

Welcome to the High Point Dolphins Swim Team! You will find this handbook to contain a comprehensive compilation of swim team information. If you still have questions after reviewing the information, please feel free to speak with a team rep or swim team booster board member. Thanks for joining HPP Swim Team and we are sure to have a great season this year.

### **What Is It All About?**

High Point Pool (HPP) is a member of the Northern Virginia Swim League (NVSL). The team participates in a series of swim meets during the summer, primarily in June and July. The goal of the team is to provide every member a chance to participate in competitive swimming, to develop his or her skills, and to HAVE FUN! The team welcomes all swimmers 18 years of age and under. Although swimming abilities may vary among team members, the major qualification is that a child be able to swim 25 meters (1 length) without touching the bottom or holding on the wall and ropes.

### **Who Can Join The Team?**

Swim team families must be a member in good standing of High Point Pool. In addition, all swim team registration fees must be paid in full along with a completed and signed registration packet prior to the swimmers first practice. This is to ensure proper coverage of each swimmer for insurance purposes. Children eight years or younger MUST be able to swim the length of the pool without stopping, touching the bottom of the pool and the ropes and wall. Children nine years and older need to be able to swim TWO lengths of the pool (50 meters). The swim team is not a swim lesson program. In the interest of safety and fairness to other swimmers, all team members must be able to swim on their own.

### **What Is The NVSL?**

The Northern Virginia Swim League (NVSL) was founded in 1956. As one of the nation's largest swim leagues there are over 10,000 swimmers on 102 teams. Skill levels vary from five year old beginners to Olympic qualifiers. The NVSL ranks each team based on swimmers times, and then divides the teams into 17 divisions of 6 teams. The fastest teams are in the lower numbered divisions. This summer, HPP is in Division 4, seeded #2. Each team competes in a practice meet (Blue-White meet) which serves as a time trial for initial swimmer seeding, five Saturday NVSL sanctioned meets, six Monday night developmental meets, a Divisional Relay Carnival meet and a Divisional Championship meet. Individual relay teams and swimmers may be invited to participate in the All-star Relay Carnival and the individual All-star meets. Visit the league website at [www.nvsl.nvpools.com](http://www.nvsl.nvpools.com) to keep up with all the NVSL teams stats, standings and league information as well as individual stats and standings.

### **What Is A Saturday NVSL Sanctioned Meet?**

Saturday morning meets are sanctioned, competitive meets. Scores are kept and reported to the league. The six teams in our division swim against each other on five consecutive Saturday mornings in a series called dual meets. Based on the outcome of these five meets, a division champion will be named. The coaches choose swimmers for each meet and determine which events they will swim so as to score the most points for the team. Friday mornings before each NVSL Saturday meet the coaches will inform the team, and post a meet sheet, that indicates who is swimming and in which event(s). Swimmers are selected based on skill level, attendance at meets and practices, performance, as well as best times in meets and time trials. There is a LOT of strategy that goes into creating a meet sheet. Swimmers may be asked to swim events that are not their fastest or favorite stroke for the good of the team. The coaches have the big picture in mind and will put swimmers in positions to best help the TEAM. Each competing team has three lanes per stroke and will enter swimmers in each individual event (Freestyle, Backstroke, Breaststroke, and Butterfly). Swimmers may swim no more than two relay events in addition to two individual events.

NVSL Saturday meets begin at 9am. Swimmers are required to report earlier for warm-ups. Carpooling to away meets is optional but strongly encouraged to have a cohesive team prior to the meet. The meet consists of 38 individual events and 12 relay events. Swimmers compete in the four individual strokes within each age group (8 and unders, 9-10s, 11-12s, 13-14s, and 15-18s). The relay events are also separated by age groups with 4 swimmers in each event. Boys and girls compete separately. The point schedule for the individual events are 1<sup>st</sup> place earns 5 points, 2<sup>nd</sup> place earns 3 points, and 3<sup>rd</sup> place earns 1 point. Relays are scored by means of 5 points for 1<sup>st</sup> place and 0 points for 2<sup>nd</sup> place. The team with the most accumulated points at the end of the meet is determined to be the winning team. All HPP competitors in NVSL Saturday meets will receive ribbons.

