

# **DOLPHINS SWIM TEAM**

*Welcome to the 2012 Summer Swim Season!*

**Visit us at: [www.dolphinsswimteam.net](http://www.dolphinsswimteam.net)**

Welcome to the Dolphins Swim Team! We are looking forward to another great season. If this packet leaves unanswered questions, please contact team parent Michelle Seaver at [justsprink@aol.com](mailto:justsprink@aol.com), head coach Ed Gaylord at [edgaylord1@gmail.com](mailto:edgaylord1@gmail.com) or assistant coach Tiana Kaula at [kaulatiana@gmail.com](mailto:kaulatiana@gmail.com).

The Dolphins Swim Team is a newly incorporated 501(c)(3) non-profit entity that is a member of the Sundance Aquatic Association. The Sundance Aquatic Association is the coordinating body for approximately 15 swim teams in the greater Albuquerque Area. The Sundance Aquatic Association by-laws set the rules and regulations governing the member teams and is an all-volunteer organization.

As a newly incorporated non-profit team we are required to have a Board of Directors in place. Please welcome our Board members: Kim Berling—President; Suzanne Buser—Treasurer, Eric Lorenzen, and Tiana Kaula. Anyone interested in joining the board is definitely welcome!

The Dolphins Swim Team, will continue to encourage family involvement and provide fun-filled competition with an emphasis on fun, safety, teamwork, fair play and skill development. Children of all abilities are welcome and given equal opportunity to participate.

Our team depends on the cooperation and participation of ALL our parents. We ask each family to carefully consider where they may best help our team. It could be volunteering at a special event or helping officiate a meet.

## **COACHES**

We are very excited to welcome back Head Coach Ed Gaylord. Serving as his assistant is long-time coach, Tiana Kaula. We will also welcome back almost all of last year coaches, Mo Retter, Kalani Kaula, and Joel and Candace Langsfeld, Adam Berling, Rachel Buser and Natalie Johannes.

## **PRACTICES**

The first evening practice will begin Tuesday, May 1, 2012 at Kirtland pool from 6:30 - 7:30 pm. Until the end of school, we will continue every evening Monday - Friday. As always, May practices are completely optional. Morning practices will begin Tuesday, May 19, 2012 and will be 6:30 – 7:30 am. Swimmers are to report to the Kirtland track (adjacent to the swimming pool) with running shoes (no flip flops) for stretching, running, etc. promptly at 6:30 am. *“Good Morning Mr. Sunshine!”* Evening practices will also continue 6:30 – 7:30 pm through the remainder of the season.

## **TEAM COMMUNICATION**

In prior years, team communication has been accomplished through standard e-mail. However, due to the size of our e-mail list it became necessary for our team to create a Yahoo Group to accommodate our e-mailing and communication needs. So this means that in order to receive the most current, up-up-date information regarding the Dolphins, it is necessary for all swim team families to join our team Yahoo Group using the following link and click on JOIN THIS GROUP! (On the right side of page)

[http://sports.groups.yahoo.com/group/dolphinsswimteam\\_abq](http://sports.groups.yahoo.com/group/dolphinsswimteam_abq) If you have any problems joining the group, please contact Michelle Seaver at 822-5519 or [justsprink@aol.com](mailto:justsprink@aol.com).

## **BASE ACCESS**

If you do not already have access to the base and are a U.S. citizen, you need to provide the team with the following information: Last Name, First Name, Middle Initial, and the last four digits of your social security number. Please provide this information by emailing Eric & Julie Lorenzen at [ejlorenzen@comcast.net](mailto:ejlorenzen@comcast.net). The sooner the better!

Information will be transferred onto an "Entry Access List" that the team will submit roughly once per month. The base requires 72 hours of processing, then the guard house at the Wyoming gate to Kirtland will be able to allow you access if you can show your driver's license, registration, and proof of insurance.

### **POOL LOCATION**

Take Wyoming south from I40. This leads directly to the Wyoming gate. After entering, continue south on Wyoming until Gibson Ave, which has a stop light. Turn right on Gibson. Proceed through the light at Texas Street, and turn left on Pennsylvania by the McDonalds. The running track will be on your left. Pass the track, then turn left into the pool parking lot. In the mornings, we will meet at 6:30 on the running track for some running and stretching. The pool is the large building across the parking lot from the running track. There is a shortcut to the parking lot via Texas Street.

