



**Dolphins Swim Team
Spring/Summer 2018**



Spring/Summer

Dolphins Swim Team Program Information

What is Dolphins?

The Dolphins Swim Team is hosted by the Enfield Recreation Department for boys and girls ages 5-18 years old as of December 31, 2018. The team swims at the **The Enfield Municipal Annex Pool, 124 North Maple Street (former Fermi High School)**. The coaching staff believes that it is important to teach the strokes correctly to the swimmers in a way that is developmentally appropriate while giving them ample opportunities to practice what they have learned. The focus is on improving strokes and times while having fun and being part of a team.

We don't live in Enfield... can we still swim?

Yes! In the summer, our league allows us to take swimmers from Enfield and any town that borders us and does not have a CCSL town team. We have or have had swimmers from Broad Brook/East Windsor, East Longmeadow, Ellington, Longmeadow, Somers and Suffield. For swimmers who live in a town that does not border Enfield, but also does not border any town with a CCSL team, we ask the league for an exception. If you are unsure about your town, please ask!

Why Dolphins?

Dolphins is a great way to continue on the success of swimming lessons and keep swimmers in the pool. Swimmers will continue to progress while learning and improving their strokes. Our coaches believe that every swimmer on the team is important and we want swimmers to improve and achieve while learning and having fun. Coaches foster an environment that celebrates sportsmanship, improvement and team spirit. Swimming is a lifelong sport and many long-lasting friendships have begun at Dolphins.

It's okay if swimmers have only taken swimming lessons and have never swam on a team before! We are here for them to have fun, learn and improve. Even the Olympians were once just brand new swimmers at their first swim practice!

Questions?

Please check out our *Frequently Asked Questions* page at www.enfield-ct.gov/recreation. Need more information? Please email the coaches! We will be more than happy to answer any questions that you might have.

Coaches' Email: enfielddolphins@gmail.com

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Playing a spring sport? Don't count yourself out!

We have lots of kids that do multiple sports, especially in May. We just ask that you let us know so that we know not to expect them as often at practice during that time.

Contact Information

Enfield Recreation Dept.
19 North Main Street
Enfield, CT 06082

Phone: 860.253.6420
Web: www.enfield-ct.gov

Practice & Meet Information

PRACTICE is usually offered 3-4 times per week. Swimmers are expected to attend practice twice per week however they may attend every night if they wish! You choose the nights they attend and those nights can change from week to week. Practice times are assigned by swimmer age and ability; swimmers will be assigned a practice group based on this. By splitting swimmers up by age and ability, it helps to make sure that every swimmer is in the right level and are learning things that are appropriate to their development. Practice will begin in May and runs to the end of July/first week of August.

Female swimmers will need a one-piece racing style swimsuit (no halters, cut-outs, etc), a swim cap and goggles. Male swimmers will need a swimsuit, goggles and swim cap if their hair is longer. *Note: silicone swim caps are recommended but not mandatory.*

SWIM MEETS will begin in late June and are held during the week after 5 PM. All swimmers are expected to compete in swim meets. Typically we have 3-5 meets plus a Championship meet. Swimmers compete against other children who are in their age group. A swim meet schedule will be handed out early in the season after the coaches attend the pre-season league coaches' meeting.

We do have a team suit that we recommend all swimmers purchase and wear for meets only. The team suit helps swimmers to feel as though they are a part of the team. These suits can be purchased on team suit night and that date will be forthcoming. All swimmers wearing a cap must wear a Dolphins cap to meets. Swimmers will be given a latex cap to wear.

Please note: The boys team suit is a jammer style. This is a knee length suit that is tighter than typical board shorts.

Returning Swimmer Information

A limited number of spots are available for this program. It is **HIGHLY RECOMMENDED** that you register early to ensure a spot in the program. Registration or participation in previous seasons does not guarantee a spot.

- Returning Enfield Residents can register beginning at **9:00 AM on April 6, 2018.**
- Returning Non-Resident swimmers can register beginning at **9:00 AM on April 20, 2018.**

New Swimmer Information

EVALUATIONS are held to make sure that swimmers are safe in the water and ready to be on swim team. Evaluations for new swimmers will be held **April 23 & 24, 5:30 - 6:30 PM** at the Annex Pool. Those interested in joining the swim team must attend one of the two try-out nights. Those trying out will need to bring their bathing suits to demonstrate skills to the coaches. A minimum skill & endurance level is required to participate in the program. Minimum requirements by age group are as described below.

- | | |
|-----------------------|---|
| 8 & Under: | 25 yards on stomach and 25 yards kicking on back |
| 9-12: | 50 yards freestyle, ability to coordinate rotary breathing and 50 yards backstroke |
| 13 & Over: | 100 yards freestyle with proper rotary breathing and 100 yards backstroke |

If we do not feel the swimmer is ready for swim team, we will recommend a swimming lesson level for them.

