



**PARENT AND SWIMMER  
HANDBOOK**

**2009**

# **KINGMAN DOLPHIN SWIM TEAM PARENT AND SWIMMER HANDBOOK**

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# **WELCOME TO THE KINGMAN DOLPHIN SWIM TEAM!**

Congratulations! By joining the Kingman Dolphin Swim Team (KDST), you have taken a step which offers benefits for a lifetime. You have joined one of Kingman's best youth-oriented organizations.

Since 1973, KDST has encouraged the positive development of our community youth, thru the spirit of sportsmanship. The Dolphins first began swimming at the Kingman Downtown Pool, one of the only 35 yard pools in the nation. Today we swim at the Centennial Park Pool, the only 50 meter pool in the county and one of the finest in the state. And with our sponsorship from Kingman Regional Medical Center, we now offer a year-round program at the KRMC Wellness Center Pool.

For the past 36 years, the team has enriched the lives of countless youth. Today our team builds to over 100 swimmers each summer and 40+ swimmers in our newly added year-round program. Along the way, the swimmers, parents and coaches have formed life-long bonds and friendships.

Membership with the Kingman Dolphins is always a challenging, but rewarding experience. While our program offers fun and enjoyment, it also requires a commitment.

In this handbook, you will find most of what you need to know about the team. You will find what you can do to support the team and what the team can do for you. You are encouraged to complete a volunteer form and return it as soon as possible. You are also encouraged to contact the Head Coach or the Team President with any questions you may have. Contact information for both are included in this handbook.

## ***OUR MISSION STATEMENT:***

*The Kingman Dolphin Swim Team strives to build and maintain a community based youth athletic program that provides a sound competitive environment. We emphasize individual and team growth, camaraderie, self-esteem, and a healthy lifestyle. We strive to promote excellence thru the spirit of sportsmanship.*

**WHY SWIM?** The *USA Swim* age group swimming program is the nation's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits. Swimming is considered to be the ideal activity for physical development. Why?

1. Swimming is the ideal sport for proportional muscular development. It uses all of the body's major muscle groups. No other sport does this as well.
2. Swimming enhances natural flexibility by exercising all of the major joints through a full range of motion. Flexibility ordinarily begins to diminish in our youth years.
3. Swimming develops superior coordination by requiring combinations of complex movements of all parts of the body, enhancing harmonious muscle function and fluidity of movement.
4. Swimming is the most injury free of all children's sports.
5. Swimming is one of the top academically producing of all youth sports.
6. Swimming is a lifetime sport.

### **ELIGIBILITY**

KDST is open to anyone age 5 and up.

### **TRYOUTS**

Tryouts are held Monday through Friday by appointment only. Please contact the Head Coach to make an appointment.

In order to be placed on the team, the swimmer must be able to swim 50 yards unaided with a continuous forward motion and without the aide of the pool side or pool lane lines. In addition, the swimmer must be able to demonstrate freestyle with side-breathing, backstroke and a basic breaststroke kick.

Parents are reminded that even though the coaching staff focuses on skill development in some practice groups, KDST is not the same as swim lessons.

### **COACHING**

The KDST program utilizes paid coaches. All KDST coaches are registered as coaches with USA Swim, certified in water safety, first aid and CPR. The head coach is responsible for team practices, choice of meets and choice of events an athlete will swim at a meet. The head coach has the authority to remove athletes from practices if they feel the swimmer is disruptive or not following the coaches practice schedule.

**TEAM FEES**

All fees must be paid to the Kingman Dolphins before a swimmer is allowed to participate at practices or meets. The fee structure is setup in three-month sessions. There is a \$5.00 reduction for each additional family member for each three month session.

Spring/Summer

Spring Training (May 1st – May 29<sup>nd</sup>) \$40.00

Summer Session (June-July - exact dates TBA)	<u>1<sup>st</sup> child</u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>
All Groups	\$80	\$75	\$7-

<u>Year Round</u>	<u>Group</u>	<u>1<sup>st</sup> child</u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>
(Aug-Oct, Nov-Jan or Feb-Apr)	Bronze	TBA		
	Silver	TBA		
	Gold	TBA		
	Senior	TBA		

*Year Round fees can be prorated to half months to accommodate late registration*

**ADDITIONAL COSTS**

USA Swim Registration

USA Swim is the governing body of competitive and club swimming. All Dolphin swimmers must register with USA Swim. Registration is completed and paid thru KDST.

