

Dublin Green Gators



Parent Handbook 2026



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COMPETITIVE AQUATICS PROGRAM INFORMATION

The City of Dublin offers, as part of its comprehensive aquatics program, a competitive summer swimming program for boys and girls aged 4 through 18 years. The City of Dublin establishes and implements policies for this program, employs, and supervises staff to coach the participants.

The competitive swimming program provides an opportunity for youth to compete against other swimmers of comparable age and ability in a recreational setting during the summer. The Dublin Green Gator Swim Team competes as a member of the Valley Swim League, which is composed of agencies and clubs of similar abilities.

The fees charged by the City of Dublin help to defray the costs of the program including the coaching staff and supplies. The City provides the remaining costs and services including the operational cost of the facility including utilities and the cost of equipment. The City does not provide swimsuits, towels, warm-up clothing or transportation to and from league meets.

The City recognizes that the swim team cannot operate without the cooperation and assistance of team parents and it welcomes and encourages the support of team parents.

DUBLIN GREEN GATOR SWIM TEAM PHILOSOPHY

Ultimately, the goal of the Dublin Green Gator Swim Team is that each participant will develop a lifelong positive attitude toward swimming. During the season, individual skill development, goal setting, recreational competition and most importantly, fun are all stressed. Each participant will be encouraged to reach their full potential. If an individual champion or a winning team is developed along the way . . . that is fine. However, this is not the main purpose of the program.

Years from now, it is hoped that team members will look back fondly on the fun they had at practices and meets, the new friends they made, the excitement of the competitions and the successes and disappointments they shared with fellow teammates, coaches, and family.

The Dublin Green Gator Swim Team believes that a winner is not just the one who finishes first in a race. It is much more than that; it is a lifelong attitude. Through the competitive experience, everyone can become a “winner” by striving towards individual goals and ultimately achieving them. ***Being*** the best is not as important as ***trying*** your best.

Practice Schedule



Spring Practices: May 18—June 5, 2026 (Monday-Friday)

Age Group	Time	Days	Location
Boys & Girls: 6 & Under, 7-8 Years	4:10pm—4:55pm	Monday—Friday	Indoor Natatorium
Boys & Girls: 9—10 Years	5pm—5:55pm	Monday—Friday	Indoor Natatorium
Boys & Girls: 11—12 Years	6pm—6:55pm	Monday—Friday	Indoor Natatorium
Boys & Girls: 13—14 Years	7pm—7:55pm	Monday—Friday	Indoor Natatorium
Boys & Girls: 15—18 Years	8pm—8:55pm	Monday—Friday	Indoor Natatorium

****There is no practice on Monday, May 25, 2026***

Summer Practices: June 8—July 17, 2026 (Monday-Friday)

Age Group	Time	Days	Location
Boys & Girls: 6 & Under, 7-8 Years	8:00am—8:45am	Monday—Friday	Outdoor Sports Pool
Boys & Girls: 9—10 Years	9am—9:55am	Monday—Friday	Outdoor Sports Pool
Boys & Girls: 11—12 Years	9am—9:55am	Monday—Friday	Outdoor Sports Pool
Boys & Girls: 13—14 Years	10am—10:55am	Monday—Friday	Outdoor Sports Pool
Boys & Girls: 15—18 Years	10am—10:55am	Monday—Friday	Outdoor Sports Pool

Practice attendance policy: Swimmers who miss 2 or more practices in a week may not be placed in events for the next Saturday swim meet

Alternate Evening Summer Practice: June 8—July 17, 2026 (Mon-Thurs ONLY)

Age Group	Time	Days	Location
Boys & Girls: 6 & Under	6:15pm—7pm	Monday—Thursday	Outdoor Sports Pool
Boys & Girls: 7—10 Years	6:15pm—7:10pm	Monday—Thursday	Outdoor Sports Pool
Boys & Girls: 11—18 Years	7:15pm—8:10pm	Monday—Thursday	Outdoor Sports Pool

Meet Schedule



**Swimmers are required to attend the practice meet on 5/30/26. Swimmers who do not attend the practice meet may have their seeding affected in meets for the season ('seeding' meaning the events they swim in)*

Day	Date	Time	Place	Opponent
Saturday	5/30/26	*8:00 AM	Home	Practice Meet
Saturday	6/6/26	*8:00 AM	Home	San Ramon
Saturday	6/13/26	*8:00 AM	Away	Sunset
Saturday	6/20/26	*8:00 AM	Home	LARPD/The Club
Saturday	6/27/26	*8:00 AM	Away	TVA
Saturday	7/11/26	*8:00 AM	Home	PVC
Wednesday	7/15/26	*4:00 PM	San Ramon	VSL Invitational (All Teams)
Saturday	7/18/26	*8:00 AM	LARPD	League Championships (All Teams)

**Meet start times and dates are subject to change*

Why do we have two final meets vs. one BIG final meet, and what is the difference between those meets?

League Championship Meet: Top 3 swimmers in each age group, in each event. This meet is TIME based.
(Final meet of the season)

Invitational Meet: Final meet for those who do not have qualifying times for the championship meet.
(Wednesday evening Meet)

This gives every swimmer on the team a chance to compete in a final all-team league meet. We encourage families to come cheer and support the team at both meets regardless of which meet your swimmer is in!

