



March 18, 2007

Dear Dolphins Families and Friends,

It is time to register for the 2007 summer swim season! **Priority registration for returning Dolphins runs through April 7. Open registration runs from April 8 through May 12.** Late fees will apply after May 12. As we look forward to our second year as a part of the Old Dominion Swim League (ODSL), we will continue with many familiar routines from last year, with a few new to keep things interesting.

Season Schedule

The practice schedule will be very much the same as it was last season, with practices at the Lovettsville Community Center to begin the first week of June. Age groups will be assigned to specific practice times after registration is completed and we know how many swimmers of each age we have, but in general we will be practicing Mondays through Thursdays 6:00 p.m. to 9:15 p.m., and Saturdays 8:00-11:30 a.m., through June 21, then our Tuesday and Thursday practices will run from 6:00-7:00 p.m. and 8:00-9:15 p.m., Mondays and Wednesdays remain the same, and Saturdays will be for meets. New for this year, a smaller number of swimmers will go to our Wednesday meets, which will be against smaller league teams. Practices will be held on Wednesdays for those not attending the meet. All Saturday meets will be against other large teams. The League meet schedule is nearly finalized, and some changes there should improve upon last year. The Championship Meet is scheduled for Saturday, July 28. Changing that event to a Saturday is only one of the modifications in the works to improve that event.

Summer Swim Team Registration

Registration for returning Dolphins families, now through April 7, is an opportunity for our returning families to enjoy priority registration and secure their space on the team before we open it to the rest of the community. Every year we grow, and we anticipate the same this year as new families continue to move to our Lovettsville, Waterford, and surrounding communities. Space limitations and safety requirements mean that team size must be limited. Please take advantage of this opportunity and sign up early! Open registration will begin April 8 and continue through May 12, culminating with a team outfitting event at the Community Center on that date where registered swimmers can pick up pre-ordered suits and Spirit Wear, and/or place additional orders.

To register, please mail the enclosed registration forms, with your payment, to:

Bridget Segerdahl
5 Tilgham Place
Lovettsville, VA 20180

To complete your registration, the following forms are required. Registration forms received without payment or without required signatures cannot be processed.

- Dolphins Registration Form 2007
- Continuation Sheet (if registering more than 2 swimmers)
- Emergency Medical Form
- ODSL Code of Conduct

All families are encouraged to register as early as possible! Early registration not only ensures your space on the team, but it is very helpful in providing information for planning purposes regarding the numbers and ages of swimmers to expect.

Team Suits and Spirit Wear

This is our year for a new team suit (manufacturers offer suits on two-year cycles). Our new suit will be the TYR "Flash" in blue. A picture of the suit will be posted to the team website soon. We have a new team outfitter, Cassel's, which is located just off Route 28 in Herndon. Through our partnership with them, we will be able to offer a *significant* discount on team suits, a variety of fun items to show your team spirit such as flip-flops, car magnets, "tattoos" and more, and a discount card for purchases of any swim-related items from their store in Herndon for each family that purchases a team suit. Team outfitting will take place much earlier this year. We will begin taking orders for team suits and other items in April, and the Cassel's representative will make an onsite visit to the Community Center in May.

Volunteers

As always, we depend on our volunteers for a successful summer swim season, and we need everyone's help! Your time as a swim team volunteer makes the meets run smoothly, allows us to offer fun social and team-building activities, and helps raise the funds needed to pay for pool time, equipment, insurance, league fees, awards, and everything else that a swim team needs. The Lovettsville Dolphins Swim Team has a lot to offer our children, and we all have a role to play to make that happen!

As we did last year, we require each family to participate in at least a minimum number of meets and on a committee or social event. This is a common requirement for any summer swim team. An opt-out fee is available for those unable to participate in this way. Job descriptions and sign-up forms will be available soon so you can sign up for specific jobs and specific meets. **Please take the initiative to step up and sign up in advance for your volunteer positions, and once you sign up for a specific job, please be faithful in honoring that commitment or finding a substitute if you are unable to do so.** No one should have to pursue parents to make or keep a commitment to fulfill their volunteer obligation.

In addition to positions related to a specific meet or a specific event, there are volunteer positions that span the entire swim season, and we have a number of these positions to fill this year. Among the critical needs at this time are assistant coaches, especially one or more people to work with our developmental swimmers, a Volunteer Coordinator to oversee the logistics of making sure each meet and each event is fully staffed, and members of the Board of Directors. Members of the Board fill a critical role in pre-season planning and ongoing oversight to keep the Dolphins organization running smoothly and improving from year to year. We need your ideas and abilities to ensure that we maintain a successful and dynamic swim team! Please consider filling one of these critical roles for the 2007 swim season. Let us know you are considering one of these positions by sending e-mail to dolphinsmail@aol.com as soon as possible.