### **What Is A Monday Developmental Meet?**

Monday meets are more relaxed and used for developmental purposes. All swimmers of all abilities and ages are encouraged to swim in these meets. They are held on Monday evenings, beginning at 6pm. Swimmer should arrive at 4:45pm for home meets and 5:00pm at the host pool for away meets. Scores are not kept at Monday meets. Monday meets include the same four individual strokes and age groupings as Saturdays. Relay events are replaced by Individual Medley (IM) in which the swimmer swims one length of each stroke (100 meters/4 lengths). Swimmers may swim up to two events. All swimmers receive ribbons for the events they swim. While those swimmers who competed in NVSL Saturday meets prior are permitted to swim in Monday meets, they may not swim in events where they placed 1<sup>st</sup> – 3<sup>rd</sup>. At practice on Monday mornings coaches will discuss with each swimmer the events they will swim that evening. Developmental meet eligibility is at the discretion of the coaches.

### **What It Takes to Run a Meet?**

Forty volunteers are required to run a smooth meet. *Every family is expected to volunteer for a job at the meet.* Please do your part. Volunteers are vital to the success of the team. When every parent is involved it makes the entire season more fun for all!

The NVSL offers clinics at the beginning of each season in all areas of officiating. Meet officials include the Referee (Ref), a Starter, two Stroke and Turn Judges. There are jobs that do not require official training and can be learned on the job such as Marshall, Clerk of Course, Timers, Relay-take-off judges, Runners, Table Workers and Parking Lot Attendants prior to the meet. HPP also operates a concession stand during home meets and needs volunteers to sell food and drinks.

This year HPP will be hosting two Monday night meets and three Dual NVSL meets. To prepare the pool for the meet it is necessary to close the pool to regular swimming at 4:45 pm and promptly arrange chairs, tables, set out timer boards put the lane lines in the water and set up the concession stand for the beginning of the meet. All able bodies are needed. Meets do not just happen, people make them happen.

### **What Is A Meet Like?**

Your first Saturday NVSL swim meet can be a bewildering experience as you encounter a horde of adults dressed in blue shorts with white tops along with two very large groups of splashing, cheering kids. Once you understand what's going on, the meets are *very* exciting. The individual freestyle events come first, followed by backstroke, breaststroke, and butterfly. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishers are announced on the public address system. Excitement mounts as the cumulative team scores are announced at the conclusion of each stroke. Once the individual events are completed, there is a short break as the coaches assemble the relay teams and give a last round of encouragement. The relay events are the most exciting part of all. The outcome of the meet is often determined in the *final minutes!!!*

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Monday Developmental meets are exciting too but in a much more relaxed setting. HPP participates in a McLean area group for developmental meets. Meets will be in our McLean vicinity when not at HPP.

## What Other Meets are There?

### *Divisional Relay Carnival*

All six teams in the division converge on the host pool for a meet of only relay races. This is the most fast-paced and exciting meet of the season. Boys and girls compete separately in 22 events (medley relays, freestyle relays, and mixed age relays). The team with the most points is awarded the Division Relay Championship trophy. The 18 fastest relay teams in each event from the seventeen divisional relay carnivals held that night are invited to compete the following week at the All Star Relay meet.

### *Individual Divisional Championship*

Commonly known as “Divisionals” this meet is held the Saturday following the last dual meet. Each age group competes in Free, Back, Breast, and Fly (No relays). Swimmers age 9 and above also compete in 100 Individual Medley (IM). Swimmers may only compete in 2 events and each team is allowed two swimmers in each event. Each team chooses their two swimmers with the fastest times per event to compete in Divisionals. If either swimmer with the best time chooses to not swim in a given event, the swimmer with the next best time is then given the opportunity and so on. Seed times are based on Saturday meet results. The fastest 18 swimmers in each event from all the divisional meets around the league are invited to compete the following week at “All Stars”.

## When are the Meets?

DAY	DATE	MEET	TIME	WHERE	TYPE of MEET
Saturday	19-Jun	Blue-White (TIME TRIALS) Practice Meet	8:00am	HOME	Practice
Monday	21-Jun	HPP vs. Lee Graham	6:00pm	HOME	Developmental
Saturday	26-Jun	HPP vs. Cardinal Hill	9:00am	HOME	NVSL
Monday	28-Jun	HPP @ Hamlet	6:00pm	AWAY	Developmental
Saturday	3-July	HPP @ Mansion House	9:00am	AWAY	NVSL
Monday	5-July	HPP vs. Tuckahoe	6:00pm	HOME	Developmental
Saturday	10-Jul	HPP vs. Mosby Woods	9:00am	HOME	NVSL
Monday	12-Jul	HPP @ McLean	6:00pm	AWAY	Developmental
Wednesday	14-Jul	Relay Carnival @ Mosby Woods	6:00pm	AWAY	Divisional Relays
Saturday	17-Jul	HPP @ Sully Station	9:00am	AWAY	NVSL
Monday	19-Jul	HPP @ Highlands	6:00pm	AWAY	Developmental
Wednesday	21-Jul	All-Star Relays @ Hayfield Farm	6:00pm	AWAY	All-Star Relays
Saturday	24-Jul	HPP vs. Crosspointe	9:00am	HOME	NVSL
Monday	26-Jul	HPP Inter-team meet	6:00pm	Home	Developmental
Saturday	31-Jul	Divisional Champs @ Cardinal Hill	9:00am	AWAY	Divisional Champs
Saturday	7-Aug	All-Stars @ Broyhill Crest	9:00am	AWAY	Individual All-Stars