### **MEDICAL RELEASE, REGISTRATION & LIABILITY FORMS**

All swimmers must complete the following:

- Medical Release Form (**This form needs to be completed and returned before a swimmer is allowed in water.**)
- Sundance Aquatic Association Registration Form.
- Sundance Waiver/Release of Liability Form.

Please complete the attached forms and return them to **Kari Young** .

### **INFORMATION/TRAINING**

**New Parent Orientation** will be held on Wednesday, June 1st at 7:15 pm. Experienced swim team parents will be available to answer questions from new parents regarding the swim team, meets, and practice schedules.

**The Timers' Clinic** will be conducted on Thursday, June 2nd at 7:15 pm. This is a wonderful opportunity to learn how to use our stop watches and help out at swim meets. Also, the Dolphins swim team is looking for a parent volunteer to fill the position of leading the meet timer volunteers.

**The Parents Stroke & Turn Official Rules Clinic** The clinic will be Friday, June 3<sup>rd</sup> at 7:15 pm. All parents are encouraged to attend this clinic. It is a great opportunity to improve your stroke knowledge.

**Weekly Newsletters** Beginning the last week of May, a weekly newsletter will be available on the Dolphins Yahoo Group page as well as on the swim team's website: [www.dolphinsswimteam.net](http://www.dolphinsswimteam.net). They will contain specific information for upcoming events each week as well as directions to all away meets.

We have a library of **instructional videos & DVD's** available for swimmers and parents to watch. They may be checked out for a 2-3 day period. Please contact Phil Rodriquez if you are interested in our library of swimming instruction.

### **SPECIAL EVENTS**

The annual **Bella Vista Hike** will continue its long tradition on Memorial Day, Monday, May 28th. Head Coach Ed Gaylord and Adam Berling will co-lead this year's hike. We will meet at 7:30 AM at the YMCA parking lot and drive to the Whitewash trailhead. The hike is approximately 13 miles and open to all swimmers 12 years or older, with permission from a coach. Swimmers under 12 may request special permission from a coach if they wish to participate.

**T-shirts.** We are looking for a volunteer to head up the design and sale/distribution of the shirts. Get your creative on! If interested, please see Michelle Seaver. All registered swimmers will receive a Dolphins t-shirt. Adult t-shirts will also be available for purchase.

**Mom's Night Out** out will be held on Thursday, June 7<sup>th</sup> @ 6:45 pm. All swim team moms are encouraged to join us at the Kirtland Bowling Alley snack bar located in the building east of the swimming pool. It will take place during evening swim practice and child care will be available for those with younger children. Please see Michelle Seaver if you have any questions.

**Dad's Night Out** will be held on Thursday, June 14th at Eric Lorenzen's residence, 11528 Manitoba St. N.E., during evening practice. These events are a great way for the parents to get to know each other!

**Denver Trip:** If anyone is interested in coordinating this event for the older swimmers of the team, please see Michelle Seaver.

The **New Mexico Games** will be held Sunday, July 15, 2012 at the West Mesa Aquatic Center. This is a great opportunity for any interested swimmer to compete against other swimmers from Sundance, USA and City Teams. Those who qualify in the top three in any event are eligible to swim in the State Games of America. For more information, check out the following web site <http://www.calstategames.org/sga-swimming.html>.

We are hoping this year to attend an **Isotopes Baseball** game as a team. We are looking for a team parent to organize this event. If interested, please contact Michelle Seaver.

**The Belly Flop Contest, Relays, evening of fun** is tentatively scheduled to be held on Thursday, July 7th. This important swim team event is an annual swim team tradition. Families and friends of swimmers are invited to watch (and participate in) the belly flop contest, relays and share a meal with your team. Don't forget to bring your jeans and t-shirt for the belly-flops! Information on this event will follow.

**Snapshot Photo's** will be shared with those interested. If you wish to share your pictures please give your disk to Michelle Seaver. The collection of pictures will be turned into a DVD at the end of the swimming season. Everyone is encouraged to take pictures!

Our annual **Swim Team Photo Shoot** will take place on Thursday, June 21, 2012 just before the evening practice. Information regarding prices will be available soon and communicated in the weekly newsletter.

Our annual **Cliffs Amusement Park Day** will be Sunday, August 12th. This is our fun end of season play day! Please be on the lookout for information in the newsletter.