We look forward to another **fun** and **successful** swim season! Please keep your eyes and ears open for upcoming swim team meetings and other notifications. And remember to register early!

Thank you,

The Lovettsville Swim Team Board



DOLPHINS REGISTRATION FORM 2007

Registration limited to previous Dolphins families through April 7. Open registration April 8 – May 12
Registrations accepted in the order received up to the team limit of 200
Questions? Send e-mail to dolphinmail@aol.com

FAMILY INFORMATION

Please enter primary contact information below.

Mother's Name:		Cell Phone:	Work Phone:
Father's Name:		Cell Phone:	Work Phone:
Mailing address:			Home Phone:
City:	State:	ZIP Code:	
E-mail: (Please print clearly) 1) _____ <i>This e-mail address will be added to the team mailing list to receive all team e-mail correspondence</i>			Total number of swimmers registered:

SWIMMER INFORMATION

Please enter information for each swimmer below. An Emergency Contacts Form must also be completed for each child registered.

Swimmer #1	Name:	Date of birth:	Age as of 6/15/07:
T-shirt Size: (Please circle) YOUTH: S M L ADULT: S M L XL		Gender: (Please circle) M F	
Experience: (Please check one box in each section)			
Will you be purchasing a team suit for this swimmer? <input type="checkbox"/> Yes <input type="checkbox"/> No		Previously on Dolphins Team? <input type="checkbox"/> Yes <input type="checkbox"/> No	
How long on a swim team? <input type="checkbox"/> 1 st year <input type="checkbox"/> 2-3 years <input type="checkbox"/> More than 3 years			
Swimmer #2	Name:	Date of birth:	Age as of 6/15/07:
T-shirt Size: (Please circle) YOUTH: S M L ADULT: S M L XL		Gender: (Please circle) M F	
Experience: (Please check one box in each section)			
Will you be purchasing a team suit for this swimmer? <input type="checkbox"/> Yes <input type="checkbox"/> No		Previously on Dolphins Team? <input type="checkbox"/> Yes <input type="checkbox"/> No	
How long on a swim team? <input type="checkbox"/> 1 st year <input type="checkbox"/> 2-3 years <input type="checkbox"/> More than 3 years			

If more than 2 swimmers in family, list first names of additional swimmers and complete a Continuation Sheet

Additional Names:

PAYMENT INFORMATION

Registration fee is \$85.00 each for the first two swimmers, \$70.00 for each additional swimmer, or a maximum of \$310 per family.
For registrations after May 12, 2007, Late Registration Fee is \$10.00 per swimmer.
One Team T-shirt and one swim cap are included for each swimmer.

Please make checks payable to: Lovettsville Dolphins

REGISTRATION FEES Swimmer #1 @ \$85.00 \$ _____ Swimmer #2 @ \$85.00 \$ _____ ____ Additional Swimmers @ \$70 each: \$ _____ Late Fee For Registration after May 12, 2007: ____ Swimmers @ \$10.00 each \$ _____ TOTAL REGISTRATION FEES: \$ _____	VOLUNTEER AGREEMENT <i>Please see Volunteer Form for complete information</i> Check One: <input type="checkbox"/> I agree that our family will volunteer at 4 or more meets and a social event or other committee. <input type="checkbox"/> I elect to pay \$75 to opt-out of the volunteer requirement <i>Enclose \$75.00 Payment</i> OPT-OUT FEE: \$ _____	Financial Assistance <i>If you would like information about financial assistance, check here:</i> <input type="checkbox"/> <i>If you would like to contribute to a financial assistance fund, enter amount:</i> \$ _____	Mail completed forms and payments to: Bridget Segerdahl 5 Tilgham Place Lovettsville, VA 20180 TOTAL PAID: \$ _____
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WAIVER (Must be signed by parent or legal guardian): As the parent/legal guardian of the above named minor(s), I hereby grant permission for this minor(s) to participate in all activities of this program. For each above named minor I represent and warrant that the minor is in good health and has no physical condition, ailment or disability which renders him/her unable to participate in vigorous physical activity. For and in consideration of the benefits derived from the participation of my child in this program, I personally, and on behalf of the minor(s), assume all risks and hazards incidental to such participation, including transportation to and from such activities, and do hereby indemnify, release, hold harmless and waive all rights or claims of any kind whatsoever, against the Lovettsville Dolphins Swim Team, Board of Directors, Lovettsville Community Center, Old Dominion Swim League, host pools, employees, agents, volunteers and other participants.

