

Summer 2010

MARYVILLE ALCOA FLYING DOLPHINS SWIM TEAM

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MAFD 2010 Calendar of Events

May 8	Swim Suit Sizing Early bird price available	Springbrook Pool	9:00 am – 12:00 pm
May 9	Price for suits increases - No personalization available		
May 25 <i>Tuesday</i>	Opening Swim Party	Springbrook Pool	7:00 pm – 9:00 pm
May 26	First MAFD Practice	Springbrook Pool	Check website for groups and times
May 27	Deadline for first merchandise order		
June 1, 2, & 3	Parent Partner Training	John Sevier Pool	See schedule
June 7	Officials Clinic Training <i>Stroke & Turn, Referee, Starter</i>	John Sevier Pool	6:30 pm to 8:30 pm
June 8 <i>Thursday</i>	Blue and White Meet <i>Swim scrimmage, team picture</i>	Springbrook Pool	4:30 pm setup 5:30 pm warm-ups
June 9	Deadline for second merchandise order		
June 14	Individual photo session #1	John Sevier Pool	
June 17 <i>Thursday</i>	Dual Swim Meet <i>Benington Farrington</i>	Benington Farrington	5:30 pm warm-ups 6:00 pm meet starts
June 21	Individual photo session #2	John Sevier Pool	
June 22 <i>Tuesday</i>	Dual Swim Meet <i>Jefferson City</i>	Jefferson City	5:30 pm warm-ups 6:00 pm meet starts
June 29 <i>Tuesday</i>	Dual Swim Meet <i>Holston Hills</i>	Springbrook Pool	4:30 pm set up 5:00 pm warm-ups
July 1 <i>Thursday</i>	New Parent Meeting - What to expect at SMI	John Sevier Pool	7:00 pm
July 6 <i>Tuesday</i>	Dual Swim Meet <i>Gulf Park</i>	Springbrook Pool	4:30 pm setup 5:00 pm warm-ups
July 9 <i>Friday</i>	SMI Setup Flying Dolphins practice	Springbrook Pool	4:30 pm setup 6:00 pm practice
July 10, 11	Smoky Mountain Invitational	Springbrook Pool	All day
July 19 <i>Monday</i>	Dual Swim Meet <i>Robindale Woods</i>	Robindale Woods	5:30 pm warm-ups 6:00 pm meet starts
July 27	Ice Cream Social	Springbrook Pool	
Jul. 30, 31 Aug. 1	City Meet	Alan Jones Aquatic Center University of Tennessee	All day
August 3	Closing Swim Party	TBA	7:00 pm – 9:00 pm

Dates and times are subject to change. Please watch your email, the website and child's folder for any changes.

MAFD Association

2010 Board of Directors

President	David Lazar	250-6823	president@flyingdolphins.org
Vice-President	Denise Gardner	806-7650	
Secretary	Diane Hendrix	681-5023	
Treasurer	Lisa Counts	681-2628	
Volunteer Chair	Robert and Heather Williams	983-6040	volunteer@flyingdolphins.org
Equipment Chair	Dave Thompson	982-1471	
Merchandise Chair	Lisa Counts	681-2628	
Communications Chair	Terry Gardner	806-7651	
At-Large Members	David vanderVeen	379-9181	
	Alex Shore	558-8256	

2010 Coaching Staff

Head Coach	Michele Brown	983-1502	brown1230@aol.com
Assistant Coach – Mornings	Wanda DeWaard	983-5393	earthkin@bellsouth.net
Assistant Coach - Mornings	Marty Odom	300-2740	marty@yahoo.com
Assistant Coach - Evenings	Jeff Knox	406-2349	jeffaknox@gmail.com

2010 Senior Coaches

Mornings	Kristin Beacham, Christina Weston, Brittany Young
Evenings	Kristin Beacham, Audrey Brown, Case DeWaard

Parks and Recreation

Maryville Alcoa Blount County Recreation and Parks Commission Office at 313 S. Everett High Rd. in Maryville, TN. 37804, sponsor the Flying Dolphins. Their phone number is 983-9244. Recreation and Parks Commission information can be found on the internet at: www.parksrec.com