### **SWIMSUITS**

We will be getting new suits this year. Information regarding the styles and where to purchase will be available soon and will be posted on the Yahoo Groups by Kirsten Thibodeau. You can contact her via e-mail at [kthibodeau321@comcast.net](mailto:kthibodeau321@comcast.net) if you have any questions.

**Dolphin Swim caps** and draw string swim team bags are available for purchase. Swim caps are just \$5 and the draw string backpacks are \$15. Swimmers are encouraged to wear caps at all meets. Please remember to mark your caps, goggles, towels, etc. with your child's name and phone #.

### **8 and Under Meet -**

On Saturday, June 30<sup>th</sup> the 8 and under meet will be held at Rainbow Pool in Rio Rancho. We will be looking for a few volunteers to help get the younger kids to the blocks on time. More details to follow.

### **PREFINALS DINNER**

Prior to prelims and finals we will have our annual **carb dinner** for all swimmers at Mario's Pizza, 11500 Menaul, 87112, SE Corner of Juan Tabo & Menaul. The dinner for **all** age groups will be on Tuesday, July 17<sup>th</sup> at 6:30 pm. We are looking for someone to coordinate this event this year.

### **PRELIMS & FINALS**

**The Prelims/District meet** will be held on Thursday, July 19th for **all** age groups at a location TBA. **Sundance Finals** for **all** age groups will be held on Saturday, July 21, 2012 at the West Mesa Aquatic Center (WMAC).

More information will follow. Please schedule family summer vacations with this date in mind if possible.

# Swim Team Fees



The swim team fees for the 2012 season are as follows:

PLEASE NOTE THAT EVERYONE **MUST** BE SIGNED UP BEFORE YOU BEGIN SWIM PRACTICE!!!!

\$225 (10% **discount** for each additional child)

## Financial Scholarship Statement

The Dolphins Swim Team does not exclude anyone from membership or programs because of inability to pay. Please contact Rich Thibodeau at 331-0473 or rkthibodeau@comcast.net for Scholarship information.

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## Dolphins Swim Team Coordinators

Administrative/Team Parent	Michelle Seaver	822-5519
Back-up Team Parent	Carol Langsfeld	823-4404
Administrative/Newsletters	Volunteer Coordinator Needed!	
Webmaster	Volunteer Coordinator Needed!	
Meet Officials & Volunteers	Volunteer Coordinator Needed!	
Swim Suits/Caps	Kirsten Thibodeau	980-7186
Tee Shirts	Volunteer Coordinator Needed!	

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# DOLPHINS Swim Team Schedule

Team/Event	Date	Time*	Location
Team Potluck	Sunday, April 22	3:30 PM	Hoffmantown Church Park
Evening Practices Begin	Tuesday, May 1	6:30 PM	Kirtland Pool
Bella Vista Hike	Monday, May 28	7:30 AM	East Mountains
Morning Practices begin	Tuesday, May 29	6:30 AM	Kirtland Pool
New Parent Orientation	Tuesday, May 29	6:45 PM	Kirtland Pool
Parent's Timer Clinic	Wednesday, May 30	6:45 PM	Kirtland Pool
Parent's Stroke & Turn Clinic	Thursday, May 31	6:45 PM	Kirtland Pool
<b>Tanoan</b>	<b>Saturday, June 2</b>	<b>6:30 AM</b>	<b>Tanoan</b>
Mom's Night Out	Thursday, June 7	6:45 PM	Kirtland Bowling Alley
<b>TCA</b>	<b>Wednesday, June 13</b>	<b>12:45 PM</b>	<b>Tennis Club of Alb.</b>
Dad's Night Out	Thursday, June 14	TBA	Eric Lorenzen's
Swim Team Pictures	Thursday, June 21	TBA	Kirtland Pool
<b>Socorro</b>	<b>Saturday, June 23</b>	<b>8:00 AM</b>	<b>Socorro</b>
<b>Del Norte</b>	<b>Wednesday, June 27</b>	<b>6:30 AM</b>	<b>Del Norte Sports &amp; Wellness</b>
<b>8 &amp; Under Meet</b>	<b>Saturday, June 30</b>	<b>7:30 AM</b>	<b>Rainbow Pool - RR</b>
<b>Riverpoint</b>	<b>Tuesday, July 3</b>	<b>7:00 AM</b>	<b>Riverpoint Sports &amp; Wellness</b>
<b>Los Lunas</b>	<b>Saturday, July 7</b>	<b>TBA</b>	<b>Los Lunas</b>
Belly Flop Contest	Tuesday, July 10	TBA	Kirtland
<b>Midtown</b>	<b>Thursday, July 12</b>	<b>12:00 Noon</b>	<b>Midtown</b>
<b>New Mexico Games</b>	<b>Sunday, July 15</b>	<b>7:00 AM</b>	<b>WMAC</b>
Pre-finals Dinner (All age groups)	Tuesday, July 17	6:30 PM	Mario's Pizza
<b>District (All age groups)/TBA</b>	<b>Thursday, July 19</b>	<b>7:00 AM</b>	<b>Away/TBA</b>
<b>Finals (All age groups)WAC</b>	<b>Saturday, July 21</b>	<b>7:00 AM</b>	<b>Away/WAC</b>
Swim Team Awards Potluck	Monday, July 23	TBA	TBA
Cliffs Amusement Park	Sunday, August 12	1:00 PM	Cliffs

