

Little Neck Blue Dolphins Swim Team

2024 Parent Handbook



Welcome New Families!

We are looking forward to another great year working with all the families whose spirit makes this one of the best teams in Virginia Beach!

Purpose and Goals

The purpose of the LNSRC Swim Team is to provide opportunities for swimmers ranging in age from 4 – 18 years to participate in a competitive swim program during the summer months. It is designed for swimmers of various ages and abilities.

Swimming is a healthy, competitive, and fun sport! Our goals are not only to develop a quality swimmer, but we also strive to instill:

TEAM PRIDE ~ SPORTSMANSHIP ~ RESPECT FOR OTHERS

2024 Coaching Staff

Head Coach: Craig Roberts
Assistant Coach: Emma McMath
Assistant Coach: Lillian Crawley
Assistant Coach: Matthew Crawley
Assistant Coach: Jackson Bennett

2024 Swim Team Committee

Team Reps: Lauren Caughorn & Leanna Landry
Treasurer: Rachel Burke
Psyche Buddies: Heather Flora & Laura Faix
Volunteer Coordinator: Kristen Kent
Concessions: Charlene Reilly
Sponsorship: John Cosimano
Equipment: Andrew Ballard & Danny Maas
Pool Manager: Kelly Marcondes

2024 Practice Schedule:

Swim practices begin on the Tuesday after Memorial Day and are held Monday-Friday. YOU DO NOT have to email us when your child misses practice or you are out of town. We trust that everyone is doing their best to get to practice.

May 30th- June 13th	June 19th – July 19th
4:15pm-5:00pm 6U ONLY 5:00pm-5:45pm 5:45pm-6:30pm 6:30pm-7:15pm	7:00am-7:45am 7:45am-8:30am 8:30am-9:15am 9:15am-10:00am

We will not practice on Friday, June 14th.

During the first week of practice, the 4:15pm timeslot will be reserved for 6U only

Practice Sign-ups:

At the start of the season, you will receive an email every Friday with a link to a weekly sign-up genius to reserve your timeslots for practices the following week. This allows our coaches to limit the number of swimmers in each timeslot so that the lanes are not crowded and practice is more productive. As we get further into the season, the sign-up requirement will likely be removed.

2024 Meet Schedule

Most meets start at 8:00AM, check-in and warm ups will be before then.

June 29, 2024: Oceana @ Little Neck

July 6, 2024: Little Neck @ Pembroke Meadows

July 13, 2024: Little Neck @ Club Brittany

July 16, 2024: Alanton @ Little Neck (**Evening meet**)

July 27, 2024: Divisionals @ Alanton

August 3, 2024: All-Stars @ Little neck

Communication Policies

Each family will need to activate an account on [Active.com](https://www.active.com) in order to enter swimmers into meets, receive results, and sign-up for volunteer positions. The contact information you provide in the ACTIVE portal will also be used to provide updates on weather cancellations or meet updates. The same account is used for swimmer registration. **PLEASE SAVE YOUR SWIM PORTAL LINK.**

We also encourage you to visit the [LNSRC Website](#) and to [Like us on Facebook](#) for additional updates and information.

When it comes to communicating with us, EMAIL is best. Please email littleneckswim@gmail.com and littleneckswimvolunteers@gmail.com, we will get back to you as soon as we can.

Psych Buddies Program

The Little Neck Swim team offers a voluntary program called "Psych Buddies" for new and experienced swimmers.

The Psych Buddy program is a mentoring opportunity in which older, experienced swimmers are matched with younger, or new Blue Dolphin swimmers. Little buddies and Big buddies alike benefit from these meaningful relationships. The cost for little buddies is **\$25/person** and this is to cover treats and gifts they will receive throughout the season. There is no cost to be a big buddy.

Equipment Needed

Each year a new Team Suit is chosen and is available for purchase. Swimmers are not required to purchase the new team suit each season. Suits are available for try-on and purchase at our Open House event at the pool each April, as well as directly through our team's partner, Aquawear (521 Birdneck Road in Virginia Beach.)