Communication

Keeping Dolphin families up to speed with information and announcements is a top priority for the Board. There are different ways you can get information about the season, the website and email being the most important. Please be sure that MAFD has the correct email address for your family and check it often. Email is the primary means of communication for the Dolphins. **If you have any spam block or other devices that will filter out mass emails, please enable us to send you emails.**

Another means of communication is our website. The Dolphins invest a great deal of time to keep our website updated with pertinent and last minute information. Information previously given by handouts (our practice schedule for example) will be posted on our website. The Maryville Alcoa Flying Dolphin website is www.flyingdolphins.org.

A white board will also be maintained during evening practices. Check the board each practice for the most up to date announcements. A board member will also be present at each evening practice for any questions you may have.

Every family will have a folder created upon registration with the Dolphins. This folder will be used to hand out ribbons, order information for merchandise, team pictures and more. The folders are available at evening practices. Please be sure to check the folders as often as possible.

Policies and Procedures

It is the policy of MAFD that all swimmers 10 years of age or younger be able to swim at least 25 yards and may be requested to do so by the coaches. For swimmers 11 years of age and older, they must be able to swim a distance specified by the coaches.

MAFD is a team for swimmers who know how to swim and want to participate competitively; this is not a program to teach non-swimmers how to swim. All swimmers who are registered and participate in practice will be entered to swim in meets including the Blue and White Meet. MAFD and the coaches want to help your swimmer(s) swim faster and promote fair competition in a fun and wholesome environment.

The Maryville Alcoa Flying Dolphins Swim Team takes pride in being a family oriented environment. We strive to maintain the best interests of each swimmer. The family atmosphere that MAFD supports will not tolerate the following behaviors from swimmers/parents/guests/etc:

- inappropriate language
- bad sportsmanship
- disrespectful behavior directed toward coaches or other swimmers
- inappropriate behavior

Consequences for violating the aforementioned are at the discretion of the coaches, MAFD, and/or Parks and Recreation. Such consequences include, but are not limited to, suspension from practice, suspension from swim meets, or expulsion from the team.

Greater Knoxville Area Interclub Swimming Association (GKAISA) registration forms must be completed and turned into the Maryville Alcoa Flying Dolphins before the first meet. You can hand your form in to the MAFD Board Secretary. A copy of this form can be found in the folders during the evening practices and on the website. Swimmers may NOT participate in a swim until this form is turned in. This is a GKAISA rule!

Parent Partners

Everyone on the Dolphin Board is a volunteer. The swim team cannot operate without volunteers. Each family that has a member swimming becomes volunteer members of MAFD. It is mandatory that you provide someone to work for one-half of each meet for every child member you have swimming.

There will be training sessions for worker volunteers at the beginning of the season. Dates and times of the training sessions will be posted on the website as soon as available. Most jobs require no swimming experience. The meets cannot be run without volunteers.

There are several ways to provide input to the board of directors:

1. Talk with a Board member directly.
2. Submit comments/suggestions to the Board folder in the file boxes at the practices.
3. Tell someone! Your input is how we keep this organization running.
4. Write an email to president@flyingdolphins.org.

Team Information

Team Suit

A custom team swim suit was designed in 2008 and will be used again this year. If you are new to the Dolphins or a returning swimmer needs a new suit, Swim and Tri will be at Springbrook Pool on May 8 from 9:00 a.m. to 12:00 p.m. to try on suits, offer other swim accessories and take orders. Swim and Tri will offer early discount pricing for members who order their suits on or before May 8th.

Suits ordered by May 8th will be guaranteed delivery before the Blue and White meet on June 8th. In addition, MAFD families will receive a 20% discount on any other suit or equipment purchased. Swim and Tri also makes a contribution to the Dolphins based on the total volume of sales by Dolphin families.

Pricing for suits is as follows:

	On or before May 8	After May 8
Girls	\$42.40 (\$46.40 with name)	\$49.70 (no naming available)
Boys	\$28.80 (\$32.80 with name)	\$34.40 (no naming available)

For any suits ordered after May 8, they will need to be purchased and picked up from Swim and Tri. Visit www.swimandtri.com for contact information and store hours.

