



**Parent/Guardian
HANDBOOK
2011-2012**

The Dubuque Community Y, utilizing Christian principles, creates opportunities for growth, leadership, and empowerment for women, men and youth by building healthy mind, spirit, and body with emphasis on respect, responsibility, caring and honesty and the elimination of racism and prejudices.

WELCOME TO THE DUBUQUE DOLPHIN'S SWIM TEAM!

We hope that you are as excited as we are to be part of the Dubuque Community Y Dolphin Swim Team. To become a swimmer on this team, there are a few things that need to be done first. Please make sure that your child has a full year membership that stays current throughout the entire season. *This is a requirement from the National Y.* You must also pay the program fee before the start of practice. Payment can be made in full or in half when you register. The other half will be due by *Monday, December 5, 2011.* This cost covers all entry fees, including the entry fee to Sectionals and to the State Swim Meet. Those swimmers who qualify for Regionals will be responsible for their own Regional Swim Meet entry fee.

Membership Fees:

Youth-8th Grade: \$105.00

High School: \$190.00

Program Fees:

Swim Team: \$160

All participants will receive a participation t-shirt!

Rookie Week:

Rookie Week is for all new swimmers who are interested in joining the Dubuque Dolphins. Rookie Week allows a new swimmer the opportunity to experience what a typical practice will be like when you swim for the Dolphins. Rookie Week will be held the first week of October, 6:30-7:30 pm. You only have to come one day. There is no cost to coming to Rookie Week. After swimming you will be evaluated by the coaches who will then refer you to either the swim team or swim lessons. You must present this referral in order to register. Rookie Week will be offered:

Monday, October 3, boys and girls, ages 5-8

Tuesday, October 4, boys and girls, ages 9-18

Thursday, October 6, boys and girls, ages 5-18

Registration:

Current participants may register starting September 19-October 31.

New swimmers may register starting October 3-October 31.

Capacity:

The swim team will be limited to 110 participants on the team.

Please register early so you get your spot. There will be a waitlist if the team exceeds its capacity.

COACHES PHILOSOPHY!

The Dubuque Dolphin Swim Team is a competitive program that focuses on all the strokes to promote a life long activity that stresses goals and the four core values; caring, respect, honesty, and responsibility, of the Dubuque Community Y. The participants will feel a sense of team belonging which will help them develop good leadership skills, self-esteem, and individual successes.

The Dubuque Dolphin Swim Team Coaches are here to define and develop the swimming technique of all participants in an atmosphere of fun. They are to serve as a stepping stone from 'learn to swim' programs into competitive swimming, maintaining swimmers' interest and fostering quality technique and lifelong participation in the sport.

NOTE FROM THE COACHES

Welcome to the Dubuque Community Y Dolphin Swim Team. As a new season begins it is important for all participants to be aware of and understand our policies and procedures. Please take the time to read this handbook thoroughly as it contains important information you will need throughout the swim season.

The coaches strive to ensure swimmers enjoy a happy, healthy, and challenging swim season as they build skill, speed, stamina, and sportsmanship. We believe every swimmer has potential. Coaches are not merely focused on athleticism but also on each swimmer's character. Our program is based on the YMCA core values, and the coaches will promote and build these character values throughout the season. We emphasize individual progress and success and will encourage each swimmer to continually improve his/her skill level and performance. ALL of our swimmers can be successful!

Parents, we invite all of you to get involved! Your involvement is one of the best ways to ensure a satisfying and successful season. We need workers at every home meet, help with supervising at away meets, help taking pictures and updating records, and these are just a few. There are many ways to become involved, and we hope you will find it to be both pleasant and enriching.

All swimmers have the opportunity to compete, but there are meets that have required qualifications. Please understand, there are four (4) different times that a swimmers' season may conclude.

- **Before Sectional Meet** – All swimmers are eligible to compete in regular season home and away meets. Transportation is provided to away meets (see Bus Policy). The Iowa State Rules Committee requires a swimmer to have competed in at least three regular season meets to qualify for the Sectional meet. This means they have a recorded time on the final results in at least one event for three separate meets. You can not scratch or be disqualified for the event to count. If a swimmer chooses not to swim in three of the scheduled meets, then his/her season will conclude the Thursday before Sectionals.
- **After Sectional Meet** – The Sectional meet, held in February, is the only opportunity for swimmers to qualify for the State meet. The team provides transportation to the Sectional meet (See Bus Policy). Sectional swimmers qualify for state in one of two ways; place first in an event or swim a time better than the qualifying time set by the Iowa State Rules Committee. If a swimmer does not qualify for the State meet, his/her season is completed after the Sectional meet.
- **After State Meet** – The Iowa State Meet is held the first weekend in March. Parents must provide transportation for their swimmers to this meet. If a swimmer qualifies for the State meet but not the Regional meet, their season will conclude after the State meet.

