

Cool Dell Swim & Dive Team

Online Registration Information

Welcome to the 2023 Summer Swim & Dive Season! Cool Dell will be competing in the Manuel Division of the Gateway Swimming & Diving Conference. The swim team will compete against Lake Chesterfield, Cedarmill, Washington, Castle Pines and MAC. The dive team will compete against Lindgate, MAC, and Pacific.

The complete schedule of swim and dive team events will be available on the Cool Dell Team Unify website: www.cooldellcdragons.com.

Please follow these simple steps to complete your registration for the Cool Dell Swim & Dive Team. **PLEASE READ CAREFULLY TO MAKE SURE YOU ARE FOLLOWING EACH STEP!******

1. We will be processing online payments only. Purchase Cool Dell Pool membership and pay Swim & Dive Team fees online at <http://www.cooldell.com>. **Tip:** You must be logged into your Cool Dell account before you will be able to pay for swim or dive fees on the website.

2. **Complete Team Unify registration for Swim & Dive team at cooldellcdragons.com.** This registration must be completed yearly. **Tip:** When registering, just click through the payment screens. Once fully submitted, your child will show up with a status of “waiting for approval”. Since we do not accept payment through the Team Unify website, we individually activate the swimmers and divers once we verify that swim/dive fees have been paid at cooldell.com.

3. **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.

4. **Read the attached description of work duties.** Sign-ups for all work duties will be done later this spring through Team Unify. Three work duties will be required of each family throughout the season, plus an additional work duty during the conference meet. (<https://www.teamunify.com/MemRegStart.jsp?team=recgtcd>).

5. If your child **has a specific medical condition that the coaches should know about**, please complete, print and bring the 2023 Medical Authorization & Release Form and hand deliver to the coach at the first practice.

PLEASE NOTE: 2023 Cool Dell POOL MEMBERSHIP DUES must be paid in full in order to register for the swim and dive teams.

2023 Swim & Dive Team Fees

Registration Fees through April 30, 2023:

Swim Team per Child	\$100
Dive Team per Child	\$100

Registration Fees beginning May 1, 2023:

Swim Team per Child	\$110
Dive Team per Child	\$110

Swimmers/Divers must be registered on Team Unify, www.cooldellcdragons.com, before they can attend practice or be evaluated. No swimmer or diver can participate in team practice until all waivers are signed by a parent or guardian on Team Unify.

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

- Refunds processed prior to the first swim/dive meet will be charged \$10 to cover the cost of the Team Unify family registration and administration fees.
- **No refunds will be processed after the Green & White meet.**

If you have any specific financial or other concerns, please contact the treasurer and we will work with you.

New Swimmer Evaluations

New swimmer evaluations will be held on Sunday, April 30 at 12:00 p.m. **Evaluations will be held at Parkway South High School (801 Hanna Road, Manchester, MO 63021). Come to the parking lot at the north end of the school where the gym and the pool are. All new swimmers must be evaluated. A Sign-Up Genius will be made available prior to the evaluation date so swimmers can sign up for a time to attend the evaluation.** 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 swim lessons. New swimmers ages 8 and under must be able to swim 1 length of the pool and demonstrate safety in the water. All swimmers ages 11+ must be proficient in all four strokes and be able to swim a legal 100 meter IM to be a member of the team. With the evaluations being held before the season this will also give families time to get extra swim lessons before the season if needed.

If new swimmers are not available for this evaluation time, they will be evaluated on Tuesday, May 30 from 4:30-5:30 p.m. at Cool Dell.

Swim Practice Expectations

As the season progresses, swimmers will be expected to swim as follows:

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. For new swimmers, this may seem like a lot. Don't worry! We ease into it.

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, 2023. Anyone 18 or under on that date may swim in the Gateway league.

Swim Meet Expectations

Swimmers are expected to participate in all meets and the Conference Championship unless there is a specific need to miss or an emergency. Swimmers will be required to compete in at least three meets. Kids will not be allowed to just practice and not participate in meets. The Gateway Conference has swim meet attendance requirements for swimmers to swim in the Conference meet. The Conference swim meet is July 14th (11 and over) and July 15th (10 and under). Please put this on your calendar. We would like ALL C-Dragon swimmers to swim this meet and help us defend our title.

