



ST. JOHN BAPTIST

# De La Salle Swim Team

## PARENT HANDBOOK

Hello Swim Families,

Welcome to St. John Baptist de la Salle Swim Team. Our team purpose is to provide physical exercise for our youth in a social community rooted within Christian values while teaching swimming skills as well as having fun. We are happy you have joined our team.

St. John Baptist de la Salle Swim team has competed in the San Fernando Valley Catholic Swim League for over 35 years. We welcome all children ages 5- 15 who are members of our parish community.

Many questions may be answered through our Parent Handbook, from our team web site: [dlsswimteam.com](http://dlsswimteam.com), by sending an email to [delasalleswim@hotmail.com](mailto:delasalleswim@hotmail.com) or you can find one of the Board Members pool side.

Informational handouts on topics such as: Swim Team Code of Ethics, What does a DQ Mean, Swim Team Tid Bits, Timing 101 and our Parent Handbook are available for download on our team web site.

For immediate assistance please contact St. John Baptist de la Salle Parish office at (818) 363-2535 and they will send a message to a board member.

### **Our Swimmers:**

The rules and regulations of the San Fernando Valley Catholic Swim League require all our swimmers to be registered in the St. John Baptist de la Salle Parish.

To join our team, a child does not need to be proficient in any stroke but does need to be unafraid of the water, able to put their head underwater to swim and to lift their head up to breathe. They should be able to swim from one end of the pool to the other without stopping or holding on to the sides. Some young children are simply not ready for the swim team. Give your child another year to have fun in the pool and to build their confidence. We will be happy to register your child when they are ready.

### **DLS Swim Team Board:**

Our board is comprised of parent volunteers. Board members serve a (2) year term in the following positions of President, Vice President, Secretary, and Treasurer. Board members are elected into these positions by parents. Elections are usually held at our "Awards Banquet". The board operates under the existing BYLAWS created by the Church. These BYLAWS are available for download from our website. Board members are all fingerprinted and VIRTUS Certified by the Archdiocese.

Our Current Board Members are:

President: Loly Hernandez

Vice-President: Judith Hicks

Secretary: Norma Rivera

Treasure: Malena Gamboa

### **Coaches:**

Our coaches 18 years and older must be fingerprinted and VIRTUS trained. We require our head coach to be proficient in all the strokes our swimmers will learn, first aid certified, and water safety certified.

Athletic Director:	Adrian Dinis
Head Coach:	Lindsay Duncan
Jr. Coaches:	Ryan Gahvaray
	Mike Montes de Oca
	Brendon Yoshino

**Registration:**

**Swim season is from July – November.** All swimmers must register and pay the yearly registration. **A swimmer may not swim with the team until all forms are completed and ALL fees are paid.**

Families may enroll their child into our team by one of two ways. 1) As a full time swimmer who will attend a minimum of two weekly practices **and** participate in at least 2 meets within the season.

2) A **meet only** swimmer will participate at the swim meet as a De La Salle Swimmer. Practice swim will **not** be available to these swimmers.

Fees for either choice are as follows:

1) A full time swimmer: (1) swimmer \$235. , (2) Swimmers \$335. , (3) Swimmers \$405. , (4) Swimmers \$445.

2) Meet **only** Swimmer: \$40 per swimmer and meet fees are payable to De La Salle Swim Team.

All registration forms must be submitted with payment.

**Try Outs:**

All swimmers must make an appointment to try out for the team. Please email the team and request one.

**Swim Clinic:**

This year we are offering the swim clinic as a part of the swim season. The clinic will be held throughout the month of July on Tuesdays, Thursdays and some Saturdays. The purpose of the clinic is to give our swimmers a more individualized attention.

**Attendance:**

We seek to develop our team into a close family community, including the sport of swimming. We seek our goal of having fun and place well in all swim meets including the finals. Attending practices gives our coaches the ability to know the skill level of each swimmer. They are able to provide better overall instruction and the swimmers are able to learn about their commitment to the team. To this end we ask every swimmer/family to make every effort to attend practices.

Parents are required to check their child into practice. We also require an adult (18 years of age) to be present on deck at the pool for the duration of all swim practices, picture day, events or any other DLS swimming function. If a parent needs to leave practice they are required to leave their child in the care of another parent on deck of whom they designate.

**Practices:**

Our first practice will start on August 5th and run thru the middle of November. They will be on Wednesday, Thursday, Fridays and Saturdays. Please frequent our team website to find the most current information for our team.

All practices are held at Bishop Alemany High School Pool, located at 11111 Alemany Drive, Mission Hills, 91345. The pool is located to the right of the guard shack entering school grounds through Alemany Drive off of Rinaldi. Parking is available as directed by the security guard at the school. **PLEASE** do not slow your car down to allow your child to exit, this is unsafe. We ask that you park and then escort your child to the pool to check them in.

**Practice Schedule** is as follows:

**Wednesdays, Thursdays, Fridays @ 6:00- 8:00 pm**

**Saturdays @ 11:00am- 1:00 pm**

\*\*check for updated swim time by age on our web site\*\*

**Practices will be held rain or shine:**

Practices will not end early unless an emergency arises. **Practices will be cancelled IF and only IF:** the temperature of the pool is below the range of 78-79 degrees (a recommended temperature of the National Swim Association) and/or lightening should occur. The water may be warmer than what it looks but practice does make us better, though we respect your judgment as a parent to decide whether you want your child to attend practice due to weather conditions.

**Parent Involvement/Requirements:**

We require all parents to be available to volunteer. Each season we need parents to be the lead organizers for scheduling parents to be timers at each lane for the meets, help in different areas when we sponsor a swim meet, to help organize our fundraisers and to provide feedback of our overall operations.