- **After Regional Meet** – The Midwest Regional meet is also a qualifying meet. A swimmer may qualify for this swim meet by swimming a qualifying time at ANY meet; regular season duals and sectionals. A regional qualifiers' season is complete following the Regional meet.

We do not have this policy to be prejudice against those who do not wish to compete or do not qualify for certain meets. This policy ensures the swimmers that are competing at various meets get the best possible training. Training will change at different times during the season to help swimmers prepare for and attain the best possible results in competition.

The coaches expect:

- Swimmers to attend practice regularly
- Swimmers to give their best effort at practice and swim meets
- Swimmers and parents to be stewards of the YMCA core values
- Parents to volunteer at home meets
- Parents to stay informed and communicate problems and/or questions

We will make every effort to keep communication open and make ourselves available to answer your questions. Every family is a vital part of this team. Thank you for your continued support of the Dubuque Community Y Dolphin Swim Team Program!

Your Coaches,

Kathy Stierman
Shellie Kutsch
Kelsey Stockel

As you continue to read through this handbook, if any issues or questions arise, please do not hesitate to ask. There are a several different parts of the swim team season which may be confusing at times. The Aquatics Director, the Coaches, and several parents are very willing to help you understand our Dubuque Dolphin Swim Team Program. Thank you and welcome to the Dubuque Dolphins!

Crista Koch, Aquatics Director

Name	Position	E-Mail	Phone
Crista Koch	Aquatics Director	cristakoch@dubuquey.org	556-3371
Toby Wisecup	Executive Director	tobywisecup@dubuquey.org	556-3371

Coaching Staff			
Name	Position	E-Mail	Phone
Kathy Stierman	Head Coach	kas_art@yahoo.com	542-2617
Shellie Kutsch	Assistant Coach	BowI703@aol.com	583-1166
Kelsey Stockel	Assistant Coach	kstockel17@gmail.com	590-1204

Swim Team Parents Advisory Committee			
Name	Position	E-Mail	Phone
Pam Albrecht	President	bpjalbrech@aol.com	543-7820
Vickie Knowles	Volunteer Coordinator	knowlesva@aol.com	557-7083
Mimi Vaassen	Committee Member	mimpt@live.com	582-1931
Ann Decker	Committee Member	anndecker01@aol.com	582-1816
Sandy Hoerner	Committee Member	hoernersandy@yahoo.com	583-4450
Teri Zuccaro	Committee Member	teri.zuccaro@clarke.edu	583-8812
Scott Stran	Committee Member	scott.stran@loras.edu	451-4483
Mike Jasper	Committee Member	mjasp7@q.com	543-0175
Christian Schultheis	Committee Member	cschulth@mahealthcare.com	588-6203

Swim Team Coordinators			
Name	Position	E-mail	Phone
Vickie Knowles	Volunteer Coordinator	knowlesva@aol.com	557-7083
Sara O'Connell	Fundraiser Coordinator	gotony20@mchsi.com	599-0944
Sara O'Connell	Swim Suit Coordinator	gotony20@mchsi.com	599-0944
Chris Even	Concession Coordinator	ceven@americantrust.com	590-7982
Pam Albrecht	Co-Apparel Coordinator	bpjalbrech@aol.com	543-7820
Mimi Vaassen	Co-Apparel Coordinator	mimpt@live.com	582-1931

DUBUQUE DOLPHINS PRACTICE SCHEDULE

Swimmers may be moved to different practice times depending upon the swimmer's skill level and ability; this switch will be to the swimmers benefit to come to the specified practice time to get the maximum practice and instruction available.