Swim Practice Schedule

Tuesday, May 30 Evening Practice:

4:30-5:30 pm: Evaluations and reevaluations for new swimmers (all ages)

5:30-6:30 pm: Group 3 (age 7-11 who are proficient in all 4 strokes)

Wednesday, May 31 Evening Practice:

4:30-5:00 p.m.: Group 1 (age 6 and under)

5:00-5:30 p.m.: Group 2 (age 7-10 who are not proficient in all 4 strokes)

5:30-6:00 p.m.: Group 3 (age 7-11 who are proficient in all 4 strokes)

Thursday, June 1st : NO PRACTICE

Regular morning practice begins Friday, June 2

Regular morning practice schedule (including mornings of meets):

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 – 11:00am – Group 1 (swimmers age 6 & under)

Late swim practice schedule for after swim meets

(Tentatively set for Tues 6/6, Tues 6/13, Tues 6/20, Tues 6/27, Fri 7/7 (team party) and Tues 7/11)

8:15 – 9:00am – Group 3

9:00 – 10:00am – Group 4

10:00 – 10:30am – Group 2

10:30 – 11:00am – Group 1

Dive Practice Schedule

**For the 2023 season, dive practices will begin Tuesday, May 30th.

During the first two weeks of the 2023 summer dive season, practices will be held in the evenings at: 4:00 – 5:00, 5:00 - 6:00, or 6:00-7:00, your choice.

After these first two weeks, divers will move to morning practices. After you register on Team Unify, please email Coach Faddis with your requested morning practice time. If you need a specific time, please register early:

1. 7:30 – 8:30 am
2. 8:30 – 9:30 am
3. 9:30 – 10:30 am

“Group 4” swimmers who need to dive at the 9:30 dive practice should leave swim practice 15 minutes early to be at dive practice on time. Please do not be late.

There is NO late practice schedule for the Dive team on Tuesdays following a swim meet. We will follow our normal practice schedule.

DIVE TEAM EXPECTATIONS

With only three other teams in the dive conference, our dual meet season is a quick one. That said, we know you have other activities that compete for your time. Please make every effort to attend all meets - they are not long events. The Conference Championships are particularly important, both as a final demonstration of everything you've learned and a final chance to share a competition with your teammates.

Dive team does not use Team Unify to declare your intent to compete at scheduled meets. Coach Faddis will assume you are competing unless you tell him otherwise. And, if your plans change at the last minute and you can attend a dive meet, please do so. It only takes a minute for us to prepare an entry sheet for you.

Parents are asked to volunteer for one work duty during a dual meet and one at Conference. That's right - one each per family. If we need more, we'll ask. Dive families are great at helping out when needed.

Special Announcements & Events

- **NEW PARENT MEETING** will be on Sunday, April 23rd at Cool Dell at 2:00pm. New parents are strongly encouraged to attend and existing parents are welcome. Join us to meet other parents and board members, 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.
- **TEAM MEETING, INDIVIDUAL PICTURES AND TRAIN YOUR C-DRAGON** is tentatively scheduled for **Tuesday, June 13th** (time TBD).
- **MORNING TEAM PARTY** is scheduled for **Friday, July 7th** from 8:30 – 10:30 am with team games.
- **AWARDS BANQUET:** Monday, July 17th, location TBD
- **TEAM SUITS** are available for purchase at B&B Aquatics for the 2023 summer season. We will be keeping the same style suit, black with green trim and optional COOL DELL embroidery.

Prices: Female \$56.25 + tax + optional \$15 embroidery

Male \$41.25 + tax + optional \$15 embroidery

Please submit orders to B&B Aquatic by May 1st if you would like the embroidery.

B&B Aquatics in Des Peres

1163 Colonnade Center (Off Manchester Road, just east of Ballas),

314-821-7946, www.bbaquatics.com

2023 Swim and Dive Team Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
MAY-JUNE						
	29 MEMORIAL DAY	30 Dive practice begins Swim evals/ practice begins	31	1 No swim practice	2 Regular morning swim practice schedule begins	3
4	5 Swim Meet: Green and White Meet @ Cool Dell	6 Swim: Late practice schedule	7 Dive: Judging Clinic @ Cool Dell Parent meeting: 5:00 Judging clinic:5:30	8	9	10 Dive: Green & White Meet @ Cool Dell
11	12 Swim Meet: Cool Dell @ Washington	13 Swim & Dive Team Picture/Train your C-Dragon	14	15	16	17 Dive Meet: Lindgate @ Cool Dell
18	19 Swim Meet: Cool Dell @ Castle Pines	20 Swim: Late practice schedule	21	22	23	24 Dive Meet: Cool Dell @ MAC
25	26 Swim Meet: MAC at Cool Dell	27 Swim: Late practice schedule	28	29	30	
JULY						
						1
2	3	4	5	6 Swim Meet: Cool Dell @ Lake Chesterfield	7 Swim and Dive Team Party 8:30-10:30	8 Dive Meet: Cool Dell @ Pacific
9	10 Swim Meet: Cedarmill @ Cool Dell	11 Swim: Late practice schedule	12	13	14 Swim: Conference Meet-11 & older @ Cool Dell	15 Swim: Conference Meet – 10 & under @ Cedarmill
16 Dive Conference @ Cool Dell	17 Banquet - Location TBD	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

2023 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 and **one conference duty**. This year, we will have a full slate of swim meets and we are hosting the 11 and over conference meet. We will have enough volunteer slots for EVERY family to fulfill their 3 work duty requirements as well as their conference requirement.

