



THE DOLPHIN POD

Fall 2017



Welcome to the 2017-18 Season!

The new season is officially underway. Welcome back to our returning swimmers and welcome to swimmers joining us this season. This newsletter aims to fill everyone in on what you need to know for a successful season.

LOOKING FOR INFO? Most of this info is contained our website: www.dolphins.bm and updates are posted on our Facebook page: @DolphinsBermuda

DST Executive and Coaches

The Executive

These are the folks behind the scenes who keep DST running smoothly:

President: Charmaine Smith

Head Coach: Elinor Quarterly

Treasurer: Gretchen Dill

Meet Rep: Sonia Rymon-Lipinski

Meet Rep Assistant: Spencer Quarterly

Membership Secretary: Helen Rynne

Web Guru: Wendra Collet

BASA Reps: Myra Virgil & Charmaine Smith

The Coaches

Some of our coaches coach more than one level. Your swimmers coaches' are:

Head Coach: Elinor Quarterly

PreFlipper Coaches: Emily Quarterly assisted by Liana and Doireann

Flipper Coaches: Helen D'Souza, Brice Pursell and Lorena Godwin

Junior Coaches: Elinor Quarterly, Helen D'Souza and Adam Zuill

Senior Coaches: Elinor Quarterly and Manuel Lonfat

Practice Times and Calendar

IMPORTANT: The training calendar, including meets and any planned cancellations in training can be found on our website www.dolphins.bm. If you are unsure if your swimmer is training, check there first. All training is at NSC.

PREFLIPPERS: Tuesdays 4:00-5:00

FLIPPERS: Tuesdays 4:00-5:00
Thursdays 4:00-5:00

JUNIORS: Mondays 4:00-5:00
Tuesdays 4:00-5:00
Thursdays 4:00-5:00

ADVANCED JUNIORS: Mondays 4:00-5:30
Tuesdays 4:00-5:00
Thursdays 4:00-5:30
Saturdays 3:30-5:00*

SENIORS: Mondays 4:00-5:30
Wednesdays 4:00-5:30
Fridays 4:00-5:30
Saturdays 3:30-5:00*

*No Saturday training on a Saturday with a swim meet

DST follows the private schools calendar and does not regularly train during school holidays. Extra training may be offered through the club or privately. NSC Aquatics Facilities are closed on public holidays, therefore there is no training on public holidays.

On Deck

SWIMMERS:

Please be on deck ready to swim with caps and goggles on, before your start time.

Bring water to keep at your lane. No glass bottles

PARENTS:

Swimmers are expected on deck, ready to swim, before their start time. If your swimmer needs help with their cap, please put it on before sending them down. We have a very limited supply of loaner caps and goggles and if we loan them to a swimmer more than twice in a row, will sell them their next loaner pair.

Please also be on time to pick up your swimmer. Do not ask younger swimmers to wait up top for you, there is a lot of traffic at 5:00 and it can be dangerous.

PreFlipper/Flipper Parents: If your swimmer is unable to make it through the hour of training, please do not leave the pool. Coaches must watch the swimmers in the water and cannot be responsible for swimmers on deck. For their own safety, swimmers who no longer can/want to participate will be asked to wait behind the glass fence.

No parents on deck. NSC does not permit street shoes on deck and parents on deck tends to be very distracting for swimmers. Please wait for your swimmers behind the glass fence. We understand that sometimes a parent may need to get an urgent message to a swimmer. Please attract a coach's attention and they will pass it on.

Coaches are available to talk before and after sessions. Coaches are not available to talk with parents during the swim session.

WEATHER:

Our general policy is that if the pool is open, we are training! We will not cancel training except for extreme weather that makes it unsafe to coach or train or if the pool is closed.

Cancellations will be communicated as soon as practical but DST endeavors to hold practice so we will wait as long as possible before cancelling.

NSC will shut the Aquatics Facility for 30 minutes after thunder/lightening. Please do not call the coaches but call NSC or look on their Facebook page for closures due to thunder/lightening. If we know the pool is closed, we will update parents as soon as possible.

Swim shirts are not allowed in the winter unless permission has been granted from your swimmer's coach. The water temperature is generally 80-81 degrees and it is much warmer in than out. We do recommend a swim cap.

Meets



IMPORTANT

BASA MEMBERSHIP SIGN UP

**** This does not apply to
PreFlippers****



IMPORTANT

In order to compete in meets your swimmer must be a member of BASA. BASA membership fees are included in the DST membership fees, however **YOU MUST SIGN UP ONLINE BY SEPT 30**. DST is unable to submit payment after this date and parents will be liable for the fee on sign up.

BASA sign up: www.racedayworld.com under Clubs.

At check out, enter the code "dolphins2017" and the balance will reset to 0.

IF YOUR SWIMMER MIGHT PARTICIPATE IN ANY MEET THIS 2017/18 SEASON, YOU MUST SIGN UP FOR BASA MEMBERSHIP BY SEPTEMBER 30.

****Do not sign PreFlippers up for BASA membership****

ENTERING MEETS:

You will receive an on line sign up form approximately 2 weeks before a meet.

Complete the form to sign your swimmer up for a meet. Your swimmer's coaches will choose your swimmers events and DST will submit their entries to BASA.

IMPORTANT: In order for DST to comply with BASA meet entry deadlines, you must sign up by the date indicated on the sign up form. Late or verbal sign ups will not be accepted.

MEET ATTIRE:

All swimmers are required to wear DST caps. Swimmers accepting medals or on the podium must wear DST attire and must wear a shirt.

PARENT MEET VOLUNTEERS

Each swim team is responsible for putting on 3 meets. BASA and DST expect that every swimmer in the meet has a parent or other adult volunteer at the meet. You will receive correspondence from our Meet Rep as well as details on training for volunteer positions.

Equipment

Available on Deck (speak with/email Coach Elinor):

Caps \$15

Goggle \$20

Ladies DST Swimsuits (FINA approved) \$70

Mens Jammers (FINS approved) \$55

Backpacks \$50

Hats \$20

Look for an order form coming soon to order tracksuits, sweatshirts, technical t shirts and swim parkas.

We Need Your Help!

Dolphin Swim Team is a volunteers run club and we need your help to make it successful. We are looking for parent volunteers for the following positions:

FOOD HUT: This involves coordinating food donations, a drinks order and staffing for the Food Hut at the 3 DST swim meets. Don't worry, you won't miss your swimmer racing, our policy is that there is always back up in the Hut so you can step out and watch! Bonus - left over treats? Take them home!

MEET ENTRY PERSON: This involves working with Coach Elinor to send out the DST meet entry form, entering the swimmers into the HyTek entry system and then entering the results and updating DST reports. This isn't complicated but involves approximately 3-4 hours a meet. Training will be provided!

COACHES: We need more coaches! We are particularly looking for assistance with our Seniors group running sets. Swim training experience is helpful and we will pay for your ASCA designation if you are interested in becoming a qualified swim coach. Coaches receive swim fees discounts as well as a warm winter parka. Even if you can only commit to one session a week, please consider becoming a DST Coach.

ANY OTHER HELP: If you'd like to volunteer, we can find something for you, just let us know!