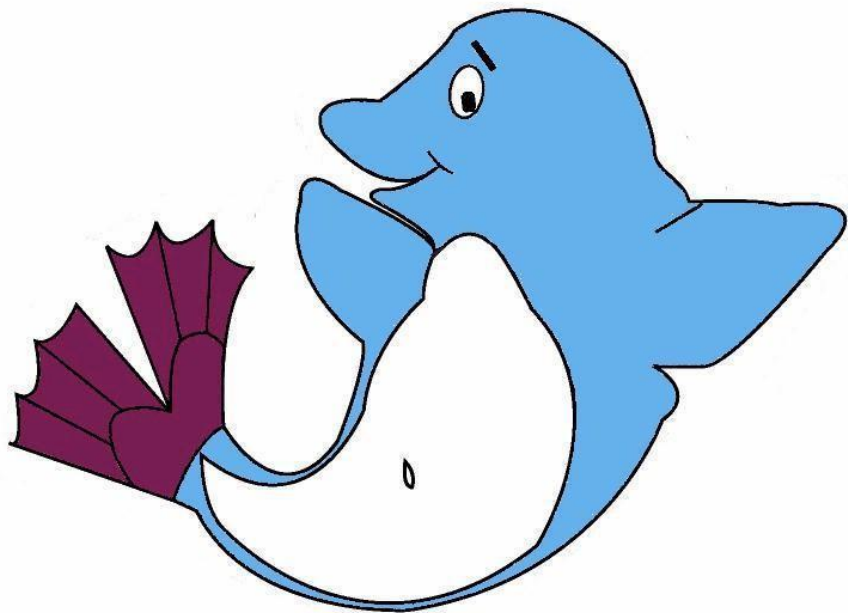


Pleasant Hill Dolphins



2023

Blue Book

www.pleasanthilldolphins.com

WELCOME TO THE PLEASANT HILL DOLPHINS!

New Members of the Team: We are glad that you have joined our Dolphins Family, and we are sure that you will enjoy the summer with our swim team. Please be patient with yourselves and others. The confusion of being a swim team parent for the first time will pass. By the end of the summer, you will have graduated to the ranks of the “old time Dolphins families,” ready to help the newcomers next year. As the season progresses, if you have any questions, please contact one of the Parent Liaisons.

NAME	AGE GROUP	Phone	EMAIL
Carissa Pitcher	6 and Under	(925) 338-6281	cpitch2015@gmail.com
Karyl Oxley	7 - 8	(360) 888-3800	karyl7733@yahoo.com
Michelle Kimmins Morgan Martin	9 - 10	(415) 279-9512 (925) 822-2064	michelle.kimmins@gmail.com morgandenee16@gmail.com
Corri Muller	11 - 12	(925) 451-2042	corrik25@yahoo.com
Jim Libby	13 and Over	(925) 876-2054	jim12821@aol.com

Returning Dolphins Parents: Welcome back to what we hope will be a fun and exciting year for you and your swimmer. As the season progresses, please assist any new families and swimmers. We all remember our first year of swimming. If you also have questions, please contact one of the Parent Liaisons listed on the website. Welcome back!

A NOTE TO PARENTS FROM THE HEAD COACH

Welcome to the 2023 Season! We are off to a great start! We have a great coaching team, with an enormous amount of knowledge and we are having a lot of fun working with your swimmers. Our goal is for everyone to have a great swim team experience. We want to challenge swimmers to learn new things and do their best while having fun. We encourage parents to get involved to help make great memories for their swimmers as well as the whole family this summer. We are lucky to have such a great group of families! Working together we can accomplish anything!

Thanks,
Talli Pitcher (Head Coach)

PLEASANT HILL DOLPHINS PARENT CLUB

Each family is a member of the Pleasant Hill Dolphins Parent Club. The Parent Club is a support group of the Dolphins Swim Team. The Parent Club runs all fundraisers and is responsible for organizing and conducting all swimming meets and the team functions (age group parties, waterslide trip, etc.). Each member family has a vote in all of the Dolphins' extracurricular activities. See the Parent Club Board Member Roster for board member information. The PHD Board meets the first Thursday of each month at 7:00pm at the Pleasant Hill Recreation and Park District Office at 147 Gregory Lane (8:00pm during spring practices). All are welcome and encouraged to attend these meetings.

TEAM PRACTICE SCHEDULES

DOLPHINS PRACTICES

SPRING:

★ April 10 – June 1:

PH Aquatic Park Pool, 147 Gregory Lane – for 8 & Under swimmers April 10-May 11

PH Education Center Pool, 1 Santa Barbara Road – for all 9 & Up swimmers April 10-May 11

PH Education Center Pool, 1 Santa Barbara Road – for ALL swimmers May 15-June 1

ALL practices at PH Education Center Pool starting May 15.

DAYS: Monday – Thursday	TIMES:	6 years & under	4:15–4:45 pm
		7–8 years	4:45–5:30 pm
		9–10 years	5:45–6:45 pm
		11–12 years	5:45–6:45 pm
		13–18 years	6:45–7:45 pm

****No Practice on May 29**

SUMMER:

★ June 5 – July 31: College Park High School, 201 Viking Drive

DAYS:* Monday, Tuesday, Thursday, Friday	TIMES:	13–18 years	8:00–9:30 am
		11–12 years	9:30–10:30 am
		9–10 years	10:30–11:30 am
		7–8 years	11:45–12:30 pm
		6 years & under	11:45–12:30 pm

The morning practice is the primary practice.

**No Practice June 30-July 5	Combined Alternative Evening Practice (Mon/Tu/Thurs only)		
		8 & years under	5:00-5:45 pm
		9-18 years	5:00-6:00 pm

**The morning practice is the primary practice. The combined evening practice is offered for those who cannot make the morning practice. It is OK to do some am and some pm but only one practice per day.*

COUNTY:*

★ July 31-August 4: College Park High School, 201 Viking Drive

DAYS: Monday – Friday	TIMES: See August calendar on page 24
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***For County meet qualifying swimmers and County relay members only**

MINI DOLPHINS PRACTICES

SPRING:

★ April 11-May 11: PH Aquatic Park Pool, 147 Gregory Lane

★ May 16– June 1: PH Education Center Pool, 1 Santa Barbara Road

DAYS: Tuesday, Thursday	TIME: 4:15–4:45 pm
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SUMMER:

★ June 5 – July 31: College Park High School, 201 Viking Drive

DAYS: Monday, Tuesday, Thursday, Friday	TIME: 12:30–1:00 pm
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****No Practice June 23, June 30-July 5**

