



## Blue Dolphins Swim Team Membership Overview

For over 50 years the Blue Dolphins Swim Team (BDST) has proudly served our community and strives to give our children the best athletic program available. Our experienced coaching staff offers a competitive program kids can grow up in. For additional information go to [www.bluedolphinsswimteam.org](http://www.bluedolphinsswimteam.org).

### Try It Out:

All swimmers can test their skills during a two week, try out period for free. Try-outs are for three days: Mondays, Wednesdays, and Fridays from 4:30pm to 5:15pm year around. This a great opportunity for beginner swimmers to experience a real practice and for our professional coaching staff to evaluate their skill level.

### Membership & Start-Up Costs:

Annual BDST fees include USA Swimming registration (required), a team t-shirt and swim cap. Dues are as follows:

	<b>Monthly Dues</b>	<b>Annual BDST Fees</b> <i>Sept. 2020 to Dec. 2021</i>	<b>DAC Membership</b> <i>Ask DAC staff about in-city discounts</i>
Novice	\$40.00	\$110.00	\$250 annually/\$100 season
Age – Group Prep	\$60.00	\$110.00	\$250 annually/\$100 season
Age – Group	\$65.00	\$110.00	\$250 annually/\$100 season
Seniors	\$80.00	\$110.00	\$250 annually/\$100 season

### Practice Schedule:

The BDST swimmers are organized into four primary training groups based on developmental levels, abilities, and age, as determined by coaching staff. The groups are as follows:

<b>Group</b>	<b>Days</b>	<b>Times</b>
Novice	M-W-F	4:30pm to 5:15pm
Age – Group Prep	M-W-F T-Th	4:30pm to 5:15pm 4:30pm to 6:00pm
Age – Group	M-W-F T-Th	5:15pm to 6:30pm 4:30pm to 6:00pm 6:00pm to 6:30pm (Dryland)
Senior	M-W-F T-Th	4:30pm to 6:30pm 4:30pm to 6:00pm 6:00pm to 6:30pm (Dryland)

### Contact Us:

**Head Coach, Mark Maxwell**

Email: [familymaxwell4@yahoo.com](mailto:familymaxwell4@yahoo.com)

Phone: 503-538-6862

**BDST President, Kim Hanson**

Email: [BDSTPresident@gmail.com](mailto:BDSTPresident@gmail.com)



Greetings and welcome to the Blue Dolphins Swim Team!

After your athlete has successfully completed the two-week trial period and would like to join the team, follow the registration process below. If you have any questions about any of these steps, please contact us so we can assist you.

#### **Step One – Review Registration Packet:**

- Once you have received your BDST Registration Packet, review all the information provided. Each packet should have the following:
  - Athlete Registration Application
  - Blue Dolphins Swim Team Overview
  - Swimmer Code of Conduct
  - Parent Code of Conduct
  - MAAPP Acknowledgement
  - Heads-up: Concussion Fact Sheet

#### **Step Two – Go to our Website and Review the Online BDST Handbook:**

- Go to our website at [www.bluedolphinsswimteam.org](http://www.bluedolphinsswimteam.org) to review the BDST Handbook. Go to Registration Information, and then download. There is a lot of helpful information, please look through it thoroughly. Also, take the time getting to know our website, as this is the main source of information for the team.

#### **Step Three – Complete Registration Packet and Submit Payment:**

- Complete the Athlete Registration Application and have your swimmer sign the Swimmer Code of Conduct. Parents need to sign the Parent Code of Conduct and the Minor Athlete Abuse Protection Policy (MAAPP) Acknowledgement. Place your completed forms, registration fees and monthly dues in the wooden payment box located in the equipment cage on the swim deck. Contact one of our coaching staff or board members if you have any questions.

#### **Step Four – Register with Dallas Aquatic Center**

- Register with Dallas Aquatic Center (DAC). All swim team members are required to have a seasonal or annual membership pass to the Dallas Aquatic Center. You can do this online at [www.dallasor.gov/796/Admission-Rates](http://www.dallasor.gov/796/Admission-Rates) or visit the front desk and they can help you. Please note, BDST rents pool time from the DAC and we operate independently from them. If you have any questions regarding your DAC membership, contact them directly.



