

## WELCOME TO THE PELLA DOLPHIN SUMMER SWIM TEAM

The Pella Dolphins swim team is a recreational swim team sponsored by the Pella Recreation Commission. We have been organized for recreational competitive swimming and we encourage all swimmers to participate in the swimming meets. We are excited to have Amanda Herder join us again this summer as the head coach. In addition to being a competitive swimmer herself, she has had 5 years coaching swimming (and teaching).

Summer practices start June 6 and are Monday through Friday, 11:15-11:55 a.m. While we encourage swimmers to come to as many practices as they are able, we understand that summer activities may conflict with the swim team schedule. If you have a conflict with certain days, please indicate that on your registration sheet. Meets are held on Tuesday evenings, and usually start at 6:00 p.m. Warm-up times for home meets will be 5:00 p.m. and will usually be at 5:30 p.m. for away meets.

The meet schedule is as follows:

June 17	at Pella with Ankeny and Oskaloosa
June 24	at Knoxville with Pella and Grinnell
July 1	No meet this week
July 8	at Marshalltown with Pella and Newton
July 15	at Grinnell with Pella and Waukee
July 22	at Pella with Newton, Grinnell and Oskaloosa
July 26 (Sat)	at Ankeny Conference Meet 10:30 Warm-ups start, Noon meet start

**Swim team is designed to provide a competitive environment for the swimmers, so we do ask that all swimmers compete in at least one meet. That competition does not have to be on a high level, but swimmers should at least try a meet. This program is not designed to provide a lot of opportunity for individual stroke work, but swimming lessons (group or private) are available at the Pella Indoor pool.**

**The Pella Swim Team has the reputation of running an efficient and organized swim meet. We can attribute our previous success to our many parent volunteers. To maintain our great reputation, we ask that one person from each family work at each of our home meets. We will also need to provide officials and timers at the Conference Meet. Please email Jill Sievers at [bjsievers@iowatelecom.net](mailto:bjsievers@iowatelecom.net) to volunteer for the positions listed at the end of this document. Positions are filled first come, first served, so signup early!!!**

At the Conference Meet, events are limited to three swimmers per team per event. It is possible that you will not swim in “usual” events.

You will receive more information detailing each meet during the season. Parents are ultimately responsible for getting their swimmer(s) to the meets; however, if you will not be driving to an away meet, please indicate this on your permission slip and we will try to arrange a ride for your child.

Pella's traditional team swimming suit is encouraged, but not required. Sports Page will be placing a special order for our suits. We will be posting a sign up sheet in the lobby. Please order suits when you register so we can place the order in a timely manner. A team cap is included in your registration fee, but if you need any additional, they can be purchased for \$4.50 at the swimming pool indoor office. Goggles are optional but we highly recommend the swimmers use them. The swim team sells them at the pool office for \$7.50 or \$12.00. *The pool cannot lend out goggles, so make sure that you have your own.*

Our swimmers are ambassadors for Pella and it is therefore expected that all swimmers conduct themselves accordingly during practices and all swim meets. To keep the meet running smoothly, we ask that the swimmers sit by the rest of the team whenever they are not called for an event. There is usually some down time in between events, so swimmers need to bring something to read, cards to play, etc. to do when they are not swimming. Swimmers also need to watch what they eat, before and during meets. Grinnell holds their meet outdoor in their outdoor pool area.

Each swimmer must submit a signed permission slip for each meet so we know who is going to be there. **We request that these slips be turned in to the blue box located by the folders by the Thursday before the Tuesday swim meet.** The meet will be set up on Sunday, so late permission slips will be accepted as long as the meet has not been sent off to the other team. Submission of last minute permission slips generate quite a bit of work for the coach, so please watch your calendar and turn them in on time. If your child gets sick, or otherwise will not be able to participate in the meet, please call the coach as soon as possible. If you cannot reach the coach, please leave a message at the pool office. The Conference Meet has a special deadline and permission slips will be needed sooner than the Thursday before; check for deadline.

Conflicts with softball or baseball: if your child has a game on the night of a swim meet, you can turn in a permission slip that says "has game". If it happens that the game is cancelled for weather related reasons, and your child wants to participate in the meet, we would have that information readily available.

For those of you who swam in the winter, the summer conference has different rules and different events. Age groups are 8 and under, 9 -10, 11-12, 13-14, and 15 and over. Age is determined as of June 1. An individual may participate in 4 events, no more than 3 of these may be individual events. All swimmers must compete in their own age group in all events except relays. Relays may swim up one age group. Any one, who swims exhibition, must count that as an event in which they have participated. Exhibition swimmers will not be given any awards. Events that are available are different than the winter. There are only 84 events.

If you have questions concerning the swim team, contact any swim team board member.

Swim Team Board  
President: Steve Schemm 628-8752  
Jill Sievers 628-8510 (Treasurer)  
Joe Du Pre' 620-9808  
Rob Warner 628-3223  
Don Efinger 621-1531  
Jim Palmer 627-5343  
Janet Hanson 780-2153  
Lisa Lensing 621-0019  
Chris Shepperd 628-3139

**PARENT JOBS:**

Set-up for a home meet at 4:30 p.m.

Ribbons for all teams participating.

Using the Daktronics/computer

Work at the concession stand.

Starter/Referee (requires current certification)

Stroke and turn judge (requires current certification)

Timers

Clerk of course

Running—taking the times from the timers to the scoring table.

Tear-down all the stuff after the meet. Clean-up the deck, locker rooms, and balcony.