10 & Under Beginners	Mon 6:30-7:30, Tues/Thurs 6:00-6:45
8 & Under	Mon/Tues/Thurs 6:30-7:30
9 & 10's	Mon/Tues/Thurs 6:30-7:30
11 & 12's	Mon/Tues/Thurs 7:30-8:30
13 & 14's	Mon/Tues/Thurs 7:30-9:00
15 & Up	Mon/Tues/Thurs 7:30-9:00

Optional Sunday Practice at the Dubuque Community Y

December 11, 18 and January 8, 15, 22

10 & Under	5:00 – 5:45
11 & Up	5:00 – 6:30

Important Practice Dates:

Practice Begins	November 1
No Practice	November 24
No Practice	December 22
No Practice	December 26

December 27 and December 29, all 10 & under swimmers are to come to practice from 6:30-7:30 (there will be no 6:00-6:45 practice) and all 11 & up swimmers are to come to practice from 7:30-8:30 pm.

Cancellations:

Practice may be cancelled due to weather conditions. You may listen to the radio or call in for cancellations. Also visit/like our team on Facebook (Dubuque Dolphins) or follow us with emails. Typically, if swim lessons are cancelled, swim team will be cancelled as well.

PRACTICE ATTENDANCE POLICY

Before any swimmer(s) can start to practice, an emergency contact form must be filled out and returned. See page 14 or extra copies are available at the front desk. When you register your swimmer(s), please hand in your emergency contact form.

Swimmers are expected and need to be on time for practice. All swimmers will meet in a designated area to do warm ups with the lane/land coach. Swimmers are expected to be on their best behavior before, during, and after practice.

There are two parts to a practice. The first 15 minutes of practice will be spent outside of the water for a land warm-up, and the other part of practice will be spent in the water. The water work out will vary each night. The land warm-up will consist of exercises based on building the core, arms and leg strength.

Swimmers will be in the water as close to their start time as possible; however, there are other activities and programs going on before practice which sometimes will present some difficulties getting into the water right at their start time. The coaches will do the best to get the participants in the water right away. Thank you in advance for understanding.

Swimmers must attend at least two practices per week if they want to swim in the upcoming swim meet for that week. A verbal or written note from a parent/guardian will be required if a swimmer cannot make at least two practices. There are some exceptions such as weather, injury, or sickness related absences.

Appropriate behavior is expected at all times on the Y premises. Please follow all Y policies and expectations. Consequences for inappropriate behavior may include and are not limited to: sitting out or being sent home from practices, suspended participation in upcoming swim meets, and/or any other consequence from the coach's discretion.

2011-2012 SWIM MEET SCHEDULE

Saturday, December 3	Away	<u>Muscatine</u>	(Newton, CR Stingrays)
Saturday, December 10	Home	<u>CR Sharks & Marion</u>	
Saturday, December 17	Away	<u>CR Sharks</u>	(Scott County, Charles City)
Sunday, January 8	Away	<u>Belvidere, IL</u>	(Jingle Bell Invite)
<i>*This is a highly competitive meet. Swimmers will be responsible for their own splash fee (entry fee) and their own transportation.</i>			
Saturday, January 14	Away	<u>Waterloo</u>	(Scott County, Newton, Marion)
Saturday, January 21	Home	<u>Maquoketa & Scott County</u>	
Saturday, January 28	Away	<u>Belvidere, IL</u>	
Saturday, February 4	Home	<u>Charles City, Newton & Marion</u>	

SECTIONALS, STATE, AND REGIONALS

We will have eight scheduled dual/triangular swim meets. All members of the swim team are eligible to swim in any and all of these swim meets as long as the swimmer makes it to 2 of 3 practices. We would like to see all swimmers swim in all the home meets; however that is not a requirement. In fact, we do not require swimmers to swim in any swim meets. One must know though, that in order to compete in the Northeast Sectional Meet, a swimmer is required to swim in at least three dual/triangular meets. This requirement is made by the State Rules Committee and is not negotiable.

At the Northeast Sectional meet, the swimmer will try to qualify for the State Championship Meet. A swimmer may only qualify for the State meet at the Sectional meet. Sectional swimmers qualify for state in one of two ways; place first in an event or swim a time better than the qualifying time set by the Iowa State Rules Committee.

The Midwest Regional swim meet is also a qualification only swim meet. This meet is a YMCA swim meet. A swimmer may qualify for this swim meet at any dual meet or at Sectionals.

