



# SCC Dolphins



## 2023 Season Information Packet

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Welcome to the SCC Dolphins Summer Swim Team! We are glad you are here, and we are excited for the upcoming season. Whether you are a new or returning swimmer, this guide will orient you to the Dolphin experience.

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### AVAILABLE PROGRAMS

#### 1) Dolphin Swim Team:

There is no minimum age to be eligible for the swim team, The only requirement is that each swimmer be able to swim laps competently. If not, coaches may determine that a swimmer should join our junior program.

#### 2) Junior Dolphins

This is a program for swimmers that are not quite able to lap swim, but are almost there and could maybe join the big team by the end of the season.

#### 3) Swim Lessons with Liz Corder

For those not ready for either swim team option, private lessons may be set up through Liz Corder at personal cost.

### FEES

\$100 per swimmer, plus  
Swimmingly fees:  
(\$14 + 5% service charge)

Includes: Team T-Shirt, Swim Cap, VSL Insurance, Heat Sheet Cost, Coaching Fees

\*additional \$100 fee for non club members.

### Junior Coaches!

Leadership Opportunities on our team are available for older, experienced swimmers.

Talk to Coaches Lauren & Liz to gain valuable experience for your future resume!

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# ***STEPS TO REGISTER***

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The Valley Swim League (VSL) uses an app/service called Swimmingly to manage season swim meets.

New this year, swimmingly is able to function as a team management tool as well.

If you already have a swimmingly account, all you need to do is register for 2023.

If not, start by creating your account.

Scan the QR code or go to website url:  
swimmingly.app

## **STEP 1**

Scan QR Code to register with Swimmingly. Follow instructions & complete payment.



## **STEP 2**

Opt in to receive team text messages (downloading the Remind app is not necessary):

Text @sccd2023 to 81010

**Our club code, 26882943-3afc-11eb-83f7-c2b3e1fb23ce**

# Spotswood Dolphins 2023 Season Calendar

Mark Your Calendars Now!

\*\*PM Practices begin on Tuesday 5:45-7PM

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 29 - June 4	Memorial Day	Season Kick off Practice & Pizza Party			Bring a Friend, Friday PM Practice 5:45-7PM		
June 5-11		Team Photos with Dan Emmerman @ 6PM	PM Practice Parent Training Session		Team Photos with Dan Emmerman @ 6PM?		
June 12-18	AM Practices Begin**	Mock Meet, 6PM			Fun Friday #1		
June 19-25		Meet #1 @ Westover			Fun Friday #2		
June 26 - July 2		Meet #2 Home (Ashby) & Post Meet Pizza Party			Fun Friday #3		
July 3-9		(July 4th Holiday)	Meet #3 Home (Massanutten) & Post Meet Party		Fun Friday #4		
July 10-16		Meet #4 Home (ERRA)			Fun Friday #5		
July 17-23		Meet #5 @ Broadway			Fun Friday #6		
July 24-29		End of Season Banquet			AM Fun Friday #7 & Champs Poster Party PM - Champs Set Up	Saturday, July 29 Champs	

\*\*AM Practices: Mondays through Fridays 9:45AM-11AM;  
PM Practices Mondays through Thursdays 5:45-7PM

## Annual Practice Overview

The summer swim season always begins on the Tuesday after Memorial Day. Because schools are still in session, the first two weeks of practices occur only in the evenings, with practices held on weekdays from 5:45PM-7PM. 6u swimmers practice only from 5:45-6:30PM.

Once schools close for summer, we add an AM practice time, 9:45-11AM.

Swimmers choose how many & which practices to attend.

Attendance is encouraged, but summer swim can be as intense or as laid back as each family desires it to be.

## WEATHER



Sometimes summer weather requires that we cancel planned activities. In order to receive this information, sign up for our Team Text messages, which will come through the app, REMIND.

To join, simply: text @sccd2023 to 81010.

# 2023 Fundraising

Every program has a cost to function, and the SCC Dolphins are no different! The fees for the season are set at a price to be competitive with local team prices, and to make membership accessible, But they do not cover the operating costs of the team itself.

## FUNDRAISERS

**1) Sponsorship Program:** Prior to covid, we had embarked on a two year cycle of sponsorship, which is to be reinstated this year! Each season, we will seek support from local businesses. Odd years: t-shirt sponsors - logos will be featured on the back of our shirts (new designs every 2 years). Even years, we buy banners per each business to display during our home meets.

**Please sponsor our team! Sponsoring is easy!** Your help is crucial to our ability to pay our coaches, cover administrative costs, upgrade equipment, etc...

Follows these steps to become a Team T-Shirt Sponsor:

**Deadline May 1, 2023**

- 1) Email your business logo to Elizabeth: [efkistler@gmail.com](mailto:efkistler@gmail.com)
- 2) Mail your check of \$250 (payable to SCC Dolphins) to:  
POBox 1426, Harrisonburg VA 22803
- 3) Questions? Contact Elizabeth at 540-421-3166

**2) Team Pizza Parties:** Each party we host is an opportunity. Pizza will cost \$5pp up to \$25 per family. Excess funds support the team budget.

**3) Swim-A-Thon:** We are planning to host an event that will both test the stamina of our swimmer's, engage our community, give the chance to earn prizes. Date & Details TBD.

