

Meet 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 (19 for 2021) plus limited non-member spots
- Season runs April to July, with dual meets typically beginning in early June

Team Fundraising



Way to Go, Dolphins!

Over \$11,000 raised
Donations accepted
through 5/21
(Intersquad)

Restaurant Nights



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



They're back!

Show your **Dolphins** Spirit with a **team yard sign!**
\$20 min donation Purchase at any Dolphin Meet

Summer Practice Schedule

Recommended that swimmers attend at least 3-4 practices a week.

*** No Practice on Mon, 5/30 Memorial Day, Fri 7/1-Tues 7/5
Independence Day***

June 6 -July 29, M-F

9:00-10:15 am Senior

10:15-10:45 am Jr Dolphins

10:45-11:30 am Red

11:30-12:30 pm White

12:30-1:30 pm Blue



Saturday Meet Schedule

- May 21 Intersquad
- June 4 Meet @ Green Valley
- June 11 HOME vs Harbor View
- June 18 HOME vs Newport Harbor
- June 25 Relay Finals @ Costa Mesa HS*
- July 9 Meet @ Pacific Sands
- July 16 Meet @ Greenbrook
- July 23 Finals*

* Invite Only

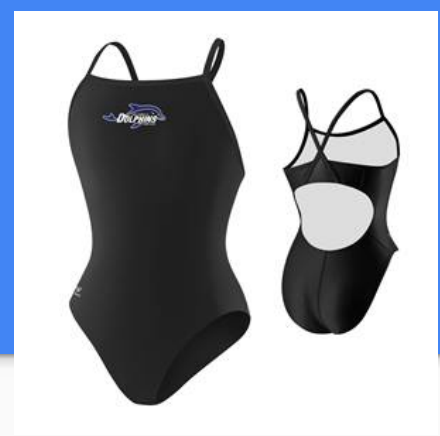


Meet Expectations



- Meets are optional but highly encouraged!
- Swimmers must declare for each swim meet on the website as each meet is available (typically weekly).
- Meet locations include Newport Beach, Huntington Beach and Fountain Valley, addresses on our website.
- Swimmer and volunteers must be on time

Team Uniform & Equipment



- Team uniform: All black suit (with or without Dolphin logo), Dolphin cap, Dolphin Tee Shirt
- Each swimmer needs: goggles, team swim cap, sunscreen, towel
- **Need the swimmer's number on their upper arm in sharpie, sunscreen after. *The number will stay the same all season***
- For meets enter/exit the Club from the side gate near the boat ramp
- Local shopping: Competitive Aquatic Supply 3972 Barranca Pkwy Unit E, Irvine Crossroads Shopping Center(949) 653-7665

Wear your Dolphin Blue for meets!

2022 Meet Structure

6:30am Set Up Crew ONLY

7:00am Swimmer Check In

7:30am Warm Ups

8:00am Events Start

** half way point Volunteer switch**

1:00pm Events End (approx.) & Tear Down Crew



Meet Event Schedule

- Events labeled by
Number/Gender/Age/Distance/Stroke
- Event numbers and stroke will be announced
- 8 and unders will be called to staging. Please keep staging area clear.

Freestyle

Breaststroke

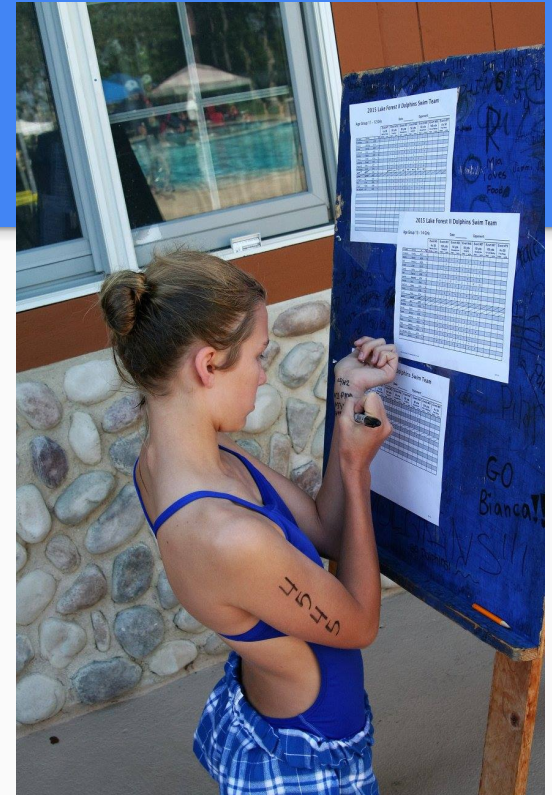
Butterfly

Backstroke

7/8 yo 50 Freestyle

9 & up Individual Medley

(IM order: Butterfly, Backstroke, Breaststroke, Freestyle)



