

The Head Coach will be the Meet Director at all home meets. He/She is also responsible for obtaining all materials and volunteers needed in order to operate a smooth meet.

ARROWHEAD DOLPHINS  
SATURDAY SWIM MEET SCHEDULE

June 18	Home vs. Mesquite Groves Stingrays	Arrowhead
June 25	Away vs. Maricopa Marlins	Maricopa
July 2	Home vs. Team Tempe & Casa Grande	Arrowhead
July 16	All City Swim Meet	Mesquite Groves
July 23	APRA Swimmer's Classic Meet	Kino Pool

No practice or swim meet the week of July 4-9, 2016.  
Meet schedule is subject to change

Visit our website at <http://chandleraz.gov/default.aspx?pageid=294>. You will be able to view and download the swim team handbook, which includes the swim meet information, t-shirt order form, health card form, and much more.

It is the goal of the Chandler Aquatics Division to make your child's swimming experience positive and enjoyable. We are constantly striving for excellence, and welcome comments and suggestions to help us improve the program.

If you would like more information on our Recreation Swim Teams or other Aquatics programming, please call (480) 782-2756.

COACHING STAFF

Head Swim Coach – Denise Underwood  
Assistant Swim Coach – Zoe Vela  
Coaches' Aide – Jamie Cowser  
Coaches' Aide – Connor McAuliffe  
Coaches' Aide – Caroline Jones



SWIM TEAM PARTY

Saturday, July 16 from 6:30 - 9:30 p.m.  
at Mesquite Groves Aquatic Center

# 2016

Community & Neighborhood Services  
Department  
Aquatics Division



## Arrowhead Dolphins

Swim Team Handbook

TEAM WEBSITE:  
[www.chandlerdolphins.com](http://www.chandlerdolphins.com)



## PHILOSOPHY OF THE RECREATION SWIM TEAM PROGRAM

The Chandler recreation swim teams are organized to serve the needs and potential development for children and teens that are interested in a swim team experience. Through the recreation design of the program, it is intended that all children who participate will enhance their physical and mental fitness.

Through participation in the program, it is hoped that participants will have a positive experience, and develop positive attitudes, learn good sportsmanship, teamwork and self-esteem from their accomplishments. It is also hoped that participants will learn the rules of the sport, correct stroke techniques, and realize their potential through self-discipline and hard work.

This program was developed to allow family participation. Parents are highly encouraged to become involved with this program through volunteering their services or being supportive spectators.

### OBJECTIVES OF THE PROGRAM

1. To provide basic competitive swimming skills. (Participants should already have basic beginning swimming skills.)
2. To provide a SAFE, fun and positive atmosphere.
3. Provide opportunities for participants to develop their swimming skills through organized training and self-discipline.
4. Allow participants to gain self-esteem and confidence through personal accomplishments.

### PRACTICE SCHEDULE

Arrowhead Dolphins practice at Arrowhead Pool

Tuesday through Friday

5½ to 8            8:00-8:50 a.m.

9 to 10            7:00-7:50 a.m.

11 to 18           6:00-6:50 a.m.

Practice begins June 7!

**IMPORTANT:** Swimmers are asked to arrive 10 minutes early for practice to stretch and warm-up. Attendance and participation at practice is highly recommended, but not mandatory.



## TEAM SUITS

A team suit is selected by coaching staff and is optional for participants to purchase. Swimsuit fitting is scheduled for Thursday, June 9 from 6:30-9:30 a.m. You may go to the East Valley Sports website to view the swimsuits at [East Valley Sports](#).

## T-SHIRTS AND TEAM PICTURES

A team t-shirt will be selected for each team. You may download an order form from our Recreation Swim Team website at <http://chandleraz.gov/default.aspx?pageid=294> or ask your coaching staff for an order form. Submit the completed form and payment to a member of the coaching staff no later than Tuesday, June 14. T-shirts are optional for participants to purchase.

Team and individual pictures are scheduled on Thursday, June 16. All swimmers are asked to be at Arrowhead Pool at 6:30 a.m. Practice will be conducted on picture day.

## VOLUNTEERS

It is important that the parents/families of the participants become involved in their child's swim team experience. Each program has volunteer groups. These volunteers will be responsible for assisting at home swim meets as: judges, timers, starter, clerk of the course, etc. In order for this team to be successful, a volunteer group is needed!

## SWIM MEETS

Most swim meets are held Saturday mornings, 7-10:45 a.m. All Saturday meets will start at 7:30 a.m. with warm-ups at 7 a.m. Home meets will be hosted at the pool at which you practice.



The 7<sup>th</sup> Annual City of Chandler All City Meet is scheduled for Saturday, July 16 from 6:30-10:45 a.m. at Mesquite Groves Aquatic Center. Participants from all four City of Chandler recreation swim teams will compete against one another in various strokes and events.

## APRA SWIMMER'S CLASSIC SWIM MEET

The APRA Swimmer's Classic Meet is scheduled for Saturday, July 23 at the Kino Aquatic Center located in Mesa, AZ. Participation is highly recommended, but not mandatory. More information regarding meet registration will be provided at a later time.