



**Dolphins Swim Team  
Spring/Summer 2021**



# **Dolphins Swim Team Program Information**

## **What is Dolphins?**

The Dolphins Swim Team is hosted by the Enfield Recreation Division for boys and girls ages 5-18 years old as of December 31, 2021. The team swims at the **The Enfield Municipal Annex Pool, 124 North Maple Street**. The coaching staff believes that it is important to teach the strokes correctly to the swimmers in a way that is developmentally appropriate while giving them ample opportunities to practice what they have learned. The focus is on improving strokes and times while having fun and being part of a team.

## **Why Dolphins?**

Dolphins is a great way to continue on the success of swimming lessons and keep swimmers in the pool. Swimmers will continue to progress while learning and improving their strokes. Our coaches believe that every swimmer on the team is important and we want swimmers to improve and achieve while learning and having fun. Coaches foster an environment that celebrates sportsmanship, improvement and team spirit. Swimming is a lifelong sport and many long-lasting friendships have begun at Dolphins. We are here for them to have fun, learn and improve. Come join the Dolphins family!

## **Questions?**

We will be more than happy to answer any questions that you might have!

**Email:** Dolphins@enfield.org / **Phone:** 860.253.6420



**Playing a spring sport?  
Don't count yourself out!**

We have lots of participants who do multiple sports, especially in May.

We just ask that you let us know so that we know not to expect them as often at practice

**Contact Information**

Enfield Recreation  
124 North Maple Street  
Enfield, CT 06082

Hours: M-F, 8AM - 4 PM

Phone: 860.253.6420  
Web: www.enfield-ct.gov

### **Greetings from the Recreation Office...**

We are excited, after a long pandemic, to finally get our swim team back into the pool and swimming again!

Like everything else in life, swim team will look a little different this spring and summer due to COVID-19. Our coaches are committed to making sure that all participants, new and returning, have an enjoyable, rewarding and SAFE experience this summer. To do this, we will need the entire team's help.

As you review this program flyer, please pay special attention to the program policies put in place to ensure that we abide by current COVID-19 requirements. We will continue to monitor requirements as the season progresses and will adapt as necessary. You will receive any changes to the program via email.

We look forward to seeing your child at the pool this summer and appreciate your assistance in helping to keep all of our swimmers and staff safe and in the pool this upcoming season! As always, please contact us with any questions or concerns you may have.

Warmly,  
Alison Alberghini, Recreation Manager

## **Practice & Meet Information** *subject to COVID-19 regulations*

**PRACTICES** are usually offered 3-4 times per week. Practice times are assigned by swimmer age and ability; swimmers will be assigned a practice group based on this. By splitting swimmers up by age and ability, it helps to make sure that every swimmer is in the right level and are learning things that are appropriate to their development. Practice will begin in May and runs to the end of July/first week of August.

**MEETS** All meets and Championships are to be determined. The CCSL league meets in early June to determine dates, times and locations. **Typically** Junior meets (ages 5-12) are held Monday nights in July and Senior meets (ages 13-18) are held Wednesday nights in July. **While the league feels confident that we will be able to have meets this summer, currently meets, meet days/times and meet structure information is not finalized due to COVID-19 regulations.**

## **New Swimmer Information**

**EVALUATIONS** are held to make sure that swimmers are safe in the water and ready to be on the swim team. Evaluations for new swimmers will be held **April 27 and April 28** in the evening at the Annex Pool. Those interested in joining the swim team must attend one of the two try-out nights. Those trying out will need to demonstrate in water skills to the coaches. A minimum skill and endurance level is required to participate in the program. Minimum requirements by age group are as described below:

<b>8 &amp; Under:</b>	<b>25 yards on stomach and 25 yards kicking on back</b>
<b>9-12:</b>	<b>50 yards freestyle, ability to coordinate rotary breathing and 50 yards backstroke</b>
<b>13 &amp; Over:</b>	<b>100 yards freestyle with proper rotary breathing and 100 yards backstroke</b>

Parents will also be provided with information about the team, time commitment, required fees and more. Once try-outs are completed, the Recreation Division will contact participants to let them know if they are eligible for the team. At that time, information about registering new swimmers will be provided. Please **DO NOT** register before your child tries out and is told by the Recreation Division that they are eligible to participate.

**We don't live in Enfield... can we still swim?:** Yes! In the summer, our league allows us to take swimmers from Enfield and any town that borders us and does not have a CCSL town team.

### **PLEASE NOTE:**

**Due to COVID-19 regulations and precautions, you MUST pre-register for an evaluation time slot. This can be done by clicking HERE.**

## **Returning Swimmer Information**

A limited number of spots are available for this program. It is **HIGHLY RECOMMENDED** that you register early to ensure a spot in the program. Registration or participation in previous seasons does not guarantee a spot.