Spring/Summer Session	\$37.00
Year Round (includes all four three-month sessions)	\$57.00

Fundraising

KDST conducts two fundraising events a year; the “Duck Float” in the winter and “Swim-O-Rama” in the summer. For the summer Swim-O-Rama, **each swimmer is required to raise a minimum of \$100.** For each additional swimmer in the family, the requirement is \$50.00.

Invitational Meets - optional

Away meets require modest entry fees. This is payable to KDST. Some away meets also require travel expenses for the participating families.

Team Suits/Equipment – optional

Team suits, apparel and equipment can be ordered online at *Bicycle Outfitters of Kingman*. KDST is sponsored by *Speedo* and *Bicycle Outfitters* providing the team with discounted prices and incentives

Team and Individual Pictures – optional

Team and individual pictures are taken in July during practice.

## **SCHOLARSHIPS**

Every year, depending on outside grants and donations received, KDST offers scholarships for the summer session to swimmers whose families are unable to pay fees. All families requesting scholarships for the summer session should contact the KDST President.

## **SCHEDULE**

### *Spring Training Practice*

Spring Training practice generally begins at the beginning of May and is conducted 4 days a week at the KRMC Wellness Center Pool. Practice times are set for evening hours.

### *Summer Practice*

Summer practice generally begins in mid May and is conducted 5 days a week at the Kingman Centennial Pool. Practice times are initially set for after school hours and then morning hours once the school districts have released for the summer.

### *Summer Meets*

The first meet of the summer session is the “Blue and White” meet or inter-squad meet. This meet is designed to familiarize new swimmers and families with workings of a meet, as well as to allow the returning swimmers and new swimmers to establish early season “long course” times.

The summer season consists of 8-10 meets, with four of them being home meets. One of the home meets is our annual Dick Tomlin Invitational Meet. This Invitational Meet is our biggest home meet of the year and attracts hundreds of swimmers from the region. Parent volunteers play a huge part in ensuring the success of this meet.

### *Year Round Practices*

Year Round practices begin in mid August and are conducted 4-5 days a week at the KRMC Wellness Center Pool. The practices are held in the evening hours. The year round season is divided into 3 three month sessions.

### *Year Round Meets*

The year round team will attend an average of one meet a month, with the majority of these being away meets in the region extending from Phoenix to Las Vegas.

## **COMMUNICATIONS**

The Kingman Dolphins have three modes of communication to its family members in addition to direct coach contact.

1. Each Athlete will have a folder maintained in the pool area. All team correspondence, newsletters, meet entry info, and education articles will be placed in these folders. Coaches will also have a folder to facilitate the transfer of information.
2. There is a Kingman Dolphins Bulletin Board in the pool areas.
3. The internet site [www.kingmandolphins.org](http://www.kingmandolphins.org) will be a posting place for information.

### **Complaint Procedure**

1. Problems/complaints/concerns must be voiced to the coaching staff and/or board within 7 days.
2. Complaint Procedure- 1) a parent must first speak directly with their child's primary coach (outside of practice time), 2) if not satisfied, the parent can then take their complaint to the Head Coach, 3) if not satisfied, the parent can have their written complaint heard at the next regularly scheduled board meeting. A parent/family must accept the final decision of the Board.

## **RULES OF CONDUCT**

It is imperative that KDST maintain a safe environment for our swimmers and positive relationship with its facility lease holders. Inappropriate behavior will not be tolerated. Swimmers, parents, and coaches are expected to conduct themselves in manner that will bring credit to themselves and the team.

1. Attendance is necessary for conditioning and development of swimming skills. If you need to alter your workout schedule, please contact your coach. Please be on time for workouts, if leaving practice early, please tell the coach beforehand.
2. Always stretch before a workout. Late-comers must still stretch before joining other swimmers.
3. Follow workout instructions exactly unless you are excused by a coach. Stopping during a set disrupts other swimmers in your lane and will not be tolerated. Do not leave the pool area without a coach's permission.
4. Never enter the pool unless there is a coach present. Always shower before entering the pool and turn the showers off.
5. Never dive into the pool unless being supervised by a coach.
6. Horseplay, towel fights, or other dangerous or disruptive behavior will not be tolerated before, during or after practices or meets.
- 7. Parents should not approach the coach during a practice. Practice times are for coaches to coach. Taking the coach away from coaching is disruptive to all swimmers. Contact should be initiated before or after a practice.**
- 8. Parents shall not be on the pool deck during a practice. This is not only for the benefit of your children, but a requirement of our contract at both pools. Let the coach coach.**

In addition to the above rules, the following KRMC Wellness Center rules are to be adhered to:

1. The locker room showers are not to be utilized by the Kingman Dolphins during practice sessions. The pool area showers are to be utilized.
2. The KRMC Wellness Center towels are not to be utilized by the Kingman Dolphins during practice sessions. Swimmers should bring their own towels.

