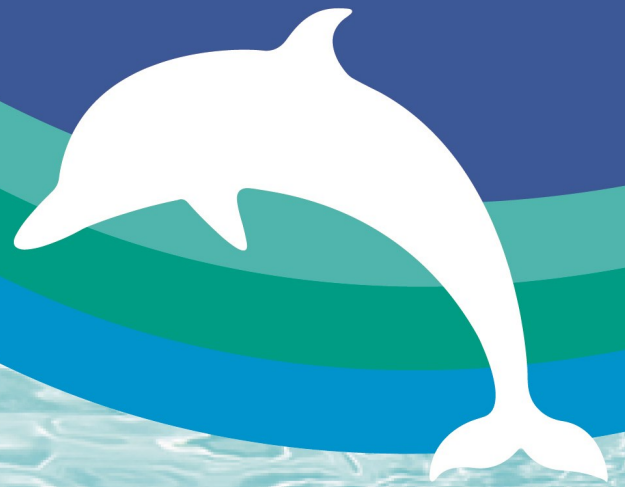


YMCA OF LINCOLN
DOLPHIN
SWIM TEAM



JOIN THE POD



Summer 2023
May 30-July 21

Welcome

Welcome to the **Lincoln Fallbrook YMCA Dolphin Swim Team!** Our mission is to offer a program that stresses individual and team improvement while striving to promote the character values of honest , caring, respect, and responsibility for the program, coaches, parents, teammates, & other teams. Participant must be able to swim 25 yd. continuous freestyle w/ rotary breathing and 25 yd. continuous backstroke. We recommend passing level 5 or 6 swim lesson level or a session of sting ray swim club.

How to Register

Step 1– Current YMCA Membership [Click Here](#)

- Youth, Single Parent, & Family/Household memberships are all acceptable

Step 2 –Summer Dolphin Membership Fee

Registration opens April 1 [Click Here AM](#) [Click Here PM](#)

- \$142/swimmer with a YMCA Membership
- \$310/swimmer for YMCA Community Member

Step 3– Recreational, USA Swimming Competitive Team or both?

- Are you a new Dolphin Member? If you wish to swim in USA meets (Each meet does have additional fees)
- ⇒ You will need to register with USA swimming, the seasonal fee is \$38/swimmer

Step 4– Join our closed Facebook page theYDolphins [Click Here](#)

We use this page for communication with families including **swim meets sign up** and schedule changes
Financial Assistance is available, you can apply online. [Click Here](#)

Communication

We use Facebook as our main outgoing communication tool. If you have specific questions, comments or concerns please send us and email or call the office. Make sure you join our closed group.

Meet sign up and any schedule changes will be done through our Facebook page.

If you're having trouble receiving team information please contact:

Jared Stitt 402-323-6434 jstitt@ymcalincoln.org

James Colton 402-323-6438 jcolton@ymcalincoln.org

You may receive emails from neaquatic@ymcalincoln.org. This is our general email account.
Please email both director and team if you need anything.

Practice Schedule May 30–July 21

You will register for either AM or PM

	MON	TUES	WED	THUR
AM	8:00–9:00 Fallbrook Y	8:00–9:00 Fallbrook Y	8:00–9:00 Fallbrook Y	8:00–9:00 Fallbrook Y
PM	7:00–8:00 Fallbrook Y	7:00–8:00 Fallbrook Y	7:00–8:00 Fallbrook Y	7:00–8:00 Fallbrook Y

What to Bring to Practice

Swimmers should bring a training suit, goggles, a cap (Individuals with longer hair especially) and towel to practice. In addition, swimmers are strongly encouraged to bring a water bottle to all practices in order to help maintain hydration levels and eliminate the need for a swimmer to leave the workout to drink from the water fountain. Swimmers are responsible for filling their water bottles before practice.

Pickup/Drop Off:

The YMCA will not be responsible for children left unattended prior to the actual start time of the program. The YMCA will also not be responsible for children left after the stop time of the program.

Locker Rooms

Please be respectful of the locker room and the other members who use that space. During practices, swimmers are asked to place all bags and belongings in a locker or they can be brought on the pool deck and hung up on the hooks. Do not leave valuable items unattended in an unlocked locker.

Please do not leave your bags and personal belongings unattended in the locker room on benches or the floor! Swimmers are expected to get through the locker rooms as quickly as possible.

During Practices

Now that you have taken the “big plunge” and decided to join the Dolphin Swim Team, you may be wondering, “What do I do at practice?” Here are some tips compiled from several years of experience and different programs. Flying Fish coaches will do all they can to help new and returning swimmers to learn and practice these tips. If everyone follows them practices will run very smoothly.

Arrival and Departure

Swimmers should be ready to swim no less than 5 minutes prior to the start of practice. At the end of practices, swimmers are expected to help put away all equipment and remove the lane ropes.

Before Practice

- Help put in any lane lines that need to be put in.
- Learn the names of the swimmers in your lane.
- Learn to read the pace clock.

During Practice

- Listen carefully when the coach gives directions or explains the set. Ask questions of your lane mates or the coach if you don't understand.
- Talk with one another and find out who is swimming what. When swimmers are swimming different strokes in the same lane, the person swimming faster stroke should lead. The order is: freestyle, backstroke, butterfly, breaststroke, kicking.
- Always swim in a circle, staying to the right of the lane. All swimmers must stay completely within their half of the lane. Serious accidents can occur when people swim down the middle of the lane.
- Count your laps and stop at the appropriate number.
- Support your fellow swimmers always with encouragement, recognition of good effort, and cheerful enthusiasm.

