

WELCOME TO THE PELLA DOLPHIN SUMMER SWIM TEAM 2010

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~~ 7 years coaching swimming (and teaching). **All registrations must be done by May 26 or incur a \$25.00 late fee.**

Regular summer practices start June 10 and are available 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. 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 15 Pella hosts Knoxville and Grinnell

June 22 Pella is at Waukee with Marshalltown

June 29 Pella hosts Newton and Ballard

July 6 Pella is at Walnut Creek with Knoxville

July 13 Pella is at Ankeny with Waukee

July 20 Pella is at Knoxville with Marshalltown

July 24 (Sat) Conference Meet—Ankeny YMCA tentative time is 11 am warm-up, noon 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 must 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. If your swimmer wants to work out without meets, it is better to come for lap swims!

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.

At the Conference Meet, events are limited to three swimmers per team per event.

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 have some of the suits at their store. Goggles are optional but we highly recommend the swimmers use them. The swim team sells them at the pool office for \$15.00. *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.

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 pink box located by the folders on or before 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 host 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. There are only 84 events.

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

President: Steve Schemm 628-8752
Jill Sievers 628-8510 (Treasurer)
Rob Warner 628-3223
Don Efinger 621-1531
Janet Hanson 780-2153
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