

Cool Dell Swim & Dive Team

Online Registration Information

Welcome to the 2016 Summer Swim & Dive Season! Cool Dell will be competing in the Lochte Division of the Gateway Swimming & Diving Conference. The swim team will compete against Cedarmill, Lake Chesterfield, and Washington. The dive team will tentatively be competing against Lindgate Manor, MAC and Pacific. The complete schedule of swim and dive team events will be available on the Cool Dell Team Unify website (www.TeamUnify.com/recgtcd).

Please follow these simple steps to complete your registration through Team Unify for the Cool Dell Swim & Dive Team.

1. Purchase Cool Dell Pool membership online at www.cooldell.com . Click on the "Membership" tab, and then "Online Application". If you complete the online application, you can pay for your membership dues as well as your Swim & Dive team dues at the same time. Proceed to Step 3.
2. If you choose to mail a check for your pool dues, you will also have to fill out a manual application for your Swim & Dive dues, and mail a check. Contact Amy Folkins at CDSwimTreasurer@gmail.com for instructions on paying for swim & dive with a check. Regardless whether you pay online or via check, you need to register your children online – see step 3 below.
3. **Complete registration for Swim & Dive team at www.TeamUnify.com/recgtcd**
4. Please register your entire family at one time on Team Unify. We are charged a fee for each separate family registration. If you are unsure, initially register **ALL** children. We can easily remove a swimmer/diver later at no additional fee.
5. **Read** the attached **Swim & Dive Team Policies**. There will be a box to check during the online registration to show that you have read and agree to abide by the Swim & Dive Team Policies.
6. Read the attached description of work duties. Sign-ups for all work duties will be done through our TeamUnify website.
7. Complete the 2016 Cool Dell Swim & Dive Team Medical Authorization & Release Form on Team Unify. If your child has a specific medical condition that the coaches should know about, then fill out the printed form and return it on the first day of practice.

PLEASE NOTE: 2016 Cool Dell pool membership fees must be paid in full in order to register for the swim and dive teams.

2016 Swim & Dive Team Fees

Early Bird Registration Fees (through April 30, 2016):

First Child Swim OR Dive Team	\$93.60
Additional Children Swim OR Dive Team	\$62.40 each
Dive Team Add-on	\$52 each

The fees listed above include a 4% mandatory Missouri tax.

Late Registration Fees: Any returning families who have not completed the registration process (see list below) by April 30, 2016 will pay an additional fee of \$30 per family.

- Pool dues must be paid (or postmarked) by April 30, 2016
- Swim dues must be paid (or postmarked) by April 30, 2016
- Swimmers/Divers must be registered on Team Unify by April 30, 2016

Cancellation Policy: If you determine that your child will not be able to participate on the Cool Dell Swim & Dive team, your registration fees will be refunded, less the following cancellation fees:

- Refunds processed prior to the first swim/dive meet will be charged a \$10 fee to cover the cost of the Team Unify family registration fee.
- No refunds will be processed after the first swim/dive meet.

New Swimmer Evaluations

New swimmer evaluations will be held on the Wednesday, May 25th at 5:30pm. After this evaluation, the coaches will determine which practice each swimmer should attend. If a swimmer (4 – 8 years old) is not ready for the rigors of the competitive swim team, they will be recommended for the Junior C-Dragons program or group swim lessons. Details of the swim lesson program will be available on the CoolDell.com website.

Junior C-Dragons

Our new Junior C-Dragons program is for children ages 4-8 who have experience with swim lessons, but are not yet able to meet age appropriate practice expectations. These children will practice Monday through Friday at 10:30, but will not initially compete in dual meets. Once a swimmer improves and is able to meet the expectations of our competitive team, the swimmer will be placed in the appropriate practice and will begin competing in dual meets. Our Junior C-Dragons are invited to participate in all Swim Team activities (team picnic, pictures, awards, etc).

Practice Expectations

8 & under swimmers can expect to swim 10 – 25 lengths of the pool during practice.
9 & over swimmers can expect to swim at least 40 lengths of the pool during practice.
New swimmers, age 11+ must be proficient in all four strokes and be able to swim a legal 100 meter IM.

If you have a question about your child's skill level and participation on the swim team, please contact Coach Coleen and Coach Ted at CDSwimCoach@gmail.com .

Your age group is determined by your age on May 31, 2016. Anyone 18 or under on that date may swim in the Gateway league.

