

WELCOME TO JFD 2022-23!

My name is Coach Joseph Flaherty, and I am the Head Coach of Joe Flaherty's Dolphins.

I would like to welcome you to the 2022-23 winter season! Here are a few things you will need to know for this season!

- 1 FIRST DAY OF PRACTICE – MONDAY 9/26
- 2 WHAT TO BRING TO PRACTICE
- 3 POLICIES
- 4 MAKE UPS
- 5 SCHEDULE CHANGES
- 6 SAFETY

1 FIRST DAY OF PRACTICE – MONDAY 9/26

The first day of practice at the Quince Orchard Swim and Tennis Club is scheduled for Monday 9/26. On the first day of practice, please arrive 10 minutes before your scheduled practice time so we can check you in and introduce you to your coach. Swimmers should arrive on deck ready to swim.

Lesson swimmers should head to the shallow area of the pool.

Clinic swimmers should head to the well area of the pool.

Quince Orchard Swim & Tennis Club:
16601 Roundabout Drive
Gaithersburg, MD 20878

2 WHAT TO BRING TO PRACTICE

JFD will provide kickboards and noodles for swimmers to use but the kids should come with their own pair of goggles.

3 POLICIES

Please review the policies we sent you with your invoice. They are also included with this announcement.

4 MAKE UPS

Scheduling make ups for missed or cancelled practices can be done by emailing jfdschedules@gmail.com. Make up practices are scheduled at the QO site only and are limited to the open practice times that we have available. Please use the format below to request:

Please send in the following information and we will let you know what makeup options we have available:

- Date and time of missed class
- Level (lessons, stroke clinic, team)
- Name (first and last)
- Age
- Phone/email contact information

5 SCHEDULE CHANGES

If you need a schedule change throughout the season, please email us at jfdschedules@gmail.com. We can let you know what practices we have open at the time of your request. JFD will do its best to accommodate your requested change, but it is limited to our openings.

6 SAFETY

JFD has had only 1 ambulance calling emergency in our 40+ years, so let's all keep diligent.

Parents, please review these with your swimmer before the first practice:

- All normal pool rules: No Running, Pushing, or Shoving
- Quickly and cheerfully obey the guards and coaches at all times
- No walking in flippers on deck
- Move equipment out of the pathway of those walking by
- No diving except in deep end, and only on a coach's command
 - A mishap on diving may mean you hit a fellow swimmer or the bottom of the pool. You need your head & neck safe so that they can keep you alive and tell your body how to move. Please do not take any chances.
- Upon entering the water, no spinning; just step forward carefully

FACILITY

- Be very respectful of all other patrons
- Parents are responsible for the privacy of their swimmers while in the locker rooms.
- Parents need to stay for the whole lesson for young children.
- Always go thru the revolving door slowly while carefully looking for others going thru the door at the same time. Since it is a one-way door, be sure to help the young ones and lift up any bags, towels etc. so they do not get stuck under the door
- The QO staff has little knowledge of our program, so please contact our office staff, not the QO staff.

Looking forward to seeing all of you on your regular scheduled practice days starting 9/26/2022.

Coach Joseph Flaherty