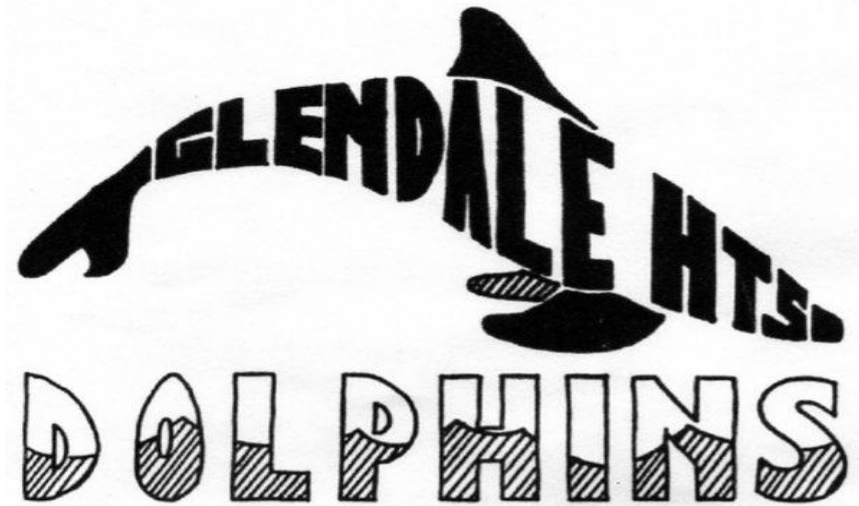


In case you want a schedule you can hang on your refrigerator,  
you can tear this sheet off:

## 2016 Meet Schedule

Date:	Day:	Place:	Start time:	Arrival time:
6/8/2016	Wed	GH at Woodridge**	6:30pm	5:15pm
6/11/2016	Sat	None-Bye week		
6/15/2106	Wed	GH at Bloomingdale	6:30pm	5:30pm
6/18/2016	Sat	Bartlett at GH	8:30am	7:00am
6/22/2016	Wed	Itasca at GH	6:30pm	5:00pm
6/25/2016	Sat	Butterfield at GH	8:30am	7:00am
6/29/2016	Wed	GH at Roselle**	6:30pm	5:15pm
7/2/2016	Sat	None-Holiday		
7/6.2016	Wed	Wood Dale at GH	6:30pm	5:00pm
7/9/2016	Sat	GH at Addison	8:00am	7:00am
7/13/2016	Wed	Hanover Park at GH	6:30pm	5:00pm
7/16/2016	Sat	GH at Carol Stream	8:00am	7:00am
7/23/2016	Sat	B Conference at Wood Dale	TBD	TBD
7/30/2016	Sat	A Conference at Carol Stream	TBD	TBD

\*\*Remember that traveling to Woodridge and Roselle during rush hour traffic takes more time. Be sure to give yourself enough time to get to these pools.



## 2016 Swim Team Information Booklet

**This booklet is also available online at:**

www.ghprf.com and click on GH Dolphins

**Spirit wear website:**

www.thelifeguardstore.com/lgsteams/productcart/pc/

User Name: glendale

Password: dolphins

**DSDC Website:**

[www.swimdsdc.org](http://www.swimdsdc.org)

**Like GH Dolphins on Facebook!!**

## We need YOU!!!

Swim team is run **ENTIRELY** by parent volunteers. We need many parents to help swim meets run smoothly and on time. We need a minimum of 35 adults to run a home meet and 22 to run an away meet. Families are expected to volunteer at a minimum of 5 meets.

### Positions that need to be filled:

**Timers:** We need 12 timers per meet. Timers generally time for half of a meet. Each lane has a timer from the home team and a timer from the visiting team. The home team is responsible for writing the times on a card for each swimmer in their lane. Timers are on deck and able to see every event.

**Bull Pen Parent:** A parent volunteer who oversees the bullpen area and who helps call swimmers to the clerk of course for each event. It is, however, the **swimmers' responsibility** to know when his/her events are.

**Clerk of Course:** This person hands out cards to every swimmer for every event and organizes swimmers in order to get them to their races.

**Stroke Judges, Turn Judges and Finish Judges:** Judges determine correct strokes, kicks, turns and the order in which swimmers finish each race.

**Referee:** The referee makes sure all lanes are clear before another event starts and makes all final decisions in case of a meet dispute.

**Runners:** These people "run" to each timer and judge to collect their cards and then deliver the cards to the scorers' table.

**Starter:** This person starts each race with the starter system.

**Scorers:** These people manually score the actual cards, input them in the computer and verify that the computer printout matches the actual cards.

**Concessions:** At home meets, we provide a concession area that offers hot dogs, pizza, donuts, hot chocolate, cold drinks and other snack items.