Season Kick Off

The season opening kickoff is set for Tuesday, May 25 from 7:00 pm - 9:00 pm at Springbrook Pool. Families are asked to not bring any food items. All family members may swim. Board members and coaches will be available at the swim party to answer questions.

Team Gift

Each year our team gives a gift to each swimmer. These gifts are paid for with proceeds that we earn from the Smoky Mountain Invitational Swim Meet which we host and run. This year's team gift will be a Flying Dolphin towel.

Team Picture

This year's team picture will be taken on June 8 at the Blue and White Meet. Individual pictures will be taken during the evening practices on June 14 and June 21. You may order pictures the night they are taken. The team picture time may be moved if weather or other unforeseen events prevent the picture being made at the scheduled time. Please see the calendar on the Dolphins website for more information.

Flippers Program (previously Pre-Dolphins)

In 2007, we began a program for children who are not quite at the swim ability to swim an event in a competitive swim meet. This program has been very well received and will continue in 2010. If you have any reservations about whether your child's swim ability is up to swimming competitively, we encourage you to talk with the Flippers staff and determine next steps.

This year, the program will be managed by Marty Odom. Four sessions will be available and each session will have six hour long lessons.

Monday & Wednesdays 10:30 a.m. to 11:30 a.m. Maryville College May 31* – June 16 Deadline to sign up: Wednesday, May 26	Tuesdays and Thursdays 10:30 a.m. to 11:30 a.m. Maryville College June 1 – 17 Deadline to sign up: Wednesday, May 26	Monday & Wednesdays 10:30 a.m. to 11:30 a.m. Maryville College June 21 – July 7 Deadline to sign up: Wednesday, June 16	Tuesdays and Thursdays 10:30 a.m. to 11:30 a.m. Maryville College June 22 – July 8 Deadline to sign up: Wednesday, June 16
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The cost per session is \$60 plus a \$15 pool fee. A minimum number of 10 swimmers must be registered before each session will be conducted. To register for a session, please fill out the form and hand it to a MAFD board member. Pool fee is only required once per swimmer.

*May 31 is Memorial Day. This session will be conducted on Friday, June 4.

Swim Practices

Our swimmers do not get better without attending practice. To accommodate all schedules, there are 18 hours of practice each week. We encourage your swimmer to practice as many times as they would like. Check the Flying Dolphins website for the latest practice schedule.

Swim practices will be held weather permitting. Coaches will cancel practice if pool conditions are hazardous or impractical. Cancellation of practices is uncommon - if you are unsure if practice has been cancelled, please do not just drop off your child at the pool! Please check the pool before leaving.

All pool safety rules are posted and will be obeyed. Swimmers are expected to obey the directions of coaches, lifeguards, and other pool personnel.

Parents are not allowed on the pool deck during practices. For safety reasons, Parks and Rec requires parents to wait on the upper deck at John Sevier pool and the open air patio at Springbrook pool.

No one is allowed in the baby pool at any time during practice or meets (no lifeguards).

Swimmers (or their parents) are required to sign up 48 hours prior to each meet. Stay tuned for information on signing up for meets online.

Any communication to our coaches must be personally handed to them in writing or by email. Do not expect the coaches to remember verbal communications (i.e. I won't be at practice/meet tomorrow coach) from more than 200 swimmers. Coaches should not be contacted during practice. You may talk to coaches before or after practice, but practice time is meant for our swimmers.

Swim Meets

Blue and White Meet

The Blue and White Meet is a special meet just for members of MAFD. Its purpose is to familiarize swimmers with the conduct of the meet and to teach the parents how to run a meet. This year, the team picture will be taken at the Blue and White Meet. We need all who can to come, experienced families, as well as new families.

Smoky Mountain Invitational (SMI)

SMI (Smoky Mountain Invitational) is a two-day meet sponsored by the Maryville Alcoa Flying Dolphins. **The proceeds from this meet provide our team with most of the funds we use to operate.** This meet is held at Springbrook Pool in Alcoa. SMI is not a GKAIISA function and is intended to be both a fun meet and a meet to prepare the teams for the GKAIISA City Championship Swim Meet. SMI does not allow participation by year round swimmers who have swum in a USS swim meet in the past year.

