

# 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!

Are these things you want for your swimmer?

Health, strength, and fitness, and

To be a better swimmer, have fun, and make more friends!

If your answer to some of these was yes, then JFD is the right place

To enhance these things, parents are crucial.

Please read and discuss all emails with your swimmer

- 1 FIRST DAY OF PRACTICE – MONDAY 9/26
- 2 OUR THEME FOR THIS SEASON
- 3 THE JFD LEADERSHIP FRATERNITY
- 4 FULL PRACTICES AND OPENINGS
- 5 WHAT TO BRING TO PRACTICE
- 6 POLICIES
- 7 MAKE UPS
- 8 SCHEDULE CHANGES
- 9 COMPETITIVE TEAM APPAREL & MEET SCHEDULE
- 10 OFFICIALS NEEDED
- 11 SAFE SPORT
- 12 NUTRITION
- 13 DRYLAND
- 14 SAFETY
- 15 INTERESTED IN COACHING?
- 16 HEAD START THRU SEPT 26
- 17 COMMUNICATION

# 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.

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

# 2 OUR THEME FOR THIS SEASON STRANGE HAPPINESS

Our themes are phrases that evoke a mindset / action

Here are some of our Past Season Themes:

- *Things work out best for those who make the best of the way things work out*
- *Do hard things*
- *Exceed the standard*
- *Practice makes permanent (not perfect)*
- *Behind every dolphin there is another...and another...*
- *One Dolphin can make a world of difference*
- *How sad to have eyesight, but no vision*

We intend that all of JFD takes these themes and really embraces them. That we live them out and emanate them to others; talk about them constantly so that become embedded in our swimmers

and fellow coaches, in our minds, hearts, and souls. That we apply them to our summer teams, scouts, school, household chores, music lessons, religious affiliations. And use them amongst our families, friends and strangers.

This year's theme is ...

## **STRANGE HAPPINESS**

The plan is to instill the attitude that some things that we label as “pain” are actually things to be embraced.

*Side ache is not a pain...*

*It is Strange Happiness*

*Sore muscles are not in pain...*

*They are Strange Happiness*

*A 200 fly in not a pain...*

*It is Strange Happiness*

*Extra homework is not a pain...*

*It is Strange Happiness*

*Cleaning your room is not a pain... It is Strange Happiness*

*Push-ups are not a pain...*

*they are Strange Happiness*

*Brushing your teeth is not a pain... It is Strange Happiness*

### 3 THE JFD LEADERSHIP FRATERNITY

At JFD, we use the JFD Leadership Fraternity received the number award for Creative Coaching at the World's Coaches Convention. It is a system of measurable goals and Tangible rewards that will helps the kids with setting goals, incentivizing, and working towards the JFD mission statement:

***“In the midst of a safe and respectful environment JFD will contribute to the overall development of young people through building up confidence and determination and cooperation to help face the challenges of life.”***

And the JFD motto

***“Have an Impossible Dream, Dare Greatly to achieve, and Don't Quit until you do.”***

Please see the link below to familiarize yourself with the system and discuss with your kids. I will go over all of this with them during the start of the season.

<https://www.jfdolphins.com/fraternity.html>

To work towards public speaking, we ask the kids to memorize and recite to the coaches and practice groups

1. The Pledge
2. Impossible Dream
3. Daring Greatly
4. Don't Quit

They can be found using the link above as well. Please print them and work with you child to memorize them one at a time starting with the pledge. Once the pledge is recited to their practice groups, your child will be rewarded with the official JFD Leadership Fraternity kick board.

## 4 FULL PRACTICES AND OPENINGS

Swimmers can benefit themselves and the whole program if they can transfer from a full practice to a wide-open practice.

### **FULL**

Mon: 5-6:30 pm & 6:30-8 pm

Tues: 5-6:30 pm

Wed: 5-6:30 pm & 6:30-8 pm

Thurs: 5-6:30 pm & 6:30-8 pm

Fri: 5-6:30 pm & 6:30-8 pm

### **WIDE OPEN**

Mon – Fri: 3-5 pm or 4-5 pm

Tues: 6:30-8 pm

Sat: 8-9:30 am, 9:30-11 am, or 11-12 pm

Sun: 8-10 am, 3-4 pm, 4-5:30 pm, or 5:30-7 pm

## 5 WHAT TO BRING TO PRACTICE

When there are extra things to purchase, JFD always instructs the kids to ask parents what extra chores they can do to earn this equipment.

JFD will provide kickboards and noodles for swimmers to use but the kids will also need a few things of their own to bring to every practice with them; these items can be found on our [team store](#). Items include:

- Goggles
- Water bottle
- the “Finis” hand paddles
- flippers – “Sporti” brand on the site work well
- mesh drying bag

## 6 POLICIES

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

## 7 MAKE UPS

Scheduling make ups for missed or cancelled practices can be done by emailing [jfdschedules@gmail.com](mailto: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

## 8 SCHEDULE CHANGES

If you need a schedule change throughout the season, please email us at [jfdschedules@gmail.com](mailto: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.