Head Coach: Ed Gaylord

\* Swim Meet Times shown are arrival times. Warm ups will follow 30 minutes later. All times are subject to change.

# DOLPHINS SWIM TEAM

## Medical Release Form

Swim Team Parents:

We require the following information on file for each swimmer. Please complete the following and return to **Kari Young**. Thank you for your cooperation.

Swimmer's Name: \_\_\_\_\_

Swimmers birthday: \_\_\_\_\_ Swimmers age: \_\_\_\_\_ Swimmers T-shirt size: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

Mother's Home Phone: \_\_\_\_\_ Father's Home Phone: \_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_ Father's Work Phone: \_\_\_\_\_

Mother's Cell Phone: \_\_\_\_\_ Father's Cell Phone: \_\_\_\_\_

Swimmer's e-mail address \_\_\_\_\_

Mother's e-mail address: \_\_\_\_\_ Father's e-mail address: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone #: \_\_\_\_\_

Doctor's Name and Phone #: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Insurance Plan ID#: \_\_\_\_\_

Please initial each statement and sign below:

\_\_\_\_ I HEREBY AUTHORIZE A DOLPHINS SWIM TEAM REPRESENTATIVE TO TAKE MY CHILD TO THE AFOREMENTIONED PHYSICIAN OR FACILITY FOR MEDICAL TREATMENT IN THE EVENT OF AN EMERGENCY IN WHICH NEITHER PARENT NOR LEGAL GUARDIAN CAN BE REACHED.

\_\_\_\_ I HEREBY AUTHORIZE ANY LICENSED PHYSICIAN OR MEDICAL TREATMENT CENTER TO TREAT MY CHILD IN CASE OF AN EMERGENCY IN WHICH THE AFOREMENTIONED PHYSICIAN DOES NOT RESPOND.

\_\_\_\_ I HEREBY AUTHORIZE A DOLPHINS SWIM TEAM REPRESENTATIVE OR VOLUNTEER SWIM TEAM PARENT TO TRANSPORT MY CHLD TO AND FROM SWIM TEAM EVENTS.

\_\_\_\_ I HEREBY WAIVE, RELEASE, ABSOLVE, INDEMNIFY, AND AGREE TO HOLD HARMLESS DOLPHINS SWIM TEAM, ITS DIRECTORS, OFFICERS, COACHES, ORGANIZERS, SPONSORS, SUPERVISION STAFF, PARTICIPANTS AND ANY OTHER AFFILIATES, PERSONS TRANSPORTING MY CHILD TO AND FROM ACTIVITIES; FOR , FROM AND AGAINST ALL LIABILITY BECAUSE OF ANY BODILY INFURY, PERSONAL INJURY, OR PROPERTY DAMAGE, KNOWN OR UNKNNNOWN, WHICH MAY OCCUR OR RESULT FROM THE PARTICIPATION OF THE ABOVE NAMED CHILD IN ANY AN ALL ACTIVITIES, WHETHER THE RESULT OF NEGLIGENCE OR FOR ANY OTHER CAUSE OF THE DOLPHINS SWIM TEAM. I INDIVIDUALLY, AND AS A PARENT/GUARDIAN OF MY CHILD, HAVE READ THIS RELEASE AND UNDERSTAND ALL OF ITS TERMS. I EXECUTE IT VOLUNTARILY AND WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Sundance Aquatic Association Registration Form

## Parents and Swimmers Form 1 of 2 Revised: 04/22/2011

(Complete all blanks. All swimmers and parents must sign the form. One form per swimmer.)

