

Swim Team **IMPORTANT PARENT INFORMATION**



Volunteer Requirements:

An efficiently run swim meet provides the best experience and environment for our swimmers to benefit from their many hours of hard work at practices. **This requires parent involvement.**

- **We depend on each family to volunteer for at least 1 shift if your child is swimming (i.e. Time Trials, 6 regular season meets, and Divisionals).**
- Depending on the meet, shifts can range from 1 – 2 hrs. Meets average 4-5 hours long.
- There are many volunteer opportunities and we provide training for all positions. (See list of positions below.)
- Qualified Meet Officials** ensure fair competition for our swimmers. The required 1-day training sessions for those positions are provided by Prince William Swim League.
- If you are unable to meet these requirements, please work with the **Volunteer Coordinator** to make other arrangements to support the team. Rest assured, whatever your circumstances, the Frogs have a job for you!
- Questions about volunteer positions and Meet Officials training can be directed to information@dalecityfrogs.org
- **Failure to fulfill this mandatory service requirement will result in a charge of \$25, which must be paid prior to next meet.**

The following is a list of typical swim meet and team related tasks for which we will need your help throughout the season. (A full list of volunteer positions w/ descriptions can be found at www.dalecityfrogs.org.)

Please indicate three (3) volunteer areas of interest on the table below:

Volunteer Position	Interested	Volunteer Position	Interested
Timer		Starter** (1-day training required)	
Recorder		Stroke & Turn** (1-day training required)	
Runner		Scoring	
Mother Hen		Concessions	
Assistant for Clerk of Course		8U Assistant for Clerk of Course	

Safety Requirements:

- For the swimmer's safety, they must be able to safely cross the length of the pool (25 meters) under their own power.
- IF AFTER 2 WEEKS YOUR CHILD IS NOT CONSIDERED WATER SAFE by our coaching staff, your child will not be able to swim on the team this season.
- The purpose of our team is NOT to provide swim lessons, but to train swimmers for competition at all levels.
- Speed is not a requirement. Perfect stroke technique is not a requirement. (This is what they are learning.)

Refund Policy:

For new families, if your child withdraws from the team or is not found to be "water safe" during the first two weeks, you shall receive a full refund. For returning families, a refund of \$90 shall be given .

No refunds will be issued after two weeks.