

Parent Info Night 2024



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 5 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 - Andrew Priest

Vice President - Laura Magwood

Secretary - Krista Deuermeier

Treasurer - Jessica Brantley

Scoring - Nick Burki

Meet Coordinator - June Vavrina

Registrar - Kevin McIntyre



Who runs the Dolphins?

Dolphins Committee Members

Sponsorship - Robin Gilmartin Poloso

Communications - Tricia Kowalski

Clothing Coordinator - Meredith Maffetore

Ribbons/Awards - Kimberly McEachern

Historian/Records Keeper - Colette Aguirre

Fundraising - Robin Gilmartin Poloso/

Concessions - Daryl Robinson

Social Director - Shelley Willard

Volunteer Coordinator - Analia Hibbert



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

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

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 8-June 1
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

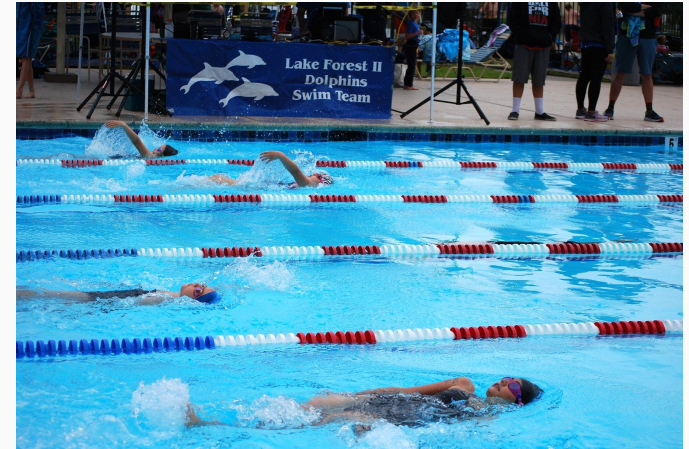
Summer Schedule runs June 3 -July 19
Between 9am-1:30pm, Monday-Friday

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)



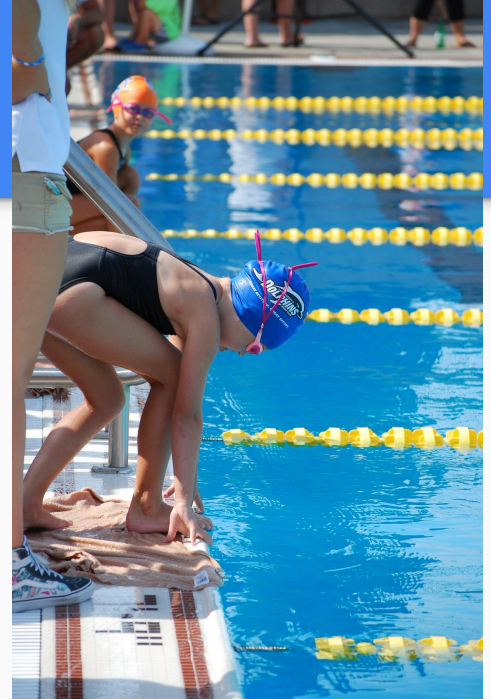
Coaching Approach

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.

2023 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 when the meet becomes available (typically Sunday before the meet).
- Swimmers must wear team suits (all black) and team caps at meets.
- Meet locations include Newport Beach, Huntington Beach and Fountain Valley.



2024 Meet Structure



Split meets

- **First group (9 and over):**
 - 6:30am Set Up Crew ONLY
 - 8:00am Warm Ups
 - 9:00am Events Start
 - 11:00am Events End (approx.)
- **2nd group (8 and under):**
 - 11:00am Warm Ups
 - 12:00pm Events Start
 - 2:00pm Events End (approx.) & Tear Down Crew

Traditional meets (all ages)

- 6:30am Set Up Crew ONLY
- 8:00am Warm Ups
- 9:00am Events Start
- 2:00pm Events End (approx.) & Tear Down Crew

** half-way point volunteer switch**

Saturday Meet Schedule

- May 11 Intersquad
- May 18 vs @ Green Valley
- June 1 vs Harbor View
- June 8 vs @Newport Hills
- June 15 vs Pacific Sands
- July 22 @ League Relay Finals
- July 29 vs @ GreenBrook
- July 13 vs Newport Hills
- July 20 @ League Finals



Meet Entrance

Volunteer Check In

**Staging for 8 &
Under**

**No access during
meet**



Family Participation



- Diner will be open with limited stock. We WILL sell out!
- NO access to family/dive pool until very END of Meet
- EVERY family must sign up to volunteer for at least 13 shift points. *Meets can't run without A LOT of volunteers! We will train you!
- Cheer for YOUR swimmer, cheer for ALL swimmers!

Wear your Dolphin Blue for meets!