Club Name: **DOLPHINS SWIM TEAM**

Swimmers Name: \_\_\_\_\_

Age Group      Sex M/F      Birth Date\*      Home Phone      Parent Work/Cell Phone

**According to ARTICLE X of the Sundance By-Laws, no individual swimmer may compete in Sundance inter-team meets or the Championship Meet if he/she:**

- 1. Has worked out with, practiced with or swum in a USA sanctioned meet with an organized competitive swim program other than high school or a city league on or after March 1st (or the completion of the USA State Championships, whichever is later) of each year. An individual swimmer also may not compete "unattached" at a USA sanctioned meet during the time frame from March 1st (or completion of the USA State Championships, whichever is later) to the end of the Sundance Championships.**
- 2. Participates in a year-round program during the Sundance season before the conclusion of the last event of Sundance Championship Meet or,**
- 3. Cannot provide written proof of termination of year-round swim team participation as of March 1st (or the completion of the USA State Championships, whichever is later) of the current year.**

All Sundance Swimmers and Parents/Guardians are to complete and sign below. This Form is to be turned in to your Parent Representative by June 1, 2012. Swimmers with incomplete forms will not be eligible to participate in inter-team meets or the Championship meet.

I, \_\_\_\_\_ as parent and/or guardian of Sundance swimmer, \_\_\_\_\_ (Swimmer's name), do hereby certify that he/she is in direct compliance with the individual swimmer's qualifications as stated in the Sundance Aquatic Association By-laws, Article X.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

I, \_\_\_\_\_ (Swimmer's name), as a registered Sundance swimmer, understand the eligibility rules and am in compliance with these rules.

\_\_\_\_\_  
Swimmer's Signature

\_\_\_\_\_  
Date

Verified \_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

I, \_\_\_\_\_ give permission for my child's \_\_\_\_\_ (Swimmers Name) photo to be used on a team or Sundance Association website or printed material.

\*Birth certificates may be required upon request of the registered swimmer's team coach. In no event shall a team coach request a birth certificate after July 1st of any year. Nor, shall a birth date be subject to challenge after July 1st of any year. Failure to provide a birth certificate upon request shall disqualify the swimmer from participation in Sundance regional, inter-team, and final Championship meets.



# Sundance Aquatic Association Waiver / Release of Liability Parent and Swimmer form 2 of 2 Revised: 03/10/2012

(Complete all blanks. All swimmers and parents must sign the form. One form per swimmer.)

## PLEASE READ CAREFULLY BEFORE SIGNING. THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, \_\_\_\_\_ the parent/guardian (or the enrolled participant if over the age of 18 years) of the enrolled participant \_\_\_\_\_ (Swimmer's name), agree and understand that swimming is a HAZARDOUS activity. I recognize that there are risks inherent in the sport of swimming, including but not limited to, paralyzing injuries and death.

The participant hereby agrees to participate in Sundance Swimming and the participant and the parent/guardian of the participant hereby agree to indemnify and hold harmless the Sundance Aquatic Association, its coaches, officers, directors, agents, and employees against any liability resulting from any and all injury that may occur to the participant while participating in Sundance Swimming. The participant and the parent/guardian of the participant also agree to indemnify the Sundance Aquatic Association for any damages incurred or causes brought against the Sundance Aquatic Association, its coaches, officers, directors, agents, and employees and arising from any claims, demand, action or cause of action by the participant.

The participant and the parent/guardian of the participant authorizes any representative of the Sundance Aquatic Association to have the participant treated in any medical emergency during their participation in any Sundance Swimming activity. Further, the participant and/or parent/guardian of participant agrees to pay all costs associated with medical care and transportation for the participant. I have noted below any medical/health problems of which the coach and assistant coaches should be aware.

I HAVE CAREFULLY READ THE ABOVE LIABILITY RELEASE AND SIGN IT WITH FULL KNOWLEDGE OF ITS CONTENTS AND SIGNIFICANCE.

Signed: \_\_\_\_\_  
Participant Date

Signed: \_\_\_\_\_  
Parent/Guardian Date