- Enfield residents can register beginning at **8:00 AM on Friday, April 30, 2021.**
- Non-resident swimmers can register beginning at **8:00 AM on Friday, May 7, 2021.**



## Fees

Program Fee - Enfield Resident: \$180.00/Non-Resident: \$225.00. *Fee includes program participation and a swim cap. Participants must purchase a practice suit, meet suit, goggles and additional caps (if needed) separately.*

**We will not take any additional registrations for new or returning swimmers after Friday, May 28, 2021 at 4 PM.**

## How To Register

- Enfield residents can register beginning at **8:00 AM on Friday, April 30, 2021.**
- Non-resident swimmers can register beginning at **8:00 AM on Friday, May 7, 2021.**

Registration can be done in any of the following 3 ways:

1. Online *\*preferred method\**- Go to [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation) and click on the blue "Online Program Registration" button. Find Dolphins Swim Team. Credit Card Only (*Discover Card* not accepted).
2. In person at the Enfield Recreation Division. The Recreation Division is located at 124 North Maple Street, Enfield, CT in the Enfield Annex (door 1). The office is open 8 AM-4 PM, Monday-Friday. Cash or check only.
3. Mailing in the form found on the Town's website with a check and proof of residency to: Enfield Recreation Division - 124 North Maple Street - Enfield, CT 06082

### Things to know before you register

**Checks:** Make checks payable to [Enfield Recreation](#).

**Proof of Residency:** Acceptable forms of proof of residency are: valid driver's license, tax bill, utility bill, renter's/homeowner's agreement. For our complete residency policy, please visit our website or contact the Recreation Office. *Please note checks are not considered proof of residency.*

**Registration Policy:** The parent or legal guardian must register their child. We will not accept notes allowing friends, grandparents, etc., to register a child. A parent's or legal guardian's signature is required for all children's programs.

**Withdrawal Policy:** Due to limited space in our programs, refunds are not given unless for a medical reason upon receipt of a doctor's note. A program credit to be used for another recreation program may be given on a case by case basis. If you would like to request a withdrawal from a program, you must fill out a withdrawal request form and submit it to the Recreation Division as soon as possible with any pertinent documentation attached. Your request will be processed in 7 - 10 business days. A 10% processing fee will be charged on all withdrawals/credits and transfers. Withdrawal request forms may be found on the Town's website and at the Recreation Office.



## COVID-19 DOLPHINS SWIM TEAM POLICIES

Please note: These policies pertain to Evaluations, Practices and Meets.  
*Additional requirements concerning meets will be forthcoming from the league.*

- Participants must complete a self-screening before arriving at the program. If you or anyone in your household does not feel well for ANY REASON, please do not attend the program. Please notify us if you or someone in your household tests positive for COVID-19 on the day of the program or in the 14 days immediately following your last day of participation.
- Swimmers should not arrive more than 5 minutes before their scheduled session time. If you arrive early, please wait outside of the building. Everyone must enter through door 21, closest to the pool.
- Upon arrival, a staff member will do a visual health screening. This may include a temperature check, if needed. All swimmers and parents must hand sanitize before entering the pool area.
- All participants and parents must wear a mask once they have entered the building. Swimmers will only be allowed to be without a mask when they are in the pool. Parents/guardians are required to wear a mask at all times in the building.
- **Only one parent/guardian per swimmer is allowed in the building. Siblings of any age are not allowed.** All parents/guardians must sit in the stands, in a marked spot, or wait outside the building. No waiting in any other area of the building is allowed.
- Swimmers must arrive and leave in their swim suit. Changing and showering must be done at home. Locker rooms will only be available for use of the restroom.
- Once a session is over, swimmers and their parent must leave immediately so we can sanitize and get ready for the next session. Please no congregating in groups before/after your session.
- Swimmers must follow all staff directions to keep socially distanced in and out of the water.
- Hand shaking or high-fives are not allowed.
- Participants are not allowed to share equipment. All equipment will be sanitized in between groups.
- An email will be sent to registered participants 24-48 hours prior to the start of the program with details, reminders and any updates.

**Policies are subject to change based on new local, State or Federal regulations.  
We will communicate any changes with you via email.**



# ENFIELD RECREATION DIVISION REGISTRATION FORM

124 North Maple Street, Enfield CT 06082

Phone: 860-253-6420

Fax: 860-253-5147

Website: [www.enfield-ct.gov/recreation](http://www.enfield-ct.gov/recreation)

## PRIMARY HOUSEHOLD CONTACT INFORMATION

Parent/Legal Guardian Name: \_\_\_\_\_

Street Address: \_\_\_\_\_ Apt./Box # \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

\* If there are any medical concerns or special needs that we should be aware of, please list here: \_\_\_\_\_

## PROGRAM INFORMATION

\* One registration form can be used for more than one person in this household\*

First Name, Last Name	M/F	Date of Birth <i>mm/dd/yyyy</i>	Program Activity Number	Program Name	Fee
			3603.0651.301	Dolphins Swim Team	\$180.00 Resident \$225.00 Non-Resident
			3603.0651.301	Dolphins Swim Team	\$180.00 Resident \$225.00 Non-Resident
			3603.0651.301	Dolphins Swim Team	\$180.00 Resident \$225.00 Non-Resident

## RELEASE AND WAIVER

In consideration for participating in the above-referenced program/activity sponsored by the Recreation Division of the Town of Enfield, I hereby waive and release the Town of Enfield, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgments, including attorney's fees and court costs, which may arise from my or my child's participation in the above-referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I hereby represent that I understand and am familiar with the nature and type of activities in which I or my child will participate as part of the above-referenced program/activity. I further represent that I am, or my child is, in good physical and mental health condition and that I am unaware of any physical or other health condition that would affect my or my child's ability to participate in the above-referenced program/activity.

I acknowledge that I will be solely responsible for the furnishing of all safeguards and appropriate equipment for protection against injury.

Photo Release: The Recreation Division reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Recreation use only and may be used in future catalogs, websites, brochures, pamphlets and/or flyers.

**Behavior Expectations: I understand that my child must be able to abide by all rules and policies set forth by the program and failure to do so may result in dismissal from the program.**

I have read this document and understand and agree to its terms and conditions.

\_\_\_\_\_  
PARTICIPANT/PARENT/LEGAL GUARDIAN SIGNATURE

\_\_\_\_\_  
DATE