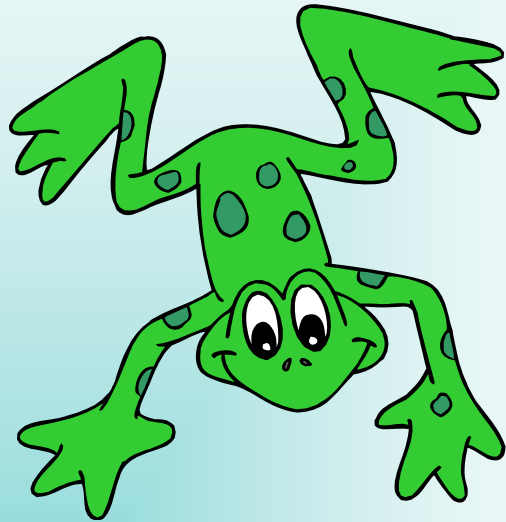
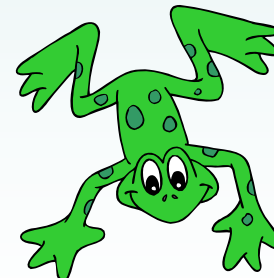


Lets Go  
Bullfrogs!



Swimmer/Parent  
Handbook  
*Summer 2011*



**Butterfield Park District**  
21 W 730 Butterfield Rd  
Lombard, IL 60148  
(630) 858-2229  
[www.butterfieldpd.com](http://www.butterfieldpd.com)

## WELCOME TO THE DIVE TEAM

Welcome to the Butterfield Park District Dive Team!! The "Bullfrogs", is a dive team that offers individuals the chance to excel with their diving talent, while encouraging a team spirit that unites us all. Your child will have the opportunity to dive competitively, to be a team member, to learn, practice and learn and strengthen dive techniques. Welcome to new members as well as returning members to the team.

The handbook has been compiled to provide divers and their parents with everything one needs to know about the Butterfield Dive Team. Being on the team is a family commitment, as the responsibilities for running a dive team such as ours are equally shared by both the divers and parents. Working together, the Butterfield Bullfrog Dive Team is more successful and more enjoyable for everyone!

Please be sure to read this handbook thoroughly.

**2011 Season Coach– Jeff Harris**

## MEET DIRECTIONS

### **ADDISON**

East of Addison Rd., north of Lake St. (Rt. 20). Lake St. (Rt. 20) east to Addison Rd. Go north one block to Oak

### **BLOOMINGDALE**

**The Oasis** is located at 172 S. Circle Avenue in Bloomington adjacent to the Johnson Recreation Center at the Bloomington Park District. From the west, take Lake Street (20) past Bloomington Road to Fairfield Way. Turn right heading south, go past Schick Road, turn left into the Westfield Middle School Parking Lot. From the east, take Lake Street (20) past Glen Ellyn Road to Fairfield Way. Turn left heading south, go past Schick Road and turn left into the Westfield Middle School Parking Lot. Parking is available at the Westfield Middle School, not the Oasis parking lot. Park and follow the walking path to the Oasis. **PLEASE DO NOT PARK IN THE OASIS PARKING LOT.** Additional parking, if needed, is located just south of the Westfield School off of Fairfield Way at Circle Park. A walking path is available from the parking lot to the Oasis.

### **LOMBARD**

**Paradise Bay Water Park** 433 E. St. Charles Rd. Lombard. Corner of Grace & St. Charles Rd.



# Bullfrog Dive Meet Schedule

Opponent:	Home/Away:	Date/Time:
Lombard	Away	6/14/11 5pm
Addison	Away	6/21/11 5pm
Lombard	Home	6/28/11 5pm
Bloomingtondale	Away	7/11/11 4pm
Bloomingtondale	Home	7/14/11 5pm
Addison	Home	7/19/11 5pm



## DIVER AND PARENT RESPONSIBILITIES

### Parent Responsibilities

1. There is no specific sign-up for parent volunteering. However, a great part of our success is due to parent volunteers.
2. Parents are not allowed on the Pool Deck at any time during practice. This policy will be strictly enforced by the Park District.
3. Read Dive Team Information on the team website ([www.butterfieldbullfrogs.org](http://www.butterfieldbullfrogs.org)), team newsletter, and other information your child brings home so you can be informed.
4. Do not drop off your child for the dive meets. They need to be supervised at all times and this is a family program.
5. Inform coach **3 DAYS IN ADVANCE IN WRITING** if your son or daughter will not be able to attend a meet that they had previously committed to.