*Please try to **NOT** schedule family vacations during the regular season. When a swimmer misses a Saturday meet, it hurts the entire team. Please keep the swim team in mind. The regular season is Saturday 6/26 through Saturday 7/24. Almost every loss (or tie) High Point has suffered over the last few years have been because of key absences that hurt the team. Also, keep in mind that just because your child may have not been a major contributor to the team last year, it certainly doesn't mean they won't swim on Saturdays this year! Plus, EVERYONE IS VALUABLE. We need every single swimmer present*

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*at NVSL meets for cheering and support. Every single child, regardless of skill level or experience, is extremely important to the team!!!*

What about those people in white & blue? They're the meet officials, and they make it all possible. Each team provides half the officials for the meet. NVSL rules require a white shirt to be worn by all officials with Navy blue shorts/skirts/pants. Positions that require a NVSL "uniform" are listed below with their responsibilities:

The **Referee** is the chief official for the swim meet. He/She is responsible for the conduct of the meet and is the final authority on the interpretation and enforcement of all swimming rules.

The **Starter** is responsible for insuring that all swimmers are given a fair start.

**Stroke & Turn Judges** are responsible for ensuring that all swimmers obey the rules for the stroke they are swimming. They disqualify (DQ) a swimmer when they see a violation of the rules.

**Relay Take-Off Judge** ensures each swimmer on a relay team touches the wall before the next swimmer takes off.

The **Clerk of Course** directs the swimmers to the correct lanes for their event.

**Timers** stand at the end of each lane and determine each swimmers official time for their race. Being a timer is an ideal entry-level job.

**Table Workers and the Data Coordinator** determine the order of finish for each event, score the meet, and prepare ribbons.

The **Team Rep** organizes the meet and acts as a liaison between parents, coaches, NVSL officials and the guest/host team.

Referees, starters, and stroke and turn judges all must attend training offered by the NVSL at least once **every two years** in order to remain eligible as officials. No swimming ability/experience required.

### **How Can I Become a Meet Official?**

Tell a Team Rep (Leslie Edson, Anne Miller, or Sue Neuhart) that you are interested! Clerk of Course, Relay Takeoff Judges, Timers, and Table Workers do not require formal training. A few instructions from our existing officials is enough to get you started. Stroke-and-Turn Judges, Starters, and Referees however DO require some training for which the NVSL offers clinics.

### **How Should I Behave at Meets?**

Listen to the coaches and meet officials! All swimmers, family members and guests are expected to abide by the pool rules at all times during meets and practices. Visiting teams are our guests and we want them to feel welcome. HPP swimmers are strongly encouraged – and **expected** – to cheer for their teammates. Rude and obnoxious behavior is unacceptable and will not be tolerated at HPP. During meets, our team will be assigned to a specific team area where swimmers must stay unless they are reporting to the Clerk of Course. After they swim each event swimmers should report back immediately to the team area and speak to their coaches. Please tell your children to remain in the team area at all times! The coaches will need to locate them quickly AND they should participate in cheering their teammates on from the team

area. After every meet, home OR away, HPP swimmers are expected to clean up their team area before leaving.

### **How Should I Prepare for Meets?**

The two nights before a meet is your last chance to “fuel up” for competition. Good choices for these evening meals (Thursday and Friday nights, for Saturday NVSL meets) are spaghetti with meat sauce, noodles, broiled or baked (not fried!) chicken or fish, fresh vegetables and fruits, and LOTS OF WATER! On the day of the meet, swimmers will be at the pool for about 3 hours (counting warm-ups and competition) so pack a **water bottle, sunscreen, granola/fruit/Power bars, fresh fruit, bagels, pretzels, Gatorade**, etc. While the home pool sells a variety of snacks, the less nutritious items like pizza, hot dogs, nachos, and soda should be saved for AFTER the meets. Swimmers cannot swim fast if their stomachs are filled with junk food! Hot dogs, hamburgers, chicken sandwiches, nachos, and more are for sale after every home Saturday meet. Immediately following away Saturday meets, the team will meet for lunch at a neighboring restaurant. Ask for detailed directions from the team reps.