PLEASANT HILL DOLFIN NJS: *GOAL TIMES*

GIRLS 2023								
Stroke	Age Group	Distance	Red Star Time	White Star Time	Blue Star Time	County Qualify Time	Gold Star Time	Dolphins Team Record
Free	6 & U	25 YD	32.75	30.56	25.10	21.83	21.39	16.85
	7-8	25 YD	25.46	23.76	19.52	16.97	16.63	14.68
	9-10	50 YD	41.96	38.74	35.51	32.28	31.63	27.85
	11-12	50 YD	34.50	33.06	31.05	28.75	28.18	25.51
	13-14	50 YD	31.95	30.00	28.89	27.78	27.22	24.97
	15-18	50 YD	30.02	28.65	27.84	27.29	26.74	24.01
	15-18	100 YD	01:05.38	01:02.41	01:00.63	00:59.44	00:58.25	53.37
Breast	6 & U	25 YD	47.96	44.76	36.77	31.97	31.33	23.06
	7-8	25 YD	34.37	32.07	26.35	22.91	22.45	19.45
	9-10	50 YD	55.52	51.25	46.98	42.71	41.86	35.90
	11-12	50 YD	45.49	43.60	40.94	37.91	37.15	33.06
	13-14	50 YD	41.66	39.13	37.68	36.23	35.51	31.74
	15-18	100 YD	01:25.78	01:21.88	01:19.54	01:17.98	01:16.42	1:09.15
Back	6 & U	25 YD	39.68	37.03	30.42	26.45	25.92	21.17
	7-8	25 YD	31.49	29.39	24.14	20.99	20.57	17.24
	9-10	50 YD	50.48	46.60	42.71	38.83	38.05	33.81
	11-12	50 YD	41.44	39.71	37.29	34.53	33.84	30.30
	13-14	50 YD	37.46	35.18	33.87	32.57	31.92	28.84
	15-18	100 YD	01:17.15	01:13.65	01:11.54	01:10.14	01:08.74	1:01.42
Fly	6 & U	25 YD	40.95	38.22	31.40	27.30	26.75	18.55
	7-8	25 YD	29.07	27.13	22.29	19.38	18.99	15.36
	9-10	50 YD	48.36	44.64	40.92	37.20	36.46	30.86
	11-12	50 YD	39.04	37.41	35.13	32.53	31.88	27.99
	13-14	50 YD	34.94	32.81	31.60	30.38	29.77	27.35
	15-18	100 YD	01:15.24	01:11.82	01:09.77	01:08.40	01:07.03	58.30
IM	6 & U	100 YD						1:51.15
	7-8	100 YD	02:33.64	02:23.40	01:57.79	1:42.43	01:40.38	1:23.79
	9-10	100 YD	01:51.02	01:42.48	01:33.94	1:25.40	01:23.69	1:11.85
	11-12	100 YD	01:30.41	01:26.64	01:21.37	1:15.34	01:13.83	1:06.00
	13-14	100 YD	01:22.65	01:17.62	01:14.74	1:11.87	01:10.43	1:04.53
	15-18	100 YD	01:16.36	01:12.89	01:10.81	1:09.42	01:08.03	1:00.17

PLEASANT HILL DOLPHINS: GOAL TIMES

BOYS 2023								
Stroke	Age Group	Distance	Red Star Time	White Star Time	Blue Star Time	County Qualify Time	Gold Star Time	Dolphins Team Record
Free	6 & U	25 YD	32.76	30.58	25.12	21.84	21.40	17
	7-8	25 YD	24.93	23.27	19.11	16.62	16.29	13.96
	9-10	50 YD	41.60	38.40	35.20	32.00	31.36	26.94
	11-12	50 YD	34.50	33.06	31.05	28.75	28.18	24.42
	13-14	50 YD	29.76	27.95	26.92	25.88	25.36	23.51
	15-18	50 YD	27.02	25.79	25.05	24.56	24.07	22.42
	15-18	100 YD	00:58.38	00:55.72	00:54.13	00:53.07	00:52.01	48.57
Breast	6 & U	25 YD	47.88	44.69	36.71	31.92	31.28	21.93
	7-8	25 YD	34.38	32.09	26.36	22.92	22.46	18.75
	9-10	50 YD	55.80	51.50	47.21	42.92	42.06	36.14
	11-12	50 YD	45.54	43.64	40.99	37.95	37.19	31.25
	13-14	50 YD	38.51	36.17	34.83	33.49	32.82	29.3
	15-18	100 YD	01:16.43	01:12.95	01:10.87	01:09.48	01:08.09	1:00.75
Back	6 & U	25 YD	39.84	37.18	30.54	26.56	26.03	19.44
	7-8	25 YD	31.43	29.33	24.09	20.95	20.53	17.08
	9-10	50 YD	50.48	46.60	42.71	38.83	38.05	30.71
	11-12	50 YD	41.90	40.16	37.71	34.92	34.22	29.42
	13-14	50 YD	36.44	34.23	32.96	31.69	31.06	25.84
	15-18	100 YD	01:10.58	01:07.37	01:05.44	01:04.16	01:02.88	56.27
Fly	6 & U	25 YD	41.39	38.63	31.73	27.59	27.04	18.7
	7-8	25 YD	28.94	27.01	22.18	19.29	18.90	15.4
	9-10	50 YD	49.37	45.58	41.78	37.98	37.22	30.19
	11-12	50 YD	39.07	37.44	35.16	32.56	31.91	26.38
	13-14	50 YD	33.34	31.31	30.15	28.99	28.41	25.39
	15-18	100 YD	01:07.26	01:04.21	01:02.37	01:01.15	00:59.93	52.04
IM	6 & U	100 YD						1:42.50
	7-8	100 YD	02:33.87	02:23.61	01:57.97	1:42.58	01:40.53	1:18.13
	9-10	100 YD	01:52.28	01:43.64	01:35.01	1:26.37	01:24.64	1:09.10
	11-12	100 YD	01:30.40	01:26.63	01:21.36	01:15.33	01:13.82	1:01.10
	13-14	100 YD	01:17.89	01:13.15	01:10.44	01:07.73	01:06.38	58.51
	15-18	100 YD	01:07.91	01:04.83	01:02.97	01:01.74	01:00.51	55.96

DOLFIN TEAM WEBSITE

www.pleasanthilldolphins.com

The Dolphins Team website has the most up-to-date information.

The OnDeck App provides access to the Dolphins website, including the private team area, from your mobile device. It's available for free for iOS & Android devices.

The Meet Mobile App provides access to meet results for invitationals. The app is available for free for iOS and Android devices but requires a subscription to see results.

DOLFIN TEAM GEAR

Team gear is available from the Elsmore Swim Shop in the Countrywood Shopping Center. Team suits, backpacks, caps and parkas are available. Here is the link for our Dolphin Team page on their website:

<https://elsmoreswim.com/teams/california/summer/pleasant-hill-dolphins.html>

Please note that ALL SWIMSUITS, PARKAS, BAGS AND CAPS ARE FINAL SALE AND CANNOT BE RETURNED OR EXCHANGED. We will have suit try-ons at the store in April (see calendar on page 20) but if you'd like to get ahead and order now, please visit the store to try on suits before ordering.

MEET THE COACHES

COACH	TITLE	AGE GROUP	EMAIL
Talli Pitcher	Head Coach, Lead Coach	Team, Mini's 11-12, 13-14, 15-18	(925) 216-7932 (text) tpitcher@pleasanthillrec.com
Renee Fleming	Lead Coach	9-10	flemingr193@gmail.com
Ciera Kirby	Lead Coach	7-8	Cierak@nevada.unr.edu
Maddy Wilson	Lead Coach	6 & U	madelinerwilson29@gmail.com
Joe Kaput	Assistant Coach		
Molly Ostrowski	Assistant Coach		
Cooper Roke	Assistant Coach		
Swimmer Coaches: Natalie Ross, Jose Sanchez			
Spring Coaches: Nay Albertson, Carol Madsen, Connor Morris, Emma Lindsay			

You can also contact the coaches by sending them an email through the Dolphins website.