Meet Expectations

All swimmers are required to participate in 3 dual meets in order to be qualified to swim in the Conference meet at the end of the season. The Green & White meet counts as a dual meet. Note: we will NOT be having a Time Trials meet prior to the Conference meet this year.

Swim Practice Schedule

7:30 – 8:30am – Group 3 (swimmers age 7 – 11 who are proficient in all 4 strokes)
8:30 – 9:45am – Group 4 (swimmers age 12 & over)
9:45 – 10:30am – Group 2 (swimmers age 7 – 10 not proficient in all 4 strokes)
10:30 – 11:15am – Group 1 (swimmers age 6 & under and Junior C-Dragons)

Late Swim Practice Schedule for Tuesday's after swim meets

(Tentatively set for Tues 6/7, Tues 6/14, Tues 6/21, Tues 6/28, Tues 7/5)

8:15 – 9:00am – Group 3
9:00 – 9:45am – Group 4
9:45 – 10:30am – Group 2
10:30 – 11:15am – Group 1 and Junior C-Dragons

Dive Practice Schedule

Divers can attend any of the following three practice times:

7:30 – 8:30 am
8:30 – 9:30 am
9:30 – 10:30 am

- It is preferable that High School divers attend the 7:30 am practice.
- “Group 4” swimmers who need to dive at the 9:30 dive practice can leave swim practice 15 minutes early to dive.
- There is NO late practice schedule for Dive team on Tuesday's following a swim meet.

First Weeks of Practice

Dive Team

During the first two weeks of the 2016 summer dive season, practices will be held in the evenings from 4 – 6pm.

Special Announcements & Events

- **PARENT MEETING** will be **Saturday, April 23** at 9:00am at the pool. New parents are strongly encouraged to attend and existing parents are welcome. Join us for coffee and bagels, and bring your laptop for Team Unify training, as well as new parent orientation. Swim & Dive coaches and board members will be available to answer questions.
- **TUESDAYS WITH THE BOARD** will be scheduled every Tuesday (**6/7, 6/14, 6/21, 6/28, 7/5**) from **10:30 – 11:00am**. Board members will be available to discuss various topics and answer questions as needed.
- **TEAM MEETING** and pictures are scheduled for **Tuesday, June 14** with individual pictures starting at 8am, team picture at 8:30, and “Train Your C-Dragon” from 9 – 11:15am. All swimmers should be in attendance. Cheers will be taught to our swimmers and they will get some great tips from Coach Coleen and Coach Ted. All parents are encouraged to attend.
- **TEAM PARTY** is scheduled for **Tuesday, June 21** from 8:30 – 10:30am with a team breakfast and games.
- **AWARDS NIGHT:** The Awards Night will tentatively take place on **Monday, July 18** from **5:30 – 9pm** at a **location TBD**. Details to follow.
- **TEAM SUITS** will be supplied by B&B Aquatics for the 2016 summer season and will have the option of being monogrammed. The girl’s suits are \$48.30 for plain and \$56.30 for monogrammed suits, youth and adult sizes. The boy’s suits are \$34.30 for plain and \$42.30 for monogrammed suits, youth and adult sizes. Monogramming will be done by B&B. Please be sure to mention Cool Dell Swim and Dive when purchasing your suit and merchandise. B&B Aquatics in Des Peres, 1163 Colonnade Center (Off Manchester Road, just east of Ballas), 314-821-7946, www.bbaquatics.com

