

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

2018 Meet Schedule

Date:	Day:	Place:	Start Time:	Arrival Time:
6/6/2018	Wed	Hanover Park @ GH	6:30pm	5:00pm
6/9/2018	Sat	GH @ Wood Dale	8:30am	7:30am
6/13/2018	Wed	GH @ Villa Park	6:30pm	5:30pm
6/16/2018	Sat	Roselle @ GH	8:30am	7:00am
6/20/2018	Wed	Bloomington @ GH	6:30pm	5:00pm
6/23/2018	Sat	GH @ Lombard	8:00am	7:00am
6/27/2018	Wed	Addison @ GH	6:30pm	5:15pm
6/30/2018	Sat	GH @ Woodridge	8:00am	7:00am
7/4/2018	Wed	None-holiday		
7/7/2018	Sat	GH at Itasca	8:00am	7:00am
7/11/2018	Wed	None-BYE Week		
7/14/2018	Sat	Bartlett @GH	8:30am	7:00am
7/21/2018	Sat	B Conf at Hanover Park	TBD	TBD
7/28/2018	Sat	A Conf at Wood Dale	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.



2018 Swim Team Information Booklet

This booklet is also available online at:

www.ghprf.com and click on GH Dolphins

Spirit Wear

(t-shirts, sweatshirts, glitter shirts, etc):

See folder in team mailboxes for order forms
cut off dates: 6/1 and 6/15

Spirit wear (team swim suits):

Must be ordered through the
Sports Hub

DSDC Website:

www.swimdsdc.org

Like GH Dolphins on Facebook!!

Info for New Families:

Swim Meets: We have 10 dual meets & 2 conference meets. Meets are held on Saturday mornings and Wednesday evenings. 5 are at our pool and 5 at other pools. These are exciting events that showcase all your swimmer has learned and worked for. Meets have a minimum of 78 races. There are 7 events for 8 & under swimmers; 8 events for older swimmers. (8 & unders don't swim the 100yd IM. Their "short" events are 25 yards and "long" events are 50 yards. Their relays are 100 yards instead of 200 yards). Each team can also submit 10 exhibition events, so coaches can see how swimmers do in an event. Because there are so many races, the meets usually last 3-4 hours.

Conference meets: We have 2 conference meets. B conference is held first; swimmers earn points for each race they swim and if beat their personal best time from the season. A conference is run like a dual meet, but with the 4-5 teams that make up each division. Teams earn points for placing in each event. Swimmers attend one of the conference meets and the coaches will determine this placement based on times reached throughout the season.

Communication: Unlike many other sports, we swim 4-18 year-olds, boys and girls together. We have a lot of people to keep in the loop. Our most reliable and easiest way is email. We try to send out important reminders as well as weekly updates (**including weather issues**) via email. If you did not supply an email address at registration or are not getting regular emails from us, please email the team secretary and ask to be added to the group.

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 14 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 7th, 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 but possibly fewer.

Expectations for Parents:

- *Will notify coaches as soon as possible if their child cannot attend a meet. **Very Important!!!**
- *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 may affect up to 6 other swimmers.
- *Will volunteer at a minimum of 5 meets each season.
- *Will volunteer for 2 hours (per family) of parking at the Glendale Heights Fest in July.
- *Will remind their swimmer(s) to wear team suit(s) to meets.

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7/29/2018	Sat	A Conf at Wood Dale	TBD	TBD

Other important dates:

Evening Practice	5/21, 5/22, 5/23, 5/24, 5/29, 5/30, 5/31, 6/1 (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 4th (practices are M-T-W and F) (6:30-8:30am; 11 and older) (8:30-9:30am; 10 and under & NEW)
Timer Certification Class:	
Judges' Certification Class	
Picture Day	June 21st, 7:00 am; our pool
Mid-Season Pool Party	July 7th, 7:30-9:30pm; our pool
GH Fest	July 11th-15th: Sign up for parking!
B Conf. Pep Rally	July 20th, 6:00pm; Sports Hub
A Conf. Pep Rally	July 27th, 6:00pm; Sports Hub
Banquet	July 30th, 5-9pm; Glendale Lakes Golf Course

Coaches:

Colleen Mulcrone

331-645-9305

cmulcrone9@gmail.com

Patrice Labos

630-880-5513

patricelabos@gmail.com

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:

Colleen Conroy

630-260-6000 x5122

colleen_conroy@glendaleheights.org

Parent Board:

When to call:

Co-Presidents: Carol Clark 630-276-8163 haleclark@wowway.com Lynne Shepardson 630-865-9681 theboysandme2@yahoo.com	If you have general questions about swim team.
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Vice President: Catherine Prusko 630-441-2984 pruskoparty5@comcast.net	To sign up for parking or to change your time slot.
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Treasurer: Jenny Beilfuss 630-456-3403 j4beilfuss@gmail.com	If you have questions about team parties--pre-, mid-and pep rallies.
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Secretary: Danielle Salley 630-890-8046 boxerma2005@gmail.com	If you are not receiving emails from the team. Questions about ribbons.
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Parent Rep: Gretchen Guitierrez 773-531-7501 guitierrez.gretchen@gmail.com	If you have any questions about your swimmer or DSDC rules.
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Meet Director:	To volunteer at a meet or change a meet that you've signed up for.
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Spirit Wear: Ann Formanski 708-567-8614 aformanski@gmail.com	If you have questions about spirit wear.
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Team Record Keeper: Tara Patterson 630-415-6721	tara.scarlett@gmail.com If you have questions about ribbons.
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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 (more with cool weather)
- *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 Swim & Dive Conference Pool Locations:

ADDISON 1100W Wood St Bensenville 630-766-7946	Swimming at the Bensenville outdoor pool. North Ave east to Rt 83, North to Wood Street Pool will be on the right
BARTLETT 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.
BLOOMINGDALE 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. Caution! This comes up wrong in GPS!!!
BUTTERFIELD 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.
CAROL STREAM 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.
HANOVER PARK 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.

ITASCA
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.

LOMBARD
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.

ROSELLE
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.

VILLA PARK
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.

WOOD DALE
161 W. Commercial St.
630-595-9333
Irving Park Rd east to Wood Dale rd, north to
Commercial Rd (just over tracks) west to pool
entrance.

WOODRIDGE
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!