Sectionals

Saturday, February 11 or 12, 2012 TBA

State

Saturday, March 3, 2012	Boys	Marshalltown, IA
Sunday, March 4, 2012	Girls	Marshalltown, IA

Regionals

Saturday, March 10, 2012	Rochester Rec Center, Rochester, Minnesota
Sunday, March 11, 2012	Rochester Rec Center, Rochester, Minnesota

AWAY MEETS AND BUS POLICY

The team charters buses for away swim meets; the team does not however provide bus transportation to the State and Regional meets. Responsibility falls upon parents to transport qualifying swimmers to these meets.

Attached to this packet is a list of all of the swim meets, home and away, that needs to be returned, filled out with a check (memo- bus fees) mark by the swim meets that your swimmer(s) will be participating in. Transportation for each away meet will cost \$10 per swimmer or a maximum of \$25 per family. The coaches MUST have this swim meet checklist in order to plan events. If this form is not received by November 21, your swimmer(s) will not be allowed to swim in the meets.

All bus trips will be pre-paid. If for some reason, you are unable to make it on the bus, please contact Crista Koch, Aquatics Director for possible options of a refund/credit; otherwise your pre-paid bus fee will be considered a donation to the team.

By YM/YWCA regulations, swimmers should ride the bus to the away meet but may ride home with parents if a note from a parent is provided to the coaches. We recommend that your child rides the bus with the team and the coaches; however, if for some reason you are unable to ride the bus, parents must take responsibility for getting the child to the meet.

There are some parents who are willing to car pool to assist in parent transportation to the away meets; if you are interested in car-pooling or would like a ride to an away meets, please ask.

It is a Dubuque Community Y policy that all children, ages 8 or under, who participate in a Y activity, must be accompanied and supervised by an adult. Other Y's that we visit have the same 8 & under policy. If your child is 8 or under and wishes to participate in swim meets, home or away, they must be accompanied by an adult who is at least 18 years of age and willing to be responsible for them throughout the meet.

HOME MEETS

For home meets, time for reporting to the Dubuque Community Y will be determined by the Coaching Staff and will be posted on the Swim Team's whiteboard which is located inside the pool area. You will also get an email from the Dubuque Community Y with this information. Upon reporting to the Y, swimmers will be asked to go to the Multi-Purpose room on the second floor. There, the coaches will mark each swimmer for his or her events. Warm up times will be given to each group before the meet begins.

The holding area for our team will be in the racquetball courts on the first floor. All swimmers need to stay in this holding area until their event is called. Two racquetball courts will be reserved for our team. One court will be specifically for the 11 and older group, and the other court will be used for the 10 and under group. We ask that parents check the racquetball area before leaving to make sure their swimmer(s) have cleaned up and have not forgotten anything. The fitness studio will be the visiting teams holding area.

At home, we do offer concession stands; however, at away meets, each swimmer should bring food since not all of the meets have food services provided. Please don't forget to pack something to drink such as juice boxes or sport drinks as the swimmers will be thirsty throughout the day. Also, please do not bring a lot of junk food or send any glass or breakable containers.

We recommend that the swimmer(s) wear their swimsuit under their clothes to the meets. This will prevent the child from arriving without a suit. They should also bring two towels and something warm to wear between events. You may want to send an old blanket and something to do between events (game boy, book, CD player, homework, etc). Make sure to mark everything with your name; that way, if things are left behind we are able to return it to its owner! Please remember that the Dubuque Community Y is not responsible for lost or stolen items.

There will be a volunteer director assigned to assist 8 and under swimmers at all home meets. This volunteer is responsible to help the young swimmers learn how a swim meet works, get the young swimmers to the clerk of course, and make sure that they go to their assigned events. These swimmers need to remain in the holding area so they do not get side tracked. If a swimmer needs to go elsewhere, a parent/guardian needs to let the volunteer know where the swimmer will be so that they can be found when it is time for them to swim. Parents/Guardian must be available to help out if needed. Please contact Vickie Knowles, at 557-7083 or knowlesva@aol.com if you are willing to help with this process.

COMMUNICATIONS

In a program of this size, communication is essential to make things run as smoothly as possible. The team has a number of ways to communicate and we do utilize all of them. Please check emails and mailboxes on a regular basis.

