

Parent Info Night 2022



Zoom Etiquette

- Please mute unless you are called on.
- Use the chat for questions. A moderator will make sure that it is answered.
- This presentation will be recorded to allow it to be shared.



Who are the Lake Forest II Dolphins?

- Largest non-profit organization at the LFII Sun & Sail Club
- Established in 1984
- 1 of 6 teams in South Coast Swim Conference since 1988
- Eligibility: any resident of Lake Forest II, between the ages of 6 and 18, plus limited non-member spots
- Season runs April to July, with dual meets typically beginning in early June

Who runs the Dolphins?

Dolphins Board Members

President - Vanessa Tingey

Vice President - Andrew Priest

Secretary - Tina Fellers

Treasurer - Colette Aguirre

Scoring - Nick Burki

Concessions - Anthony Quitugua

Social Director - Shelley Willard

Meet Coordinator - Rob Mortenson

Registrar - Kendra Taylor



Who runs the Dolphins?

Dolphins Committee Members

Sponsorship - Jessica Brantley

Communications - Alex Fishburn

Clothing Coordinator - Thorey Bauer

Ribbons/Awards - Kimberly McEachern

Historian/Records Keeper - Tanya Mark

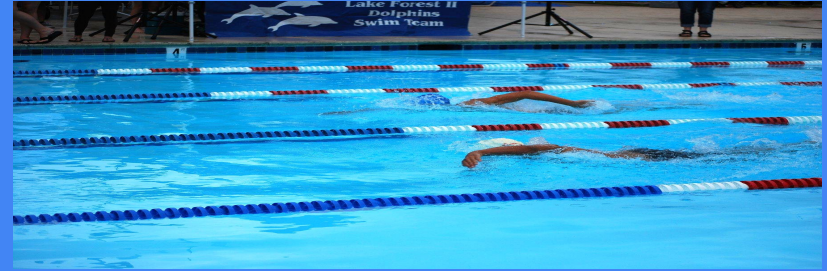
Fundraising - Lisa Pursley

Advisor - Evan Taylor



We are always looking for new/additional volunteers! Visit our website
www.lf2dolphins.org for details and contact information.

COVID response



- Stay safe! If you feel unwell, please stay home.



Team Uniform & Equipment



- Uniform is black suit and blue Dolphin cap. Use your own black suit or order online, password: **LFD**
- Included in registration: blue Dolphin swim cap and a spirit t-shirt.
- Swimsuit try-on day is **April 19** on the pool deck during practice times.
- Additional Equipment: goggles, swim cap, kickboard & fins. 11 & Up - add paddles, buoy & snorkel
- Local shopping: Competitive Aquatic Supply 3972 Barranca Pkwy Unit E, Irvine Crossroads Shopping Center (949) 653-7665

Spirit Wear



- Dolphin Trucker Hats \$30 on the pool deck
- Online Spirit Wear Shop: PJ Pants, T-Shirts, Hoodies, Tank Tops



Wear your Dolphin Blue at meets!



Spring Practice Schedule

Spring Practices run April 18-June 3
Between 3-7:15pm, Monday-Friday

Jr. Dolphins	3:00-3:30pm
Red	3:30-4:15pm
White	4:15-5:00pm
Blue	5:00-6:00pm
Senior	6:00-7:15pm



Summer Practice Schedule

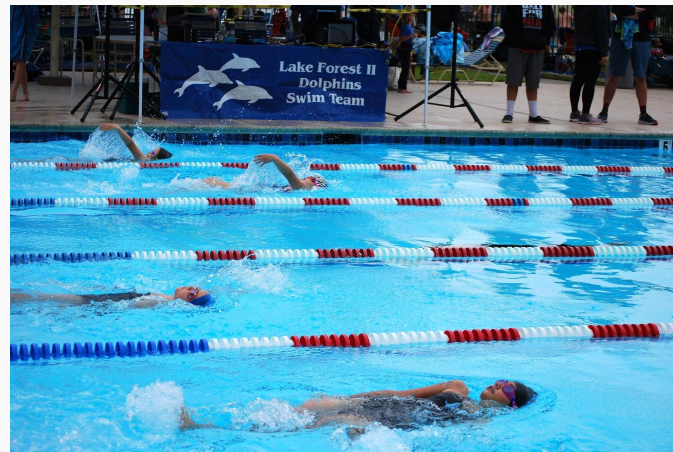
Summer Schedule runs June 6 -July 29
Between 9am-1:30pm, Monday-Friday

Senior	9:00-10:15 am
Jr Dolphins	10:15-10:45 am
Red	10:45-11:30 am
White	11:30-12:30 pm
Blue	12:30-1:30 pm



Practice Expectations

- Be on time, bring your equipment and be ready for practice.
- Practices are not mandatory but regular attendance is highly recommended.
- Inform coaches about vacations & absences.
- Equipment needed for each swimmer
 - Goggles
 - Cap (for long hair)
 - Kickboard
 - Swim fins
 - 11 & Up- the above plus paddles, buoy & snorkel



Who will be coaching?