JR. COACH PROGRAM

Attention 12 & over swimmers! We are looking for young adults who are interested in becoming junior coaches. This is a volunteer position; however, it is a great way to find out if you like coaching and also a way to help out and connect with the younger swimmers on our team. Many of our present and former coaches started out as junior coaches and they'd be happy to tell you what they liked about this important job. We provide training and a cool Jr Coach T-shirt. You will also get a certificate at the end of the season with your volunteer hours. Please text or talk to Coach Talli for more information.

2023 PARENT CLUB BOARD ROSTER

Position	Name	Phone	Email	Term Expires
President	Jim Libby	(925) -876-2054	Jim12821@aol.com	2023
Vice President	Staci Thomas	(925) 323-1475	stthomas_711@yahoo.com	2023
Secretary	Corri Muller	(925) 451-2042	Corrik25@yahoo.com	2024
Treasurer	Jason Toovey	(925) 382-3411	phdofinstreasurer@gmail.com	2024
Head Coach	Talli Pitcher	(925) 216-7932	tpitcher@pleasanthillrec.com	NA
Fundraising	Karyl Oxley	(360) 888-3800	karyl7733@yahoo.com	2024
Social Directors	Morgan Martin Courtney Denton	(925) 250-6511 (925) 822-2064	dolfinssocial@gmail.com	2024
Team Operations	Open			2024
Meet Operations	Sean Shirley	(925) 586-1713	Seanshirley2448@gmail.com	2023
Battle of the Ages	Michelle Kimmins	(415) 279-9512	michelle.kimmins@gmail.com battleoftheagesphd@gmail.com	2023
Work Coordinator	KC DeSilva	(925) 639-6129	PHDWorkShifts@gmail.com	2024
Board Member	Katie Clausen	(510) 604-9329	clausen.katie@gmail.com	2024
PH Rec & Park Aquatics Manager	Korey Riley	(925) 682-0896	kriley@pleasanthillrec.com	NA

BOARD SUPPORT POSITIONS (Appointed)

Position	Name	Phone	Email
Computer Entries	Amy Ross	(925) 699-0762	Amyross6@yahoo.com
Snack Shack			
Team Operations	Carissa Pitcher	(925) 338-6281	Cpitch2015@gmail.com
Webmaster	Kate Bechtel	(510) 847-3335	Kate.bechtels@gmail.com

2023 WORK ASSIGNMENTS

Welcome to the Dolphins Swim Team! This information has been prepared to help explain the Dolphins Family Work Deposit and Work Shift Requirements. Parents/families play a vital role in the success of the Dolphins Swim Team and parent/family participation is required. Thank you in advance for helping to create a great summer swim experience for our kids!

Work Fee Deposit Checks

All families must submit a \$500 Deposit check by the first day of practice. Checks will NOT be cashed unless families indicate they are buying out, work is not complete, or families have outstanding invoices at the end of the season. Please read this entire document for all the details.

Work Assignments

Once the meet schedule and total # of families is determined for the team, the number of job commitments will be confirmed. In general, the family commitment is:

1. Approximately 4 shifts at regular meets
2. 3 shifts at Battle of the Ages
3. All families that attend invitationals, including the County Meet, will be required to work a short shift (usually less than 2 hours)

Work assignments will be discussed at the annual team meeting after Time Trials on May 20, and registration for regular meet work assignments will open at 6pm on Sunday, May 20, 2023 (the day of time trials, watch your email for more details). All sign ups for work assignments will be done online through the Dolphins Team Unify (TU) website. Families with only Mini Dolphins are not required to have a job commitment, but you are encouraged to participate in our team fundraiser, Battle of the Ages.

Meet Hours

In order to run a successful home meet, we need almost 50 volunteers! Parents are also needed to work at away meets. The jobs we are assigned at away meets are based on the needs of the hosting team. Check out the [job descriptions](#) for more information about the variety of jobs available.

Some jobs require training, so please only sign up for a job that requires training if you are or will be trained for that position. The jobs that require training are not difficult; if there is a job you are interested in learning, Time Trials is a perfect place to start! All families should attend Time Trials so that your swimmer gets a base time for the season. Time Trials is considered an Invitational and all families attending Time Trials are required to work the event. Time Trials does not count towards your regular meet point requirement.

Battle of the Ages - June 24 & 25, 2023

Battle of the Ages is the Dolphins largest fundraiser. All families are required to work to make this event a success. Look at the [job descriptions](#) to see more information about the Battle jobs. There are limited pre-Battle jobs, available on a first-come, first-served basis, for those who must be out of town the weekend of the meet.

Missed Invitationals

The Pleasant Hill Dolphins (PHD) Parent Club pays the entry fees for swimmers to attend invitationals. If your swimmer misses an invitational for any reason, you must reimburse the Parent Club the entry fees. Buy-Out Families are responsible for any Missed Invitational Fees.

Substitutes

If you cannot complete your work commitment, it is your responsibility to find a substitute and notify the Work Coordinators at PHDWorkShifts@gmail.com. Always include the substitute's name and contact information (email & cell phone).

Missed Work Shift Fines

Failure to work a scheduled shift or provide a substitute for a shift will result in a monetary fine (\$100/shift). The Parent Club Treasurer will send an invoice for the fine and your swimmer(s) will not be entered in subsequent swim meets until the fine is paid. To avoid fines, please make sure you check in with the work shift coordinator and sign in **and** sign out for every shift. Please keep in mind; we need the position filled more than we need the money!

You can keep track of how many shifts have been credited to your account through the Dolphins TeamUnify website. It is the parent's responsibility to inform the Work Shift Coordinator of any discrepancies within 48 hours of the shift.

Social Events

The team offers many social events throughout the season in an effort to promote the "Have Fun" part of the team's motto. Social events include age group parties, senior coach day, coach appreciation, pasta feeds and much more. Please contact Social Event Board Members Morgan Martin and Courtney Denson at dolphinssocial@gmail.com for more information about social events.

Deposit Deductions

There are no prorated Family Fee refunds for partial completion of work assignments.

If you have outstanding Missed Invitational Fees and/or Missed Work Shift Fines at the end of the season, your \$500 Family Fee check will be cashed and you will be issued a refund check less the outstanding fees (assuming all work assignments were completed).

Any family with outstanding invoices will have their Pleasant Hill Recreation & Park District account suspended and they will be unable to register for any District activity until their balance with the Dolphins Parent Club is brought current.