Parent/Legal Guardian Signature:	Date:
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OFFICIAL USE ONLY: Date Rec'd _____ Amount Paid \$ _____ Check # _____ Initials _____ Initials _____

Lovettsville Dolphins Emergency Contacts

2007

Family Last Name:

Number of Swimmers:

If more than 1 swimmer in family, list all names:

Child's name # 1:	<input type="text"/>		
Age:	<input type="text"/>	Date of birth:	<input type="text"/>
Medical conditions:	<input type="text"/>		
Allergies:	<input type="text"/>		
Current medications:	<input type="text"/>		

Insurance Company:	<input type="text"/>	Insurance ID #:	<input type="text"/>
Family doctor:	<input type="text"/>	Doctor's phone:	<input type="text"/>

Child's name # 2:	<input type="text"/>		
Age:	<input type="text"/>	Date of birth:	<input type="text"/>
Medical conditions:	<input type="text"/>		
Allergies:	<input type="text"/>		
Current medications:	<input type="text"/>		

Parent's/guardian's name:	<input type="text"/>
Home phone:	<input type="text"/>
Work phone:	<input type="text"/>
Cell phone:	<input type="text"/>
Alternate contact's name:	<input type="text"/>
Home phone:	<input type="text"/>
Work phone:	<input type="text"/>
Cell phone:	<input type="text"/>
Alternate contact's name:	<input type="text"/>
Home phone:	<input type="text"/>
Work phone:	<input type="text"/>
Cell phone:	<input type="text"/>

If more than 2 swimmers, continue on the back of the form.

Notes:

WAIVER (Must be signed by parent or legal guardian):

As the parent/legal guardian of the above named minor(s), I grant permission for first aid to be given to this minor(s) in the event of injury. Furthermore, if deemed necessary, I grant permission for the minor(s) to be taken to the Emergency Room of a nearby hospital, and its medical staff have my authorization to provide treatment which a physician deems necessary for the well-being of the minor(s).

Parent/Legal Guardian Signature: <input type="text"/>	Date: <input type="text"/>
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**A new Emergency Contacts sheet must be submitted yearly, and every time information changes.*

Lovettsville Dolphins Emergency Contacts, continued

Child's name # 3:			
Age:		Date of birth:	
Medical conditions:			
Allergies:			
Current medications:			

Child's name # 4:			
Age:		Date of birth:	
Medical conditions:			
Allergies:			
Current medications:			

Child's name # 5:			
Age:		Date of birth:	
Medical conditions:			
Allergies:			
Current medications:			

Child's name # 6:			
Age:		Date of birth:	
Medical conditions:			
Allergies:			
Current medications:			

[illegible]

If registering more than 6 swimmers, put information for each additional child in the Notes section.

OLD DOMINION SWIM LEAGUE CODE OF CONDUCT

The purpose of the Old Dominion Swim League Code of Conduct is to establish standards of conduct that our swimmers, officials and parents are expected to uphold while participating in sanctioned swim meets of the Old Dominion Swim League. It is a goal of the Old Dominion Swim League that these standards of conduct be incorporated into the daily management of the teams within the league.

1. No team personnel, competitor or spectator shall act in an unsportsmanlike manner. This includes, but is not limited, to the following:
 - a. Making insulting or derogatory remarks, gestures or acts, including taunting.
 - b. Trying to influence or showing disgust with officials' decisions.
 - c. Interfering with meet officials in the performance of their duties.
 - d. Using obscene language.
2. The use of tobacco or alcoholic products is **not** permitted at the pool facility before, during or after League sponsored meets. The pool facility includes all parking lots and buildings associated with the pool facility.
3. No Team Representative or official shall direct the modification of disqualification cards following the final approval of the meet Referee. (Rules for appealing are described within League Rules.)
4. Competitors shall not participate in after-meet celebrations which include:
 - a. Running and shoving.
 - b. Throwing trash or other debris into the pool.
 - c. Pushing or shoving individuals into the pool.
5. Competitors shall maintain orderly conduct within the team area. No running, pushing or shoving shall be permitted.
6. No team personnel/competitor shall enter the water without the Referee's approval. This includes pre-meet warm-ups and individual events.
7. No competitor shall intentionally contact or hold another competitor during the swimming of an event which results in impeding the progress of that competitor.
8. The reporting of a violation to these Codes of Conduct will be through the Team Representative to the meet Referee. If after receiving one warning the behavior continues, the individual(s) involved shall be requested to leave the premises.
9. If a team or individual has repeated offenses, the league board will be consulted for further actions, to include barring the offender from further participation in league activities.

Parent Signature _____ Date _____