Championship Eligibility: Swimmers may not miss more than TWO dual meets during the season, not including the practice meet, to be eligible for the Championship meet on July 18, 2026.

Parent Volunteer Policy: Parents are required to volunteer at the practice meet, Championship meet or Invitational meet, and at least 3 dual meets

No-Show Policy: swimmers who no-show to a swim meet they committed to will not be eligible to participate in the following swim meet. Swimmers who no-show to a second swim meet they committed to will not be eligible to participate in the Championships Meet.

IMPORTANT DATES & TIMES

Picture Day- Friday, June 12, 2026

Team Bonding Events:

- Carbo Load: Friday June 5th, 2026; 4pm—8pm @ The Wave
- Carbo Load: Friday, June 19th, 2026; 4pm—8pm @ The Wave
- End of the Year Party: Sunday, July 19, 2026 @ The Wave
- Swim-A-Thon: Date TBA

FUNDRAISERS

Purpose of Fundraisers

We are a self-supported summer recreation swim team that relies on fundraising activities to fund team operations. While you paid a city registration fee, these fees are used to cover costs of the facility use, coach salaries, and insurance the team is required to have. We, the parent committee, work to raise funds to pay for the team's operations and activities that are not covered by The City's budget allotment. These include, but are not limited to:

- training equipment and maintenance (Computers, tables, chairs, etc.)
- team website fees
- swimmer incentives (patches, ribbons, candy for weekly reports)
- intra season "fun stuff" (meet theme décor, swim a thon supplies/food)
- season end festivities:
 - o awards (plaques, certificates)
 - o coaches' gifts
 - o year-end awards banquet (catering, and décor)

The Swim-a-thon is an organized fundraiser each year with all proceeds going to our swim team. Each swimmer will be asked to raise \$100 for the team this season. We will have the Swim-a-thon as our FUNdraising opportunity. If a swimmer isn't able to participate in the Swim-a-Thon or can't raise the \$100, it will be the responsibility of the swimmer's family to make up the difference. We are also a 501c3 organization and will happily provide receipts for all financial support for tax purposes. We need your support and appreciate all that the parents do to help this team operate. We couldn't do it without you. Let's have a great season!

Important Contact Information

Facility Information:

The Wave at Emerald Glen Park
4201 Central Parkway, Dublin, CA 94568
925 574 4800

Parks & Community Services Department
100 Civic Plaza, Dublin, CA 94568
925 556 4500

Green Gator Coaching Staff:

Head Coach: Derick Samonek
Assistant Coaches: Robert Leushner, Veda Raman, Alyson Martinez, Kevin Sun, Ryan Tram
Contact Email: TheDublinWave@dublin.ca.gov

Wave Staff:

Recreation Coordinator: Kevin Coffee
Email: Kevin.Coffee@dublin.ca.gov
Phone: 925 574 4816

Recreation Supervisor: Dustin Stene
Email: Dustin.Stene@dublin.ca.gov
Phone: 925 574 4827

Parent Board Committee:

President:

Secretary:

Liz Tran - emailliztran@gmail.com

Treasurer:

Communications:

Tamara Lopes - prynsys03@gmail.com

Volunteer Coordinators:

Aditi Pulaskar - aditivp@gmail.com
and Rachna Wadhwani - rachnawadhwani@gmail.com

Photographer:

Duy Dinh - duydinh@gmail.com

Seasonal Volunteer Positions:

Computer:

Stroke & Turn Judges:

Ribbons:

Super Parent Coordinator:

MISCELLANEOUS INFORMATION

Team Suits and Apparel

In order to help differentiate our swimmers from other league swimmers during meets, the Gators will be wearing **white swim caps**. The league is asking that all new Dublin Green Gators swimmers purchase a new swim cap for meets. Personalized cap orders are \$26 for two regular size silicone and \$32 for two long-hair silicone. It is a 2 cap minimum per order. If you need two different names on your caps (for example, swimmer's first names) you will need to place 2 different orders and double the price. What we will need from each swimmer is to complete the information in a Google Form that will be emailed out, providing us with the name you want printed on the caps. The team will order a handful of blank new caps for those that miss the deadline, however, it is recommended that ALL swimmers order a new cap with their name on it.

We are partnering this year with Swim Outlet for our customized Caps, parkas, suits and goggles:

1. All team members get free Swim Outlet membership
2. 20% off all suits and apparel
3. Free 2-Day shipping
4. 5% store credit to the team when the Team Store link is used

Link to the Swim Outlet Swim Gear Store (for suits, goggles, and parkas)

<http://www.swimoutlet.com/collections/dublingreengators>

We also have an online store with Spirit Hero for all other Gator Gear:

1. The store is open now.
2. Orders are shipped directly to your home.
3. Please pay special attention to sizing, **all sales are final**
4. You will receive your order about 3-6 weeks.