## **ABILITY GROUP STRUCTURE**

Swimmers with the Kingman Dolphin Swim Team are placed into one of seven ability group levels. The placement into groups is based on the swimmers performance, capabilities and the discretion of the coach.

### ***Bronze I***

-Focus is on having fun, developing teammate relationships, and proper technique with an introduction to learning all four competitive strokes, starts and turns

-Minimum criteria is the ability to pass the team tryout

### ***Bronze II***

-Focus in this group is also technique oriented with an introduction to conditioning, set training, racing and dry land activities

-Minimum criteria is the ability to swim a continuous 50 yard freestyle with proper side-breathing and 50 yard continuous basic backstroke. The swimmer should have a basic knowledge of breaststroke, and butterfly, as well as the basic form of a swim start.

### ***Bronze III***

-Focus in this group is to evolve the four competitive strokes with an introduction of more challenging aerobic and anaerobic set training as well as intensified dry land training.

-Minimum criteria for this group is the ability to swim a legal 100 yard IM and the ability to swim 1000+ yards in a one hour workout. The swimmer must be able to perform a proper head first swim start.

### ***Bronze IV***

-Focus on this group is to challenge the swimmers with more intense training and introduce the skills and attitude needed to be a successful swimmer, including racing strategies, race preparation, and swim meet responsibilities.

-Minimum criteria for this group is the ability to swim a legal 200 IM, 200 Free and the ability to swim 2000 yards in a one hour workout.

### ***Silver***

-In this group swimmers are getting ready for the transition to Senior Swimming. Focus on this group is to qualify the swimmer for the Arizona State Meet.

-Minimum criteria is the ability to swim at least three "BB" times, the ability to swim 2500 yards in a one hour workout and a 80% practice attendance. Swimmers in this group are expected to consistently adhere to warm ups and complete workouts.

### ***Gold***

-This group is for accomplished swimmers who have demonstrated advanced abilities and speed. Focus on this group is to qualify the swimmer for a Far West or Sectional meet.

-Minimum criteria is the ability to swim at least one "A" time and one qualifying state time. The swimmer must be able to complete 2500+ yards in a one hour workout maintain a 90% practice attendance and positive attitude. Placement on this level requires the concurrence of two team coaches.

### ***Platinum***

This group is reserved for elite athletes with extraordinary talent. The swimmer must have a thorough knowledge of all aspects of competitive swimming and the attitude to learn even more. They must demonstrate extraordinary sportsmanship at all times. They must understand the importance of role-modeling and team representation at the national level.

-Placement on this level requires the agreement of all coaches.

## **KINGMAN DOLPHIN TRADITIONS**

The Dolphins Swim Team has a long history of traditions and family fun. Some of these traditions include:

### **Animal Shirts**

Animal shirts are given to swimmers at all levels who work hard, regularly attend practices, show team leadership and demonstrate spirit and a positive attitude. The shirts are given on Fridays during the summer months.

### **Under 40 Club**

This is a well sought after group/list of swimmers who can swim the 50 meter freestyle in under 40 seconds.

### **Under 30 Club**

This is a group of elite swimmers who can swim the 50 meter freestyle in under 30 seconds.

### **Spirit Week**

This is a wacky week with contests during which swimmers dress up in various themes. It is a much needed relief toward the end of the long-course season.

### **Loaf-A-Lots**

The Loaf-A-Lots is a group of older swimmers who function as spirit leaders. They conduct a variety of activities to include the initiation of new Loaf-A-Lots.

### **End of Long Course Season Banquet**

This banquet is held after the last long course meet. Awards/recognitions are given in the following categories: "Top-Drop" award for swimmers with the must time dropped in the season, "State Qualifiers Recognition", "High Point" awards for the top point getter in each age group and other awards/recognitions the discretion of the coaching staff.

### **Dick Tomlin Invitational**

Every year the Dolphins host a large invitational meet that attracts hundreds of swimmers. This is the biggest meet of the year for our swimmers.

### **Swim-O-Rama**

This is the major fundraiser for the team and a night of fun and food.

## **SWIMMING BASICS**

### **Skills**

The four competitive swimming strokes are butterfly, backstroke, breaststroke and freestyle.

### **Competition**

Each swim meet offers a variety of events and distances, depending on the age group and classification. Each swimmer will have a limit to the number of events he or she may swim each day, depending on the meet rules.