## 9 COMPETITIVE TEAM APPAREL & MEETS

If your swimmer is enrolled in the Competitive Team, this info pertains to you. We have just put in our first bulk order for Team apparel. We hope to have it in hand to distribute at practice before the first meet in October. Meet event registration will be run through TeamUnify. You will receive a separate email with instructions on how to create an account and sign up for meets.

The JFD meet schedule is on the website. Please check it out by using this link: [www.jfdolphins.com/meet-schedule.html](http://www.jfdolphins.com/meet-schedule.html)

## 10 OFFICIALS NEEDED

**This is one of the very few weak spots for JFD.** Many of the PVS officials are still volunteering long after their children have graduated. This is a clear sign that current parents need to step up. Details about training can be found at PVS.org. click on the “Officials” tab. Parents who become officials will have their swimmer’s meet entry fees waived at the meets they officiate at.

## 11 SAFE SPORT

JFD's Safe Sport certification is up for renewal. We need the help of our Competitive Team swimmers and parents to help us meet the criteria for renewal!

For **Swimmers**, Safe Sport's online training for athletes provides an introduction to Safe Sport, healthy boundaries, and how to speak up about misconduct, abuse, and the behaviors that lead to abuse. Find more information and take the training at <https://learn.usaswimming.org/>. You will need to log into or register for a USA Swimming Learn account to take the course. The course is called "SAFE SPORT FOR ATHLETES".

For **Parents**, Safe Sport's online course for parents provides an introduction to Safe Sport, abuse, and reporting information. More information and access to the course can be found at <https://learn.usaswimming.org/>. You will need to log into or register for a USA Swimming Learn account to take the course. The course is called "PARENT'S GUIDE TO MISCONDUCT IN SPORT".

Once these courses are taken, JFD will automatically get credit that goes towards recertification. We need participation from 25% of parents and swimmers to meet the minimum requirement.

Please help JFD by completing this as soon as possible!

## 12 NUTRITION

There is a link on every email JFD sends and on our website for the only nutritional product I recommend.

**JUICE PLUS:**

20 different organically grown fruits, vegetables and grains,  
Juiced and dehydrated for economical transportation and a long shelf life.

<https://josephflaherty.juiceplus.com>

There is a children's Research option that allows 1 child to receive Juice Plus free if one parent signs up.

Following that link will lead you to countless research articles that should make this a very obvious choice.



## 13 DRYLAND

Coach John Crocker will bring his lifetime of competitive swimming / coaching along with his career as a physical education teacher to JFD to strengthen our swimmers. His schedule will be

6:00-6:30 Mon & Wed Coach Croker

4:50-5:20 Weekdays Coach Flaherty

4:55-5:25 Sundays Coach Polson / Flaherty Followed by swimming 5:30-7:00  
We are asking that committed swimmers registered for 4:00-6:30  
Email [jfdschedules@gmail.com](mailto:jfdschedules@gmail.com) to transfer to 5:30-7:00

## 14 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.

## 15 INTERESTED IN COACHING?

Swimmers aged 14&Up should talk to coach Flaherty directly, but here are a few important points:

- Parents could just choose to coach while their children are swimming, so no extra hours added to your life.
- Teens interested will get their hearts and minds opened up to the wonderful world of teaching / leading / motivating / encouraging and much, much more.
- Contact coach Flaherty at 301-916-1852 or joefdolphins@gmail.com

## 16 HEAD START THRU SEPT 25

At the Falls Grove pool      400 Casey Ln,      Rockville, MD      20850  
(the FG HOA has asked us not to park and wait, but rather drop off and pick up - the parking lot is very small and does not have enough space. If we park in the neighborhood, we risk upsetting homeowners and the long-term relationship we would like to have)  
There are plenty of stores near-by so perhaps you get some errands done while the kid's swim.

	team	team	clinic	clinic
Mon – Fri	3:30-5:30	5:30-7:30	4:00	5:00
OR				
Sat & Sun	8:00-10:00		8:00	9:00

Limit of 30 swimmers at a time

[CLICK HERE: JFD Head Start Team & Clinic Practices 2022 Registration](#)

## 17 COMMUNICATION

We will communicate with you by emails and announcements on the Website.

Your good questions deserve a through answer,  
But even important questions will keep the coaches from coaching.  
So please do not ask coaches questions during practice.  
Sometimes a Coach will be standing back from the edge of the pool, and a short, simple question might be acceptable at this time  
But do not expect a full, polite answer

Head coach Joe Flaherty

Email [joefdolphins@gmail.com](mailto:joefdolphins@gmail.com) Call at 301-916-1852

His office hours are 9am – 1pm or 9pm – 10pm

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

Coach Joseph Flaherty