Link to the Spirit Hero Gator Gear Store (for all other gator gear):

<https://spirithero.com/collections/dublin-2>

Team Photos

Team photos will be taken at the Wave on Friday, June 12, 2026. There will not be practice this day. G2 Photo Studio will be capturing your child's smile for Swim Team Picture Day this year! We are excited to bring in a new photographer for the upcoming season and specific details will be updated in the near future.

Below is our forecasted schedule:

Team members should arrive on time and ready for photos during their timeslot listed below:

- 8am—8:45am: Swimmers with last name A-G
- 8:45am—9:30am: Swimmers with last name H-P
- 9:30am—10:15am: Swimmers with last name Q-Z
- 10:15am—10:30am: Last call for swimmers who missed timeslot

****Timeslots are subject to change***

Swimmers who are not able to attend but would like to have individual photos taken may contact the photographer for possible makeup dates.

RESPONSIBILITIES OF PARENTS

1. Take an active interest in your child's progress and development, successes, and disappointments.
2. Volunteer at a minimum of five swim meets by working as age group coordinators, timers, scorekeepers, starters, announcers, and stroke and turn judges. No experience is necessary . . . and this program is not possible without parent volunteers.
3. Read all swim team communications and attend parent meetings to keep informed.
4. Support the team and the coaching staff with a positive attitude. Communicate any ideas, concerns or suggestions you may have for the team.
5. **Be a role model for the swimmers by displaying good sportsmanship at swim meets.**
6. **Please** do not approach the coaches on the deck during practice or meets unless it is extremely important. It is hard for the coaches to carry on a structured workout or organize a meet with continuous interruptions. The coaches will be happy to meet with you either before or after a practice/meet, or at a prearranged time. They try to make the most of the practice/meet time and are dedicated to providing the time and attention the swim team members need.

7. **Coaches must be notified in writing 10 days in advance if the swimmer is not able to attend a swim meet.** Please email GreenGators@dublin.ca.gov. The coaches' plan meets line-ups well in advance of the meet. Failure to give enough notice can result in your child not being entered into the next meet. As a reminder swimmer may only miss **two** league swim meets.

GREEN GATOR SWIM TEAM RULES

1. All participants must obey the coaching staff and the Wave aquatic staff.
2. Only registered swimmers will be permitted in the facility during practices.
3. Participants are not permitted to enter the water until instructed by the coach.
4. Running on the pool deck and horseplay during practice is prohibited.
5. Profanity is prohibited.
6. Swimmers are not permitted in other area of The Wave other than the Sports Pool, unless instructed by the coach.
7. Hanging or swinging on the lane lines is prohibited.
8. Mistreatment of the facility or the equipment will not be tolerated. Equipment is to be handled with care.
9. Participants should arrive no earlier than ten minutes prior to practice and must leave the facility immediately afterward.
10. Participants are not permitted in the pool storage areas or on the lifeguard stands.
11. Come to practice on time - this includes warm-up time, which is a crucial part of any exercise.
12. If you can't make it to practice, know you will be late, or know you need to get out early, notify the coaches in advance. Swimmers who miss 2 or more practices in a week may not be seeded in events for the next swim meet.
13. Do every set correctly and to the best of your ability. If you have any questions about the set, please don't hesitate to ask.
14. Swim from wall to wall without stopping or touching the bottom of the pool.
15. Be courteous to other swimmers; they are your teammates.
16. Interfering with another person's workout will not be tolerated by the coaches.
17. If you need to go to the bathroom, wait until after the set and let the coach know.
18. Team caps should be worn at all meets by boys and girls in all age groups. Hair must be pulled back or in a swim cap at practice.
19. Absences from practice (without notice), no shows at swim meets and late notice of absence from swim meets (less than 10 days) can result in a swimmer not being entered into a meet.
20. Workout equipment (i.e. kick boards) must only be used in a manner demonstrated by coaches.

21. **When the coaches are giving instructions, they expect team members to listen with one hand on the pool edge and eyes on the coach. This signals to the coach that they have everyone's attention.** Excessive talking or playing during this time may result in a brief 'Time Out'. A 'Time Out' is when coaches ask any children not cooperating to get out of the pool and sit on the deck for a period of five to ten minutes.
22. Any other behavior which is deemed to be inappropriate or unsafe by the aquatics or coaching staff is prohibited.

RESPONSIBILITIES OF THE COACHING STAFF

Swim team coaches are employees of the City of Dublin and are under the direction of and responsible to the Parks and Community Services Department. The Head Coach is responsible for the planning, organizing and directing all the swim team activities. Specific responsibilities include:

1. Supervises the safe operation of the pool during practice sessions and league meets.
2. Coaches instruct participants on competitive swimming techniques including stroke mechanics, starts, turns, and training methods.
3. Prepares entries for league meets and championships.
4. Organizes and directs team practice sessions.
5. Maintains discipline and control of team members during practice sessions and swim meets.
6. Works in conjunction with parent volunteers in conducting swim meets and other team activities.
7. Demonstrates a positive attitude and good sportsmanship.
8. Encourages and motivates team members.

9. Supervises the proper use of all swim equipment including pool covers, pace clock, lane lines, fins, kickboards, pull buoys, stopwatches, starting and timing system, backstroke pennants and P.A. system.