All swimmers are encouraged, but not required, to have a team swim cap (plain or personalized.) It is against VBSL policy to wear a cap featuring a year-round team, a college team, or a high school team. Please show your Blue Dolphin pride!

Goggles: We recommend swimmers invest in at least 2 pairs of racing goggles to participate in practice and meets- having a spare is always helpful!

Swim Meet Policies

Meet Attendance:

Swimmers can participate in as many meets as they would like—it is also okay for swimmers to not participate in meets. Do what feels right for your family. In order to qualify for Divisionals, our championship meet, you must swim in at least two (2) meets during the regular season.

Entering your Swimmer into a Meet:

The Tuesday before each meet, you will receive an email asking you to declare your swimmer(s) as a YES or a NO for the meet. You must declare, **via our Active.com portal**, if your swimmer would like to swim in each swim meet.

[Click here to access the ACTIVE swim portal](#)

- Once logged in, you will see the title LITTLE NECK BLUE DOLPHINS, and your child will be listed and it will say "registered" under their name. This means that they are registered to the Little Neck swim team.
- To register them for each meet you will need to click on the VIEW MEETS tab of the page. You will need to select either ATTENDING or NOT ATTENDING for each meet.
- Please pay attention to the date of each meet to ensure you are entering information for the correct meet.
- Once registration for the meet is closed, you will receive an email with the upcoming meet program. This is the time for you to find your swimmers and make sure they are entered correctly—check their name, the events they are swimming, and that their age is correct.
- **If you have questions or need to make any changes to your meet attendance, you MUST email littleneckswim@gmail.com. No changes will be accepted via call, text, or to coaches on the pool deck.**

Arrival Information:

- Swimmers should arrive at meets 15 minutes prior to warm-up.
- Coaches will have a table at the entrance for swimmers to check in when they arrive
- All swimmers must check-in prior to warm-ups or they will be scratched from the meet.

What to bring to the Meet:

- Team Swim Suit
- Cap
- Goggles (two pairs)
- Towels or blankets
- Sunscreen
- Tent or Shade Cover and Chairs
- Cards, Games, things to keep them busy!
- Money for concession stands and Heat Sheets
- Electronics may be brought, but swimmers & parents are responsible for securing and storing devices.

Volunteering

When a child joins a swim team, so do the parents. This sport requires parents to be participants, not just spectators. Swim meets are very labor intensive and simply cannot be run without the majority of parents assisting at some stage of the meet. It takes so many people to run a swim meet that there is literally a job for everyone. Training for some jobs takes only a few minutes; others require attendance at clinics. None are as scary or difficult as you might think! Even at the Olympic level of competition, swimming officials are volunteers - parents who probably started out on a summer swim team.

Thank you in advance for Volunteering!

- Each family has a 4-point volunteer requirement for the season, regardless of whether your child swims in meets or not. You will be required to sign up for one additional point if your child makes it to the championships. We base our shifts on the number of swimmers who sign up, so if you are on the team, you must volunteer. If you have any questions, concerns, or need help, please email littleneckswimvolunteers@gmail.com
- Please remember that when you registered for the team, you agreed to the following: I/we understand that swim team is a volunteer intensive sport--each family must commit to 4 volunteer points per season. I understand that it is my responsibility to sign in with the Volunteer Coordinator so that my points will be counted. I understand that if I/we do not complete the 4 required points, we will be fined by LNST \$50 per point.
- The Volunteer sign-up for an upcoming meet will “go live” on your Active Portal at a time announced by the Volunteer Coordinators via email. Due to the number of active positions, we ask that families limit themselves to one food donation per season.

Volunteer FAQ:

- **Where do I sign up for Volunteer shifts?** Volunteer jobs are posted as an event in your Active.com Swim Portal, see directions below.
- **Does my swimmer have to be at the meet for me to volunteer?** Actually- no! You can volunteer and earn credit even if your swimmer is not attending a meet.
- **What happens if a meet is cancelled or there is thunder/rain?** Volunteers are expected to be ready at all times during their shift. If there is a delay... you stay... If a meet is cancelled, postponed, or rescheduled, families are expected to fulfill the volunteer requirement they originally signed up for. If there is a conflict with the volunteer position, they should contact the Volunteer Coordinators in advance.