Parents will also be provided with information about the team, time commitment, required fees and more. Once try-outs are completed the Recreation Department will contact participants to let them know if they are eligible for the team. At that time, information about registering new swimmers will be provided.

Please **DO NOT** register before your child tries out and is told by the Recreation Department that they are eligible to participate.

Fees

Recreation Department Fees: Enfield Resident: \$155.00/ Non-Resident: \$193.75

Parents Association Fees (paid at practice): \$15 for one child/ \$25 for two children/ \$35 for 3 or more children
The Parents Association Fees are for ribbons, awards, team latex cap, etc. *Note, if you paid in the winter you do not pay again for the Spring/Summer session.*

We will not take any additional registrations for new or returning swimmers after Friday, May 25, 2018 at 5 PM.

How To Register

Registration can be done in any of the following 3 ways.

1. Online *preferred method*- Go to www.enfield-ct.gov/recreation and click on the blue "Online Program Registration" button. Find Dolphins Swim Team. Credit Card Only (*Discover Card* not accepted).
2. In person at the Enfield Recreation Department. The Recreation Department is located at 19 North Main Street, Enfield, CT in the Angelo Lamagna Activity Center building. The office is open 9am-5pm, Monday-Friday. Cash or Check Only.
3. Mailing in the form found on the town's website with a check and proof of residency to:
Enfield Recreation Department - 19 North Main Street - Enfield, CT 06082

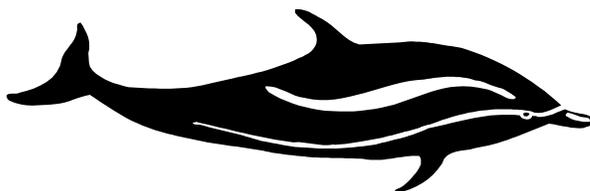
Things to know before you register

Checks: Make checks payable to Enfield Recreation Department.

Proof of Residency: Acceptable forms of proof of residency are: valid driver's license, tax bill, utility bill, renter's/homeowner's agreement. For our complete residency policy please visit our website or contact the Recreation Office. *Please note checks are not considered proof of residency.*

Registration Policy: The parent or legal guardian must register their child. We will not accept notes allowing friends, grandparents, etc., to register a child. A parent's or legal guardian's signature is required for all children's programs.

Withdrawal Policy: Due to limited space in our programs, refunds are not given unless for a medical reason upon receipt of a doctors note. A program credit to be used for another recreation program may be given on a case by case basis. If you would like to request a withdrawal from a program, you must fill out a withdrawal request form and submit it to the Recreation Department as soon as possible with any pertinent documentation attached. Your request will be processed in 7 - 10 business days. A 10% processing fee will be charged on all withdrawals/credits and transfers. Withdrawal request forms may be found on the town's website and at the Recreation Office.



ENFIELD RECREATION DIVISION REGISTRATION FORM

19 North Main Street, Enfield CT 06082
Phone: 860-253-6420 Fax: 860-253-5147
www.ENFIELD-CT.GOV/RECREATION

PRIMARY HOUSEHOLD CONTACT INFORMATION

Parent/Legal Guardian Name: _____

Street Address: _____ Apt./Box # _____ City: _____

State: _____ Zip: _____ Home Phone: () _____ Work Phone: () _____

Email Address: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

* If there are any medical concerns or special needs that we should be aware of please list here: _____

PROGRAM INFORMATION

* One registration form can be used for more than one person in this household*

First Name, Last Name	M/F	Date of Birth <i>mm/dd/yyyy</i>	Program Activity Number	Program Name	Fee
			3603.0651.301	Dolphins Swim Team	\$155.00 Resident \$193.75 Non-Resident
			3603.0651.301	Dolphins Swim Team	\$155.00 Resident \$193.75 Non-Resident
			3603.0651.301	Dolphins Swim Team	\$155.00 Resident \$193.75 Non-Resident
			3603.0651.301	Dolphins Swim Team	\$155.00 Resident \$193.75 Non-Resident

RELEASE AND WAIVER

In consideration for participating in the above-referenced program/activity sponsored by the Recreation Division of the Town of Enfield, I hereby waive and release the Town of Enfield, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my or my child's participation in the above-referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I hereby represent that I understand and am familiar with the nature and type of activities in which I or my child will participate as part of the above-referenced program/activity. I further represent that I am, or my child is, in good physical and mental health condition and that I am unaware of any physical or other health condition that would affect my or my child's ability to participant in the above-referenced program/activity.

I acknowledge that I will be solely responsible for the furnishing of all safeguards and appropriate equipment for protection against injury.

Photo Release: The Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Recreation use only and may be used in future catalogs, websites, brochures, pamphlets and/or flyers.

I have read this document and understand and agree to its terms and conditions.

PARTICIPANT/PARENT/LEGAL GUARDIAN SIGNATURE

DATE