PARENTS COMMITTEE JOB DESCRIPTIONS

DUBLIN SWIM TEAM PARENTS COMMITTEE: The Parents Committee is formed by volunteers and the goals of the Parents Committee are as follows: 1) To promote and to support the City of Dublin swim team program, 2) To promote a spirit of good sportsmanship which supports a sincere appreciation of the efforts of others and a feeling of responsibility toward the team as a whole, 3) To promote an understanding of the needs of the discipline and commitment in the achievement of personal goals, and 4) To participate in a community activity which encourages the participation of the family.

PRESIDENT: The President of the Parents Committee has the function to conduct Parent Committee meetings and oversee the committee member's jobs. The President is a liaison between the swim team parents and the City of Dublin staff.

TREASURER: The Treasurer shall keep accurate records of any swim team expenses or revenue. Based on that information, the Treasurer will prepare financial reports, bank reconciliations, deposits, and payments. Financial reports should be presented to the Parents Committee on a regular basis. In addition, the Treasurer will work together with the coach to order year-end trophies and awards.

SECRETARY: The Secretary will take minutes at all Parents Committee meetings. The Secretary will assist the Parent Volunteer Coordinator.

PARENT VOLUNTEER COORDINATOR: The Parent Volunteer Coordinator is responsible for coordinating parent volunteers for swim meets, recruiting for the seasonal volunteer positions to be filled, assist with administrative work throughout the season and calendar year.

SEASONAL VOLUNTEER OPPORTUNITIES

SCOREKEEPING/RIBBONS/COMPUTER COORDINATOR: Use of a PC computer is necessary for this position. The job requires computer input of the swimmers or assigned events as planned by the coaches, as well as meet preparation and printout of event sheets. This position requires that the person be present at all swim meets to enter results on the computer and printout ribbon stickers. Overseeing of the ribbon workers and scorekeeper is also required.

SUPER PARENT COORDINATOR: The Super Parent Coordinator has the responsibility of overseeing the super parents at each swim meet. Each meet, the Super Parent Coordinator will assign parents to work with 8 & under swimmers to escort them to their event. Super Parents will stay with their assigned swimmers until the event is over.

INCENTIVE AWARDS COORDINATOR: After each swim meet, the Incentive Awards Coordinator must arrange to get a copy of the swim meet results. Results will be recorded for the Green Gators in a ledger. It should then be calculated if the swimmer has received any incentive awards (patches and pins). Awards will be placed in envelopes for the child to pick up at practice. Results will also be compared to team record times. If a swimmer achieved a team record time, a certificate and patch will be awarded, and anything posted at the pool with team record winners will be updated. Inventory should be kept. If anything is needed, the appropriate person must be contacted for ordering.

FUNDRAISING: For the purpose of being able to purchase team equipment, party supplies, treats for swimmers, trophies etc., the Fundraising is an important aspect to the Green Gators. The position will be required to carry out all plans associated with fundraising.

RIBBON WRITER: Once the scoring has been completed, the results page and printout ribbon stickers will be given to the Ribbon Writers. Place the stickers on the back of ribbon. When a single page has been completed, wrap all of the ribbons for that page inside the page and bind with a rubber band. Then place the bundle of ribbons in a box that has been supplied by the coach. The home team will provide the ribbons for individual 1st through 4th place and 1st and 2nd place relay teams. Ribbons will be on the ribbon-writing table when you arrive (if they are not there check with the swim team coach).

APPAREL COORDINATOR: finds a vendor(s) for team apparel and the team suit. The Apparel Coordinator is the liaison between vendors and team parents.

SWIM MEET PARENT VOLUNTEER JOB DESCRIPTIONS

ANNOUNCER: Introduce the swimmer's team, first name of swimmer, lane they will be swimming in, stroke, age group, and other pertinent information while keeping the meet moving at a smooth, but rapid pace.

STARTER: In charge of getting the swimmers to their marks and sounding the horn. In case of a false start, the Starter oversees sounding the horn again to stop all swimmers. The Starter will work in conjunction with the Head Timer assuring that all lane timers are ready to begin each heat. **Two starters are needed per meet each working a half.**

HEAD TIMER: In charge of overseeing lane timers. Head Timer will carry extra stopwatches in case of a lane timer watch malfunctioning or other unforeseen problems. Will hold a meeting before each meet to explain lane timer procedure and clarify any questions that exist. Works hand in hand with Starter in making sure all Timers are ready for each race.