The older swimmers aged 11 and up will be swimming on Saturday, July 10 and the younger swimmers aged 10 and under will be swimming on Sunday, July 11. We want to encourage our older swimmers to come back on Sunday to help in their traditional roles as seaters and guides for the younger swimmers. They can also cheer on their fellow Flying Dolphin swimmers and attend the trophy ceremony at the close of the meet on Sunday.

EVERY parent is expected to work during SMI even if their child is not swimming in the meet. In addition to workers needed to run the meet, we also need workers the evening of July 9 to set up the pool for the meet. This meet is our biggest fund raiser. We use the proceeds to provide everything we need as a team for ALL our swimmers.

GKAIISA City Championship Meet

The City Meet in Knoxville is the GKAIISA Championship Meet. The City Meet takes place at the Alan Jones Aquatic Center in Knoxville with all GKAIISA teams participating. GKAIISA requires that each swimmer has swum in at least two dual meets during the regular season to be eligible to enter City Meet. Year-round and first-year swimmers may participate in this meet. In 2010, there will be an \$8 fee to enter this meet for the Dolphins.

This meet is a three-day meet. The first two days are preliminaries with swimmers divided by age groups. Friday, July 30 is for swimmers aged 11 and older. Saturday, July 31 is for swimmers aged 10 and under. The top 16 swimmers or relay teams for each event then compete on the third day, Sunday, August 1 for finals and consolation finals. If your child wants to participate in the City Meet, you must be sure your child will be able to attend both the first day of his/her age group's preliminary heats and the final/consolation heats day. The Flying Dolphins team must pay a penalty fee to GKAIISA for every swimmer who signs up and then does not show up on either day. There is nothing more frustrating to swimmers than to make it to the finals on a relay team and then have to withdraw because one swimmer did not show up for the finals on Sunday! Check with the coaches if you have questions about City Meet.

Swim Meets (continued)

Workers are needed at the City Meet as much as any meet. Parents of swimmers participating are required to work for at least one shift. Our team will be responsible for certain jobs and we are penalized if the worker does not show up. Please work when called upon.

If your swimmer has signed up to participate in a meet and then, for some reason, cannot make it to the meet, contact a coach immediately. If a swimmer signs up for a meet and then does not show up without having contacted a coach, the unexcused absence may affect what events the swimmer competes in at the next meet. If a swimmer is entered in a relay event and fails to show up, three other swimmers may be eliminated from competing if a substitute cannot be found.

Do not leave a meet until the last race. If it is necessary to leave early, make sure the coaches are informed of this need prior to the meet if possible.

Meet ribbons for swimmers' will be in the swimmers' file folder as soon as possible after the meet. If your child participated in an event and did not receive a ribbon in his/her folder, please send an email to our secretary [Diane Hendrix](#) requesting the required information to determine the ribbons your child has earned. Be sure to note the event number and heat number your child swam in. This is essential for us to go back and reconstruct what ribbons your child earned if we failed to provide all the ribbons your child earned the first time.

Have your child's name on all clothing, towels, gym bags, etc. This will help reunite missing items from the Lost and Found with their owners. Remind swimmers to collect all of their gear before leaving at the end of the meet. We will not store items left behind at Flying Dolphin functions, so if your child's name is not on any items left behind the item will be disposed of within a few days.

Swimmers should arrive at swim meets **at least 15 minutes before the scheduled warm-up time** for swimmer check-in. If your swimmer will be later than this, please inform the coaches in writing, so they will not schedule your child to swim in the first events. **All the swim meets are scheduled for different start and warm-up times.** Please pay attention to the times listed for warming up and starting at each individual meet.