## Swimmer Code of Conduct Agreement

1. As a swimmer representing BDST, I will conduct myself with dignity and behave in a way that always reflects positively on me and the team.
2. I will be on time and ready to swim for practice, training sessions and meets.
3. I will be responsible and remember to check-in using my pool pass prior to practice, as required by Dallas Aquatic Center.
4. I will put forth my best effort during every practice I attend and complete any training set my coach gives me with honesty and integrity. My focus is only on my own practice no one else's.
5. I will demonstrate sportsmanlike behavior and respect for officials, coaches, parents, volunteers, and swimmers always.
6. I will never interfere with the progress of another swimmer; this includes pushing or pulling other swimmers under the water.
7. I will not bully or cause harm to another swimmer during practice and/or at any other swim team function. This includes practice, warm-ups, meets, locker rooms or off-site functions. If I witness this behavior, I will report it to a trusted adult right away.
8. I will not gossip about or be unkind to my teammates.
9. I will be supportive of my teammates at practice and in competitions. I understand that working as a unit will benefit each team member and is an important part of the BDST spirit.
10. I'll respect the staff and other guests at Dallas Aquatic Center (DAC) by following the safety rules, keeping the locker rooms clean, keeping my voice low in the locker room, showering in a timely manner and showing my respect for the building by leaving all areas as clean as, or cleaner than when I arrived.
11. During away meets, I will be courteous to meet hosts and pool facility operators. I will leave the BDST team area in a neat and clean condition at the conclusion of each meet. This applies to pool locker rooms, bleacher areas, pool decks, outdoor waiting areas, etc.
12. I will support and encourage my teammates and other fellow competitors.
13. I will know all my events/relays I will be swimming at swim meets and check-in with my coach before and after each event.
14. As a member of USA Swimming, I will uphold the USA Swimming's Code of Conduct.



## Swimmer Code of Conduct Agreement

*Please sign and return this signature page to your coach and keep the BDST Code of Conduct page for your review.*

As a member of the Blue Dolphins Swim Team I, \_\_\_\_\_, have read and understand my responsibilities as a member of the Blue Dolphins Swim Team.

If for any reason I do not conduct myself under this code, my actions may result in disciplinary action. This can range from, but is not limited to: reprimands, repetitions of a drill, push-ups, etc., being sent home, being removed from competition or receiving any other disciplinary action the Coaching Staff and/or Board of Directors deems appropriate.

Swimmer Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Parent Code of Conduct

The purpose of a code of conduct for parents is to establish consistent expectations for behavior by parents. As a parent/guardian, I understand the important growth and developmental support that my child's participation fosters. I also understand that it is essential to provide the coaching staff with respect and the authority to coach the team. I agree with the following statements:

1. I will always set the right example for our children by demonstrating sportsmanship and showing respect and common courtesy to the team members, coaches, competitors, officials, parents, and all facilities.
2. I will get involved by volunteering, observing practices, cheering at meets, and talking with my child and their coach about their progress.
3. I will refrain from coaching my child from the stands during practices or meets.
4. I understand that criticizing, name-calling, use of abusive language or gestures directed toward coaches, officials, volunteers, and/or any participating swimmer will not be tolerated.
5. I will respect the integrity of the officials.
6. I will direct my concerns to first to the Head Coach; then, if not satisfied, to the Board of Directors.

I understand the above expectations and that my failure to adhere to them may result in disciplinary action.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



**Minor Athlete Abuse Prevention Policy (MAAPP)  
Acknowledgement**

I acknowledge that I have received, read, and understood the Minor Athlete Abuse Prevention Policy and/or that the Policy has been explained to me or my family. I further acknowledge and understand that agreeing to comply with the contents of this Policy is a condition of my membership with Blue Dolphins Swim Team (USA Swimming member club).

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_