TIMERS: All Timers will meet prior to the meet with the Head Timer to make sure that all Timers are present and to answer any questions Timers may have. In each lane there will be one Timer from each team. Timers will time the swimmer in their lane and then give the average time to the Recorder/Runner. If one watch fails, then use one of the Head Timers back up watches. **Twelve Timers are needed for each meet and each Timer will be expected to time for half the meet. Timers will switch following the Butterfly events.**

STROKE AND TURN JUDGE: A Stroke and Turn Judge will be provided by each team, Judges must watch all swimmers to make sure that swimmers touch the edge with two hands during all breast stroke and butterfly turns, during relays so that no swimmer enters the water before their teammate touches the wall, and to check for proper stroke technique. High school definitions of strokes will apply except as rated by the league rules. If a disqualification occurs, it should be recorded and submitted to the scoring table. Slips are turned over to coaches at the end of a meet. **Two Stroke and Turn judges are needed for each meet. Each judge works half the meet. The Tri-Valley Swim league will provide training for all Stroke and Turn Judges.**

SUPER PARENTS (CHILD LINE-UP): Each age group parent will be given an apron, which indicates the age group they are lining up and a full copy of the league meet forms. Children should be gathered five to six events before they are due to swim their event. Any line up problems should be directed to the coaching staff. Once children are gathered, escort them to their lanes and line them up for their event. **Eight Super Parents are needed for each meet. Each Super Parent working only a half.**

LANE RECORDER: Recorder will sit behind Timers and write down times for swimmers in their lane for every event. These will then be transferred to the Runner/Recorder sheet.

RECORDER/RUNNER: A blank League Meet Form will be given to the Recorder (supplied by coaches). At the end of each heat the Recorder/Runner will go to Timers in all lanes and record the average time for each swimmer. Once the times for all swimmers on a single page of the League Meet Form have been recorded the recorder/runner takes that page and the page completed by the finish judges to the Scorekeeper's table. **Two Recorders/Runners are needed for each meet. Each Recorder/Runner will work half the meet.**

SET-UP/TAKE DOWN: Assists in setting up or taking down of equipment (table, chairs, EZ-ups, etc.) at home swim meets. **Twelve volunteers are needed for each meet.**

SWIM MEETS

GENERAL PROCEDURES

1. Swimmers must arrive by 7:00 a.m. and check in with coaches at designated area (coaches will inform the swimmers). Participants arriving late may be scratched.
2. After checking in, swimmer will stretch and get ready for warm-ups. Once warm-ups begin, follow the direction of the coaches. Practice starts will only be done in a designated lane.
3. Swimmers must remain in the designated team area throughout the meet.
4. During the meet, swimmers are responsible for getting to the proper event, heat and lane in time to swim. The swimmer's parents need to help keep their kids on schedule. At home meets, the current event number is posted on the video scoreboard. Swimmers should be at their lane at least two heats prior to their heat. 8 & under swimmers must report to the Super Parent area two events prior to their event.
5. When arriving at the lane for their event, swimmers should tell the timer their name.
6. After swimming their event, swimmers should report to their coach.
7. If a participant becomes a discipline problem, the parent will be asked to supervise the child.
8. Entertaining items such as games, books, cards, etc., are suggested and may be brought to the team area.
9. At the conclusion of each meet, team members are expected to help clean up the area.

VALLEY SWIM LEAGUE

BY LAWS

General

1. Valley Swim League (VSL) is composed of the following swim teams:
 - a. Castlewood Country Club - Castlewood Barracudas
 - b. Pleasanton Valley Swim Club - PVC Dolphins
 - c. San Ramon Aqua Bears
 - d. Sunset Swim Team
 - e. Rhonewood Sharks
 - f. LARPD Eels
 - g. The Club at Livermore – Fireballs
 - h. Dublin Green Gators
2. Swimmer Eligibility
 - a. All competitors must be a swim team member of a participating club
 - b. The age group a VSL team member swims in will be determined by his or her chronological age on June 1st
 - c. Swimmers are eligible to compete through the summer following their high school graduation.

- d. December 31st of the previous year is the deadline to compete in a USS meet. Swimmers may train with a USS team in the spring but not participate in USS meets until after the VSL summer season has ended.

Dual Meets

Age groups

Competing age groups are as follow:

- | | |
|---------------|--------------|
| 1. 6 & Under | Boys & Girls |
| 2. 7—8 yrs | “ “ |
| 3. 9—10 yrs | “ “ |
| 4. 11—12 yrs | “ “ |
| 5. 13—14 yrs | “ “ |
| 6. 15—18* yrs | “ “ |

Order of events

1. Medley relay
2. Freestyle
3. Butterfly
4. Breaststroke
- Break--
5. Individual medley
6. Backstroke
7. Freestyle relay

Scoring

1. Individual events (Top 3 swimmers from each team are scored across heats.)
 - i. 7 – 5 – 4 – 3 – 2 – 1
2. Relays (1st heat only with only 1 score per team)
 - i. 14 – 10

Stroke definition:

1. Strokes will be judged based upon USS rules except for the following VSL adjustments:
 - a. For the first two dual meets, teams are allowed to lower the stroke requirements for 6 & under and 7 & 8 age groups. Both teams must agree to the changes.
2. Each relay team must have 4 different swimmers
3. Each swimmer is limited to 5 scoring events (individual and relays). Any swimmer swimming more than 5 scoring events will be automatically disqualified for each event after the first 5.
 - a. This rule does not apply when an age group for the swim meet has 6 swimmers or less.
 - b. This rule does not apply when there are not enough swimmers to create a relay.