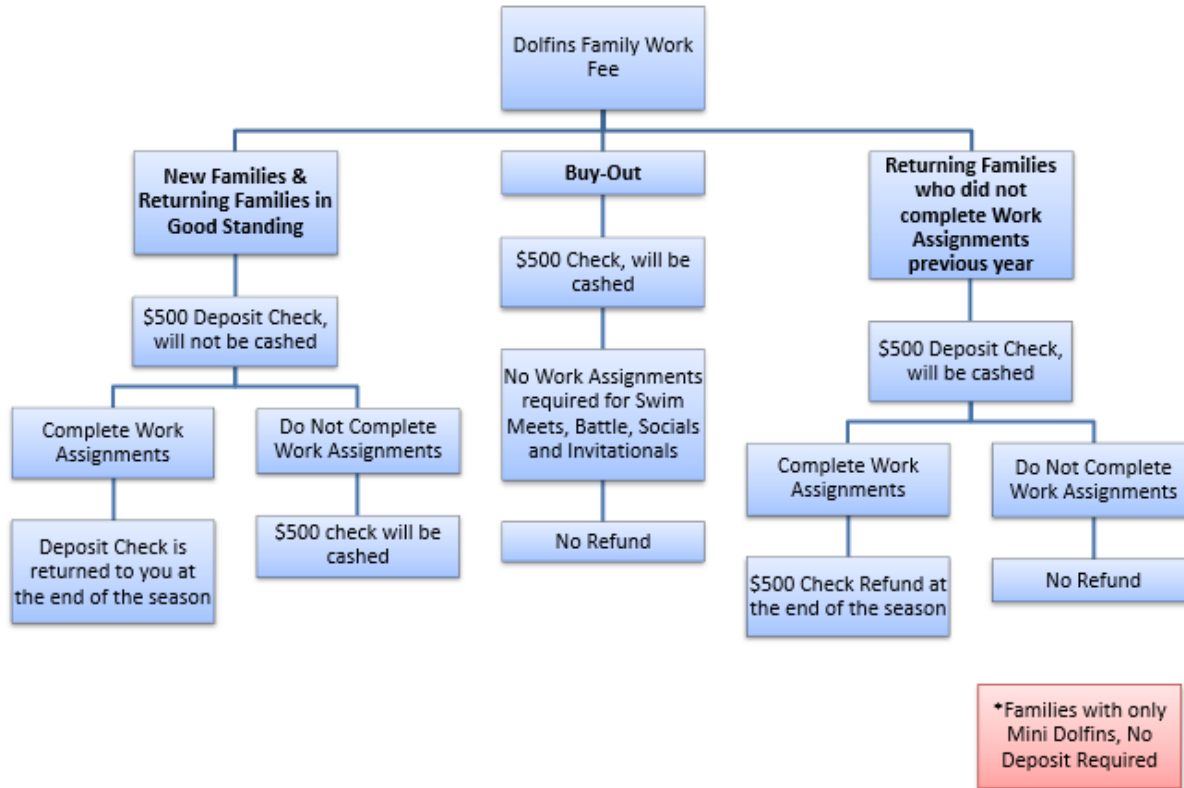
Buy Outs

In order to make the season a success for all of our swimmers, we need all families to complete their work shifts. However, we understand that some families are unable to commit to work and a limited number of buy-outs are available. Families who wish to buy-out should notify the Work Shift Coordinator at PHDWorkShifts@gmail.com, and your \$500 Deposit check will be cashed. Buy-outs increase to \$600 after 5pm on Friday, May 26, 2023 – we must have **both** your check and an email indicating that you are buying out prior to 5pm on May 26. Buy-Out Families are still responsible for any Missed Invitational Fees.

Returned Check Policy

Returned checks are subject to an additional fee to cover charges to the Dolphins Parent Club account by our financial institution. The current returned check fee is \$31.

2023 Dolphins Family Work Deposit & Work Shift Requirements



PARENT JOB DESCRIPTIONS

It takes a lot of people to run a swim team and all of the activities. Look at the descriptions, see what's needed or hasn't been filled, and step up. Please note that some jobs require special training; check with a coach or a board member before signing up for that position.

Season-long positions may replace some or all of the required regular-meet work assignments. Check with the [Work Coordinator](#) for position specifics.

COACH SUPPORT

Parent-Coach Liaisons: Supports age group coach in communications with age group parents. Assist and lead in welcoming new members to the team in their age group. Communicate with coaches about parent concerns and questions.

Team Director: Assist head coach in team communications internally and externally, and management of team functions, and events.

MEET OPERATIONS

Season-long positions:

Board Member – Meet Operations (2-year position): Provide overall support and coordination for the team's swim meets. Attends monthly Board meetings.

Setup/Takedown Supervisor: Coordinate and manage set-up and take down for the season and at home meets.

Desk Operations: Coordinate HyTek Computer, Timing System & Desk positions at the meets. Ensure trained workers are available to support these functions.

Desk Team

- **Computer System (2 per meet):** During the meet update swimmer data and confirm timing system times recorded properly for each event. Generate labels for ribbons & meet results posting.
- **Desk (2 per meet):** Review, sort & reconcile time slips provided by the runner after each race. Combine with race printouts from the timing system and pass them to the meet computer workers.
- **Timing System (2 per meet):** Run the timing system during the meet ensuring the system is ready to start each race and records each swimmer. Ensure the system is properly set up at the beginning of the meet and taken down after the meet.

Head Starter/Referee: Coordinate Starter & Referee pre-season training and rotations during meets.

Referee (1 per meet): Partner with the starter and get swimmers prepared to start each race. Responsible for the pace of the meet and issues for current heats.

Starter (1 per meet): Give instructions to the swimmers and start the swimmers for each heat. Call false starts if necessary.

Head Stroke & Turn: Recruits, schedules, trains, and oversees stroke and turn judges, for all meets, including Battle and Away Invitationals.

Stroke & Turn Team

- **Stroke & Turn Judge (3-5 per meet):** Walk the pool deck during the meet, noting any irregularities in swimmer's strokes, turns or touches. Write disqualification slips as needed.

Board Member - Work Coordinator (2-year position): Identify jobs that need to be done in support of running meets at home and attending away & invitational meets. Work with TeamUnify support to input work assignments into TeamUnify. Ensure that there are adequate volunteers to run the meet. Assign workers to their stations.

Meet Computer Entries: Coordinate entries for meets. Post meet results back to TeamUnify. Send meet results to the paper.

Awards, Ribbons & Trophies: Inventory and order ribbons and awards for the entire season, including Battle of the Ages. Oversee awards table for duration of Battle (both days).

Grill Operations: Organize grill team and oversees operations. Communicate with Snack Shack Coordinator.

At Meet Jobs – Jobs needed to run swim meets

- **Announcer (1 per meet):** Announce each event and the results after each event has been processed on the computer. Keep the meet moving in a timely manner. **TRAINING REQUIRED**
- **Head Timer (1 per meet):** Act as a backup to lane timers. Time any lane where the lane time did not start his/her watch. If all lanes covered time the winner of the heat.
- **Hospitality (1 per meet):** Prepare and serve refreshments to meet workers.
- **Relief Timer (1 per meet):** Provide relief for timers periodically throughout the meet.
- **Runner (2 per meet):** Pick up lane slips from Timers at the conclusion of each event, sort by lane and provide to desk workers.
- **Set-Up/Take-Down (6 for set-up, 4 for take-down per meet):** Prepare pool deck for meet or put away equipment at end of meet.
- **Snack Shack (5 to 10 per meet):** Prepare & sell food items at the Snack Shack during the meet.
- **Grill (4 to 6 per meet):** Barbecue at meets, clean and maintain the BBQ as needed.

- **Timers (3 per lane):** Start Stopwatch at start of race & sit and push timing button and/or stopwatch at the end of each race. Please do not bring cell phones or children while you time.
- **Work Shift Coordinator (1 per meet):** Check-in/check-out workers at the meets. Find additional workers at meet as needed.

SNACK SHACK

Board Member – Snack Shack (2-year position): Provide overall support and coordination for the team's snack shack on. Attend monthly Board meetings.