2016 Swim and Dive Team Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
MAY						
22	23	24	25	26 <u>Swim:</u> New Swimmer Evaluations @ 5:30pm	27	28
JUNE						
29	30	31 <u>Swim & Dive:</u> Start of practices	1	2	3	4
5	6 <u>Swim:</u> Green and White Meet @ Cool Dell at 5:30pm	7 <u>Swim:</u> Tuesdays with the Board @ 10:30 – 11:00am	8	9	10	11 <u>Dive:</u> Green and White Meet @ Cool Dell at 9:00am
12	13 <u>Swim:</u> CD @ Cedarmill at 5:30pm	14 <u>Swim & Dive:</u> Team Pictures and Train your CDragon @ 8:00 – 11:15am	15	16	17	18 <u>Dive:</u> Lindgate @ Cool Dell at 9:00am
19	20 <u>Swim:</u> Washington @ Cool Dell 5:30pm	21 <u>Swim & Dive:</u> Team Party @ 8:30 – 10:30am	22	23	24	25 <u>Dive:</u> Cool Dell @ MAC at 9:00am
26	27 <u>Swim:</u> CD @ Lake Chesterfield at 5:30pm	28	29	30	1	2
JULY						
3	4	5	6 <u>Swim:</u> CD vs. Lake Chesterfield @ Cool Dell at 5:30pm	7	8	9 <u>Dive:</u> Cool Dell @ Pacific at 9:00am
10	11 <u>Swim:</u> CD vs. Cedarmill @ Cool Dell at 5:30pm	12	13	14	15	16 <u>Swim:</u> Conference Meet – ALL AGES @ Cedarmill <u>Swim:</u> Post-Conference Celebration @ Cool Dell at 2:00pm
17 <u>Dive:</u> Conference Meet @ Cool Dell	18 <u>Swim & Dive:</u> Team Awards Banquet @ 5:30 – 9:00pm					

2016 Cool Dell Swim & Dive Team Policies

Work Assignment Policy: Swim meets cannot happen without parent participation. Each family is required to fulfill at least **THREE** work assignments during the season.

We ask that all families sign up for their work duties by **June 10th**. Any family not signed up for their three work duties by then will be arbitrarily assigned work duties. Any missed work duties will incur a \$100 fee per instance.

IF YOU HAVE ISSUES SIGNING UP FOR WORK DUTIES, PLEASE CONTACT THE VOLUNTEER COORDINATOR (cdswimvolunteers@gmail.com).

Additional policies include:

- If you cannot fulfill an assigned work duty, it is your responsibility to find a suitable replacement.
- For the Green and White Meet, families can sign up for only one work duty.
- Families with swimmers 10 & U MUST work at least one (1) bullpen duty during the regular season.
- Each family with conference swimmers must work one shift at conference meets.

Rainout Policy: If an event is rained out your work assignment must be made up when the event is rescheduled. If you are not available to work at the rescheduled swim or dive event, **it is your responsibility to find an individual to work for you and notify the Volunteer Coordinator of your replacement.** If the event is not rescheduled, the work assignment is counted toward your total number of required work assignments.

Alcohol Policy: While alcohol is allowed on Cool Dell property, **drinking of alcoholic beverages is prohibited by any meet worker or board member during any sanctioned event.** If you choose to split a work assignment with your spouse, both parents are prohibited from drinking alcoholic beverages during the meet. Failure to comply with this Gateway policy will cause the team to forfeit the meet and possibly result in Cool Dell being asked to leave the Gateway League. If you are not working a meet and choose to drink alcohol, please do so responsibly.

Single Division Participation Policy: Swimmers and Divers may only participate on one Gateway League team. If our team fails to comply with this rule, we will be fined \$500.00 and disqualified from participation in the Division 1 Championship Meet.

Sportsmanship Policy: Cool Dell Swim & Dive Teams take great pride in our promotion of team unity, individual accomplishment and good sportsmanship. Unsportsmanlike conduct by any adult or child is strictly prohibited. This includes any behavior (verbal or physical) that could be considered inappropriate. Possible consequences include individual and/or team fines and suspension from future Cool Dell or Gateway League events.

Post-Meet Celebrations: Jumping into the pool or throwing people into the pool after the completion of a meet is not permitted by the Gateway League for safety reasons.

Gateway League Fines: Any athlete or parent who violates a Gateway policy which results in a fine to Cool Dell will be responsible for reimbursing Cool Dell for that fine.

2016 Cool Dell Swim & Dive Team Medical Authorization & Release Form

(Please fill this out if you have special concerns that should be brought to the coaches' attentions)

Child's Name (1): _____ DOB: ____/____/____

Child's Name (2): _____ DOB: ____/____/____

Child's Name (3): _____ DOB: ____/____/____

Please list additional children, date of birth, and medical information on the back.