- **Head Coach Bryan Dedeaux**
 - 30+ yrs coaching youth swimming
 - Coached at Irvine Swimming League (ISL), Saddleback El Toro Swim Team (SET), MV Nadadores, 4th year with Dolphins
- **Assistant Coaches**
- **Jr Coaches** (current/former Dolphins)



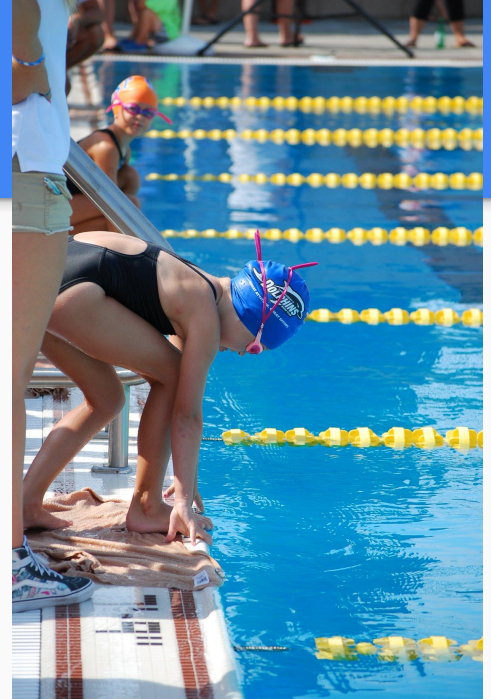
Coaching Approach

Philosophy

- Progressively teach the most necessary skills of swimming at each level with passion, enthusiasm and a long term vision of the future for each individual.

2022 Goal

- Teach swimming and racing in a way that inspires kids to love the sport and continue their pursuit of skills acquisition, stroke technique and overall improvement for years to come.



What to Expect on Day 1?



- Arrive at club entrance, check in at counter and head to pool deck.
- Under age of 12, required to have 1 responsible adult on deck during practice
- Wait for a coach to gather for practice.
- Coaches will distribute swimmers into preliminary lane assignments. Adjustments will be made as we evaluate each swimmer during practice.
- Coaching staff will be on deck and in-water as necessary.

Meet Expectations

- You must declare for each swim meet on the website as each meet is available (typically weekly).
- Swimmers must wear team suits (all black) and team caps at meets.
- Meet locations include Newport Beach, Huntington Beach and Fountain Valley.
- **Meet/Volunteer Zoom Meeting**
Tuesday, May 10, 7pm



Saturday Meet Schedule

- May 21 Intersquad
- June 4 vs @Green Valley
- **June 11 vs Harbor View**
- **June 18 vs Newport Hills**
- June 25 Relays @Costa Mesa
- July 9 vs @Pacific Sands
- July 16 vs @GreenBrook
- July 23 Finals



Volunteer Requirements

- Each family is required to complete 4 meet volunteer shifts and 1 social volunteer shift (Meet shift= ½ of meet)
- Meet Volunteers: Timer, Lane Writer, Set-Up, Tear-Down, Runner, Concessions, Deck Monitor, Swimmer Staging, Swimmer Check-In



Social Events & Volunteering

- April 25 Welcome Back Party during practice
- May 5 Dolphin Dash during practice
- May 23 Picture Day instead of practice
- July 4 Fourth of July Parade
- July 11 Ice Cream Social during practice
- July 25 Swim Banquet, 6-8pm

Also need practice-group parent volunteers to help Dolphin Dash and organizes fun practice group social events



Fundraising: Dolphin Dash

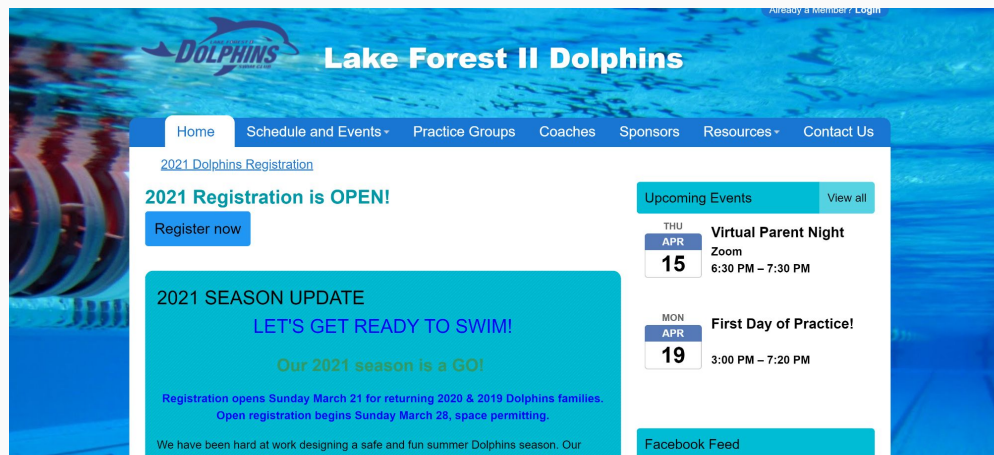
- Save the date: May 5, 2022
- Raising funds for starting blocks maintenance
- Online pledges through Pledgestar.
- During practice times.
- Volunteers are extremely important to help with counting laps!
- Keep an eye out for an email with more details and prize info



Dolphin Website

www.lf2dolphins.org

- Family portal
- Dolphin Spirit Wear & CAS
- Calendar
- Practice Group
- Meet Info
- Sponsors



Questions?

Board President

Vanessa Tingey

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Head Coach

Bryan Dedeaux

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www.LF2Dolphins.org

