

**INTRODUCTION:** The Dunn Loring Swim Team is a member of the Northern Virginia Swim League, the largest age-group swim league in the country. NVSL was formed to develop “a love for the sport, advanced aquatic skills, teamwork, and principles of good sportsmanship”. NVSL has 104 teams divided into 18 divisions. We are in Division 6.

**DUNN LORING SWIM TEAM GOALS:**

- Improve swimmers’ skills
- Develop good sportsmanship
- Encourage and develop teamwork
- Enable swimmers to feel good about themselves
- Have fun while developing a love for swimming

We are one team. Plan to attend ALL meets, parties, and activities. This builds **DOLPHIN POWER!**

**PREREQUISITE:** To be on the swim team, a child must pass the Dunn Loring Swim Club patch test. It is the parents’ responsibility to have the swimmer tested by a lifeguard at the swim club. Swimmers who have not received their patch may sign up for the team but may not practice with the team until patch test has been passed. .

THE DUNN LORING SWIM CLUB RULES STATE THAT CHILDREN UNDER THE AGE OF 10 MUST BE ACCOMPANIED BY AN ADULT WHILE AT THE POOL. THIS RULE ALSO APPLIES TO SWIM TEAM PRACTICES. THE COACHES MUST DEVOTE THEIR TIME AND ATTENTION TO THE SAFETY OF THE SWIMMERS IN THE WATER AND CANNOT BE RESPONSIBLE FOR CHILDREN ON DECK OR IN THE RESTROOMS. IT IS IMPORTANT THAT WE BE ABLE TO FIND THE RESPONSIBLE ADULT IN CASE OF AN EMERGENCY. THANK YOU.

**REGISTRATION FEE:**

\$60.00 per swimmer (\$100.00 combination for both swim and dive teams)  
Each swimmer receives a T-shirt and swim cap and each family received one Handbook. Also covered are newsletters, awards, trophies, meet supplies, insurance and coaches gifts, etc. Everyone who swims in one or more meets receives a trophy at the Awards Picnic.

**COACHES:**

Head Coach: Casey Fimian  
Assistant Coaches: Chris Parkhurst, Peter Krawczyk  
Katie Wood, Kristin Fimian

**STAY INFORMED!** - Parents, check team bulletin board and family folders in the team box every week.

**PRACTICE TIMES (MONDAY THRU FRIDAY)***Afternoon practice starts Tuesday May 27<sup>th</sup>*

8 & Unders	-	4:00 pm - 5:00 pm
9 to 12	-	5:00 pm - 6:00 pm
13 & over	-	6:00 pm - 7:00 pm

*Morning Practice starts Thursday, June 19<sup>th</sup>*

11 & over	8:00 am to 9:00 am
10 & under	9:00 am to 10:00 am

Starting June 21st, there will be an afternoon makeup practice on Tues and Thurs.  
from 5 - 6 pm .

**FRIDAY AM IS MOST IMPORTANT!! PLEASE TRY AND BE THERE!****MEET TIMES****“A” Meets:**

All “A” MEETS START PROMPTLY AT 9:00 AM. For away meets, we will caravan from our pool. See Bulletin Board for departure times. For home meets, be at our pool at 8:00 am for warm-ups.

**“B” Meets:**

ALL “B” MEETS START PROMPTLY AT 6:30 PM. For away meets, we will caravan from our pool. See bulletin board for departure time. For home meets, be at our pool at 5:30 pm for warm-ups.

**PRIVATE LESSONS**

Private lessons are available from all coaches and lifeguards. Contact the individual for cost and times.

**“A” Meets** - Scored dual meets on Saturday mornings. We swim all the teams in our Division, both individual and relay events. POINTS:

Individual	1st place - 5 points
	2nd place - 3 points
	3rd place - 1 point
Relays	1st place - 5 points

**RULES:** A swimmer may swim in no more than 2 individual events, plus 1 regular relay and 1 mixed age relay. We enter 3 swimmers in each individual event. Competition is grouped by age (8 & under, 9-10, 11-12, 13-14, and 15-18) and gender. The swimmer's age on the day of the meet determines age group. A swimmer can "swim up", i.e. swim in an older group ( a 12 year old may compete in a 13-14 event).

**OBJECTIVE:** *WIN TEAM POINTS!* TELL THE COACH NOW IF YOU WILL BE UNAVAILABLE FOR AN "A" MEET! Meet Sheets are exchanged with the other team on Thursday. After that, substitutions are VERY difficult. Swimmers are told FRIDAY AM at PRACTICE who is swimming on Saturday. IF YOU MISS THIS PRACTICE, CALL THE COACH OR TEAM REP A.S.A.P.

**"B" Meets:** Unscored developmental meets on Monday evenings with Vienna teams. There are two 6 and under events and optional relays. Each swimmer may enter two individual events. With multiple heats, every child swims the strokes of their choosing. These meets are very much fun for the swimmers and low in stress/competition.