Parent's Name		Home Phone:	()
		Work Phone:	()
		Cell Phone:	()
Parent's Name		Home Phone:	()
		Work Phone:	()
		Cell Phone:	()
Emergency	1.	Phone:	()
Contacts:	2.	Phone:	()
Physician:		Phone:	()
Dentist:		Phone:	()
Preferred Hospital:			
Medical Insurance:		Policy/Group No:	

	Child #1 Yes/No	Child #2 Yes/No	Child #3 Yes/No	If YES, please describe.
Physical Disability?				
Chronic Illness?				
Convulsions/Seizures?				
Allergies?				
Other Medical Issues?				
Are you presently under a doctor's care?				
Regularly take any medications?				
Date of last Tetanus shot				

CONSENT AND MEDICAL AUTHORIZATION: I, the undersigned, hereby give my consent for the above swimmer to represent COOL DELL SWIM & DIVE TEAM in swimming and diving activities. If I cannot be reached in the event of an emergency, I also give consent for the team coach or representative to obtain through a physician, dentist or hospital of its choice, such medical care as is reasonably necessary for the welfare of the swimmer or diver. If he/she is injured in the course of swim and/or dive team activities, I also guarantee payment of all charges incurred during this medical treatment (physician, dentist, hospital, x-ray, lab, drugs, ambulances, etc.).

RELEASE: I, the undersigned, acting as parent and/or guardian for the above child understand the potential danger involved in swimming and diving activities including, but not limited to, head first entry into a swimming pool from starting blocks or a diving board. I further understand that team practices or events have designated times before and after which it is my responsibility to pick up or supervise my child. I acknowledge all risks inherent with the COOL DELL SWIM & DIVE TEAM, agree to assume all risks and as a condition of my child's participation, waive and release any and all rights to claims for loss or damages, including all claims based on negligence, (active or passive) of COOL DELL SWIM & DIVE TEAM BOARD, COOL DELL CLUB, INC., the Board of Directors of COOL DELL CLUB, INC., coaches, officials, employees or others involved in swim and dive team activities.

Parent/Guardian Signature: _____ **Date:** _____

Cool Dell Swim Meet Work Assignments

All Meet Workers Check-In With Volunteer Coordinator 30 Minutes Prior To Meet

ANNOUNCER: (1-Home only)

Make all announcements necessary for the running of the meet. Once the meet has started, the announcer calls each heat to the blocks and announces the heat that is on deck. He/she announces pool records and the meet score periodically. Make any other announcements, i.e. parking in fire lane, inclement weather instructions, as necessary.

HOSPITALITY/CLEAN-UP: (1-Home only)

The hospitality worker distributes ice water to the workers on the pool deck and coaches during the meet. The hospitality worker is responsible for cleaning up their work area in the concession stand and assisting the Safety Marshall in cleanup of the pool and bullpen after the meet is over. Cool Dell will provide 2 large water dispensers to help distribute water to other meet workers.

CARD JUDGE: (1-Home / 1-Away)

The Card Judge sits at designated table and circles the official time on each card for each swimmer in each heat. The official time is the intermediate time if three times are listed on the card, or the average time rounded to the nearest one-hundredth if only two times are available. The Card Judge then puts the cards in order from fastest to slowest, with DQ's at the end. Next, mark the place on the card in the box marked "place" (the cards will be ranked 1-6 or marked DQ). The Card Judge then gives the Scorekeeper the heat 1 cards. The remaining cards need to be divided by team and given to the corresponding Ribbon Writers.

BULLPEN: (9-Home/ 9-Away)

Team Area: Team Area workers are assigned to help the coaches get the Cool Dell swimmers to the Staging Area (chairs) for each event.

Staging Area: Staging Area workers are assigned to help the Cool Dell swimmers get into the Staging Area chairs corresponding to their assigned swimming lane/heat and then to the blocks for each event. No more than 3 events should be behind the blocks.

LANE LOADER: (3-Home/ 3-Away)

A Lane Loader will be assigned to each Cool Dell lane at both home and away meets. This worker will be given a heat sheet prior to the start of the meet and it is the Lane Loader's responsibility to check each swimmer in the lane before the event is swam to make sure the correct person is swimming.

CARD RUNNER: (1-Home)

After each event, the Card Runner picks up the Timer sheet from the timers in each lane, orders them in heat/lane order, and takes them to the designated Card Judge table. Also pick up DQ sheets from the starter assistant after each event.

STARTER ASSISTANT: (1-Home only)

The Starter Assistant assists the Starter during the meet by keeping track of events/heats from master heat sheet, writing down place picks for A heats, filling out DQ slips, and any other tasks the starter may request.