We ask that all families sign up for their work duties by **June 4th**. If you have any questions or issues, please contact the volunteer coordinator. Any family not signed up for their three work duties by this date will have them assigned. If you are assigned a work duty and can not fulfill it, you are in charge of finding a replacement.

Any missed work duty will incur a \$100 fine per instance. In the case of a missed work duty, the family swimmers will not be allowed to participate in a swim meet until the fine is paid. Fines will absolutely be enforced this year.

IF YOU HAVE ISSUES SIGNING UP FOR WORK DUTIES, PLEASE CONTACT THE VOLUNTEER COORDINATORS (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 the conference meet.

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 Coordinators 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. If you are not working and choose to drink, please drink 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 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.

Suit Requirements: As posted above on Page 5, the Cool Dell team suit can be purchased at B&B Aquatics. Pursuant to Gateway rules, no swimmer may wear a technical suit at any dual meet or conference championship meet.

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.

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 cold 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 water to distribute.

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

The Card Judge sits at a 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: (Home/Away)

The BULLPEN is the area where swimmers stay during the meet when they are not competing. Our bullpen is usually located outside the fence area on the south side of our pool. Swimmers sit by age group and bullpen workers line up the swimmers prior to their events. Bullpen workers sign up for a specific age group and work with these swimmers throughout the meet. Choosing your child's age group is a great way to get to know her/his teammates. Bullpen workers help the coaches get the Cool Dell swimmers to the Staging Area (chairs) for each event.

BULLPEN STAGING: (Home/Away) 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 each event 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: (3-Home only)

Shift 1 (2 workers) 3:30-7:30

Shift 2 (1 worker) 5:30-9:30

Shift 1 workers must be available beginning at 3:30pm. The parking lot workers direct traffic in the lot between 4:00 and 6:00pm and 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. **Shift 2 workers must report at 5:30.** The three workers all take turns checking the lot until 7:30 and Cool Dell Court needs to be checked occasionally. At about 8:00, the shift 2 worker will collect the NO PARKING signs and cones in the parking lot and return them to the storeroom. Shift 2 worker will clean up any trash left in the parking lot and 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: (1 – Home) – “The person wearing the orange vest”. Must be present @ 4:30 for start of warm-ups and stay afterwards to assist in clean-up of pool deck and bullpen area. Safety Marshall is 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.

SET UP: (2-Home only)

This job is for the morning of the swim meet. Set up workers meet with the meet director on the mornings of the home meets to set up for the meet that evening. **Must be available to work from 9-10 am the morning of the meet.**

CLEAN UP CREW: (2-Home)

Assists the meet director to clean up the pool deck and bullpen during and after the meet. This position begins at **6:00 pm** and will run to the end of the meet. Workers are asked to checkin and checkout with the meet director before leaving.

2023 Cool Dell Swim & Dive Team Medical Authorization & Release Form
(ONLY complete this form if you have special concerns that should be brought to the attention of the coaches)

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:** _____

2023 Cool Dell Swim & Dive Team Board & Coaches

Position	Name	Phone	Email Address
Swim Team Parent Rep	Abby Sapp	(314) 495-5587	cdswimparentrep@gmail.com
Dive Team Parent Rep	Michelle Chapman		chapmanml91@icloud.com
Treasurer	Laura Bohon		cdswimtreasurer@gmail.com
Volunteer Coordinator	Meghan Green Kara Mauzy	(314) 304-7093	cdswimvolunteers@gmail.com
Meet Director	Megan Peterson		cdmeetdirector@gmail.com
Computer	Christy Potthast Julie Schloss		cdswimcomputer@gmail.com
Concessions			cdswimconcessions@gmail.com
Spiritwear	Christina Weyers		cdswimspiritwear@gmail.com
Awards	Amy Chadakhtzian Katie Mulchek		cdswimawards@gmail.com
Communication	Katie Werner		cdswimcomms@gmail.com
Coaches:			
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 Calhoun	(314) 570-0406	cdswimcoach@gmail.com
Head Dive Coach	Brian Faddis	(636) 227-2899	cddivecoach@gmail.com
Cool Dell President	Jeff Greminger		president@cooldell.com