In **freestyle** events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the water surface and an alternating (up-and-down) flutter kick. On turns and finishes, some part of the swimmer must touch the wall. Most swimmers do a flip turn.

**Backstroke** consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The **breaststroke**, which is the oldest stroke dating back hundreds of years, requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface.

Some consider the **butterfly** to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish. (The butterfly is the newest stroke and was developed in the early 1950s as a variation of the breaststroke. It became an Olympic stroke in 1956 in Melbourne.)

The **individual medley**, commonly referred to as the **I.M.**, features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke and finally freestyle.

In the **medley relay**, all four strokes are swum. The first swimmer swims backstroke, the second breaststroke, the third butterfly, and the final swimmer anchors the relay with freestyle.

The **freestyle relay** events consist of four freestylers, each swimming one quarter of the total distance of the event.

**Starts:** In the start, the swimmer is called to the starting position by the starter who visually checks that all swimmers are motionless. When all swimmers are set, the starting horn is sounded to start the race. If the starter feels that one of the swimmers has moved, left early or gotten an unfair advantage, the guilty swimmer may be disqualified after the race for a false start. Under USA Swimming rules, one false start disqualifies the swimmer.

### **Rules**

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

### **The Course**

Competition pools may be short course (25 yards or 25 meters), or long course (50 meters). The international standard (as used in the Olympics) is 50 meters. World records are accomplished in 25 and 50 meter pools. USA Swimming maintains records for 25 yard, 25 meter and 50 meter pools.

### **Teams**

USA Swimming is made up of approximately 2,800 teams from all over the country. Of these clubs, nearly half have 80 swimmers or less, and a handful of teams have over 500 swimmers. A team may be comprised of any number of swimmers, parents and coaches.

## **YOUR ROLE AS PARENTS**

Competitive swimming programs provide many benefits to young athletes, including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmers to experience success and to learn to deal with defeat while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue swimming. Show your interest by ensuring your child's attendance at practices and by coming to swimming meets.

Parents are not participants on the child's team, so please **stay off the pool deck**. You can still contribute to the success experienced by your child and the team. Parents serve as role models and their attitudes are often emulated by the children. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship, at all times, toward coaches, officials, opponents and teammates.

### ***Be Enthusiastic and Supportive!***

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not overburden your child with winning or achieving best times. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive self-image.

### ***A Disappointing Swim?***

If a child has a poor race and comes to you feeling bad, talk about the good things. The first thing you might say is, "Hey, you tried hard." Then you can go on and talk about the good things the child did. You never should emphasize negative things.

If your child comes up to you and says, "That was a bad race," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things and the next race.

### ***Let the Coach Coach!***

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. Encourage your child's efforts and point out the positive things. **The coach is the only one qualified to judge a swimmer's performance and technique. Your role is to provide love and support.**

*...reprinted from the Parent Handbook of USA Swimming*

## **10 COMMANDMENTS FOR SWIMMING PARENTS**

**I. Thou shalt not impose thy ambitions on thy child.** Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push him based on what you think he should be doing. The nice thing about swimming is every person can strive to do his personal best and benefit from the process of competitive swimming.

**II. Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

**III. Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offers professional coaching. Do not undermine the professional coach by trying to coach your child on the side. Your job is to provide love and support. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. Never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the swimmer/coach bond.

**IV. Thou shalt only have positive things to say at a swimming meet.** You should be encouraging and never criticize your child or the coach. Both of them know when mistakes have been made. Remember "yelling at" is not the same as "cheering for".

**V. Thou shalt acknowledge thy child's fears.** New experiences can be stressful situations. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or meet if your child was not ready. Remember your job is to love and support your child through all of the swimming experience.

**VI. Thou shalt not criticize the officials.** Please don't criticize those who are doing the best they can in purely voluntary positions.

**VII. Honor thy child's coach.** The bond between coach and swimmer is special. It contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child.

**VIII. Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team find that it can be a difficult emotional experience. Often swimmers who do switch teams don't do better than they did before they sought the bluer water.

