



# After Tryouts!

What happens next?





You will get very familiar with our team website.

[www.pacdolphins.com](http://www.pacdolphins.com)

Take a few minutes to look around.



# Step 1 Practice Groups

Almost everyone begins  
in the Starfish group.

It is our learn to  
swim team group.



## Step 2 – Fees

### 1) Pool Membership

The front desk can explain the different options.

There are individual, family, quarterly and other membership options to fit your budget.



## Step 2 – Fees

### 2) AAU Membership - \$16

An AAU membership is required by the city, pool, our team and our swim league. It is a sports accident insurance and general liability insurance.

The instructions on how to obtain an AAU # are on our team website.

<https://www.pacdolphins.com/how-to-get-an-aau.html>

An AAU # is valid for one calendar year.  
Valid through August 31<sup>st</sup> each year.



## Step 2 – Fees

### 3) Starfish Group Fees \$32-35 per month.

There are two options for  
Starfish practice.

A) Monday, Wednesday, Friday – 45 minutes

B) Tuesday, Thursday – 45 minutes

During High School season practice will be impacted by meets.

When this occurs please choose an alternate Starfish practice to  
replace the one impacted by a meet.



# How do I sign up for Starfish group?

1) Go to our website. [www.pacdolphins.com](http://www.pacdolphins.com)

## Cell Phone Instructions

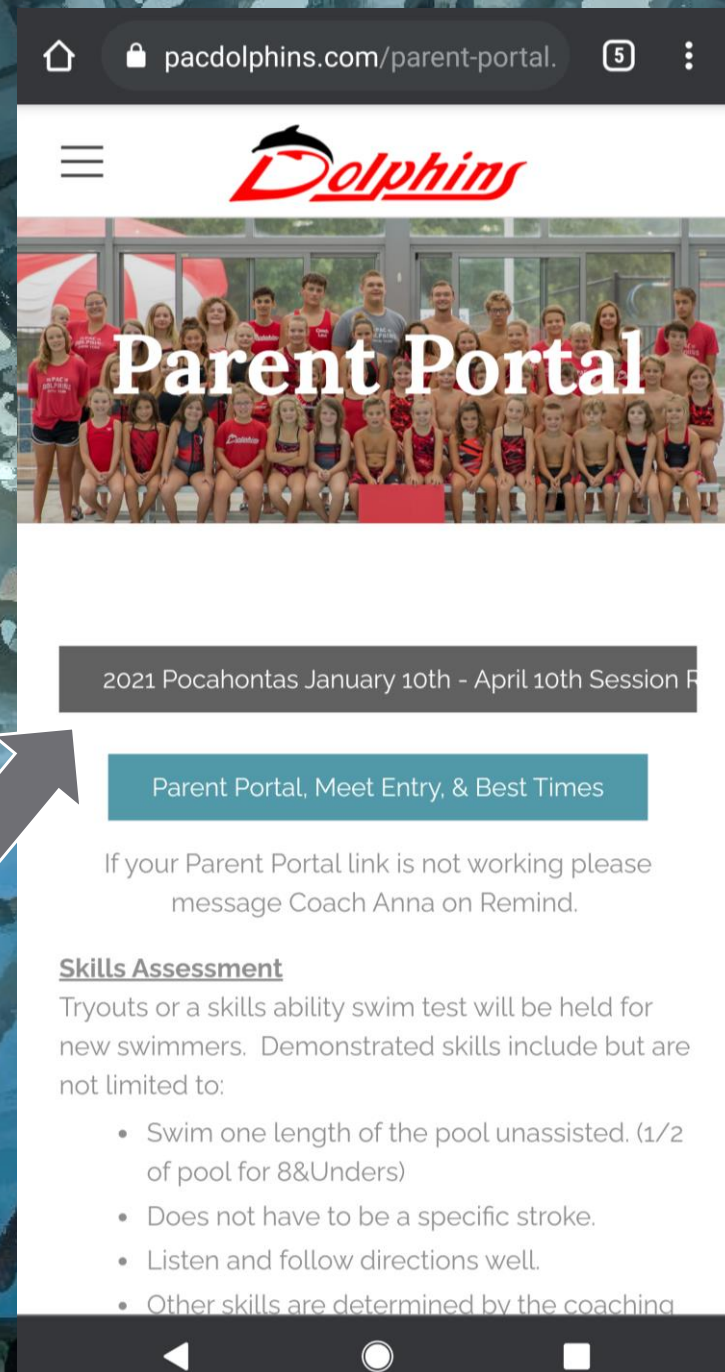
Use the tab on the left hand side of your screen.

Choose the “Parent Portal” tab.

Click “Parent Portal” again.

Click the black box that has the current session registration dates.

Continued...