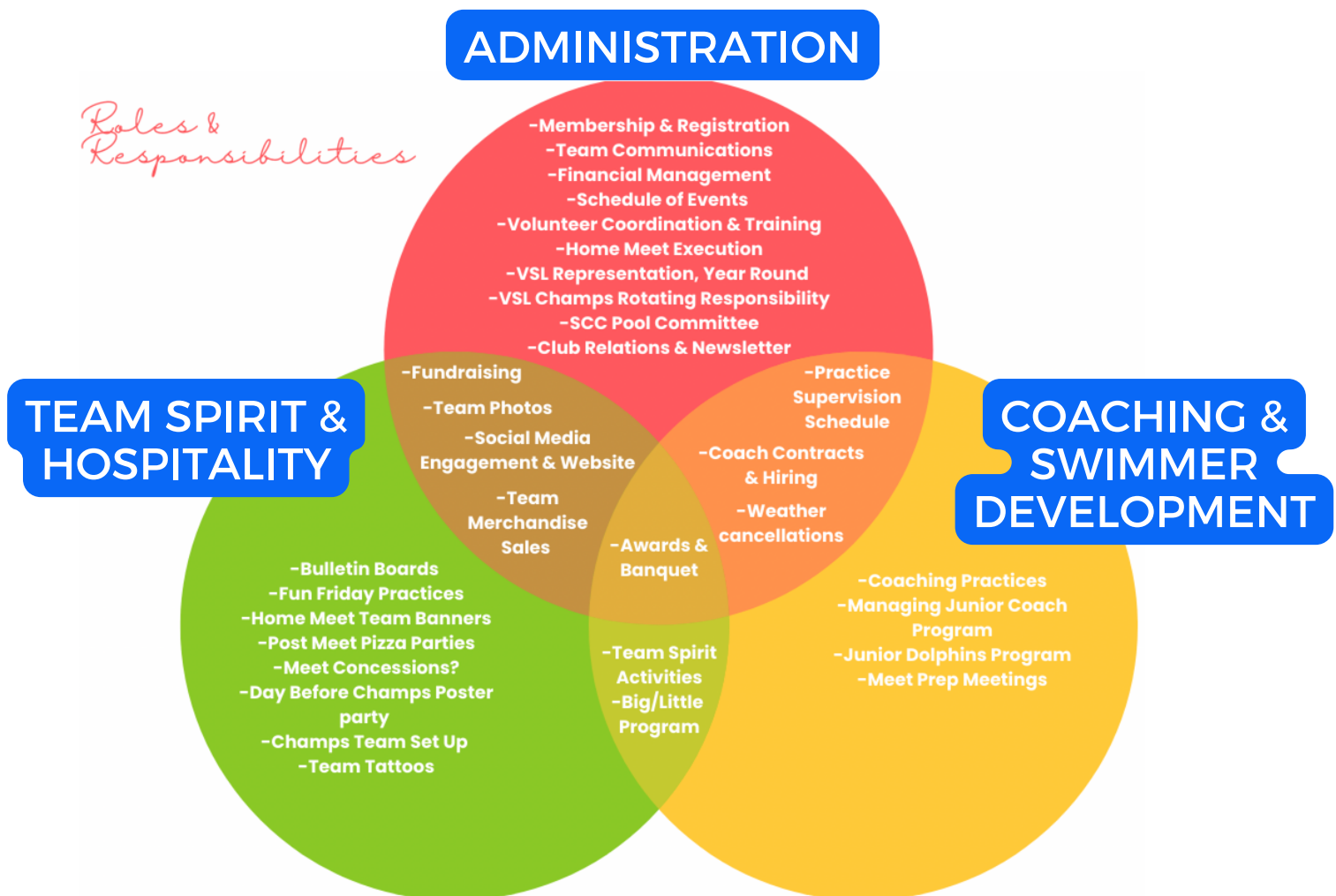
**4) Heat Sheet Sales:** the price of heat sheets is included in team fees. The Dolphins benefit from every SCC family that buys a commemorative ad in the booklet.

**4) Donations: anytime, anywhere - but especially at the end of the season!**

# Service Opportunities: Volunteers Needed!

**Put your natural gifts & talents to good purpose!**

For the team to operate smoothly, many hands are necessary. We want volunteering for the team to be engaging, fun and easy! It might mean using talents & resources you already have, or being willing to develop and grow into new roles. Typical roles fall into 3 broad categories: **administration, team spirit & hospitality, coaching & swimmer development.** Specific roles are delineated in the diagram below. Please consider where you are willing to serve!



**\*\*IT IS TEAM POLICY THAT ALL PARENTS MUST SIGN UP TO FACILITATE SWIM MEETS. TRAINING IS AVAILABLE AND JOBS ARE QUITE SIMPLE. THE TEAM RESERVES THE RIGHT TO CHARGE \$50 PER MEET TO PARENTS WHO DO NOT PARTICIPATE.**

# Team Suits & Merchandise

**Team Suits:** our team will receive a portion of proceeds from suits, goggles, other items ordered through our team store on swim outlet. Use this link:

<https://www.swimoutlet.com/collections/spotswooddolphin>

**Note:** There seems to be a shortage of sizes in any one style this year, so we are offering a variety from which to choose. Suits from previous seasons are acceptable.

**Our preference is: Speedo brand flyback (girls) or jammers (boy) in blue/black**

Other team merchandise & apparel will be available for sale through Daniels.

Details TBA

## 2023 Leadership:

We are happy to announce many returning coaches!

Head Coach: Lauren Alymer (2nd Year)

Assistants: Liz Corder, Grace Gabriele, Dr Brent Lenz, Alexis Minnick, Jaden Minnick (and hopefully more)!

Team Director: Hilary Irons, 410-207-0412

Assistant Director: Amy Lenz

VSL Representative: Sabrene Graves

**No other team in the VSL has  
more fun than the SCC  
Dolphins!**

**We are looking forward to a  
great season. Please reach out  
to Hilary with any questions,  
concerns, suggestions.**

**When in Doubt,  
CHECK THE  
WEBSITE!**

[www.spotswooddolphins.com](http://www.spotswooddolphins.com)