FUNDRAISING

Board Member – Fundraising (2-year position): Provide overall support and coordination for the team's fundraising events. Attend monthly Board meetings.

- **Christmas Tree Lot:** Coordinate between Dolphins, PH Rec, and Noble Ridge Tree Farm for the dates of sale and the contract. Send dumpster donation request to Allied Waste. Coordinate with tree lot owner to increase Dolphins presence at lot.
- **Battle of the Ages:** Get Ads & Sponsors in support of Battle & manage all Battle Donations.
- **Swim-Palooza:** Create sponsorship fliers, select prizes, and put sponsorship fliers in each family file. Review the swimmers' lap sheets, collect money and turn in to Treasurer, and reward prize winners.

SOCIAL EVENTS

Board Member – Social Director (2-year position): Provide overall support and coordination for the team's social events. Ensure each social event has a parent coordinator and check in with them to ensure the event's success. Attend monthly Board meetings.

- **8 & Under Party:** Organize and manage the 8 & Under Pool Party
- **9/10 Party:** Organize and manage the 9/10 Fiesta Pool Party
- **11/12 Party:** Organize and manage the 11/12 Luau Pool Party
- **13-18 Party:** Organize and manage the 13-18 Game Night
- **13-18 Rafting Trip:** Organize and promote the raft trip. Make arrangements with the rafting company. Collect money and waivers. Coordinator works closely with the head coach.
- **4th of July Parade:** Organize and promote the Dolphins float in the 4th of July parade, including scheduling a decorating time.
- **Awards Night:** Arrange location, date, awards, food and decorations for end of season Awards Night, including ordering, pick-up and delivery of trophies.
- **Team BBQ after Swim-A-Palooza:** Organize and manage the post-Swim-A-Palooza BBQ.
- **Coach Appreciation:** Decide how swimmers will show appreciation to their coaches. Then arrange and coordinate activities.
- **Parent Relay:** Host a Time Trial for parents interested in participating in the 4x25 yard freestyle relays held during end-of-season invitationals. Coordinate relays.
- **Senior Coach Day:** Coordinate and deliver ice cream/treats for 13/18 coaches and swimmers for 10 & under practices.
- **Swim Night With The A's:** Coordinates Dolphins ticket sales with the Oakland A's representative and organizes Dolphins tailgate party.
- **Spirit Week Activities:** Organize and manage activities for Spirit Week.

- **Ice Cream/End of Season Swim Party:** Organize and manage event at our home pool at the end of the season.

TEAM OPERATIONS

Season-long positions:

Board Member – Team Operations (2-year position): Provide overall support and coordination for the team's operations. Update Blue Book (Dolphins Handbook) and arrange for printing and distribution prior to the beginning of the season. Attend monthly Board meetings.

Flippy Patch Distribution: Hand out Flippy Patches for swimmers who have reached a white star time for the first time in their age group.

Record Board & Stars: Update record board on the wall of the pool deck. Keep records and distribute Red, White, Blue, and Gold Stars to swimmers.

Popped Time Awards: Print time improvements roster weekly, file popped time awards, and schedule parents to distribute pops.

Swimmer of the Week: Give coaches information about this program. Get swimmer information from coaches, take swimmers' pictures, and display the Swimmers of the Week each week.

Team Sales (1-2 per home meet): Order caps, goggles, t-shirts, sweats, etc., before swim season begins. Display, sell, and put away team merchandise for each home meet. Proceeds are given to club treasurer.

Webmaster: Manage all aspects of the team's website, keeping information current.

Short-term positions:

- **File Cabinet:** Organize Dolphins file folders and rolling file cabinet.
- **Picture Coordinator/Picture Day:** Take & collect pictures/slides during swim meets to be used during Awards Night and/or to be used with newspaper articles. Get a variety of photos from all age groups. For picture day, contact photographer, set a date and time for team picture, distribute photographer's pamphlets, and distribute the final photo orders.

BATTLE OF THE AGES

Board Member – Battle Meet Director (2-year position): Invite and work with teams and maintain contact through off-season. Oversee all aspects of Battle of the Ages through various committees. Attend monthly Board meetings.

Responsibilities Include:

- **Battle Food:** Manage all food related activities including food sold by snack bar, vendors, and hospitality. For hospitality, coordinate all donations and food to be provided to coaches and workers during the meet.
- **Event Operations:** Responsible for the running of a smooth meet including facilities, day of meet operations, and setup/takedown.
- **Swimmer Operations:** Manage and process swimmer entries from receipt through results, desk operations at the meet, clerk of the course and awards.

- **Pre-Meet Battle Jobs (equals Battle work commitment)**

Short-term positions:

- **Ads/Sponsors:** Work with the Fundraising lead with acquiring ads and sponsorship, along with all Battle donations.
- **Battle Program:** Collect inputs from various sources to create and coordinate printing of Battle Programs. Inputs include Cover Art, Ads, Event Sheets, Snack Shack Menu, Thanks, Worker Lists, and Clerk.
- **Event Sponsors:** Post & Collect Event Sponsor sign ups. Forward Family Name and Sponsor Quote to Entries Coordinator to include in program
- **Raffle:** Run small and large raffles and silent auction with drawings at the meet with pre-event and day of meet ticket sales. Includes Raffle at Parent Meeting & Time Trials.

- **At-Meet Battle Jobs (in addition to the standard at-meet jobs)**

Short-term positions:

- **Candy Sales:** Sell Candy at the meet at a booth outside of the Snack Shack.
- **Clerk of the Course:** Check swimmers in at the meet and get them seated prior to the meet in the Clerk area and get swimmers to the block to swim.
- **Marshall:** Monitor the entrances to the coach/official parking lot and the VIP parking lot. Monitor the entrance to the pool deck allowing only approved individuals to enter.
- **Hospitality:** Manage Hospitality to coaches and workers during the meet.
- **Battle Headquarters:** Sell Raffle Tickets at table and in crowd and manage raffle table during meet. Sell Meet Programs on Friday night, Saturday & Sunday Mornings.
- **Set Up/Take Down:** Set up meet on Friday night, primarily Clerk of the Course area. Post signs where needed and rope restricted areas. Take down what was set up specifically for Battle on Friday night on Sunday at the conclusion of the meet.
- **Twitter Feed/Play Music:** Stream live during battle to inform participants what is happening at battle & what events are being called to Clerk. Support Vendors & Sponsors throughout the meet.