- 1) **Email**– Email seems to be the fastest and most efficient way of getting information out. Please make sure we have a parent email address and one that is checked on a regular basis.
- 2) **Swimmer/family folders** – Each swimmer or family of swimmers will have a folder. These folders are located on the pool deck during swim team practices throughout the season. The folders will contain written communication and will also be a way to distribute ribbons and other awards that swimmers will win during the course of the season. Please make sure parents or swimmer(s) are checking the folders weekly.
- 3) **Swim team web site** – Our team site is www.dubuquey.org. There is a link off of the Aquatics page for the swim team. If you are missing any important forms, you will find the emergency contact form; meet schedules, directions to away meets, etc on this page. Please check out the site.
- 4) **Facebook** – Visit our Facebook (Dubuque Dolphins) page!
- 5) **Parent Advisory Committee Meetings** – Meetings will be held monthly. These meetings are an open invitation to anyone interested in coming. If you are interested in being a part of this committee, please contact Crista Koch at 563-556-3371 or cristakoch@dubuquey.org or contact Pam Albrecht at 543-7820 or bpjalbrech@aol.com.

INFORMATIVE MEETING – NEW FAMILIES

All families are encouraged to attend the ***parent meeting on Thursday, November 3 at 7:00 pm***. This meeting is extremely important for all NEW families. Joining the Dolphins can be a bit overwhelming at first with all of the new information. To help clarify this information and/or answer questions please attend this meeting that will be held in the multi-purpose room on the second floor of the DCY. This will give the staff a chance to introduce themselves, and the parent committee to discuss the upcoming swimming season and answer questions. At this time, information in the handbook, along with explaining your volunteering duties will be discussed and you will be able to sign up to volunteer for a task that suits you & your time. Please see the attachment for a list of the volunteer positions that will be discussed in detail at the parent meeting.

SWIMMING SUITS

All swimmers must wear team suits and team caps for all meets. ***We will have a fitting and ordering of swimsuits the first week of practice, Tuesday (11/1) and Thursday (11/3) from 6:30-8:30 pm on the pool deck.*** Team suits need to be ordered and paid for on one of these nights. Swim caps will be ordered at this time as well. If no fitting is necessary, you may place your order prior to these dates by contacting Sara O'Connell at 563-599-0944 or gotony20@mchsi.com. Please note that swimmers do not need to wear these suits to practices.

FUNDRAISING (Wreaths and Apparel)

We do one fundraiser during our season. Information in regards to the fundraiser will either be emailed to you or you will receive it at the time you register. It is expected that all families participate in the Wreath Sale Fundraiser. You will need to sell fifteen (15) items as the swim team receives \$5 for each item sold. **If you choose to not participate in the fundraiser, you are required to “buyout” your participation for \$75.**

The Dubuque Dolphins will have Action Accents Apparel at one Home Meet. A variety of swim items will be sold at this time. Profits from the sale of these items will be given back to the Dubuque Dolphin's Swim Team.

With the money raised during our team fundraising, the bus fare is offered at discounted rate and swim team equipment is purchased.

APPAREL

Swimmers have a choice to purchase team apparel as well. Order forms will be available in November. All order forms will be due by November 21. For more information you can contact Pam Albrecht at 543-7820 or bpjalbrech@aol.com.

VOLUNTEERS

“We build strong kids, strong families, and strong communities” therefore, we encourage families to get involved. Your involvement at any level is meaningful to your child, healthy for your family, and helps the Dubuque Community Y accomplish its mission.

Volunteer positions will be discussed in detail at the parent meeting.

Each family is expected to volunteer at every home meet even if your child does not swim in a meet. A \$25 fee for each meet NOT worked will be added to your bill. A contract for parents is attached to this handbook. Please sign and return when you register, when you attend the parent meeting, or by November 10.

The Dubuque Dolphins are able to have such successful home meets because of the parents who offer great assistance. There are many different ways to volunteer to help with the swim team. It requires 70 volunteer positions to make a meet successful.

Training will be provided for those who wish to become certified as officials/timers. Each certification is good for 2 years. Without volunteers in these capacities, we cannot host any “home” meets. All trainings are free of charge and require that you are present for each training meeting. Dates and times will be announced.

BANQUET AND PARTY

The banquet and party will be held the evening of Sunday, March 18, at the Dubuque Community Y. All Swimmers and their families are encouraged to attend. It’s a celebration of a great season. Every swimmer will be given a season program highlighting their accomplishments.