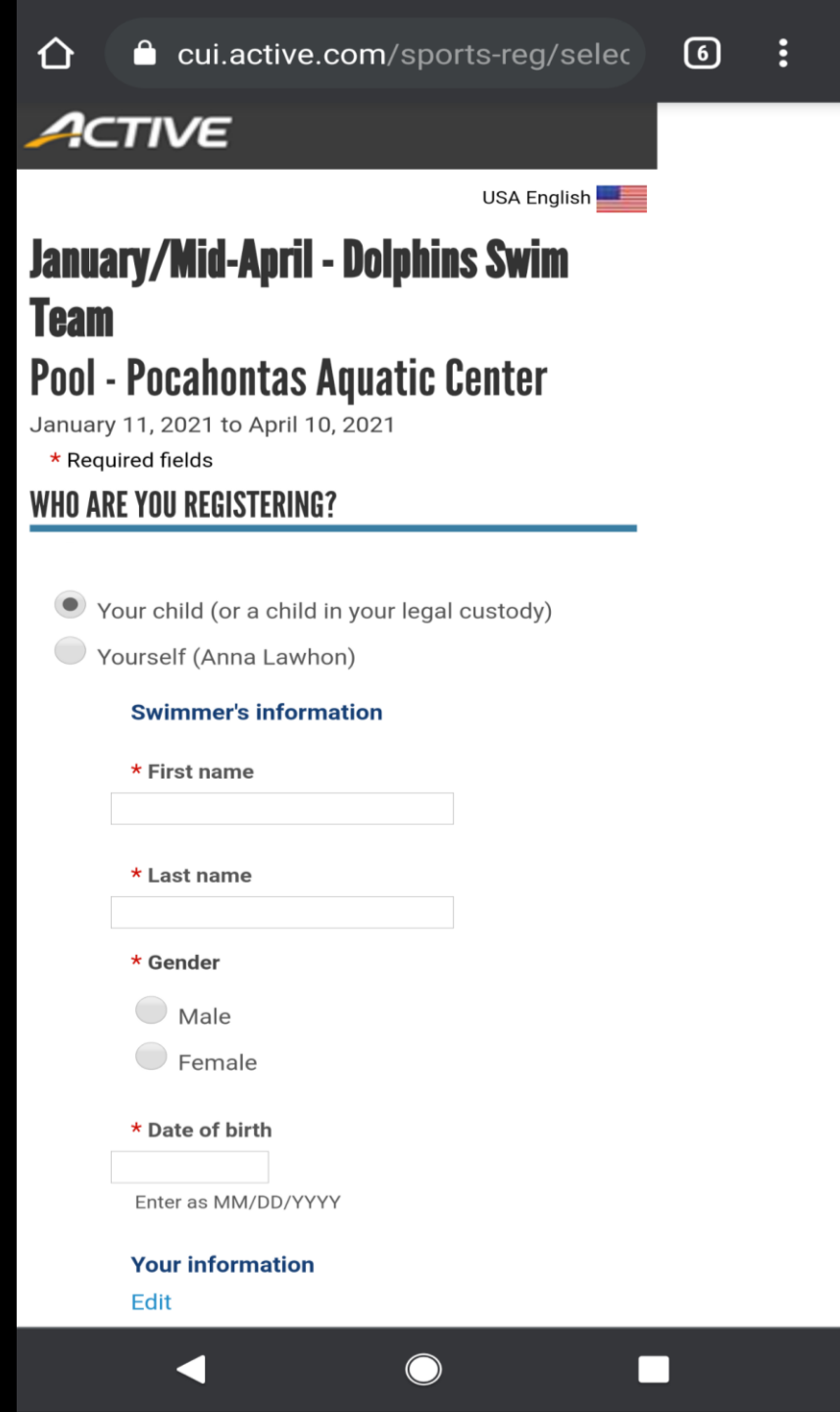
# How do I sign up for Starfish group?

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You will now be linked to our registration system.

Looks like this on your phone.

Please fill out and follow the directions in the registration system.







## Common questions about the registration system.

### 1) Do I have to pay online?

We strongly recommend and prefer that. The system keeps a record of the transactions and allows for less mistakes.

### 2) Can you see my card info?

No. We can not access your debt or credit card information. You are the only one who can do that.

### 3) Why is there a fee when I check out?

It is a processing fee charged by the registration company.

### 4) Why does it ask about medical information and allergies?

Swimmers are often at practice without parents. If there is a medical emergency relevant information needs to be accessed quickly.

### 5) Why are there waivers for photos, Code of Conduct and other stuff?

The waivers protect you and the team. The Code of Conduct is a gentle reminder to parents and swimmers about how to conduct yourself at practice and meets.



# What does my child need for practice?

A suit & good goggles.

Not all goggles are made equal.  
The highest rated goggles on Amazon are not  
for competitive swimmers.

\*Girls need a well fitting one piece swimsuit.

\*Boys need swim trunks, jammers or briefs.

The team provides kickboards, pull buoys, and fins.

Once they are in the red, white, or blue group they will need  
additional gear that the team does not provide.

Where do we get good suits, jammers, goggles, swim caps and other swim stuff?





## Where do we get good suits, jammers, goggles, swim caps and other swim stuff?

Our team runs a Pro-Shop that has what you need! The prices are very good and heavily discounted. Our suits are between \$15-\$25. Goggles are between \$7-\$20.

## Why are suit sizes so weird and how do I know what size they need?

Good question! The sizing is very strange. A coach or experienced parent can help you determine the correct size.

## When will the Pro-Shop be set-up?

We set it up several times at the beginning of the season, at some high school meets, and almost all of our home meets. If you are looking for something in particular please speak to a coach and they can bring it to practice.



# Practice Schedule

Can be found on our website.

<https://www.pacdolphins.com/pocahontas---practice-schedule.html>



# Remind System

We use Remind for text messaging to parents.

If a grandparent or trusted family member will be responsible for pick-up or drop-off at practice please add them to Remind. When there are emergency changes to practice, due to weather or other unforeseen circumstances, it is the first way the team reaches out.

1) <https://www.remind.com/join/hhba67>

or

2) text @hhba67 to the number 81010





## Do I have to stay for practice?

Nope! Feel free to run an errand, grab a coffee or sneak a nap in the parking lot.

Please make sure to pick your kiddo up promptly at the end of practice. Coaches are not responsible once practice ends.





# Swim Team can be confusing!

We have lots experienced parents who can answer your questions and always feel like you can reach out to a coach.

Welcome to the team!

