



Hello VFC Dolphins!

Welcome to the 2023 VFC Swim/Dive/Water Polo Season! We are excited to get started on another memorable season for our VFC Dolphins. Our registration process will be changing a bit this year so please be sure to check out all the information below.

Registration for Swim, Dive, and Water Polo will open on Sunday, April 2nd by 8 pm via TeamUnify on our VFC Dolphins page at <https://www.teamunify.com/team/recidvfcd/page/home>.

Our Team Unify page contains loads of information about our swim/dive/water polo teams including FAQs and practice/meet schedules.

NEW THIS YEAR! Registration including all payments will be online via Team Unify. No more standing in line with your volunteer check! All families will be asked to have a credit card on file via TeamUnify. Families who fail to fulfill their volunteer responsibilities will be charged a fee of \$125 at the end of the season. As in previous years, families of swimmers on the Developmental Team only or swimmers who have completed at least 1 year of High School are not required to volunteer. An adult member of each family on the Swim Team must volunteer at least 2 times during the season at either one of our meets or at our behind the scenes jobs (Ice Cream social/End of the year Party/Donut pickup/etc.). Volunteer sign up will be available through TeamUnify starting on Sunday, April 2nd by 8 pm on a first come, first serve basis. For more information on volunteer positions, please follow the link to Team Unify:

<https://www.teamunify.com/team/recidvfcd/page/volunteer-info1/volunteer-info2>

If you are a new swimmer to the VFC or would like to move up from the Developmental Team to the Swim Team, please plan to attend our **New Swimmer**

Evaluation on Tuesday, May 30th at 5 pm. Our coaches will ask your swimmer to swim the length of the pool and may ask them to demonstrate any swim strokes that they know. No prior swim team experience or knowledge of strokes is required. Our coaches are evaluating whether your swimmer is safe in the water and which team (Developmental vs Competitive Swim Team) would be the best fit. In general, swimmers should be at least 6 years old, be able to swim the length of the pool without stopping, be able to put their face in the water, and be able to wear goggles. Please note that practices are structured in a swim team environment. If you are looking for more of a swim lessons environment, please see our swim lessons available through Chicagoland Pool management on the VFC member page.

We will have an **In Person Informational Event on Wednesday, April 5th from 5 pm to 7 pm** in the lobby of the VFC to answer any questions or to help with online registration and volunteer signup. A representative from **Urban Tri Gear** will be on hand with suits to try on for sizing as well as ordering information for suits, caps, and team shirts. Ordering through the online store can be done at <https://vfc23.itemorder.com/shop/home/> through Friday, April 7th. Team suits/caps/shirts are not required. Swimmers may choose to wear previous year's suits or their own suits/caps.

Our swim season will begin for all swim teams except the Developmental Team with evening practices on Wednesday, May 31st and will transition to morning practices on Monday, June 5th. Swimmers who attended New Swimmer Evaluations will be notified by the coaches via email as to which team they are assigned to (Developmental vs Competitive Swim Team). The Developmental team does not participate in regular season meets, but the coaches will host a Developmental only swim meet for the swimmers at the end of the season. **Developmental Team practices start on Monday, June 12th.**

Practice Schedule:

Evening Practices will start on Wednesday, May 31 from 5-7 PM
for Swim Team (no Developmental) as follows:

5pm - 6pm for 6-9 year olds

6pm - 7pm for 10 and up

THERE WILL BE NO PRACTICE FRIDAY, JUNE 2

Morning practices will start Monday, June 5 for all swimmers

except Developmental Team and will be as follows:

7:15 to 8:45 am--ages 10 and up

8:30 to 9:30 am—ages 6-9 Swim Team members

(Friday, June 9th Team Time Trials, time TBA)

Morning practices will start on Monday, June 12th for Developmental Team

9:15-10:00 am—All ages Developmental Team

(Friday, June 7th Developmental Swim Meet, in the morning, TBA)

Starting Friday June 16, all Friday practices (June 16, June 23, June 30) will be "Fun Fridays". Ages 11 and up will be in the pool from 8-9 AM. 10 and under will be in the pool from 9-10 AM. Swimmers on the Developmental Team may attend "Fun Friday" practices in their corresponding age group. Friday, June 7th will be a combination Developmental Swim Meet and Fun Friday with Swim Team members helping run our Developmental Meet.

****PRACTICE WILL ONLY BE CANCELED DUE TO LIGHTNING, OTHER SEVERE WEATHER CONDITIONS, OR TEMPERATURES BELOW 60 DEGREES. We do practice in the rain!**

Fees for the 2023 season will be as follows:

Developmental Team or swimmers 6 year old on competitive Swim Team - \$110

Competitive/Age Group Swim Team (7 to 14 years old) - \$140

High School age swimmers (must have completed 1 year of High School) - Free

Dive Team and Water Polo are free for all swimmers on the Swim Team including the Developmental Team.

For those not participating on the swim team, Dive and Water Polo will be \$75 for participation in 1 (either Dive or Water Polo) or \$100 for participation in both (Dive and Water Polo)

Dive and Water Polo are open to all VFC members 6 years old to 14 years old who have not completed their first year of High School.

No previous experience is required! Our Dive Team and Water Polo teams practice twice a week with meets on Wednesday nights for Dive and tournaments on Sunday mornings for Water Polo at local pools in our conference. Our programs are a great way to get an introduction to the sports of Dive and Water Polo in a fun, relaxed summer environment. Come give it a try! Please register for Dive and Water Polo separately from Swim registration via Team Unify.

Dive and Water Polo registration link:

www.teamunify.com/team/recidvfcd/controller/cms/admin/index?team=recidvfcd#/calendar-team-events

Questions - reach out to us at vfcdolphins@gmail.com . We look forward to a summer of great swimming!

Staci Hurley, Katie Black & Erin Giron - 2023 Dolphins Swim Team Committee