

**ANSWERS TO COMMON QUESTIONS ABOUT THE 2009-2010 DOLPHIN SWIM TEAM**

**Q: How many Placement and Evaluation sessions do I need to come to?**

A: In order to be considered for placement on a team level, swimmers must attend **1 of the 8 sessions** offered (specifically there are two sessions for 11/overs; four sessions for 9-10 year olds; four sessions for 8/unders and three for any age).

There is *no advantage* in attending more sessions; in fact, it detracts from the staff's ability to evaluate all swimmers in the limited time available. This includes candidates for Future Team and returning swimmers asked to attend the evaluation and those seeking re-evaluation.

**Q. What exactly occurs in the P&E sessions?**

A. Swimmers will be asked to demonstrate all 4 strokes if possible, as well as dives and turns. Swimmers receive some instruction on skills and then will be timed in free, back and breaststroke and evaluated by the coaches.

**Q. What happens if a swimmer can not do a skill or stroke?**

A. This is not a problem; however, this gives the coaches just one more piece of information on a swimmer's ability at this time, so they can make an accurate evaluation of the swimmer.

**Q. Is there any fee involved in the P & E sessions?**

A. There is no fee or membership necessary for the P&E sessions. Regular season fees are detailed in the 3-color, 4-fold team brochure. Please make sure you review this carefully.

**Q. Do swimmers need a racing suit/speedo, cap and goggles on evaluation day?**

A. All 3 of these items is helpful and the YWCA requires caps for all swimmers. Swimmers can wear any type of one-piece suit. Specific team suits and caps will be available at a fitting date noted in the newsletter text.

**Q. Does everyone "make" the team?**

A. From time to time, over the past few years, we have been overloaded with certain ages and ability levels and have had to place swimmers on a "waiting list" and recommend other swimmers to "lesson classes" to stay within our guidelines noted in the team brochure regarding size limits. Since there is no pre-registration for the P&E, there is no way to tell if this is a possibility in 2009-2010. The decision as to who makes what level is done by the coaches, with the goal of developing the most workable team levels of similar ability. However, every effort is made to place all swimmers; however, we do anticipate that some may not be placed on a level due to over enrollment.

**Q. What determines the team level of my swimmer?**

A. The coaches have already placed about 165 returning swimmers from the 2008-09 team by advance registration. The goal now is to evaluate all new swimmers and place them on the most appropriate level based on a review of their overall skills.

**Q. What about rosters, car pools, meets, equipment, meeting the coaches and a parents meeting?**

A. Those are all critical questions and we will detail all of them via e-mails and the new parents meeting on Sept. 17-18; however, there are no meets until October. Parents should attend one of the Sept 17-18 meetings at the YWCA from 6-7pm where we will detail our season goals, meets and organization and take all questions/

**Q. When do I find out my team level?**

A. Team rosters will be posted at the team web site at [www.greenwichdolphins.com](http://www.greenwichdolphins.com) on Saturday, September 12 by Noon. Normal practices begin the week of September 14.

**Q. What about the commitment?**

A. The Dolphins has a long standing policy of encouraging strong commitment to practice and meets. We feel this leads to optimal results for individuals and the team. This commitment has led to year round scheduling and billing. However, we recognize and support swimmers and parents involved in outside sports and programs; however, if you have a substantial seasonal or year round commitment to another sport and or activity, in addition to maintaining quality school work, please discuss with the head coach prior to placement.

- The bulk of season occurs in the period of Sept 14-to April 4 and this is when we stress and enforce attendance requirements of 85% for all levels except for National, which should target 100% attendance and can compliment there attendance through "extra" morning sessions. Meet participation is a key component of a successful season.
- All swimmers are expected to participate in our Grand Prix Intersquad Meets, Dual Meets and team sponsored Town Championship and State Championships when qualified. All other meets are on a sign-up basis and this will be detailed at the parents meetings on Sept. 17-18.

**Q. How do I reach Coach Nick Cavataro?**

A. The best way to reach Nick, is to call him at his office at Iona College (914-633-2323 from 9am-2pm) Monday through Friday or by e-mail at [ncavataro@greenwichdolphins.com](mailto:ncavataro@greenwichdolphins.com) or [ncavataro@iona.edu](mailto:ncavataro@iona.edu).