESDAY!!** Check the bulletin board to see if your child has been selected to swim. Meet starts at 6:30pm.**

**All-Star Relay Carnival: NVSL selects the 18 fastest relays from all 102 teams to swim at All-Stars Relays. The meet is on Wednesday, July 20 at Hayfield Farm Pool. Medals are given for 1st through 6th place, and patches are given to all swimmers.**

**Divisionals: July 30 at Mosby Woods. An individual championship meet between all the teams in our division. Swimmers will be entered in up to 2 events based on their times during the season. Extra events include an 8 & under 25 meter butterfly, and 100 meter individual medley (IM) for older swimmers. Plaques are given for 1st through 6th place. Check bulletin board to see who is swimming. Swimmers who “age up” after this meet swim in All-Stars at the younger age. **THE RESULTS OF THIS MEET DETERMINE WHO GOES TO ALL-STARS ON AUGUST 6.****

**ALL-STARS: August 6th - at Waynewood. The NVSL selects the fastest 18 swimmers in each event. These swimmers times are based on each teams Individual Divisional meet the previous Saturday. Medals are given for 1st through 6th place and ribbons are given to 7th through 18th place.**

## **AWARDS**

**OUR AWARDS REINFORCE OUR GOALS, STATED ON PAGE 1.**

**RIBBONS: “A” & “B” Meets -1st through 6th place ribbons for each individual event. Relay teams in “A” meets receive 1st place ribbons only. Competitor ribbons are given for remaining places. Personal Best Ribbons are given any time swimmer improves his/her times.**

## **TROPHIES**

*Presented at Awards Picnic*

**DEVELOPMENTAL SWIMMERS OF THE YEAR** -boy and girl who improve the most on the entire team; selected by the coaches.

**OUTSTANDING SPORTSMANSHIP AWARDS** -boy and girl who consistently display outstanding sportsmanship at practice, meets, activities and events; selected by the coaches, a panel of parents and the team reps.

**COACHES AWARDS** - most valuable boy and girl based on overall contribution to the team: selected by the coaches and team reps.

**GEORGE KRAWCZYK MEMORIAL SPIRIT TROPHY** -For leadership, dedication and commitment to the team while displaying an understanding of the true meaning of summer swimming.....enjoyment, participation, camaraderie and team spirit. Selected by a head coach and team reps.

**COMPETITOR TROPHIES** -Every swimmer who swims in one or more "A" or "B" meet, but wins no points in an "A" meet.

**“A” MEET INDIVIDUAL POINT TROPHIES (DIFFERENTIATED)**  
**-every swimmer who earns one or more points in an “A” meet;  
differentiated by point categories of 1-10, 11-20, 21-30, 31-40, 41-  
50 points.**

**POOL RECORD AWARD** -Any swimmer who sets a new pool record  
in any NVSL meet during the season (Engraved Medal).

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**Team Reps:**

**Robin Williams 703-242-7763**

**Michelle Kousen 703-204-9103**

**B-Meet Coordinator: Genevieve Szalankiewicz**

**Snack Bar Coordinator: Julie Hirka**

**Volunteer Coordinator: Irene Zaso**

**Meet Concessions Manager: Pam Bauernfeind**

***(Profits from snack bar and meets pay for social events and trophies.)***

**PLEASE REFER TO DLST CALENDAR FOR  
ALL MEET DATES. SOCIAL EVENTS WILL  
BE POSTED ON THE BULLETIN BOARD  
DURING THE SEASON!!**

**THANKS FOR ALL OF YOUR SUPPORT!**

**GO DOLPHINS!**