TIMER: (10-Home/ 10-Away)

There will be a total of three timers per lane. On the home team lanes there should be two visiting team timers and one Cool Dell Timer. On the visiting team lanes there should be two Cool Dell Timers and one visiting team timer. In the Cool Dell lanes, the Cool Dell timer will record the times on the timer sheets from all of the timers in that lane if there is no lane writer assigned. If a swimmer is disqualified the recorder needs to designate DQ on the timer sheet. Start the watch the instant of the flash. After the race has begun, check your watch to make sure that it is running. If your watch is not working, immediately call for an Alternate Timer. Even if you do not have a swimmer in your lane, it is important to start your watch in case another timer has missed the start of the race. Stop your watch when the swimmer touches the wall. For an accurate time you must be at the edge of the pool looking directly down at the wall. Check the swimmer's name on the card. Watch the Starter during the race as he/she will indicate which lanes have been disqualified. Clear your watch before the start of the next race.

PARKING LOT – SET UP/SECURITY/CLEAN UP: (2-Home only)

This individual needs to set up the cones and the NO PARKING signs as indicated on the Parking Lot diagram (which is in the storeroom with the cones and signs) by 3:00 PM. During the warm-ups and throughout the meet, this individual needs to periodically check the parking lot to make sure that cars are not parked in the Fire Lanes or the NO PARKING areas. The license numbers of any illegally parked cars need to be given to the Announcer. The parking lot must be checked at least every 30 minutes. Cool Dell Court needs to be checked occasionally. After the meet is over, this worker needs to take down the NO PARKING signs and cones in the parking lot and put them back in the storeroom. This individual needs to clean up any trash left on the parking lot. This worker needs to report to the meet director before leaving for the evening.

COMPUTER INPUT: (1-Home / 1-Away)

The Computer Input worker inputs times and places from the timer sheets into a computer program using the swim team's laptop. The process is similar to entering numbers into a spreadsheet.

SAFETY MARSHALL/CLEAN-UP: (1 – Home) – “The person wearing the orange vest”. Must be present @ 4:30 for start of meet and stay afterwards to assist in clean up of pool deck and bullpen area. Responsible for monitoring pool deck to ensure safety, checking bathrooms, and making sure swimmers are demonstrating safe behavior-no running, no horseplay, and no playing on volleyball court. Also, watch for unsafe conditions- no glass allowed on pool deck. If someone is hurt or in need of medical assistance, lifeguards are on duty and are also responsible for incident reports on all reported injuries.

CONCESSION WORKER: (4-Home only)

The duties will consist of setting up the concession stand before the meet and breaking down and cleaning up after the meet. During the meet, the duties will consist of helping sell food & drinks. Additionally, one or two individuals will be responsible for calculating the food/drink totals, taking the money and making change.

2016 Cool Dell Swim & Dive Team Board & Coaches

Position	Name	Phone	Email Address
Swim Team Parent Rep	Katie Shaffer	(314) 960-8803	cdswimparentrep@gmail.com
Dive Team Parent Rep	Katie Dothage Erika Irace	(314) 393-6906	cddiveparentrep@gmail.com
Treasurer	Amy Folkins Beth and Grant Henderson	(314) 265-1765 (314) 807-1415	cdswimtreasurer@gmail.com
Volunteer Coordinator	Amy Glisson Meghan Green	(636) 288-2414	cdswimvolunteers@gmail.com
Meet Director	Melissa Matheny	(314) 471-6530	cdmeetdirector@gmail.com
Computer	Jenn Christofferson	(636) 220-6213	cdswimcomputer@gmail.com
Concessions	Jodi Gifford Scott Hernandez	(314) 761-7015	cdswimconcessions@gmail.com
Spiritwear	Stacey Caplinger	(636) 399-6307	cdswimspiritwear@gmail.com
Awards	Sandy Crook Kelly Berry	(314) 591-7106	cdswimawards@gmail.com
Communications	Thao Spoerle Diane Everitt	(314) 378-9875 (314) 607-7352	cdswimcomms@gmail.com
Co-Head Swim Coach	Ted Faulhaber	(314) 909-7171	cdswimcoach@gmail.com
Co-Head Swim Coach	Coleen Sumner	(636) 391-2062	cdswimcoach@gmail.com
Asst. Swim Coach	Kelsey Sumner		cdswimcoach@gmail.com
Head Dive Coach	Brian Faddis	(636) 227-2899	cddivecoach@gmail.com
Cool Dell President	Dan Kraus	(314) 605-3579	president@cooldell.com