



**Dolphins Swim Team  
Fall/Winter 2016-2017**



Fall/Winter

# 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. The team swims at the Fermi High School Pool, 124 North Maple Street in Enfield. 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 are so proud of the progress all of our swimmers have made! In addition to the numerous best times and improvements, our swimmers have won division championships over the past few years including being the Central Connecticut Swim League Division 2 Dual Meet Champions - 12 & Under (Summer 2014 and Summer 2015), the Central Connecticut Swim League Division 2 Dual Meet Champions - 13 & Over (Summer 2015) and the Central Connecticut Winter Swim League Division 2 Dual Meet Champions (Fall/Winter 2015-2016).

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

Yes! In the winter, our league allows us to take swimmers from Enfield and any town that does not have a CCWSL town team. We have or have had swimmers from Broad Brook/East Windsor, East Longmeadow, Ellington, Enfield, Longmeadow, Somers, South Windsor, Stafford, Suffield and Vernon. This is just where we've had swimmers from, it's not an all-inclusive list so if you don't see your town on there, 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.

## Questions?

Please check out our *Frequently Asked Questions* page at [www.enfield-ct.gov/Recreation](http://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: [enfield\\_dolphins@sbcglobal.net](mailto:enfield_dolphins@sbcglobal.net)

### Inside this issue:

Practice/Meets	2
Returning Swimmer Information	2
New Swimmer Information	2
Fees	3
How to Register	3
Registration Form	4

### Playing a fall sport?

#### Don't count yourself out!

We have lots of kids that do multiple sports, especially in the fall. 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](http://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 the middle of October and runs to the middle of February.

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 December and are held on Saturdays or Sundays. All swimmers are expected to compete in swim meets. Typically we have 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, but you have the option to purchase silicone caps with the swimmer's last name on it if you prefer.

*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. Please note, participation in previous seasons does not guarantee a spot on the team.

- Returning Enfield Residents can register beginning at 9:00 AM on August 26, 2016.
- Returning Non-Resident swimmers can register beginning at 9:00 AM on September 9, 2016

## 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 on **September 20 & 21, 5:30 - 6:30 PM** at the Fermi 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: \$160.00/Non-Resident: \$200.00

*Note: High School swimmers who wish to swim Dolphins should contact the Recreation Department for eligibility dates and pro-rated fees.*

Parents Association Fees (paid at practice): \$25 for one child/ \$40 for two children/ \$55 for 3 or more children  
The Parents Association Fees are for league fees, ribbons, awards, team latex cap, etc.

**We will not take any additional registrations for new or returning swimmers after Friday, October 28th 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](http://www.enfield-ct.gov/recreation) and click on the blue "Online Program Registration" button. Find Dolphins Swim Team. Credit Card Only.
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

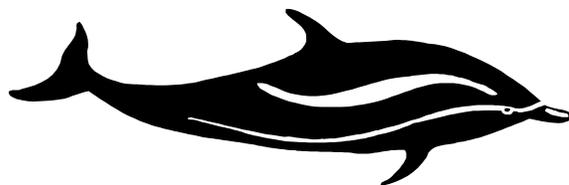
### Things to know before you register

**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 doctor's 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](http://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
			3603.0651.101	Dolphins Swim Team	\$160.00 for Residents \$200.00 for Non-Residents
			3603.0651.101	Dolphins Swim Team	\$160.00 for Residents \$200.00 for Non-Residents
			3603.0651.101	Dolphins Swim Team	\$160.00 for Residents \$200.00 for Non-Residents
			3603.0651.101	Dolphins Swim Team	\$160.00 for Residents \$200.00 for Non-Residents

## 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