- c. Swimmers can swim up one age group to complete a relay. There are no move ups in individual events.
- d. Girls can swim in a 'Mixed' relay when there are not enough boys in an age group to fill a relay team. There must be a minimum of 2 boys.
- 4. Host teams swim in the even numbered lanes with the visiting team in the odd number lanes.
- 5. Host team responsibility:
 - a. Hosting coach needs to initiate contact with the visiting coach 4 days prior to the meet to discuss meet details. Meet lineups are due 3 days prior to the meet with the final merged meet file being sent back to the visiting 2 days before the meet (Thursday night at latest for Saturday meets and 3 days prior for Wednesday meets).
 - b. Host team runs the meet and sets the meet rules which include:
 - i. Start time
 - ii. Special circumstances (dress code, noise, parking issues etc.)
 - c. Provides a pool ready to support a swim meet.
 - d. Provides staff for the following jobs:
 - i. Computer operator (includes merging of meet files and sending out final results)
 - ii. Meet marshal
 - iii. Starting system
 - iv. 9 timers
 - v. 1 stroke and turn judge
- 6. Visiting team responsibilities:
 - a. Send meet lineup file to host team 4 days prior to the meet
 - b. Agree to meet rules as set by the host team.
 - c. Provides staff for the following jobs:
 - i. 9 timers
 - ii. 1 stroke and turn judge

Championship Meet

- 1. For swimmers to be eligible for the Championship meet, they cannot miss more than two dual meets (not including the practice meet); verification to be established upon request.
- 2. Swimmers are limited to 4 events at Championship (individual and/or relay); maximum of 3 individual events.
- 3. Each team can only submit 2 swimmers per age group for each individual event and 1 relay team per age group.
- 4. Boy relays can only become mixed relays if a team has less than the minimum number of boys to swim on their team roster (6 or less for 10 and under, 7 or less for 11+). There must be a minimum of two boys for each mixed relay.
- 5. Order of events will be the same as in dual meets

6. A swimmer may swim up in a relay only if there are not enough swimmers in an age group, on the team roster. If a swimmer swims up in a relay they may swim in their regular age group for individual events. If a swimmer swims up in individual events, they must swim up in any event in which they compete.
7. There will only be two (2) heats for each individual event and one (1) heat for each relay event.
 - a. Faster swimmers will swim in the 2nd heat.
 - b. Seeding of each event will be based upon seed times from dual meets.
8. Teams can bring a maximum of 3 alternates per age group, alternates can swim in either relays or individual events (alternates and/or relay swimmers are eligible to swim in the invitational meet in individual events only). Alternates must follow all rules specified above.
9. Relays must swim in the order in which they are listed in the system.
10. Medals are awarded to top 3 times and ribbons for places 4 – 8th place, regardless of what heat the swimmer swims in. Participation ribbons are handed out to 9th – 16th places.
11. Schedule for championships: Warm ups begin at 7:00a.m and end by 8:00a.m., national anthem 8:15, first event begins at 8:30a.m.
12. Each team is required to meet the following deadlines for the Championship meet:
 - a. Meet entries are due the Sunday before the meet at 5:00pm. Failure to turn in meet entries by the specified time above will result in a 50 dollar fine payable to the Valley Swim League treasurer.
 - b. First draft of merged meet will be sent to team coaches after all teams send in their line ups.
 - c. All corrections are due by the Monday before the meet at 5:00pm
 - d. No changes will be made after all corrections have been turned in.
 - e. All teams are required to submit their insurance with a \$1 million rider
13. Scoring will be as follows:
 - a. Individual events
 - i. 17 – 15 – 14 – 13 – 12 – 11 – 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1
 - b. Relays:
 - i. 25 – 22 – 21 – 19 – 18 – 16 – 15 – 13
14. Each team needs to provide the following workers:
 - a. 3 timers with backup stopwatches per half
 - b. 1 recorder (with backup stopwatch, clipboard and ball point pen) per half
 - c. 2 people for misc. jobs (“gatekeeper,” locker room check, backup for missing volunteers, etc.)
 - d. Ribbon writer teams. Each club will handle one event.
 - e. 1 Lane Marshall (entire meet)
 - f. 1 Stroke and turn judge (1/2 meet)
15. Additional volunteers required
 - a. Announcer
 - b. National Anthem performer
 - c. Meet computer person
16. No team cheers inside the pool gates
17. Meet director has final discretion on all championship rules

Basic Definitions & Event Information

- **Event** - Events are divided by Gender, Age, Yardage, and Stroke(s). For example:
 - Event #1 is the Girls, 6 & under, 100 yard, medley relay.
 - Event #2 is the Boys, 6 & under, 100 yard, medley relay.
- **Heat** - If there are more swimmers than lanes available for an event (8 swimmers, 6 lanes) then the event will be broken into two heats. Heats are seeded according to times.
- **Seeding** - Swimmers are given heat and lane assignments for an event based on time.
- **D.Q.** - Means disqualified, the coach will review this with the swimmer after the event.
- **25, 50, 100** - the amount of yards that your child will be swimming.
 - 25 yards is one lap.
 - 50 yards is two laps.
 - 100 yards is four laps.

The order for the Medley Relay is:

- Backstroke, Breaststroke, Butterfly and Freestyle.

For swimmers 6 & under the relay is:

- Backstroke, Breaststroke, Freestyle and Freestyle.

