

**Dolphins Swim Team
Spring/Summer 2023**



Dolphins Swim Team Program Information

What is Dolphins?

The Dolphins Swim Team is hosted by the Enfield Recreation Department for boys and girls ages 5-18 years old as of December 31, 2023. 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!

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. We have or have had swimmers from Broad Brook/East Windsor, East Longmeadow, Ellington, Longmeadow, Somers and Suffield. For swimmers who live in a town that does not border Enfield, but also does not border any town with a CCSL team, we ask the league for an exception. If you are unsure about your town, please ask!

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.

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

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

IMPORTANT INFORMATION: Swim Team vs. Swim Lessons

Dolphins Swim Team is NOT a program for non-swimmers. If you are looking for beginner swim lessons for your child, they are not ready for swim team. Enfield Recreation hopes to have swim lessons this summer, staff dependent, at the Enfield Annex Pool. Please visit www.enfield-ct.gov/recreation for SWIM LESSONS testing night in May.

Practice & Meet Information

PRACTICES are usually offered 3 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 on May 30th 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. Championships are typically held on a Saturday, and is an all day event. **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 many teams re-building, post pandemic.**

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 **May 1 & 9** 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:

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

Parents will also be provided with information about the team, time commitment, required fees and more. Once try-outs are completed, the Recreation Department 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 Department 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:

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 **8:30 AM on Friday, April 28, 2023.**
- Non-resident swimmers can register beginning at **8:30 AM on Friday, May 5, 2023.**



Fees

Program Fee - Enfield Resident: \$195.00/Non-Resident: \$244.00. *Fee includes program participation and a swim cap. Participants must purchase a practice suit, meet suit, goggles and additional caps (if needed) separately.*

How To Register

- Enfield residents can register beginning at **8:30 AM on Friday, April 28, 2023.**
- Non-resident swimmers can register beginning at **8:30 AM on Friday, May 5, 2023.**
- **We will not take any additional registrations for new or returning swimmers after Friday, June 16, 2023 at 4 PM.**

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

1. Online *preferred method*- Go to www.enfield-ct.gov/recreation and click on the "Online Program Registration" button. Find Dolphins Swim Team. Visa, Mastercard and Discover Card are accepted forms of payment online.

**REGISTRATION IS NOW DONE THROUGH MYREC.COM.
YOU MUST SET UP A USER ACCOUNT TO REGISTER.**

2. In person at the Enfield Recreation Department. The Recreation Department 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 Department - 124 North Maple Street - Enfield, CT 06082

Things to know before you register

Checks: Make checks payable to Enfield Recreation Department.

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: If you would like to request withdrawal from a program, you must fill out a withdrawal request form and submit it to the Recreation Department as soon as possible with any pertinent documentation attached.

Due to limited space in our programs, refunds are not given unless for a medical reason, upon receipt of a doctor's note, one week prior to the program's start. Once a program has begun, no refunds are given unless there is a case of a medical emergency with submission of a doctor's note. Extenuating circumstances, which are not medical in nature, will be reviewed on a case-by-case basis and are subject to if we can fill your spot in the program. Refunds will not be given for any reason for sessions which have already been completed, prior to the Recreation office receiving a refund request.

A 10% processing fee will be charged on all refunds or program transfers regardless of reason. Withdrawal request forms may be found on the Town's website and at the Recreation office. Your request will be processed in 7 - 10 business days.



ENFIELD RECREATION DEPARTMENT REGISTRATION FORM

124 North Maple Street, Enfield CT, 06082
Phone: 860-253-6420 Website: www.enfield-ct.gov/recreation

Primary Household Contact: *this is an adult program participant or a parent/guardian registering a minor child.*

Primary Contact Name: _____ Date of Birth: ____/____/____
Street Address: _____ City/State: _____ Zip: _____
Contact Number: _____ Email Address: _____

Participant Registration Information

Participant Name: _____ Gender: _____
Minors only: Date of Birth: ____/____/____ Current Grade Level: _____
Does this participant have any medical concerns or special needs, including behavioral issues, that the instructor should be aware of? If yes, please list here: _____

For complete information concerning the HIPAA Compliance Program, visit our website at www.enfield-ct.gov or call the Recreation Office for more information.

Emergency Contacts: Name: _____ Phone: _____
Name: _____ Phone: _____

Program Name: _____ Dates: _____ Fee: _____
Program Name: _____ Dates: _____ Fee: _____
Program Name: _____ Dates: _____ Fee: _____
Total Cost: _____

Release and Waiver

In consideration for participating in the above-referenced program/activity sponsored by the Recreation Department 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 Department 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

For office use only:

Registration date: _____ Registered by: _____ Payment method: _____ Invoice Number: _____