



2010 Dolphin Swim Team Village Field Club

Dear Parents,

Welcome to the 2010 swim season! We are all looking forward to working with your children this summer. We understand that these first few night practices may be tough for your swimmers. Once we get on our morning split practice schedule, there will be a lot more room and we will be able to begin working on stroke techniques and conditioning. Meanwhile, please encourage your swimmers to hang in there! This is a year with endless opportunities and lots of fun times for our team.

New swimmer evaluations will take place on June 1st (weather permitting) from 5:00 - 6:30 p.m. If need be, a rain date is scheduled for June 2nd at the same time. New swimmers will be required to swim 25 meters (1 length) of the pool freestyle and 25 meters backstroke. New swimmers are also required to attend stroke clinic. It is important that the swimmers understand the fundamentals of each stroke as soon as possible. This way, meets and practices will be much more enjoyable for them.

In order for us to run safe and effective practices, we ask that you have your swimmer at the pool on time and ready to swim. We intend to be diving in the water by 7:30 a.m.

(11 and up) and 9:00 a.m. (10 and under), Monday through Thursday. Anyone with hair below his or her ears is required to wear a cap. Every swimmer must wear goggles to protect their eyes and to have an effective practice without distractions. We are also asking 7:30AM swimmers to purchase zoomers or swim fins that can be cut to a shorter length. These will be used during practice. Please mark them with names as many tend to be forgotten after practice. Also, swimmers are encouraged to bring along Gatorade or water to practice so they do not get dehydrated. They can even use their new water bottles this season! It is very important to be hydrated during practice and drinking fluids also helps to prevent cramping. Please try to mark everything with your child's name on it including suits. We also ask that parents refrain from gathering on the deck or chatting with the coaches during practice time. This distracts the swimmers and takes our attention away from our coaching duties. We are happy to speak to you at any other time, including both before and after practice. Please check the team bulletin board in the lobby for swim team news.

This season we will be practicing every morning rain or shine in any temperature. We will only cancel practice if there is thunder or lightning. If you think that it is too cold or rainy for your child to practice on one of these days, they are more than welcome to stay home. We are holding these practices to avoid confusion, and have our swimmers in the water as much as we can.

During the first week of morning practice, there will be a Swim Team Binder in the lobby at all times. This binder will contain the roster and volunteer list for each meet. For each meet that your child will be able to attend, please highlight his or her name for that meet. If you know your child will not be at a specific meet, please cross his or her name off the list. We also require a note or e-mail stating that your child will not be at the upcoming meet. The roster will be removed from the binder two days prior to each meet. Creating each meets line-up takes a great deal of time and it must be submitted to the conference

the day before the meet. As such, changes to the line-up will only be allowed in the case of emergency or illness. If your child's name has not been highlighted by the required time, he or she will not be placed in the line-up for that meet. Also, please do not rely on the lifeguards or coaches to highlight your child's name for the meet. It is not part of their job to do this, and in the past there have been many mix-ups because of this. We appreciate your understanding on this matter!

Our regular season meets are our chance to try the swimmers in different events. Expect your swimmers to swim different events. Although we will try to get your child into their favorites, this may not always happen. They may even discover a new favorite! At certain times your swimmer might be required to swim at a higher age level in a meet. This is for scoring purposes and ultimately helps the team.

We have over 160 swimmers on the team this year. The safety of your children is of the utmost importance to us. As such, we will require your child's full attention during practices. If a child is disruptive or not following instructions, we will not hesitate about sending him or her home. If the behavior occurs too often, we may request a meeting with the parent and a Swim Team Committee Member. We are happy to speak to you at any other time than practice time, including both before and after practice. Also, don't forget that you can always e-mail us at vfcswimteam@yahoo.com We will try to get back to you ASAP.

The Swim Team information is posted on the VFC website at www.villagefieldclub.com. We ask that all parents review the website, as it contains a lot of valuable information about swimming. There will also be a parent meeting for ALL swim team parents on June 7th. It is extremely important to attend because we will be giving information about the meets, practices, new conference rules, team suits, etc. We will even be doing a raffle and

giving out VFC spirit prizes to the parents that attend. We are eager to get parents involved with the team.

We can always use volunteers or a helping hand here and there. This season we will be selling VFC parent t-shirts that we would love to see parents wearing at the meets. They are really neat and I'm sure we will have the best looking fans in the stands!

We appreciate all of the wonderful support we get from all of you and look forward to working with you and your children this summer! We are very excited about the upcoming season and hope that your children have as much fun on the VFC swim team as we all did as kids!

Sincerely,

Head Coach
Meghan Crowley

Meg Vertovec
Asst. Head Coach

Terry Crowley
Asst. Coach

Eddie S.
Asst. Coach