Awards presented will include: (for each age group boys and girls)

- Rookie- A first year swimmer who made the greatest improvements in the sport of swimming.
- Time Drop- a swimmer who lowered their times the most.
- Hardest Worker- a swimmer who applied all of their energy to practice and swam their best at meets.
- Most Improved- a swimmer who made the greatest strides in not only their times but also the knowledge of the sport.
- Outstanding Swimmer- a swimmer who excelled at the state and/or regional meet by achieving excellent times

SUMMER SWIM CAMPS

Three different age levels, of 6 week swim camps, will be offered the summer of 2012. Camp includes dry land and swim technique training. Watch for details in the spring.

DUBUQUE DOLPHINS 2011/2012 IMPORTANT DATES

Please check email regularly and if you can please come on pool deck to check the white board for updates.

Monday, September 19	Registration Returning Swimmers Begins
Monday, October 3	Registration New Swimmers Begins
	1st Day Rookie Week New Swimmers 6:30-7:30
Tuesday, October 4	2nd Day Rookie Week New Swimmers 6:30-7:30 pm
Thursday, October 6	3rd Day Rookie Week New Swimmers 6:30 – 7:30 pm
Monday, October 31	Registration New & Returning Swimmers End
Tuesday, November 1	Practice Begins
	Swim Suit Try-on
Thursday, November 3	New Parent Meeting @ 7:00 pm
	Swim Suit Try-on and Swim Suit Orders Due
	Wreath Orders Due
Thursday, November 10	Volunteer Tasks Forms Due
Friday, November 18	Wreath Distribution 3:30-6:30 pm
Monday, November 21	Swim Meet Checklist and Bus Money Due
	Apparel Order Forms Due
Thursday, November 24	No Practice ~ Thanksgiving!
Saturday, December 3	Swim Meet @ Muscatine
Sunday, December 4	Team & Individual Pictures
Monday, December 5	2nd half Swimmer Fees Due
Saturday, December 10	Swim Meet @ Dubuque Community Y
Sunday, December 11	Optional Sunday Swim Practice
Saturday, December 17	Swim Meet @ Cedar Rapids Sharks
Sunday, December 18	Optional Sunday Swim Practice
Thursday, December 22	No Practice
Monday, December 26	No Practice
Tuesday, December 27	6:30-7:30 10 & under 7:30-8:30 11 & up
Thursday, December 29	6:30-7:30 10 & under 7:30-8:30 11 & up
Sunday, January 8	Swim Meet @ Belvidere (Jingle Bell Invite)
	<i>*This is a highly competitive meet. Swimmers will be responsible for their own splash fee (entry fee) and their own transportation.</i>
Sunday, January 8	Optional Sunday Swim Practice
Saturday, January 14	Swim Meet @ Waterloo
Sunday, January 15	Optional Sunday Swim Practice
Saturday, January 21	Swim Meet @ Dubuque Community Y
Sunday, January 22	Optional Sunday Swim Practice
Monday, January 23	Deadline for Sectional Entries to Coaches
Saturday, January 28	Swim Meet @ Belvidere
Saturday, February 4	Swim Meet @ Dubuque Community Y
Saturday, February 11 or 12	Sectionals @ TBA
Monday, February 6	Deadline for Regional Entries & Fees to Coaches
Saturday & Sunday, March 3 & 4	State Meet @ Marshalltown
Saturday & Sunday, March 10 & 11	Regional Meet @ Minneapolis MN
Sunday, March 18	End of Year Swim Banquet

Thank you in advance for a wonderful upcoming swim season. Should you have any questions regarding the above information, please contact the Aquatics Director or the Coaches. We all would be glad to help. Thank you!

THE DUBUQUE COMMUNITY Y DOLPHIN EMERGENCY CONTACT FORM – REGISTRATION FORM

Swimmer's Name: _____

Address: _____

Parent E-mail: _____ (Required) Phone: _____

Age: _____ (as of December 1) Birth Date: _____

T-shirt size: youth _____ adult _____

Choice of Physician or Hospital: _____

Medical Insurance Company: _____

Policy Holder: _____ Policy Number: _____

Any known Allergies: _____

Any Medical Condition to be aware of: _____

Any Medications currently being taken: _____

Father's Name: _____

Father's Home Phone: _____ Work/Cell Phone: _____

Mother's Name: _____

Mother's Home Phone: _____ Work/Cell Phone: _____

Alternate Contact: _____ Relationship: _____

Alternate Home Phone: _____ Work/Cell Phone: _____

Permission to treat Minor Child

I, _____, do voluntarily consent to any diagnostic procedure and hospital care, and to such medical, surgical, or x-ray treatment that may be required during my absence and unavailability.