Volunteer Requirements

- Each family is required to complete a total of 13 shift points, including social AND meet.
 - Points vary by position
 - Relay finals and League finals do not count
- Meet Volunteer Positions include:
 - Timer, Lane Writer, Set-Up/Tear-Down, Runner, Concessions, Deck Monitor, Swimmer Staging



Volunteer Job Descriptions for Swim Meets

- **Timers-** behind the blocks, start and stop the time
- **Lane Writers-** record swimmer info and race times on the sheet
- **Runners-** collect sheets from each lane and deliver to the mpr
- **Head Timer-** start and stop for each race as failsafe
- **Staging-** help coaches organize swimmers before races
- **Set Up Crew-** help set up tents, chairs, and equipment for meet
- **Tear Down Crew-** clean up & put away tents, chairs, and equipment
- **Deck Monitors-** remind people to walk and stay out of the other pools
- **Parking Monitors -** TBA

Volunteers on Home Meet Day



Check-in location for most: inside the multipurpose room (the building next to the lap pool)

- **Set Up Crew** check in with June at 6:30am
- **Timers, Lane Writers, Runners, Staging** will be asked to report 15-30 minutes prior to meet start for a quick training
 - This will allow us to know you are there, train you, and distribute equipment prior to the start of the races.
 - When your time slot is over, return the equipment to the multipurpose room to be prepped for the next group.
- **Tear Down Crew** check in with June at the end of the meet, around 2:00pm.

Social Events & Volunteering

- | | |
|----------|--|
| April 16 | Welcome Back Party (during practice) |
| April 20 | Earth Day in The Woods (Sleep Hollow Terrace) |
| May ?? | Picture Day instead of practice |
| May 23 | Dolphin Dash during practice |
| June 7 | Ice Cream Social (during practice) |
| July 4 | Fourth of July Parade |
| July 22 | Swim Banquet, 5-8pm |

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

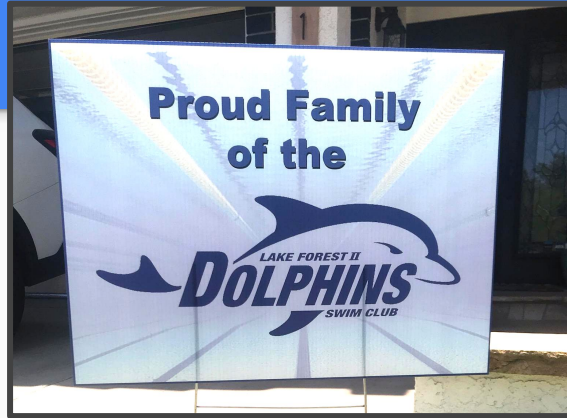


Team Fundraising



Way to Go, Dolphins!

We are excited for May
23rd!



They're back!

Show your **Dolphins** Spirit with a
team yard sign!

\$20 min donation

Purchase at any Dolphin Meet

Restaurant Nights



Coming this summer!
Check your email for dates
in June and July

Fundraising: Dolphin Dash

- Save the date: May 23, 2024
- 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



Dine Out Fundraisers

April 19 Panda Express

May 14 Chipotle

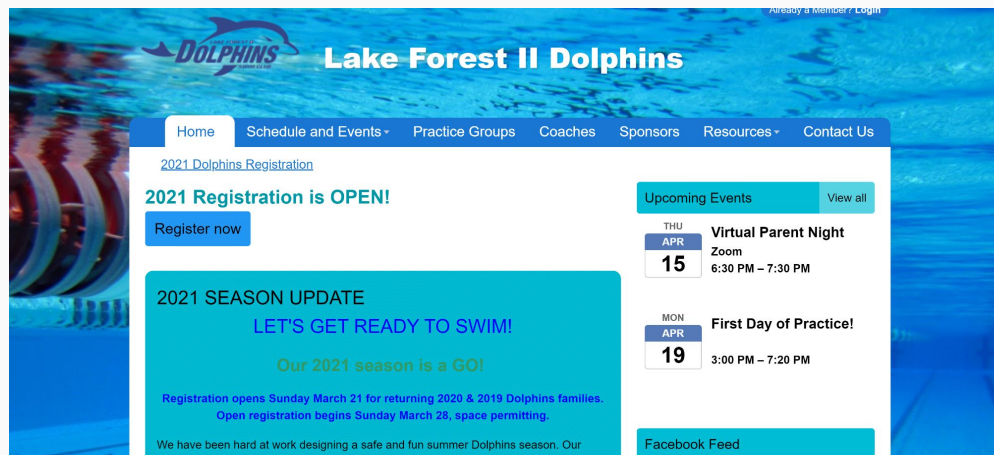
June 11 Handel's



Dolphin Website

www.lf2dolphins.org

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



Questions?

Board President

Andrew Priest

president@lf2dolphins.org

Head Coach

Bryan Dedeaux

coachbryandedeaux@gmail.com

www.LF2Dolphins.org