**IX. Thy child shalt have goals besides winning.** Most successful swimmers have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

**X. Thou shalt not expect thy child to become an Olympian.** There are 250,000 athletes in USA Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%.

by Rose Snyder, Managing Director Coaching Division, USOC

### **KDST BOARD OF DIRECTORS**

The Kingman Dolphins are a non-profit organization run by a board of directors made up of swimmer parents. Each board member is elected for a one year term beginning September 1<sup>st</sup> with no limit to the number of terms that can be served. The following is the elected positions for the 2008-2009 seasons:

President	Terry Miyauchi 753-7891
Vice President	Lisa Workman
Secretary	Meagan Dunton
Treasurer	Lynn Donohoe
Clerk of the Course	Kelly Woods
Invitational Coordinator	Anne Bathauer
Fund Raising Coordinator	Lori Newberry
Chief Timer	Darren Winters
Starter	Scott Snody
Ribbons Clerk	Vacant
Hospitality Coordinator	Deanna Harnisch
Meet Coordinator	Terry Miyauchi
Publicity Coordinator	Jill Moon
Product Sales Manager	Toni Henry
High Points/Awards Coordinator	Kasie Juelfs
*Swim-O-Rama Coordinator	Kasie Juelfs
*Archivist	Vacant
*Webmaster	Jeff Baker

\*ex-officio

**KINGMAN DOLPHINS SWIM TEAM**  
**2009 SUMMER SCHEDULE**  
*(Revised 5-15-09)*

<i>Spring Training Begins at KRMC (Mon/Wed-6:30, Tue/Thu-6:45, Fri-5:30)</i> .....	<i>May 4</i>
<i>Centennial Practice Begins at Centennial (Mon-Fri/4:30)</i> .....	<i>May 18</i>
<i>Summer Registration Begins (Mon-Fri/4:30)</i> .....	<i>May 29</i>
<i>Parent Informational Meeting/Swimmer-Coach Meeting (Friday 5:30pm)</i> .....	<i>May 29</i>
<b>Blue and White Friday Night Meet – Home</b> (following meeting).....	<b>May 29</b>
<b>Flagstaff “Beat the Heat” Invitational Meet – Away (competitive)</b> .....	<b>June 5-7</b>
<b>Bullhead Dual meet</b> .....	<b>June 6</b>
<i>Morning Practices begin at Centennial (Mon-Fri/6:00-9:00)</i> .....	<i>June 8</i>
<b>Needles Dual Meet – Away</b> .....	<b>June 13</b>
<i>Swim-o-Rama Fundraiser- Home</i> .....	<i>June 23</i>
<i>Picture day (During Practice)</i> .....	<i>June 24</i>
<b>Bullhead Invitational – Away</b> .....	<b>June 20-21</b>
<b>Sedona Dual Meet – Away</b> .....	<b>June 27</b>
<b>Bullhead Dual Night Meet -Home</b> .....	<b>July 1</b>
<b>Kingman Invitational-Home (Non Sanctioned)</b> .....	<b>July 11</b>
<b>Senior-State Championship Meet – Phoenix (qualifiers)</b> .....	<b>July 10-12</b>
<b>Dick Tomlin Invitational–Home (Sanctioned)</b> .....	<b>July 18-19</b>
<b>Age Group-State Championship Meet (qualifiers)</b> .....	<b>July 24-26</b>
<b>Cottonwood Invitational – Away</b> .....	<b>Aug 1</b>
<i>End of Season Awards Party</i> .....	<i>Aug 2</i>

 **KINGMN DOLPHINS VOLUNTEER FORM** 

As with any youth oriented program, the success of our team depends greatly on the volunteer support that we receive. Without a volunteer program, our team would not exist. All parents are strongly encouraged to fill out this volunteer form and turn it into a coach or board member as soon as possible.

***VOLUNTEER INFO*** 

---

NAME \_\_\_\_\_

CONTACT NUMBER \_\_\_\_\_

***AREA OF INTEREST*** 

---

(Check all that apply)

OPEN TO WHERE NEEDED \_\_\_\_\_

SWIM-O-RAMA \_\_\_\_\_

DICK TOMLIN INVITATIONAL \_\_\_\_\_

SET-UP/CLEAN-UP AT HOME MEETS \_\_\_\_\_

TIMING AT HOME MEETS \_\_\_\_\_

TIMING AT AWAY MEETS \_\_\_\_\_

OTHER SPECIFIC AREA \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

INTERESTED IN SERVING ON BOARD OF DIRECTORS \_\_\_\_\_

(Must be voted on at year end meeting)

# Thank You KRMC!

Without the support of the

***KINGMAN REGIONAL MEDICAL CENTER***

***and***

***DEL E. WEBB WELLNESS CENTER***

the Kingman Dolphins Year Round Swim Team  
would not exist.

KRMC is not just supporting a swim team, but a community based youth development program that emphasizes individual and team growth, camaraderie, self-esteem, and healthy lifestyle. Their support enables the promotion of excellence through the spirit of sportsmanship.



**DEL E. WEBB  
WELLNESS CENTER**