### **What Should I Bring to Practice and Meets?**

- Water Bottle - every single day, kids should have one at practice
- Goggles, suit, training suit (for practice and/or warm-ups), drag suit, fins
- Towel (extra towel for meets)
- Dry clothes
- Healthy snacks – Granola bars, fruit, crackers, bagels, Gatorade, etc.

### **Who Are the Team Reps?**

The Team Reps are available to address your questions and concerns.  
This year our HPP Team Reps are:

Anne Miller 703-927-7322 (cell) 703.533-1976 (home) [millersva@verizon.net](mailto:millersva@verizon.net)  
Leslie Edson 703-862-0676 (cell) 703-237-4306 (home) [kattvantar@gmail.com](mailto:kattvantar@gmail.com)  
Sue Neuhart 703-509-3234 (cell) 703-533-8469 (home) [neuhart-kelly@verizon.net](mailto:neuhart-kelly@verizon.net)

Please e-mail Wendy Salt to volunteer. Her Email is [wsalt@hayespr.com](mailto:wsalt@hayespr.com) **We need your help!**

### **Who Are the Coaches?**

We are excited to welcome our new head coach **Dylan Jones** to the HPP Dolphins. Dylan has 10 years experience coaching in the NVSL and with the Sea Devils organization. We welcome back **Laura Williams** for her second year as assistant coach. She previously held a position as a Jr. Dolphin coach and has been a swimmer for HPP since the age of seven. Welcome back to our Jr. Dolphin coaches **Aleigh Kemp, Jimmy Rippert, and Thomas Macnamara**, all HPP senior swimmers this year. Combined they have 40 years of NVSL swimming and coaching experience!

**Dylan Jones** [noqualms@gmail.com](mailto:noqualms@gmail.com)  
**Laura Williams** [ell.see.dub@gmail.com](mailto:ell.see.dub@gmail.com)

**Who Should I Talk To With Concerns of Questions?**

If you have any questions or concerns, **please speak with our team reps first** - Anne, Lisa, or Sue. But please **do not approach the coaches during meets or practices**. They are busy coaching your children. If you need to schedule an appointment with the coaches, feel free to drop them an email or you can wait until after practice.

**How Do I Join the Team?**

Highpoint Swim team holds two registration events. The first event is held mid-May at the Falls Church Community Recreation Center in Falls Church City. The second event is held at the pool the Tuesday after Memorial Day. Evaluations for new swimmers and all 8 & under swimmers are held at this event. For additional evaluation times check with the head coach to schedule a mutually convenient time.

Registration is the time to purchase a team suit and fins. Competition suits are not required although they are recommended for practices and meets. Competition suits are made for agility, comfort and speed. Suits may be purchased through Sport Fair on Lee Highway in Arlington, VA. Coaches would like each swimmer to bring a pair of fins to practice each day. Practice fins are also available for order at both registrations as well as for purchase through Sport Fair.

**How Much Does It Cost?**

Family membership dues for the HPP Swim Team are as follows:

- One swimmer           \$90
- Two swimmers       \$150
- Three swimmers     \$190
- Add \$30 **per** swimmer, for each swimmer after the 3<sup>rd</sup> child.

Jr. Dolphin Program   \$100 each swimmer

Each swimmers will receive a team t-shirt, swim cap and trophy. Additionally you may purchase a team photo by pre-paying at registration. Pictures are distributed via your family folder.

**When Do We Practice?**

Swim practice for the 2010 season begins the Wednesday after Memorial Day and continues through July. Practice times are by the swimmers age. June practices are on weekday afternoons until area schools close for the summer. Morning practice begins once all area schools are released for summer. Practicing regularly is the best way to improve your swimming. It is also crucial for swimmers to get in shape as soon as possible so please be on time to practice. (see attached calendar)

**Practice Schedule**

<b><u>AGE GROUP</u></b>	<b><u>TIME</u></b>	
<i>Before schools have let out</i>	13 & Up	3:15 – 4:15pm
<i>(Weekdays 6/02-6/25)</i>	9-12	4:15 – 5:15pm
	8 & Under	5:15 – 6:15pm

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<i>After schools have let out</i>	11 & Up	8:30 - 10:00am
<i>(Beginning Monday 6/28)</i>	10 & under	10:00 - 11:00am
	Jr. Dolphins	10:00 - 11:00am (Monday-Thursday)

**See Dylan before attending:** For those attending camps or in daycare  
or seniors with jobs ONLY: 7:15 - 8:30 11& Up  
7:15 - 8:15 10 & under

Parents are welcome to attend practices, but we ask that you remain off the deck (outside the blue line) during practice. If there's a concern you would like to discuss with the coaches, please schedule an appointment with them via email or wait until practice is finished. During morning practices (when the pool is not yet open), keep in mind that the coaches are busy coaching and are not responsible for unattended children. Please be prompt in picking your younger children up from practice.