EVENT LOCATIONS

LOCATION	TEAM / EVENT
PLEASANT HILL REC. & PARK LOCATIONS	
Pleasant Hill Education Center Pool (PHEC or PHD) 1 Santa Barbara Road, Pleasant Hill <i>(Behind PH Middle School. Parking and pool access on south side only - next to tennis courts. Dolphins are not allowed to park, drop-off, or pick-up on north side Adult Ed. parking lot.)</i>	Home of Pleasant Hill Dolphins (PHD). www.pleasanthilldolphins.com (includes private team site) PHD Spring Practices, Time Trials, Team Meeting, Forest Park Meet
Pleasant Hill Aquatic Park (PH Aquatic Park or PHAP) 147 Gregory Lane, Pleasant Hill <i>(@ Cleaveland Rd. Shares parking lot with Pleasant Hill Park, District Office & Teen Center.)</i>	www.pleasanthillrec.com 682-0896 Early spring PHD practices, parties, swim try-outs
College Park High School (CPHS) 201 Viking Drive, Pleasant Hill	All Summer Practices, Team Pictures, Battle & Meets
Pleasant Hill Community Center 320 Civic Drive, Pleasant Hill	Awards Night
Pleasant Hill Teen Center 147 Gregory Lane, Pleasant Hill	13-18 Age Group Party PHD Board meetings (held on the first Thursday of each month, time varies based on time of year/season)
Pleasant Hill Park 147 Gregory Lane, Pleasant Hill	Team BBQ
Winslow Center 2590 Pleasant Hill Road, Pleasant Hill	Dolphins Christmas Tree Lot
AWAY MEET LOCATIONS	
Acalanes High School Pool (Steve Heaston Aquatic Center) 1200 Pleasant Hill Road, Lafayette	www.lmyaswim.com Home of LMYA Dolphins Host of the County Meet
Concord Community Pool (CCP) 3501 Cowell Road, Concord	Host of the Concord City Meet
Larkey Private Swim Club 800 Duxbury Court, Walnut Creek	www.larkeysharks.org Home of the Larkey Sharks Swim Team Host of the 10 & Up Invitational
Pleasant Hill Aquatics Pool 468 Boyd Road, Pleasant Hill	www.pleasanthillaquatics.com Home of PH Aquatics Swim Team (PHAST) Host of 9-&-Under PHA Invitational

Springbrook Stanley Blvd., Lafayette	Home of Springbrook Swim Team
Walnut Country Swim Club 4498 Lawson Court, Concord	www.wcstingrays.com Home of Walnut Country Swim Team (WCST). Host of Crossings Challenge Invitational.
Ygnacio Woods Swim Club 3124 San Gabriel, Concord	Home of YGnacio Woods Swim Team
Elsmore Swim Shop 2054 Treat Blvd, Suite D, Walnut Creek	www.elsmoreswim.com (925) 300-3369

ADDITIONAL INFORMATION

Pool Rules

The rules listed below are a guide for the personal safety of the swimmers and spectators:

1. ALWAYS walk on the pool deck or inside buildings. NO running, pushing, or shoving.
2. NO pushing or pulling others into the water.
3. NO glass around the pool deck.
4. Enter the water only when told to do so by a coach.
5. NO riding bikes, skateboards, or scooters on the pool deck.
6. NO crazy diving off the starting blocks, horseplay, or jumping near the ladders and starting blocks.
7. NO playing or hanging on ropes, lane lines, or diving board.
8. Always follow the instructions of the lifeguards and coaches.
9. No Pets allowed on the Pool Deck or school campus per County Health Department.

If you have the flu, fevers, or the “yuks”, especially accompanied by diarrhea, please stay out of the water until you have been well for 48 hours. Healthy Dolphins will appreciate it.

Head Lice

The Contra Costa County Health Department is not aware of any instance of head lice spreading through a swimming pool and does not prohibit individuals with head lice from swimming. However, according to the CDC, swimming or washing the hair within 1-2 days after treatment with some head lice medications might make some treatments less effective. If your swimmer has had head lice, please seek the advice of your health care provider in deciding when they should resume swimming.

Head lice can be spread by the sharing of towels, hairbrushes and other items that have been in contact with an infested person's hair. To limit the spread of head lice, please teach your swimmers to not share these items.

Swimmer Supervision

Swimmers are to be at the pool only during their scheduled practice time unless under the direct supervision of an adult other than a coach. Coaches have no way of supervising swimmers except while they are practicing.

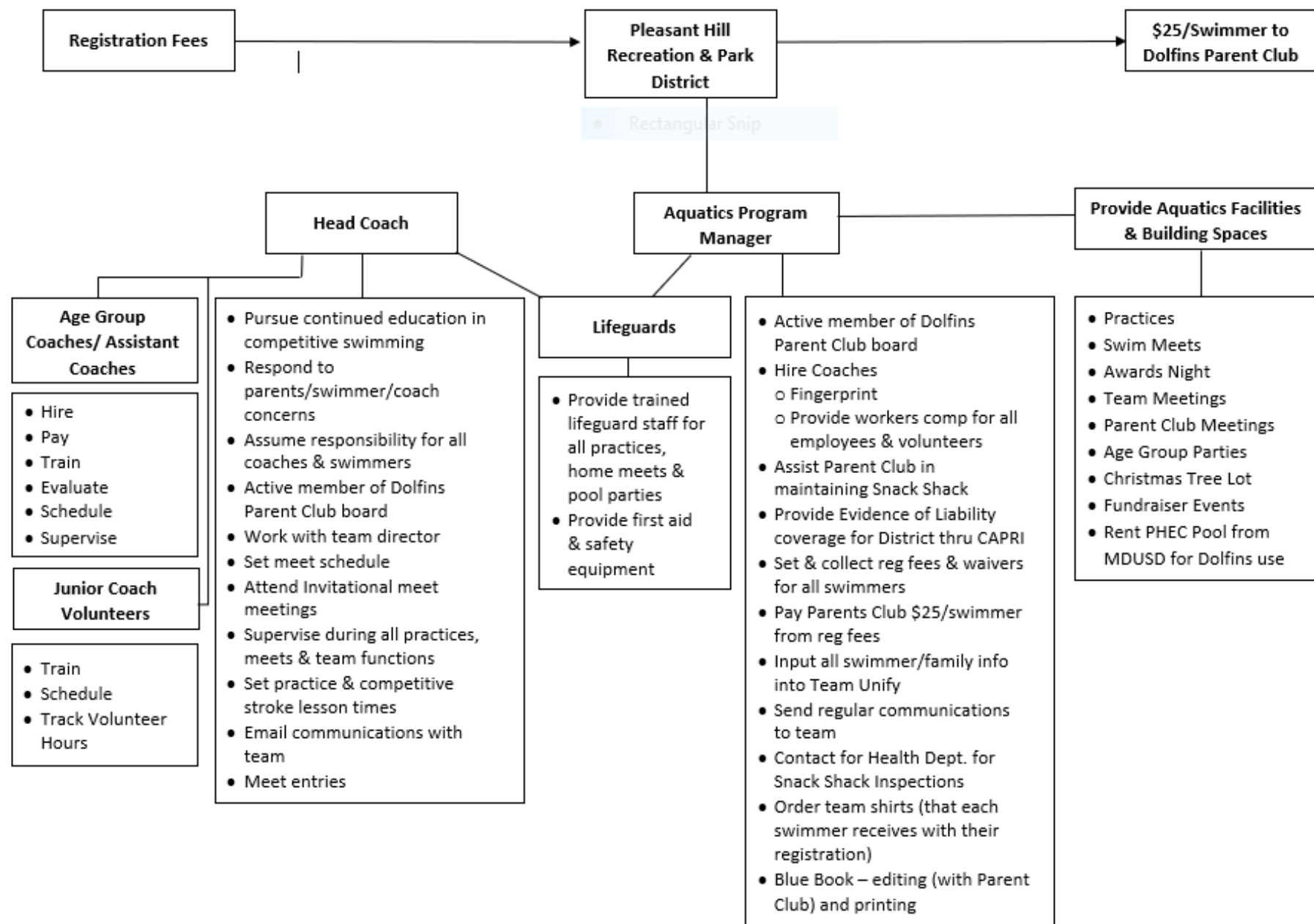
Bathrooms should be used in the event of an emergency only. Please follow all MDUSD rules/signs for bathroom use. Please, NO changing in the bathrooms. All 10 & under swimmers must be escorted by a parent when using the bathroom.