## Hello and Welcome!

It's a new season, and we're excited to get started! Hello to all the new swimmers. We're happy to have you on our team! Welcome back to our returning swimmers. Let's make it a great season!

Summer swim is a short season with only 10 dual meets. It's important to come to swim team ready to work hard! Practices are the most important part of any sport, and swim team is no different! Our first meet is June 8th, so we will start practices in the evenings before school ends for summer.

### Expectations for Swimmers:

- \*Will come to a minimum of 3 practices each week.
- \*Will come to practices prepared and ready to swim.
- \*Will be respectful to all coaches and fellow swimmers.
- \*Will exhibit sportsmanlike conduct at all meets.
- \*Will check mailboxes daily and take information home.
- \*Will wear the current team suit to every meet.
- \*Will swim up to 5 events at each meet.

### Expectations for Parents:

- \*Will notify coaches as soon as possible if their child cannot attend a meet.
- \*Will notify coaches immediately if they are running late to a meet.
- \*Will understand that their child(ren) will be scratched from a meet if they are not at warm-ups.
- \*Will understand that if their child is scratched from a meet, he/she will be scratched from 1-2 relays that affect 6 other swimmers.
- \*Will volunteer at a minimum of 5 meets each season.
- \*Will volunteer for 2 hours (per family) of parking at the GH Fest in July.
- \*Will remind their swimmer(s) to wear team suit(s) to meets.

## 2016 Meet Schedule

Date:	Day:	Place:	Start time:	Arrival time:
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7/9/2016	Sat	GH at Addison	8:00am	7:00am
7/13/2016	Wed	Hanover Park at GH	6:30pm	5:00pm
7/16/2016	Sat	GH at Carol Stream	8:00am	7:00am
7/23/2016	Sat	B Conf at Wood Dale	TBD	TBD
7/30/2016	Sat	A Conf at Carol Stream	TBD	TBD

### Other important dates:

1st evening Practice	May 23rd (5:00-6:00pm for 10 and under) (5:00-6:00pm for new swimmers) (6-7:30pm for 11 and older)
1st morning practice	June 6th (6:30-8:30am; 11 and older) (8:30-9:30am; 10 and under & NEW)
Timer Certification Class:	
Judges' Certification Class	
Picture Day	June 15th, 7:00 am; our pool
Mid-Season Pool Party	July 9th, 7:30-9:30pm; our pool
GH Fest	July 13th-17th: Sign up for parking!
B Conf. Pep Rally	July 22nd, 6:00pm; Senior Ctr
A Conf. Pep Rally	July 29th, 6:00pm; Sports Hub
Banquet	July 31st, 5-9pm; Glendale Lakes Golf Course

## Coaches:

**Karolina Anton**  
630-559-5188  
karolinanton@aol.com

**Colleen Mulcrone**  
331-645-9305  
[cmulcrone9@gmail.com](mailto:cmulcrone9@gmail.com)

**Karyssa Heppner**  
262-325-1100  
ktheppner@aol.com

**Robert Bach**  
630-200-4511  
bach.70@osu.edu

## Contact Coaches:

\*If you are unable to come to a meet.

\*If you are running late to a meet, text one of the coaches. It's hard to hear on a noisy pool deck.

\*If you will be on vacation and not be at practice.

\*If you have questions about your child's progress.

## Village Contact:

**Dale Hanstad**  
630-260-6000 x5131  
[dale\\_hanstad@glendaleheights.org](mailto:dale_hanstad@glendaleheights.org)

## Parent Board:

<b>Co-Presidents:</b>	<b>Carol Clark</b> 630-276-8163 <a href="mailto:haleclark@wowway.com">haleclark@wowway.com</a>	If you have general questions about swim team.
	<b>Lynne Shepardson</b> 630-865-9681 <a href="mailto:theboysandme2@yahoo.com">theboysandme2@yahoo.com</a>	

<b>Vice President:</b>	<b>Catherine Prusko</b> 630-441-2984 <a href="mailto:pruskoparty5@comcast.net">pruskoparty5@comcast.net</a>	To sign up for parking or to change your time slot.
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<b>Treasurer:</b>	<b>Jenny Beilfuss</b> 630-456-3403 <a href="mailto:j4beilfuss@gmail.com">j4beilfuss@gmail.com</a>	
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<b>Secretary:</b>	<b>Tara Patterson</b> 630-415-6721 <a href="mailto:tara.scarlett@gmail.com">tara.scarlett@gmail.com</a>	If you are not receiving emails from the team. Questions about ribbons.
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<b>Parent Rep:</b>	<b>Ann Formanski</b> 708-567-8614 <a href="mailto:aformanski@gmail.com">aformanski@gmail.com</a>	If you have any questions about your child that have not been resolved with the coaches.
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<b>Meet Director:</b>	<b>Ginny Carlin</b> 630-621-8641 <a href="mailto:vcarin@gmail.com">vcarin@gmail.com</a>	To volunteer at a meet or change a meet that you've signed up for.
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<b>Spirit Wear:</b>	<b>Ann Formanski</b> 708-567-8614 <a href="mailto:aformanski@gmail.com">aformanski@gmail.com</a>	If you have questions about spirit wear.
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## When to call:

## Packing list for Practices:

- \*Practice suit
- \*Goggles
- \*Swim cap
- \*Towel
- \*Water Bottle
- \*Robe or warmer clothes for afterwards (especially during night practices!)
- \*Shoes and socks for land exercises

## Packing list for Meets:

- \*Team suit
- \*1-2 pairs of goggles
- \*3-5 towels
- \*Water
- \*Healthy snacks (fruit, yogurt, juice, gatorade, pretzels)
- \*Bug spray and sunscreen
- \*Swim cap
- \*Money for the snack bar (optional)
- \*Robe or sweat shirt/pants
- \*Tent or sport-brella (we don't often have shade)
- \*Folding chairs (there usually isn't enough seating)
- \*1-2 Sharpie markers
- \*Hair ties

- \*\*If it is raining, we must still show up to a meet. Meets cannot be cancelled until 30 minutes **after** the scheduled start time.
- \*\*We recommend not using your team suit as a practice suit since the sun and chlorine bleach the colors.
- \*\*Put your name on all of your belongings!

## DuPage Swm & Dive Conference Pool Locations:

<b>ADDISON</b> 120 E. Oak St 630-530-6155	East of Addison Rd, North of Lake Street (20) Lake St (20) east to Addison Rd, North one block to Oak Street. East to entrance on North side of street.
<b>BARTLETT</b> 696 W. Stearns 630-372-7665	1/2 mile east of Rt 59 on Stearns Rd Lake St. (20) west to Rt. 59, south to Stearns Road, east on Stearns to pool. Or, Army Trail west to Rt 59, north to Stearns, east on Stearns to pool.
<b>BLOOMINGDALE</b> 172 S. Circle Ave 630-529-3650	East of Bloomingdale Road and west of Glen Ellyn Rd. South of Lake St. Take Lake St to Circle Ave. South 2 blocks to pool on west side of street. Or, Schick Road east of Bloomingdale Rd to Circle Ave. South 1 block to pool.
<b>BUTTERFIELD</b> 21W730 Butterfield Rd 630-858-2229	North side of Butterfield Rd. East of Rt 53 and west of I-355. Rt 53 south to Butterfield Rd, east 1 block to pool on north side of Butterfield. Or, I-355 south to Butterfield, west to pool.
<b>CAROL STREAM</b> 910 N. Gary Ave 630-784-6142	Southwest corner of Lies Rd and Gary Ave. Head west on Lies Rd, turn left (south) on Gary and the entrance will be on your right.
<b>HANOVER PARK</b> 1700 Greenbrook Blvd 630-830-0330	Seafari Springs Water Park. North of Schick Rd and between Lake St and County Farm Rd on the North side of Greenbrook. North on County Farm Rd, east on Greenbrook to pool.

<b>ITASCA</b> 100 N. Catalpa 630-773-1213	One mile east of Rt 53 and south of Irving Park Rd. Rt 53 (Rohlwing Rd) north to Irving Park Rd, east to Catalpa, south to pool. Directly south of Itasca Library.
<b>LOMBARD</b> 433 E. St. Charles Rd 630-627-6127	Paradise Bay Water Park. East on North Ave. to Grace. South on Grace, cross railroad tracks and east on St. Charles. Pool will be on your immediate right.
<b>ROSELLE</b> 400 S. Prospect St 630-894-4200 (Park District #)	Kemmerling Pool: East of Roselle and south of Irving Park Rd. Bloomingdale Rd north (it becomes Roselle Rd). Cross over Lake St to Ardmore Ave, go east to Prospect, south 2 blocks to pool.
<b>VILLA PARK</b> 341 N. Harvard Ave	Jefferson Pool: East of Addison Rd and south of North Ave. North Ave east to Addison Rd, south to Vermont St., east to Harvard, south to pool.
<b>WOOD DALE</b> 161 W. Commercial St. 630-595-9333	North of Irving Park Rd and west of Wood Dale Rd. Irving Park Rd east to Wood Dale rd, north to Commercial Rd (just over tracks) west to pool entrance.
<b>WOODRIDGE</b> 8301 S. Janes Ave 630-985-5620	South on I-355 to 75th St. West to Janes Ave. (next stoplight), left (south past 83rd St) to pool

**NOTE:** Phone numbers may be to the actual park district and may not be helpful. Please call a board member if you are lost!