(Signature of Parent or Legal Guardian)

(date)

Permission to travel with the Dubuque Community Y- Swim Team

_____ has my permission to travel with the Dubuque Swim
(Swimmer's full name) Team to their out-of-town swim meets.

(Signature of Parent of Legal Guardian)

(Date)

Directory Permission:

If you are interested in this please check the areas that you would like displayed:

Swimmer's Name _____ Parent's Name _____ Address _____ Phone _____ Email _____

SWIM MEET CHECKLIST:

The coaches **MUST** have this swim meet checklist in order to plan events. If this form is not received by November 21, your swimmer(s) will not be allowed to swim in the meets. Please check the meets that you are having your swimmer(s) participate in. A check needs to be enclosed for the total due for away meets. Transportation for each away meet will cost \$10 per swimmer or maximum of \$25 per family.

The Dubuque Community Y and the coaches encourage all swimmers going to the away meet to ride the bus. If for some reason your swimmer(s) can not ride the bus, please contact Crista Koch or the coaches.

If you have committed to attend a meet and find out that you are unable to swim for any reason, please let the coaches know as soon as possible. Please contact Crista Koch for possible options of a refund/credit; otherwise your pre-paid bus fee will be considered a donation to the team.

Fill out the form below by checking which meets your swimmer will be participating in. Enclose a check (memo- bus fees). Place in the red folder on the pool deck by November 21.

Name _____ **Age** _____

Date	Location	Teams	Checklist
Saturday, December 3	Away	<u>Muscatine</u> (Newton, CR Stingrays)	_____
Saturday, December 10	Home	<u>CR Sharks & Marion</u>	_____
Saturday, December 17	Away	<u>CR Sharks</u> (Davenport, Charles City)	_____
Saturday, January 8	Away	<u>Belvidere, IL</u> (Jingle Bell Invite)	_____
<i>*This meet is a highly competitive meet. Swimmers will be responsible for their own splash fee (entry fee) and their own transportation.</i>			
Saturday, January 14	Away	<u>Waterloo</u> (Davenport, Newton, Marion)	_____
Saturday, January 21	Home	<u>Maquoketa & Davenport</u>	_____
Saturday, January 28	Away	<u>Belvidere, IL</u>	_____
Saturday, February 4	Home	<u>Charles City, Newton, Marion, Wash</u>	_____

Total home meets: _____

Total away meets: _____

Total bus fees: _____

In an effort to reach our motto and goals, each family will be required to volunteer. Our schedule includes 3 home meets. In order to run these meets effectively, we have 70 positions that need to be filled.

Each family is expected to volunteer at every home meet even if your child does not swim in a meet. A \$25 fee for each meet NOT worked will be added to you bill. The contract for parents is below. Please sign and return when you register, when you attend the parent meeting, or by November 10.

At the parent meeting, you will be given an opportunity to sign up for volunteer positions. Vickie Knowles will be contacting you in regards to your volunteer position, scheduling, job description, etc. If you have a certain area you specifically would like to work, please feel free to contact Vickie Knowles at 563-557-7083 or knowlesva@aol.com.

Swimmer's name: _____ Phone number: _____
Parent's name: _____ Email address: _____

As members of Dubuque Community Y Dolphin's Swim Team, I have read and understand the Family Volunteer Requirements. I pledge to fulfill our share of volunteer hours.

(Signature of Parent or Legal Guardian) _____ (date) _____

Home meet dates are December 10, January 21, and February 4.

Please choose your first 3 options of the volunteer positions that you would like to help out with this 2011-2012 season.

- | | | |
|----------------------------------|---|----------------------|
| _____ Officials | _____ Concession Prep Workers | _____ Timers |
| _____ Clerk of Course | _____ Concession Workers | _____ Floater |
| _____ Record Board | _____ Chaperones (8 & Under) | |
| _____ Ribbon Workers | _____ Photographer | |
| _____ Result Runners | _____ Timing system | |
| _____ Event Board | _____ Computer Data Input | |
| _____ Greeter/Heat Sheets | _____ Wreath Distributor | |