*Volunteers only get credit if they check-in, work the entire shift, and perform the duties required of the position. *

- **I am no longer able to do my shift... what should I do?** If you are 24-48 hours prior to the meet you can delete yourself from the volunteer job on your Active.com swim portal (directions below), if there is an emergency or short-term notice, please email the Swim Volunteer Coordinator at littleneckswimvolunteers@gmail.com
- **We are only attending one meet this season, do I still have to volunteer for 4 shifts?** Yes! We need your help, both during the meets and in supportive roles to keep

the team thriving. Reach out to the swim coordinator for additional jobs outside the meet.

- **Plans have changed and suddenly you are available to help-out.** If it is prior to the meet, check the event availability on Active.com. If it is the day of the meet, email the Swim Volunteer Coordinator or visit the check-in table and provide your information and availability during the meet (1st half or 2nd half).
- **I signed up for a job... what do I do now?** The day of the meet you will check in at the Volunteer Table prior to the meet start, verify that you understand your role and shift time, and then be prepared to work.

Volunteer Opportunities

Each family is responsible for signing up for at least four (4) points throughout the swim season. Most shifts equal 1 volunteer point.

- **Timers:** The keeper of time for each lane (there are three per lane, including the other team's timers); "best" birds eye view of the competition.
- **Runners (DQ/Time Sheet):** Delivers time cards to the timers and retrieves time cards to scoring table. Retrieves DQ Slips and has them signed by the Referee and turned into the Officials tent.
- **Lane Monitors (Deep/Shallow End):** Deep & shallow end workers to monitor swimmers in lanes as the events progress during the meet.
- **Clerk-Of-Course:** Assembles the swimmers for each event and hands them off to Clerk-Of-Course Runner.
- **Clerk-Of-Course Runner:** Brings swimmers from the "Clerk of Course" to either the deep end or shallow end and places them in their lanes.
- **Concessions (Set-up/Worker/Clean-up):** Prepare/sell food and drink items. Set-Up generally occurs the day prior for Saturday meets, and Clean-up occurs at the end of the second half of the meet.
- **Ribbon Assemblers:** Apply labels to the ribbons, sort ribbons the day following the meet.
- **Chief Timer:** Keeps two extra stop watches as back up if the lane timers experience an error.
- **Meet Scorer/Verifier:** Works with the Officials tent to verify scores.
- **Meet Set-Up/Clean-Up:** Provides Set-up and Clean-Up assistance for the meet.
- **Psych Buddy:** Provides assistance for the Psyche buddy program during social events and meets.
- **Heat Prize Distributer:** At all meets, a heat prize (mini-dolphin key chain) is awarded to the winner of each heat. Volunteers are needed to give them out to the heat winners (not for relay events)
- **Announcer:** At home meets, the announcer keeps the meet on track, provides updates, calls out the upcoming events and relays important information over microphone
- **Concessions Donations:** the snack bar managers request food items for each home meet. The exact brand and amount will be listed, and must be matched in order to earn a point.

Volunteer Positions that require VBSL Training

- **Referee:** Briefs coaches and officials and enforces all rules; he/she is the "final authority."
- **Starter:** Notifies swimmers of the event distance and stroke; initiates the start signal.
- **Stroke/Turn Judge:** Reports any violation of swimming style or turns.

How to Sign Up for Volunteer Events on Active.com

- Sign-in to the www.active.com Swim Portal (same as your swim registration)
- On the far right scroll down to the section titled "VOLUNTEERING"
- Highlighted in Blue on the bottom will be events with available volunteer positions
- Select an event to volunteer for and then register for a specific position.
- You will receive a confirmation email once you have registered.

How to DELETE a Volunteer Event on Active.com

- Sign-in to the Active.com Swim Portal (same as your swim registration)
- On the top Menu next to Active, select "SCHEDULE"
- Below will be the jobs you registered for, highlight the job you are deleting
- Select the from the Action menu on the far right to delete the job

We look forward to an amazing swim season with you!