IMPORTANT! A Flying Dolphin sign-in/registration table will be set up at every meet (home and away). As soon as they arrive at the meet, swimmers (and parents with younger children) should report to the sign-in/registration table to find out in which events each swimmer will be competing in at that meet. Parents should write the event numbers on the swimmer's hand or arm with a sharpie as a reminder. Swimmers and parents should pay attention to the progress of the meet to know when to pick up the swimmer's entry card for an event. **NOTE: It is the swimmer's responsibility to find out in what event(s) he or she is entered, pick up the correct entry card, and be in the correct lane when that event is held.**

Directions to the pools of our away meets can be found on our website, www.flyingdolphins.org. Click on Dolphins and then GKAI SA Locations.

Dual Meet Event Order

Order of **IM Swim**

Butterfly, Backstroke, Breaststroke, Freestyle

Event #'s 1-10

- | | |
|-----------------------------|--------|
| 1. 8 & Under Girls 100 I.M. | 4 laps |
| 2. 8 & Under Boys 100 I.M. | 4 laps |
| 3. 9-10 Girls 100 I.M. | 4 laps |
| 4. 9-10 Boys 100 I.M. | 4 laps |
| 5. 11-12 Girls 100 I.M. | 4 laps |
| 6. 11-12 Boys 100 I.M. | 4 laps |
| 7. 13-14 Girls 200 I.M. | 8 laps |
| 8. 13-14 Boys 200 I.M. | 8 laps |
| 9. 15-18 Girls 200 I.M. | 8 laps |
| 10. 15-18 Boys 200 I.M. | 8 laps |

Freestyle

Event #'s 11-20

- | | |
|-----------------------------|--------|
| 11. 8 & Under Girls 25 Free | 1 lap |
| 12. 8 & Under Boys 25 Free | 1 lap |
| 13. 9-10 Girls 25 Free | 1 lap |
| 14. 9-10 Boys 25 Free | 1 lap |
| 15. 11-12 Girls 50 Free | 2 laps |
| 16. 11-12 Boys 50 Free | 2 laps |
| 17. 13-14 Girls 50 Free | 2 laps |
| 18. 13-14 Boys 50 Free | 2 laps |
| 19. 15-18 Girls 50 Free | 2 laps |
| 20. 15-18 Boys 50 Free | 2 laps |

Medley Relay

Order of Strokes:

1-Backstroke, 2-Breaststroke

3-Butterfly, 4-Freestyle

Event #'s 21-30

- | | |
|----------------------------------|--------|
| 21. 8-U Girls 100 Medley Relay | 4 laps |
| 22. 8-U Boys 100 Medley Relay | 4 laps |
| 23. 9-10 Girls 100 Medley Relay | 4 laps |
| 24. 9-10 Boys 100 Medley Relay | 4 laps |
| 25. 11-12 Girls 200 Medley Relay | 8 laps |
| 26. 11-12 Boys 200 Medley Relay | 8 laps |
| 27. 13-14 Girls 200 Medley Relay | 8 laps |
| 28. 13-14 Boys 200 Medley Relay | 8 laps |
| 29. 15-18 Girls 200 Medley Relay | 8 laps |
| 30. 15-18 Boys 200 Medley Relay | 8 laps |

Backstroke

Events #'s 31-40

- | | |
|-----------------------------|--------|
| 31. 8 & Under Girls 25 Back | 1 lap |
| 32. 8 & Under Boys 25 Back | 1 lap |
| 33. 9-10 Girls 25 Back | 1 lap |
| 34. 9-10 Boys 25 Back | 1 lap |
| 35. 11-12 Girls 50 Back | 2 laps |
| 36. 11-12 Boys 50 Back | 2 laps |

- | | |
|-------------------------|--------|
| 37. 13-14 Girls 50 Back | 2 laps |
| 38. 13-14 Boys 50 Back | 2 laps |
| 39. 15-18 Girls 50 Back | 2 laps |
| 40. 15-18 Boys 50 Back | 2 laps |