Signing up to Volunteer

- Every family must sign up to volunteer for 4 meet shifts (1 shift= ½ a meet).
- Sign-ups are first come, first serve, for each meet.
- Sign-ups on the Dolphin Website will open the Sunday before the meet for that upcoming Saturday meet.
- You may sign up for first half or second half, but you must stay the entire half even if your swimmer is done.
- Fulfill your commitment...everyone is counting on you!



Volunteer Job Descriptions for Swim Meets

- **VOLUNTEER DJ** needed for Intersquad & 2 home meets!!!
- **Timers** (3 per lane) - behind the blocks, start and stop the time
- **Lane Writers** (1 per lane) - record swimmer info and race times on the sheet
- **Runners** (1 per session) - collect sheets from each lane and deliver to the mpr
- **Back-up Timer** (1 per session) - start and stop for each race as failsafe
- **Staging** (1) - help coaches organize swimmers before races
- **Swimmer Check-In** (2) - manage check in of swimmers before meet
- **Set Up Crew** (5 per meet) - help set up tents, chairs, and equipment for meet
- **Tear Down Crew** (4 per meet) - clean up & put away tents, chairs, and equipment

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 Rob at 6:30am
- **Swimmer Check-In** be at the check-in tent 10 minutes before check-in
- **Timers, Lane Writers, Runners, Staging** check in 15 minutes prior to meet start
 - This will allow us to know you are there, train you if needed, and distribute equipment prior to the start of the races.
 - When your time slot is over, return the equipment to be prepped for the next group.
- **Tear Down Crew** check in with Rob at the end of the meet, around 1:00pm.
- **Alternates:** check in 15 minutes prior to meet start to see if you are needed.

Meet Entrance

Swimmer Check In

Volunteer Check In

**Staging for 8 &
Under**

**No access during
meet**



Volunteer Expectations

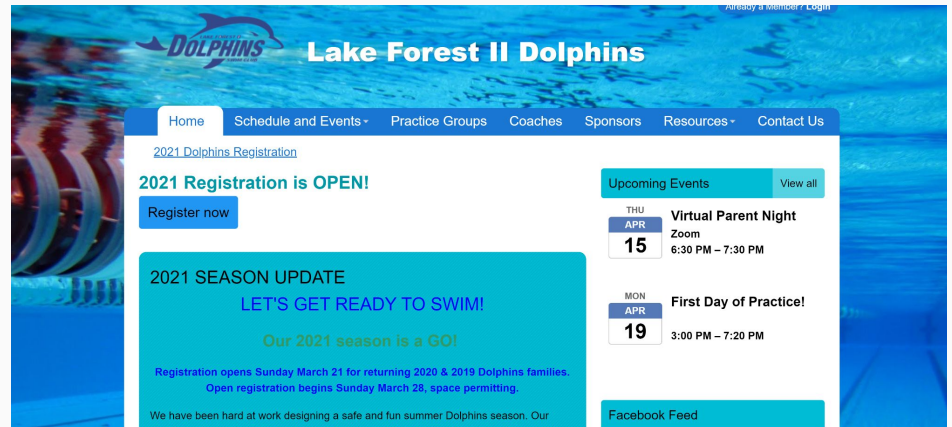
- Every family must sign up to volunteer for 4 meet shifts (1 shift= ½ a meet).
- Know when and where to check-in
- No cell phones behind the blocks (timers, lane writers, runner, staging)
- Be on time for your time slot and stay for the entirety.
- Ask questions! We are here to help!



Dolphin Website

www.lf2dolphins.org

- Family portal
 - Practice Times
 - Meet times
 - Meet Locations
- How to volunteer
- Declare for meets



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 4 meet shifts (1 shift= ½ a meet). 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!

Questions?

Board President

Vanessa Tingey

president@lf2dolphins.org

Meet Coordinator

Rob Mortenson

Meets@lf2dolphins.org

[***www.LF2Dolphins.org***](http://www.LF2Dolphins.org)