# Swimmer Responsibilities

1. Come to practice everyday and be on time.
2. Be prepared properly for practices and for meets;
3. Every swimmer should have:
  - A team swim suit
  - A team swim cap (optional)
  - Several towels
  - Sweats/ warm clothing
  - A good, positive attitude
4. Check Swim Team Website for notices and special information. Take handouts home.
5. Take shower before entering pool.
6. Listen to the coaches - don't enter water without their permission.
7. Good attendance at swim practices - attendance will be taken.



# SPECIAL EVENTS



## Team Gift

Each year every member of the team receives a team gift. The gift is usually presented after the season has started. This gift is to thank all the swimmers/divers for their efforts and hard work throughout the season.

## Team Field Trip

Previous years we have gone to an area water park. It is a great opportunity for the team to relax and play together! Details for this event will be in the Swim Team Newsletter.

## Splash Party

This event will be held on Sunday, July 31, 2011 from 5:30 to 8:00 pm. It is our chance to congratulate and reward our swimmers/divers, and spend a relaxing evening together. All swimmers /divers are recognized at the Splash Party for all their hard work. It is an evening you will not want to miss!!!

# **BULLFROG RECOGNITION AND AWARDS**

## **Most Improved Diver**

Presented to one boy and one girl in each age group. Selected by the coaching staff based on overall progress throughout the season.

## **Bullfrog Award**

Presented to one boy and one girl from the team. This award is given to the divers who best exemplify the full commitment to self-improvement and excellence in diving. These divers are those who best represent the team, both in and out of the water.

## **Team and Conference Record Breakers**

Swimmers will be presented with trophies for establishing Butterfield Team records and DuPage Swim and Dive Conference records. Team records will be posted on the Bullfrog bulletin board in Park District Lobby.

**The best reward is that of pride in swimming your best and a job well done. Parents and swimmers are encouraged to support and acknowledge each swimmer's effort every meet!!**

# **PRACTICE INFORMATION**

Practices take place on  
Mondays, Tuesdays, and  
Thursdays from  
5:00-7:00pm

Meets will occur on the same  
days and times.

## **ATTENDANCE AT PRACTICE**

Attendance will be taken every practice. Those divers showing team dedication by attending practices on a regular basis will dive in meets more often than divers who do not participate in practices as much.

**PRACTICE IS ALMOST NEVER CANCELED.**  
If the weather is unsuitable for swimming, divers will exercise in the Park District building.

## **Absences**

It is essential *NOT* to miss practice. If you know you will have to miss practice, please tell the coach as soon as possible. In cases such as vacations etc., please provide the coach with a written excuse from a parent at least 3 days in advance.

## **BULLFROG BEHAVIOR**

All members of the Butterfield Bullfrogs Dive Team are expected to exhibit only the best in behavior at all practices, at meets and other team activities. These areas include:

**Sportsmanship...** cheers and supports all divers, win and lose graciously.

**Proper language...** is expected at all times. Profanity, either written or verbal, during the dive meet is prohibited by Conference Rules. This will result in a diver being disqualified for that meet. Improper language will not be tolerated during practice or team functions. This is the only warning.

**Respect...** for coaches, teammates and parent volunteers at all times. Directions are to be followed at all times.

**Honesty...** Have your equipment well marked with your name. Keep your belongings together at all times. Any diver involved in bothering other diver's belongings, stealing or damage to any property can be suspended or expelled from the team.

**Safety...** Follow safety guidelines in and around pool/park district grounds. There is no running on deck at any time. Divers should remain with coaches until a parent arrives for pick-up

## **GENERAL INFORMATION**

### **DUPAGE SWIM AND DIVE CONFERENCE**



We belong to the DUPAGE Swim and Dive Conference. This swim teams consist of three divisions: White, Red, and Blue. There are only four dive teams in the conference:

**Butterfield  
Addison  
Bloomingdale  
Lombard**