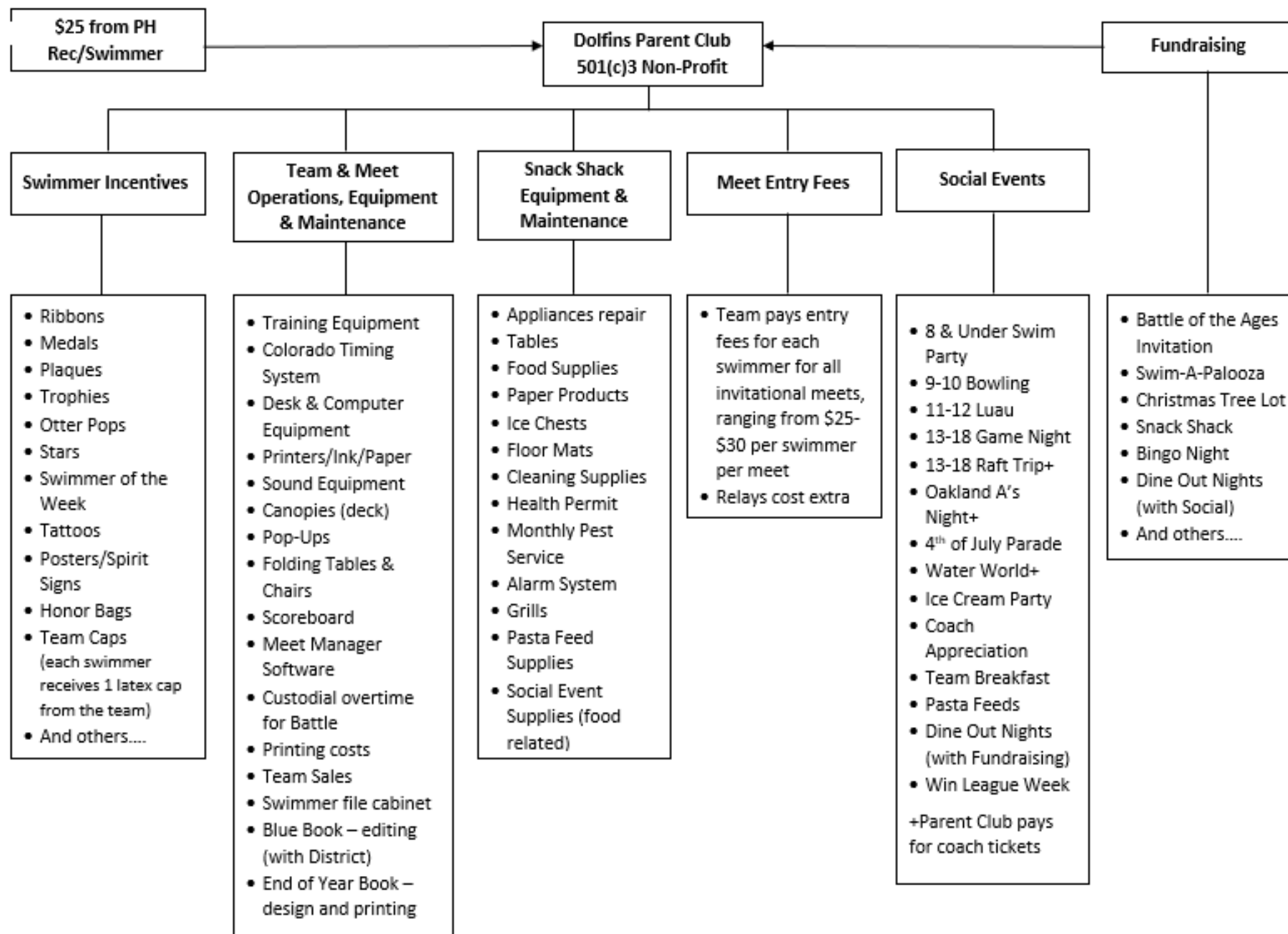
When dropping off swimmers, make sure they enter the facility gates prior to you leaving. Bring swimmers to practice no more than 10 minutes prior to practice in an effort to have the swimmer ready when practice begins.

Please be in the parking lot 5-10 minutes prior to the end of practice. All swimmers need to remain on-deck until they see you drive up to the facility.

Photography

We are happy to have parents watch our practices, but we request that you stay back from the pool. Please take photos and videos of your swimmers during meets (No filming from behind the blocks), NOT during practice. It is important for the coaches to have the attention of all the swimmers and if they are paying attention to you, they are missing out on important instruction. It is important for swimmers to communicate directly with the coaches. If they need to get out for some reason, they just need to ask.





Pleasant Hill Dolphins

April 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 Week 1	11	12	13	14	15
	SPRING Practice Begins @ PHAP (M/T/W/Th) 4:15-4:45 pm 6 & Under 4:45-5:30 pm 8 & Under @ PHEC 5:45-6:45 pm 9/10 & 11/12 6:45-7:45pm 13-18	SPRING Mini Dolphins practices begin @ PHAP (Tu/Th:) 4:15-4:45 pm		Board Meeting, @ Teen Center 8:00 pm		
16	17 Week 2	18	19	20	21	22
	Suit Fitting @ Elsmore Swim Shop 11:00-5:30 pm	Suit Fitting @ Elsmore Swim Shop 11:00-5:30 pm	Suit Fitting @ Elsmore Swim Shop 11:00-5:30 pm	Suit Fitting @ Elsmore Swim Shop 12:00-7:00 pm	Suit Fitting @ Elsmore Swim Shop 11:00-4:00 pm	Suit Fitting @ Elsmore Swim Shop 11:00-4:00 pm
23	24 Week 3	25	26	27	28	29
30						

► ► Always check the website and your email to confirm events, locations, dates, and times. ◀ ◀

Pleasant Hill Dolphins

May 2023 (through June 3)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Week 4	2	3	4	5	6
				Board Meeting, @ Teen Center, 8 pm		
7	8 Week 5	9	10	11	12	13
				New Family Meeting, @ Teen Center, 7 pm		Set-Up day/Work Party @ PHEC 7 am- 11 am
14	15 Week 6	16	17	18	19	20
	All practices move to PHEC (M/T/W/Th) 4:15-4:45 pm 6 & Under 4:45-5:30 pm 7/8 5:45-6:45 pm 9/10 & 11/12 6:45-7:45 pm 13-18	Mini Dolphins Spring practices move to PHEC (T/Th) 4:15-4:45pm				Time Trials @ PHEC 8am-1 pm Team Parent Meeting @ PHEC 1-3 pm
21	22 Week 7	23	24	25	26	27
28	29 Week 8	30	31	June 1	June 2	June 3
	Memorial Day-No Practice		WCST @ PHD 4:30pm warm up, 5:30pm start			9 & Under Invitational @ PHA/ 10 & Up Invitational @ Larkey Warm-up and start TBD