They are great builders of self esteem and moral. We encourage all of our swimmers who are eligible to participate. We would like to see all of our team members attend even if they are not swimming in the meet.

**"B" Meet Rules:** A swimmer is qualified to swim in a Monday "B" meet as long as he or she has not won a 1st or 2nd place ribbon in any individual event in an "A" meet on the previous Saturday. A swimmer who has won a 3rd place ribbon in an "A" meet on the previous Saturday may not swim that stroke in the Monday "B" meet but may swim another stroke. The team rep has the final decision as to which swimmers are or are not eligible to swim in any "B" meet.

#### **OTHER MEETS:**

**4th of July Relays:** An unscored relay meet held with Vienna Aquatic, Vienna Woods, Cardinal Hill, Hunter Mill, Lakevale, Lee Graham, Westwood Country Club, and Dunn Loring. Patches are given to all swimmers and ribbons are awarded for 1st through 8th place. This fun meet has been a Vienna tradition for over 20 years. The swimmers will see many of their school and sports friends and it is a fun time for everyone. Check the bulletin board to see what your child is swimming in this meet. If your swimmer will be unable to attend, please let us know in advance.

**Divisional Relay Carnival:** July 11th at DUNN LORING. A scored relay meet among the teams in Division 6 on Wednesday evening. Children may swim in no more that 2 relays (1 medley and 1 freestyle relay) and 1 mixed age freestyle relay. THE RESULTS OF THIS MEET DETERMINE WHO GOES TO ALL-STAR RELAYS THE FOLLOWING WEDNESDAY!! Check the bulletin board to see if your child has been selected to swim. Meet starts at 6:30pm.

**All-Star Relay Carnival:** NVSL selects the 18 fastest relays from all 104 teams to swim at All-Stars Relays. The meet is on Wednesday, July 18th at Springboard. Medals are given for 1st through 6th place, and patches are given to all swimmers.

**Divisionals:** July 28th at Hunt Valley. An individual championship meet between all the teams in our division. Swimmers will be entered in up to 2 events based on their times during the season. Extra events include an 8 & under 25 meter butterfly, and 100 meter individual medley (IM) for older swimmers. Plaques are given for 1st through 6th place. Check bulletin board to see who is swimming. Swimmers who “age up” after this meet swim in All-Stars at the younger age. **THE RESULTS OF THIS MEET DETERMINE WHO GOES TO ALL-STARS ON AUGUST 4th at Wakefield Chapel..**

**ALL-STARS:** August 4th at Wakefield Chapel. The NVSL selects the fastest 18 swimmers in each event. These swimmers times are based on each teams Individual Divisional meet the previous Saturday. Medals are given for 1st through 6th place and ribbons are given to 7th through 18th place.

## **AWARDS**

### **OUR AWARDS REINFORCE OUR GOALS, STATED ON PAGE 1.**

**RIBBONS:** “A” & “B” Meets - 1st through 6th place ribbons for each individual event. Relay teams in “A” meets receive 1st place ribbons only. Competitor ribbons are given for remaining places. **Personal Best Ribbons are given any time swimmer improves his/her times.**

## **TROPHIES:**

### **Presented at Awards Picnic**

**DEVELOPMENTAL SWIMMERS OF THE YEAR** - boy and girl who improve the most on the entire team; selected by the coaches.

**OUTSTANDING SPORTSMANSHIP AWARDS** - boy and girl who consistently display outstanding sportsmanship at practice, meets, activities and events; selected by the coaches, a panel of parents and the team reps.

**COACHES AWARDS:** most valuably boy and girl based on overall contribution to the team: selected by the coaches and team reps.

**GEORGE KRACZYK MEMORIAL SPIRIT TROPHY** - For leadership, dedication and commitment to the team while displaying an understanding of the true meaning of summer swimming.....enjoyment, participation, comraderie and team spirit. Selected by a head coach and team reps.

**COMPETITOR TROPHIES** - Every swimmer who swims in one or more “A” or “B” meet, but wins no points in an “A” meet.

**“A” MEET INDIVIDUAL POINT TROPHIES (DIFFERENTIATED)** - every swimmer who earns one or more points in an “A” meet; differentiated by point categories of 1-10, 11-20, 21-30, 31-40, 41-50 points.

**POOL RECORD AWARD** - Any swimmer who sets a new pool record in any NVSL meet during the season (Engraved Medal).

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**Team Reps:** Robin Williams 703-242-7763  
Michelle Kousen 703-242-9103

B-Meet Coordinator: Position Open

**Snack Bar Coordinator** Bruce Biggs  
**Meet Concessions Mgr.** Pam Bauernfeind  
*(Profits from snack bar and meets pay for social events and trophies)*

***PLEASE REFER TO DLST CALENDAR FOR ALL MEET DATES. SOCIAL EVENTS WILL BE POSTED ON THE BULLETIN BOARD DURING THE SEASON!!***

**THANKS FOR ALL OF YOUR SUPPORT!**

**GO DOLPHINS!**