Swim Meet Schedule

Capital City League Meets

June 12	@ Wilderness Ridge	5:15pm
June 19	@ Firethorn	5:15pm
June 26	@ Country Club	5:15pm
July 10	@ Firethorn	5:15pm
July 17	Champs @ Devaney *Spectators allowed in building at 4:30pm* Parking is \$8	5:15pm

USA Swimming League Meets

TBA	@ TBA	
TBA	@ TBA	

*Additional entry fees will apply to USA swim meets, financial assistance is available for qualifying swimmers. These meets are subject to change and must have a minimum of five swimmers to attend the meet. No refunds can be given if you can not attend the meet last minute.

July 20	Fallbrook	Pool Party
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*** IMPORTANT– YOU HAVE TO SIGN UP FOR MEETS AHEAD OF TIME (see below)**

What to bring to a meet

- Swim Suit(s)
- Swim Cap(s)
- Towel (s)
- Goggles
- Warm Clothes

- Healthy Snacks/drinks (only water allowed on deck)
- Permanent Marker, Highlighter
- Pen
- Activities (books, cards, games)
- Enthusiasm!!

Meet Sign Up & Line Up

The Dolphins participates in the Capital City Swim league and USA Swimming. You must attend at least one of the regular meets although we encourage participation in as many meets as possible. Meets are a great time to foster friendships, and have fun.

IM STRONG: To help each swimmer develop overall skill in the sport of swimming, coaches discourage specializing in any one stroke. Swimmers will be encouraged to swim all strokes throughout the season.

⇒ Capital City League Meet Deadline– Monday's the week before the meet.

⇒ USA Swim Meets have earlier deadlines. These will be announced.

To sign up for swim meets you will need to join our closed Facebook page theYDolphins.

We will post a google drive that will be used for meet and volunteer sign up. This can be updated throughout the season if plans change.

USA Swimming Guidelines

- These meets required an additional registration fee and well as meet fees.
- We charge accounts as people register (No refunds will be given if you are unable to attend).
- These are long course meets for more advanced swimmers. Reach out if you have questions.
- The Dolphins are a year round USA club team, we are required to follow the USA Swimming bylaws.

Attendance Policy

Whether a swimmer is solely committed to swimming, a multi-sport athlete, or simply interested in a variety of extra-curricular activities, YMCA Dolphin coaches takes measures in order to cater to athletes with varying degrees of commitment levels. At the same time, there is no escaping the fact that regular practice attendance helps promote conditioning and develops fitness while also boosting group camaraderie and team spirit! Dolphins coaches recommend at least 3 practices a week, but would love to see you 4 times a week.

Weather Policy

If inclement weather is forecasted for a meet day, all swimmers should report as normal to the pool. Typically storms do pass and we still can get the meet finished before the cut off time. They will not cancel unless they feel they can not get the meet completed in a timely fashion after the storm has passed. We will send a Facebook message on the theYdolphin page if a meet does get canceled.

Philosophy

To provide an environment which allows each swimmer to reach his or her maximum potential consistent with his/her own goals.

- To sponsor a positive team environment.
- To provide an opportunity to learn sportsmanship through all levels of competition.
- To provide an environment that will develop self-esteem, mindfulness and hard work.
- To have fun!

It is the coaches' responsibility to create an environment in which all swimmers in each practice group can have fun while also striving to reach his or her full potential. It is the swimmer's responsibility to always exhibit appropriate behavior. The coaches and staff strives to teach our swimmers to live, train and compete according to the YMCA Core Values: Caring, Honesty, Respect, and Responsibility.

Behavior

Swimmers are asked to remember that they are representatives of the Lincoln Y Dolphins Swim Team. As representatives, we ask them to behave in a manner that is responsible and respectful of others. Often swimmers share the locker rooms and other areas in the YMCA or meet facilities with other members, and must therefore act responsibly and respectfully at all times. Swimmers are expected to leave the YMCA facilities and any host facilities cleaner than the way they found them.

Swimmers at all program levels will be expected to value sportsmanship and respect for teammates, coaches and opponents. They will be encouraged to work together to help foster a positive training environment that is as enjoyable as it is productive.

Swimmers who disrupt practices, have trouble following their coaches' directives, or disrespect their teammates, coaches or the facilities they use will be redirected and their parents will be informed.

Swim Meet Job Descriptions– Parent Volunteer

Parents are welcome to get involved with the program in several ways. You can get involved by volunteering at meets and by bringing positive enthusiasm to swim meets to support your swimmers! Anyone who has been to a swim meet know that a solid volunteer group is integral to a successful swim meet. Parent volunteers are needed for each meet as times, judges, scorer, awards table, etc. We will be setting up a meet volunteer schedule. We ask that each swimmers parent volunteer for at least one meet. You will be able to sign up to volunteer when you are signing up your swimmers for meets.

Timer: This is the most popular meet job among both new and experienced swim parents. Two timers are needed for each lane. The head timer oversees all lanes and ensures that all timing sheets are collected by the runners. He/she also serves as a backup timer in case a watch is not started correctly or malfunctions in one of the lanes.

Runner: The duty of these volunteer is to pick-up the event cards from the timer and DQ slips from the Officials and take them to the computer table.

Awards Table: These volunteers receive the label printouts from the computer to label all ribbons and then distribute them to the teams attending the meet.

Official: Stroke & Turn Judges watch swimmers to make sure strokes, turns, exchanges, and finishes are performed legally. The starter announces and starts each event. These positions require special training. It requires taking a short training course. If you are interested in volunteering for this please let the Parent Representative or Aquatic Director know and we can get you more information.