As a Catholic Parish Swim Team we will attend the Saturday evening Mass before all swim meets. We are able to show our faith and team spirit to our Parish by participating in the Mass and by wearing our team shirts. Father has a special blessing for our swimmers.

**Mandatory:** Each family has to work an hour per meet in a timing a lane. Swim meets cannot operate without timers. At each swim meet, every participating swim team is required to provide timers; therefore your participation is critical. If a family is unable to fulfill this task a fee may be applied due to the fact we would have to recruit someone. Timers must be 18 years of age and able to be pool side. The timer has the best seat at the pool and timing can be fun. Do not worry if you're new to this, we will train you during our practices! So remember these words: Pickle and Stopwatch.

**Swim Meets Expectations And Meet Entry Procedures:**

St. John Baptist De La Salle Swim Team competes in the San Fernando Valley Catholic Swim League (SFVCSL), made up of approximately 20 parish swim teams. All meets will be held at San Fernando Regional Pool: 208 Park Avenue, San Fernando, 91340.

We participate in (4) four meets between the months September through November. The 2015 Season will be on 9/20, 10/11, 11/1 and finals on 11/15. All swimmers will be eligible to enter into the meet. The swimmer will be entered according to their age as of SEPTEMBER 1<sup>st</sup> (per season). They will compete in that age group for the duration of the season. Each meet entry form is due (by date indicated on the form) approximately (2) weeks before the meet date, no late entries will be allowed. Meet registration forms will be available both on deck and on our website.

Our coach will communicate with new swim parents as to which events their swimmer should be entered in. A new swimmer is able to enter all events (backstroke, breaststroke, freestyle, and butterfly), except the Individual Medley (IM). It is not until the swimmer receives a competitive "time" in all events that they will then be able to enter in the IM. The swimmers between the ages 10-14 are eligible to swim in a individual Medley (IM). The swimmers scores are calculated for the team as a whole as well as for them individually.

All meets are held on Sunday, rain or shine, hot or cold. The only cancellations in the past have been for thunder and lightning. Opening ceremonies usually begin at 8:45am. The meets first event is for swimmers 8yrs and under and it starts at 9:00 am. Swimmers 9-14 yrs. of age will swim from 12:00 am to approximately 3:30 pm. If you have a younger swimmer or swimmers in two different age groups, plan to be at the pool at 7:45am. If you only have one swimmer between the ages of 9-14 arrive at the pool by 10:00 am. These arrival times will allow you to arrange your seating area and allow your swimmer(s) to warm up during the teams' practice time.

When you arrive at the meet: 1.) look for the DLS Team camp (look for our pop-up tent) and set up your chairs and belongings; 2.) Check your swimmer in at the team tent; 3) Purchase a program or look at the events board to mark down the event(s) your swimmer will participate in. Our Coaches and other parents are available to guide you through this. If you do not see your swimmers name listed, contact a board member or the coaches immediately; and 4.) Make sure your swimmer gets to their events **ON TIME. Always check the event board so you know what event is taking place.**

Before you leave the meet TELL the coaches you are leaving to ensure your swimmer was not needed for the RELAY.

### **Getting To Your Race:**

When it is time for your swimmer to compete get them to the correct lane BEFORE the event begins.

The 8yr old and under swimmers swim 25 meters, therefore they line up on side opposite of the canopy tents. Older swimmers will swim a 50 meter so they will begin their race on the side of the pop-up tents.

Once you have arrived at your race make sure you check your swimmer in with the “Stager” (the person who lines the swimmers up) this will ensure that your swimmer is in the correct place. Parents must stay well behind the rope off areas while cheering their swimmer on and **NO PHOTOGRAPHY is allowed at the starting blocks. Only on the finishing side!** Then, before leaving your race, ask the timer what was your swimmers time for he/she will need to report this back to the coaches at the team tent. Please know the time you have been given may not be the FINAL result. The final results and the swimmers placement will be posted on the boards directly behind the judges, usually 10-15 minutes after the race.

Ribbons and points are awarded to the top TEN finishers per event. We will distribute the medals at the following practice. The points awarded for the swimmer placement tabulates the schools overall rating and the swimmers individual “High Point” for the end of the season.

If you should see your child has a “DQ” as a time posted then they have been disqualified, but do not panic and be sure to congratulate your swimmer on their efforts. After the swim the swimmers should go directly to the coach so that he/she can explained why the swimmer was disqualified in this event. The communication with the coach helps swimmer understand what he/ she did wrong.

### **Relays:**

Coaches will create the relay team. Your child may or may not be part of that relay team. Swimmers will be chosen based on their times from the last meet.

### **Hosting a Swim Meet:**

St. John Baptist De La Salle Swim Team will host the 2015 Finals Meet on November 15<sup>th</sup>. We require the assistance of all parents to make this a success. We will have sign-up sheets for various jobs such as: snack bar, creating programs, venue set up, and silent auction. Then during the meet we will need stagers, head timers, announcers, clean-up crew. It is a fun filled day and your participation is valuable!

### **Communication:**

We want to ensure all of our families are informed. We will communicate through the teams Hotmail account, our website, and in person. We ask that you please read your emails, the bulletin board on deck, and seek out any available board member or seasoned parent for assistance. Please remember we are all volunteers and strive to maintain an informed team but we too have busy schedules and need your help.

**Awards Banquet:**

At the end of our swim season we like to honor all of our swimmers and coaches with a Dinner Banquet. We have a slideshow highlighting the season (please take pictures during the season to include in the slideshow), we have great food and all our swimmers receive participation awards. We also award our swimmers for most improved, MVP, coach's award etc. This event is planned by a parent committee utilizing a budget agreed upon by the board. This is a fun family event!

Thank You,

*The De La Salle Swim Team*