The order for the Individual Medley is:

- Butterfly, Backstroke, Breaststroke and Freestyle.

EXAMPLE OF A MEET SHEET:

#10 Mixed 13-14 200 Yard Medley Relay				15 Vu, Alyssa	8 DBAC-TV	32.35
Team	Relay	Finals Time		#16 Boys 7-8 25 Yard Free		
1 DUB-TV	A	2:05.30		Name	Age	Team Finals Time
Miller, Alexandre M14		Magnuson, Alexander M		1 Tripi, Aiden	8 DUB-TV	18.44
Yoon, Brian M14		Lind, Trevor M14		2 Nobrega, Max	8 DUB-TV	18.95
2 DBAC-TV	A	2:50.62		3 Duarte, Paulo	8 DUB-TV	19.19
Terpugoff, Daniel M13		Li, Benjamin M11		4 Shimonishi, Kuma	8 DUB-TV	20.41
Wang, Gary M12		Xiao, Julian M11		5 Zhang, Kevin	8 DBAC-TV	20.66
#11 Girls 15-18 200 Yard Medley Relay				6 Perkiss, Grayson	7 DUB-TV	21.35
Team	Relay	Finals Time		7 Crandall, Evan	7 DBAC-TV	21.72
1 DUB-TV	A	2:17.24		8 Lam, Alex	8 DUB-TV	22.79
Shum, Presley 17		Simmons, Jenna 16		9 Wenger, Allan	8 DUB-TV	23.16
Dang, Caitlyn 16		Kanoho, Chloe 15		10 Muther, Ryan	8 DUB-TV	26.10
2 DBAC-TV	A	2:33.69		11 Surapaneni, Ishan	7 DBAC-TV	27.31
Zhou, Esther 14		Maggi, Anna 15		12 Kamath, Neel	7 DBAC-TV	27.85
Xiao, Jasmine 16		Markova, Anastasiya 14		13 Wirchniansky, Anc	7 DUB-TV	27.94
#12 Mixed 15-18 200 Yard Medley Relay				14 Li, Maxwell	7 DBAC-TV	30.53
Team	Relay	Finals Time		15 Gerber, Benjamin	7 DUB-TV	36.27
1 DUB-TV	A	1:59.37		--- Choi, Hayden M	8 DUB-TV	X20.24

SWIM MEET RIBBONS & INCENTIVE AWARDS

SWIM MEET RIBBONS

The Dublin Green Gators ribbon awarding guidelines are as follows. Everyone who swims will receive a ribbon. No ribbons will be given out during a meet. Please ask your swimmers not to question ribbon writers at the meet. Ribbons will be awarded to the swimmers the following week at practice. Ribbons are awarded for 1st through 4th place. A participant ribbon will be given to any swimmer participating, but not placing in the meet. Please be aware that other teams have their own policies for awarding ribbons. Ribbons are provided by the host team.

PATCH AWARD

Patches are available to the swimmers who have beaten the time listed under “patch award times” shown in the Dublin Green Gator’s team manual. See apparel coordinator for details.

END OF THE SEASON AWARDS

These awards are given to the one swimmer in each age group of the age group and are solely awarded at the discretion of the coaching staff.

MOST IMPROVED AWARD

A swimmer who has shown the most improvement in stroke technique, attitude, and determination in the sport of swimming. This swimmer's improvement will be demonstrated with their overall times taken at each meet.

MOST VALUABLE AWARD

A swimmer who has scored the highest amount of points at the championship meet and has a high percentage of points earned from the dual meets. This swimmer displays leadership characteristics and always practices good sportsmanship in swimming.

MOST DEDICATED AWARD

A swimmer who demonstrates determination, ambition and dedication to the Dublin Green Gators and the sport of swimming.

DUBLIN GREEN GATOR AWARD

This award will only be given to the one overall Dublin Green Gator swimmer who has proven to be a role model, has characteristics of a good leader, and member of the team. This swimmer should be a noble person and dedicated athlete. This award will be given in the spirit of Gabriel Gamez.

The history of the Dublin Green Gator Award

This award was created in the spirit of Gabriel Gamez, who died after our 1992 season. Most of our current team members did not have the pleasure of meeting or knowing Gabriel. Gabriel swam for the Gators for several seasons. Seeing him interacting with his teammates and his display of team spirit or leadership skills was almost unbelievable for a 13-year-old boy. Gabriel was always involved in social activities, sports and volunteer work. With his outgoing spirit, you would have thought that he was one of the top athletes on the team. However, he was not; Gabriel was in it to have fun and make friends.

Gabriel and I would swim endlessly during the summer. We always wanted to be the first kids in the pool and always the last to leave. When it came to helping others, Gabriel would do anything and everything in his power to help. He would cheer for his teammates at meets; help the coaches, parents or even the younger swimmers on the team. I just always thought that he was my crazy older brother, who was always laughing and shouting really loud.

After he died, some of our friends from the team and I realized how he touched so many people's lives. That is why in 1993 the coaches and Parent Committee decided to create this award. The coaches choose one

swimmer who displays the same characteristics and selflessness that Gabriel did. In fact, the first year we gave out this award was to one of Gabriel's closest friends on the team.