Breaststroke

Event #'s 41-50

- | | |
|-------------------------------|--------|
| 41. 8 & Under Girls 25 Breast | 1 lap |
| 42. 8 & Under Boys 25 Breast | 1 lap |
| 43. 9-10 Girls 25 Breast | 1 lap |
| 44. 9-10 Boys 25 Breast | 1 lap |
| 45. 11-12 Girls 50 Breast | 2 laps |
| 46. 11-12 Boys 50 Breast | 2 laps |
| 47. 13-14 Girls 50 Breast | 2 laps |
| 48. 13-14 Boys 50 Breast | 2 laps |
| 49. 15-18 Girls 50 Breast | 2 laps |
| 50. 15-18 Boys 50 Breast | 2 laps |

Butterfly

Event #'s 51-60

- | | |
|----------------------------|--------|
| 51. 8 & Under Girls 25 Fly | 1 lap |
| 52. 8 & Under Boys 25 Fly | 1 lap |
| 53. 9-10 Girls 25 Fly | 1 lap |
| 54. 9-10 Boys 25 Fly | 1 lap |
| 55. 11-12 Girls 50 Fly | 2 laps |
| 56. 11-12 Boys 50 Fly | 2 laps |
| 57. 13-14 Girls 50 Fly | 2 laps |
| 58. 13-14 Boys 50 Fly | 2 laps |
| 59. 15-18 Girls 50 Fly | 2 laps |
| 60. 15-18 Boys 50 Fly | 2 laps |

Freestyle Relay

100 yard – 1 lap each swimmer

200 yard – 2 laps each swimmer

Event #'s 61 - 70

- | | |
|--------------------------------|--------|
| 61. 8-U Girls 100 Free Relay | 4 laps |
| 62. 8-U Boys 100 Free Relay | 4 laps |
| 63. 9-10 Girls 100 Free Relay | 4 laps |
| 64. 9-10 Boys 100 Free Relay | 4 laps |
| 65. 11-12 Girls 200 Free Relay | 8 laps |
| 66. 11-12 Boys 200 Free Relay | 8 laps |
| 67. 13-14 Girls 200 Free Relay | 8 laps |
| 68. 13-14 Boys 200 Free Relay | 8 laps |
| 69. 15-18 Girls 200 Free Relay | 8 laps |
| 15-18 Boys 200 Free Relay | 8 laps |

Girls are Odd events

Boys are Even events

Relays have 4 swi

ADDITIONAL INFORMATION

Equipment Needs for Practices

Each swimmer will need the following equipment. Make sure you put your child's name on his equipment with a permanent marker. Some of the items are suggested because they will aid in stroke development. Ask the coaches what they prefer.

- Practice swimsuit (suggested to preserve team suit)
- Goggles (they will need a good pair)
- Towel
- Swim cap (helps lessen the effects of the chlorine on their hair)
- Water bottle (keep them hydrated)
- Swim fins (highly suggested)
- Kickboard (MAFD provides)
- Pull buoy (MAFD provides)

Equipment Needs for Meets

- Team swimsuit
- Team swim cap (first one is free, replacements are \$3 each)
- Goggles
- 2 Towels
- Snacks & Drinks (See info below)
- Blanket, sleeping bag, or chair (to stretch out on between events)
- Entertainment (card games, book, Game Boy, CD player or iPod, etc.)

What Should the Swimmer Eat & Drink Before Swim Practice & Meets

A swimmer needs lots of carbohydrate-rich foods spread out over the course of the day in small meals & frequent snacks.

- Avoid high-fat choices & fried foods
- Also avoid carbonated and/or caffeinated drinks
- Some good choices are:
 - pancakes, waffles, French toast, bagels cereal, English muffins, fruit, juice, fruit smoothies, low-fat milk, water pasta, bread, pizza, soup, salad
- Water, Gatorade, or Powerade are especially good for practices & meets. Remember to keep your swimmer hydrated.
- Some good snack choices for on the go, right after practice, or at the meets:
 - applesauce, fruit cups, yogurt, trail mix, nuts, raisins, dried fruit, pretzels, dry cereal, crackers, muffins, carrot sticks, celery sticks, apples, grapes, bananas, oranges

There is more nutrition & health information for parents of swimmers on the USA Swimming website, <www.usaswimming.org>. Click on "Parents", then in the top left corner, you will find several topics, which have a wealth of information for new, as well as experienced swim parents.