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Pleasant Hill Dolphins

June 2023 (see previous page for June 1-3)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 Week 9	6	7	8	9	10
Set-Up Day/Work Party @ CPHS 7 am- 11 am	SUMMER Practice Begins (M/T/Th/F) @ CPHS 13-18: 8-9:30 am 11/12: 9:30-10:30 am 9/10: 10:30-11:30 am 8 & Unders: 11:45-12:30 pm Minis: 12:30-1 pm Combined PM Practice (M/T/Th) @ CPHS 8 & Under: 5:00-5:45 pm 9 & Up: 5:00-6:00 pm		▮ Forest Park @ CPHS 4:30pm warm up, 5:30pm start		11/12 Luau 6-8pm @ PHAP	▮ PHD @ Springbrook 8:30 am warm up, 9am start
11	12 Week 10	13	14	15	16	17
			▮ Oakhurst @ CPHS 4:30pm warm up, 5:30pm start		8 & Under Swim Party (Includes Mini Dolphins) 6-8pm @ PHAP	▮ LMYA @ CPHS 8am warm up, 9am start
18	19 Week 11	20	21	22	23	24
			▮ PHD @ PHA 4:45 Warm-up, 5:30pm start		Team Picture Day/All Team Practice @ CPHS 7:15am-9:00am Photos 9-10am Team Practice No Mini's practice	▮ Battle of the Ages @ CPHS Warm-up TBD, 9am start
25	26 Week 12	27	28	29	30	July 1
▮ Battle of the Ages @ PHD Warm-up TBD, 9am start			▮ Sea Monsters @CPHS 4:30pm warm up, 5:30pm start	Swim Palooza @ CPHS (this replaces all other practices) 3-4pm: 10 & under + minis 4-6pm: 11 & up 6-8pm: BBQ @ Pleasant Hill Park	Dolphins Break-No Practice	Dolphins Break-No Practice

Pleasant Hill Dolphins

July 2023 (see next page for July 30-31)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Week 13	4	5	6	7	8
Dolphins Break-No Practice				Return to normal practices	9/10 Fiesta Swim Party @ PHAP 6-8 pm	PHD @ Ygnacio Woods 8:15am warm up, 9am start
9	10 Week 14	11	12	13	14	15
			WCSC @ CPHS 4:30pm warm up, 5:30pm start	Coach Appreciation Lunch @ CPHS 1-2 pm	Crossing Challenge Inv. @ Walnut Country Warm-up and start TBD Limited Morning Practices 13-18 10:00-11:30 11/12 11:30-12:15 Mini's 12:30-1:00 10 & Under swimmers will warm up at the meet.	Crossing Challenge Inv. @ Walnut Country Warm-up and start TBD
16	17 Week 15	18	19	20	21	22
		13-18 Game Night @ Teen Center 6:30-8:30pm	Team Pasta Feed/Swim Night + Parent Time Trials @ CPHS 6-8pm		Spirit Day & Team Breakfast 9:30-11am Team Practice 11-12 Spirit/Breakfast Concord City Meet @ Concord Community Pool 4pm Warm-up, 6pm Start	Concord City Meet @ Concord Community Pool Warm-up and start TBD
23	24 Week 16	25	26	27	28	29
Concord City Meet @ Concord Community Pool Warm-up and start TBD			Benicia @ CPHS 4:30pm warm up, 5:30pm start			LSC Hosted Championship Meet @ Acalanes High School Warm-up and start TBD

► ► Always check the website and your email to confirm events, locations, dates, and times. ◀ ◀

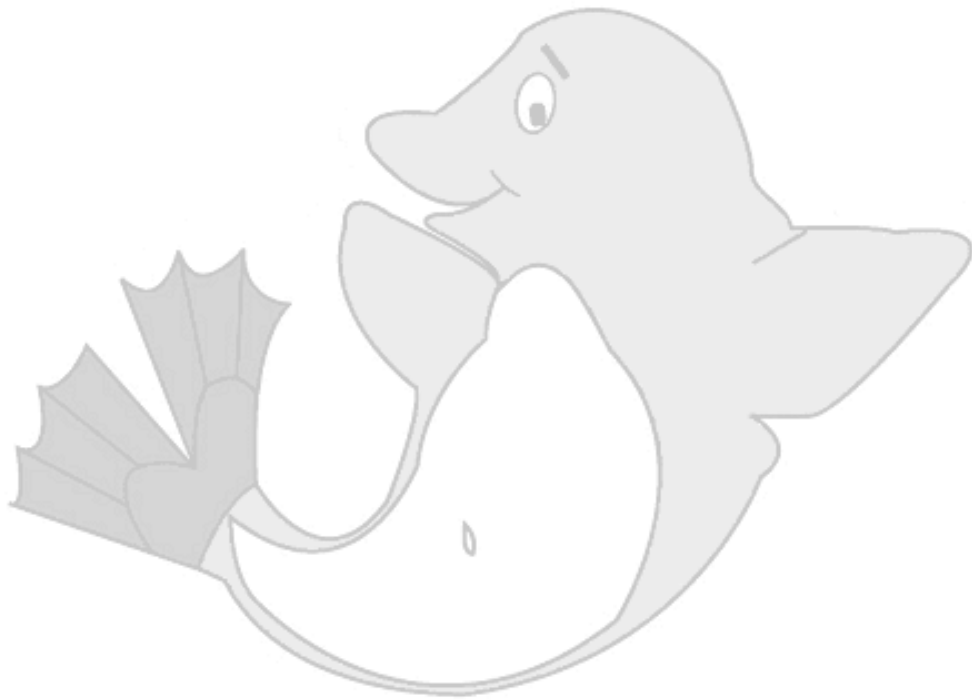
Pleasant Hill Dolphins

August 2023 (and July 30-31)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 30	July 31 Week 17	1	2	3	4	5
	County Practice for Qualifiers and Relay Swimmers @ CPHS 8:30-9:30 am 11 & Over 9:30-10 am 10 & Under End of Season Ice Cream/ Swim Party @ PHAP 1-3pm	County Practice for Qualifiers and Relay Swimmers @ CPHS 8:30-9:30 am 11 & Over 9:30-10 am 10 & Under	County Practice for Qualifiers and Relay Swimmers @ CPHS 8:30-9:30 am 11 & Over 9:30-10 am 10 & Under	County Practice for Qualifiers and Relay Swimmers @ CPHS 8:30-9:30 am 11 & Over 9:30-10 am 10 & Under County Dinner @ Teen Center 6-7pm Board Meeting @ Teen Center 7 pm	County Practice for Qualifiers and Relay Swimmers @ CPHS 8:30-9:30 am 11 & Over 9:00-9:30am 10 & Under County Team Breakfast After morning practice	A+ Meet: Contra Costa County Championship (County qualifiers & invited relay swimmers) @ Acalanes Warm-up and start TBD
6	7	8	9	10	11	12
A+ Meet: Contra Costa County Championship (County qualifiers & invited relay swimmers) @ Acalanes Warm-up and start TBD	Raft Trip 13-18 Swimmers Details TBD					Clean-Up Work Party @ CPHS 7 am- 11 am
13						
★★★★★★ Dolphins Awards Night @ PH Community Center, 5-8pm ★★★★★★						

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Have Fun, Swim Fast!



www.pleasanthillrec.com
www.pleasanthilldolphins.com