I hope that by reading this it will explain who Gabriel was and why we have an award in his spirit. I hope you will also explain this to your children as well; so that they will understand what an honor it is to receive this award.

APPENDIX

PATCH TIME RULES

The following awards are presented for each meet. The following patch times can only be received once. Patches will be received a few days after the swim meet.

A **BLUE STAR** will be awarded when a team record is broken

A **GOLD STAR** will be awarded when a league record is broken.

GIRLS PATCH AWARD TIMES

AGE	STROKE	DISTANCE	Patch Time	White Star	Red Star
6 & Under	Back	25 Yards	41.00	40.00	39.00
	Breast	25 Yards	42.00	41.00	40.00
	Fly	25 Yards	40.00	39.00	38.00
	Free	25 Yards	33.00	31.00	30.00
7-8 Years	Back	25 Yards	26.00	25.00	24.00
	Breast	25 Yards	29.00	28.00	27.00
	Fly	25 Yards	27.00	26.00	25.00
	Free	25 Yards	21.00	20.00	19.00
9-10 Years	I.M.	100 Yards	2:06.00	2:04.00	2:02.00
	Back	25 Yards	23.00	22.00	21.00
	Breast	25 Yards	25.00	24.00	23.00
	Fly	25 Yards	21.00	20.00	19.00
	Free	50 Yards	39.00	37.00	35.00
11-12 Years	I.M.	100 Yards	1:40.00	1:36.00	1:32.00
	Back	50 Yards	43.00	41.00	39.00
	Breast	50 Yards	46.00	44.00	42.00
	Fly	50 Yards	41.00	39.00	37.00
	Free	50 Yards	34.50	32.50	30.50
13-14 Years	I.M.	100 Yards	1:29.00	1:25.00	1:21.03
	Back	50 Yards	40.00	38.00	36.00
	Breast	50 Yards	45.00	43.00	41.00
	Fly	50 Yards	39.00	37.00	35.00
	Free	50 Yards	33.00	31.00	29.00
15-18 Years	I.M.	100 Yards	1:25.00	1:21.00	1:17.00
	Back	50 Yards	39.00	37.00	35.00
	Breast	50 Yards	44.00	42.00	40.00
	Fly	50 Yards	35.00	33.00	31.00
	Free	50 Yards	31.00	29.00	27.00

I.M.

100 Yards

1:20.00

1:18.00

1:14.00

BOYS PATCH AWARD TIMES

AGE	STROKE	DISTANCE	Patch Time	White Star	Red Star
6 & Under	Back	25 Yards	41.00	40.00	39.00
	Breast	25 Yards	42.00	41.00	40.00
	Fly	25 Yards	40.00	39.00	38.00
	Free	25 Yards	33.00	32.00	31.00
7-8 Years	Back	25 Yards	26.50	25.50	24.50
	Breast	25 Yards	29.00	28.00	27.00
	Fly	25 Yards	28.00	27.00	26.00
	Free	25 Yards	21.00	20.00	19.00
9-10 Years	I.M.	100 Yards	2:01.00	1:59.00	1:57.00
	Back	25 Yards	23.00	22.00	21.00
	Breast	25 Yards	26.00	25.00	24.00
	Fly	25 Yards	24.00	23.00	22.00
11-12 Years	Free	50 Yards	39.00	37.00	35.00
	I.M.	100 Yards	1:46.00	1:42.00	1:38.00
	Back	50 Yards	44.00	42.00	40.00
	Breast	50 Yards	48.00	46.00	44.00
13-14 Years	Fly	50 Yards	45.00	43.00	41.00
	Free	50 Yards	34.00	32.00	30.00
	I.M.	100 Yards	1:32.00	1:28.00	1:24.00
	Back	50 Yards	41.00	39.00	37.00
15-18 Years	Breast	50 Yards	44.00	42.00	40.00
	Fly	50 Yards	38.00	36.00	34.00
	Free	50 Yards	31.00	29.00	27.00
	I.M.	100 Yards	1:25.00	1:21.00	1:17.00
	Back	50 Yards	35.50	33.50	31.50
	Breast	50 Yards	38.00	36.00	34.00
	Fly	50 Yards	31.00	29.00	27.00
	Free	50 Yards	28.00	26.00	24.00
	I.M.	100 Yards	1:10.00	1:06.00	1:02.00

VALLEY SWIM LEAGUE MEMBERS

CASTLEWOOD COUNTRY CLUB—BARRACUDAS

707 Country Club Circle, Pleasanton, CA

PLEASANTON VALLEY SWIM CLUB—PVC DOLPHINS

5014 Golden Road, Pleasanton, CA

SAN RAMON AQUA BEARS

Dougherty Valley High School
10550 Albion Road, San Ramon, CA

SUNSET SWIM TEAM

Meet Location TBA at later date

LARPD EELS

Robert Livermore Community Center
4444 East Avenue, Livermore, CA

DUBLIN GREEN GATORS

4201 Central Parkway, Dublin, CA

THE CLUB AT LIVERMORE—FIREBALLS

2000 Arroyo Road, Livermore, CA