## **What Else Do We Do for FUN?**

On Friday evenings before NVSL Saturday meets HPP has a pep rally for the entire team. The pep rally has a different theme each week. They are announced in the weekly schedule sent via email and the coaches will remind swimmers at practices. **Do not miss this event.** It is one event that brings cohesiveness to the team. While the team is cheering and participating in their events, parents are encouraged to join in the Parent Happy Hour running concurrently with the pep rally. Parents bring snacks and beverages and/or plan your family dinner at the pool and join in the adult fun for the evening. This is a great opportunity to meet more swim team families and relax while getting ready for the weekend ahead.

Other fun events for swimmers include: Picture Day, Movie Days, Game Days, Teen Progressive Dinner, NVSL Kings Dominion Day, Miniature Golf, Swim Team Awards Banquet and pot-luck which includes an end-of-season Slide Show. Best of all it includes great friendships and memories. After every home NVSL Saturday meet, stick around and have lunch at the pool! The swim team concession stand has hot dogs, hamburgers, nachos, fruit, candy, and drinks for sale.

## **SPECIAL EVENTS SCHEDULE**

<b><u>Date</u></b>	<b><u>Event</u></b>	<b><u>Time</u></b>
6/5	Raft Night	6-9 pm
6/13	Breakfast Dip	10 am- noon
6/19	Raft Night	6-9 pm
6/25	Pep Rally (Pasta Pot Luck)/Happy Hour	6 pm
6/20	Raft Night	6-9 pm
6/26	Team Picture Meet	Before 1 <sup>st</sup> seasons meet
6/27	Breakfast Dip	10 am-noon
6/30	Team Outing (movie)	TBD
7/2	Pep Rally/Happy Hour (Car Decorate)	6 pm
7/3	Raft Night	6-9 pm
7/7	Team Outing (bowling)	TBD
7/9	Pep Rally/Happy Hour (Olympics)	6 pm
7/11	Breakfast Dip	10 am- noon
7/15	Team Outing (Kings Dominion)	TBA
7/17	13 & Over Progressive Dinner	6 pm

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7/17	Raft Night	6-9 pm
7/23	Pep Rally/Happy Hour (Lip Sync)	5:30 pm
7/23	Breakfast Dip	10 am- noon
7/26	Inter-team/Lollipop meet (all teams members)	5-8 PM
7/28	Team outing (TBD)	TBD
7/30	Happy Hour/Volunteer Recognition	7 pm
7/31	Raft Night	6-9 pm
7/31	Pot-Luck Dinner/Awards/Slide Show	6 pm
8/8	Breakfast Dip	10 am- noon
8/14	Raft Night	6-9 pm
8/22	Breakfast Dip	10 am- noon
8/28	Raft Night	6-9 pm

## **Kids Recognition and Awards?**

Swimmers receive ribbons for their participation in meets (1<sup>st</sup>- 6<sup>th</sup> Place in both Saturday and Monday meets). The coaches also recognize “Swimmers of the Week” w/ special awards and their picture on the bulletin board. The Team Record Board (located on the wall near the Ladies locker room) is updated each week with the fastest times from the NVSL sanctioned meets. Plaques are issued to 1<sup>st</sup> - 6<sup>th</sup> place winners at the Divisional Championship meet. Finally, the coaches recognize various swimmers for achievement, effort, team spirit, and good sportsmanship at the end-of-season Awards Banquet. In addition, all swimmers receive team t-shirts, caps, and participation trophies.

## **Do We Have a Website?**

We are working on our Team Website at the present time. Meanwhile, you can access the leagues website at [www.nvsl.nvpools.com](http://www.nvsl.nvpools.com). This site posts the latest results, schedules, standings, swimmer’s times, league rankings, and much more throughout the league. We will be reporting meet highlights, posting team photos, and other fun stuff once our new website is completed.

## **What If I Still Have a Question?**

Please call or email the Team Reps if you have any questions, concerns or offers of help. In addition to our Team Reps, there are several other sources of information about the swim season. Every registered family will receive an NVSL Handbook which describes swimming in the NVSL, rules, league records, directions, etc. There is a crate in the snack room containing family folders. Please check your family folder frequently for weekly handouts, directions to away meets, ribbons, and other important information. Team communication is via email. Accurate email addresses are essential to stay informed of events. Another source of information is the Swim Team Bulletin Board located on the bathhouse wall. Please check it often for important information during the swim season.

***GO DOLPHINS!***

