

Chicago Blue Dolphins – New Member Orientation

Thank you for stopping by and trying out Chicago Blue Dolphins. We hope that you enjoyed your swim practice. We want to take this opportunity to give you some background on our Masters Swimming program to ensure that you understand how our practices are set up, how billing works, and how we communicate information about the team to you.

Why We Do the 10 x 100 Freestyle Performance Set

If you've completed the trial workout, you've also completed our little performance set of 10 x 100 Freestyle on 10 seconds rest. The set is designed to help you understand and work on the following equation:

$$\text{Speed in the Water} = \text{Stroke Length} \times \text{Stroke Rate}$$

In other words, how fast you swim is the combination of how far you travel on every stroke and how many strokes you take per second. When we run this set, we get your 100 yard (or meter) splits, your stroke counts per 50, and your stroke rates on a sample of 50's. These numbers will help you think about what you are doing in practice and also help you understand how you can become a better swimmer.

Our training philosophy is pretty simple: if you can consistently practice meeting or surpassing the results of your Performance Set every day in practice, you'll get faster, fitter, and more efficient. In other words,

- Option 1: If your stroke becomes more efficient and you travel further on every stroke without reducing your stroke rate, you'll go faster
- Option 2: If you can sustain a faster stroke rate (or cadence) without sacrificing efficiency (stroke length), you'll go faster
- Option 3: If you can go the same speed but do the distance in fewer strokes (i.e., raising stroke rate and lowering stroke rate), you're becoming more effective. (Note: You can then start to add more stroke rate and work on Option 2)

In practice we'll ask you to hold your Performance Set speed, stroke count, or stroke rate or a higher or lower value of each. Adding these variables to practice will make the sets more mentally challenging and will give you greater context around what you are doing.

We will do a type of set called "Swimming Golf" where you will play games with your pace and stroke counts. You'll add the strokes per 50 and time per 50 to get your "par score" (e.g., 40 strokes and 32 seconds per 50 yields a score of 72). We'll ask you to drop the score by changing the time, strokes, or a combination of both.

We'll run this performance set once every session. If you are placed in the Level 3A or 3B lanes, or if you move up to those lanes between today and the next run of the performance set, you'll do 3 x 300 Freestyle on 30 seconds rest. Since our Level 3's are more advanced, we want to give them a more challenging speed and efficiency problem to solve.

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How We Structure our Year – Sessions

We break our year into five two-month sessions and a short six week session in the late fall prior to the winter holidays. We also have a short three-week supplemental session at the end of the summer to assist those training for the Big Shoulders 2.5/5K race and fall triathlons such as Ironman Wisconsin and Ironman Florida. The rates for this supplemental session will be pro-rated to reflect the shorter time span and reduced practice schedule.

Our session dates for the 2008-09 year are shown below:

Session	Start	End
Fall 1	September 15, 2008	November 09, 2008
Fall 2	November 10, 2008	December 21, 2008
Winter 1	January 5, 2009	March 1, 2009
Winter 2	March 2, 2009	April 26, 2009
Summer 1	April 27, 2009	June 21, 2009
Summer 2	June 22, 2009	August 23, 2009
Summer Supplemental	August 24, 2009	September 13th

Within each week, we run ten swim practices. To help you plan which practices you'll attend, we've assigned a theme to each practice.

Monday	6:00-7:00AM or 7:00-8:00AM	Freestyle (Middle Distance)	Moody Bible Institute
Monday	7:30-9:00PM	Freestyle (Middle Distance)	UIC PE Building (Small Pool)
Tuesday	7:30-9:00PM	Freestyle (Distance)	UIC PE Building (Large Pool)
Wednesday	6:00-7:00AM or 7:00-8:00AM	Freestyle (Distance)	Moody Bible Institute
Wednesday	7:30-9:00PM	Technique and Stroke/IM	UIC PE Building (Small Pool)
Thursday	7:30-9:00PM	Speed (All Strokes)	UIC PE Building (Small Pool)
Friday	6:00-7:00AM or 7:00-8:00AM	Speed (All Strokes)	Moody Bible Institute
Sunday	9:00-10:30AM	Stroke/IM	UIC PE Building (Small Pool)

Swimmers can come to any of the practices, regardless of the location. We don't have a "Moody Bible Institute" team and a "UIC" team. Feel free to pick and choose which days, times, and themes work best for your goals. The number of practices that you plan to come to during each session will determine which payment plan you'll want to elect for CBD.

Payment Plans

We have four major payment plans: Sessions, Punch-Cards, Basic Packages, and Gold Packages. The Sessions are an unlimited attendance plan for the duration of the session. Punch-Cards are our ad-hoc

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plan where you buy a fixed number of practices at a time. The Basic Packages give you discounted rates when purchasing multiple sessions. In each of these payment plans, the swimmer is purchasing just the group swim practice sessions. The Gold Packages are unique in that they combine multiple sessions of group practices as in the Basic Package with individual instruction and stroke analysis at our Swim Studio.

The Gold Packages include one or more Swim Assessments. A Swim Assessment is a 75 minute private session at the Blue Dolphins Swim Studio where a member of our coaching staff assesses your current technique, speed, training, and goals. You will receive a DVD with all of the video clips (including coach annotations), a summary of what you specifically need to work on for the next four months, and a set of practices to help you incorporate these technical improvements. The Gold Packages also include follow-up private swim lessons where you reconnect with your coach to see whether you are actually making the technique changes and whether you are tracking toward your goals. The Gold Package gives you the best of both worlds: the energy, structure, and camaraderie of the group setting with the individualized focus of our private lessons.

The table below summarizes the payment plans and gives some advice on which plan makes the most sense for you.

Payment Plan	What It Is	When It's Right For You
Session	You purchase every practice in a given session and can come as often as you desire	You plan on coming to practice at least two days a week and you only want to commit to one session at a time
Punch Card	You purchase 4 or 8 practices at a time. You agree to use up these practices within the current session period as the card expires at the end of the session	You will be more sporadic with your attendance such as 2 to 4 times a month due to family, work, travel, or location issues
Basic Package	You purchase multiple sessions up front	You plan on swimming with Blue Dolphins for a while and want to save money by paying for multiple sessions up front
Gold Package	You purchase multiple sessions up front as well as Swim Assessments and Follow-Up Private Lessons at the CBD Swim Studio	You plan on swimming with Blue Dolphins for a while and want the savings, but you also want a more individualized feel to the program where a coach helps you set and track goals and give you specific things you need to improve to better your swimming performance and reach those goals

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Payment Plan Prices

Session and Punch Card Rates

Our session and punch card rates and our discounts are shown in the table below:

Plan	Standard	Partner	Student	Student-Partner
Session	\$140	\$125	\$100	\$95
8 Practice Punch-Card	\$100	\$100	\$75	\$75
4 Practice Punch-Card	\$50	\$50	\$37.50	\$37.50

*Partner rates are limited to current members of Vision Quest Coaching, Team Dream, The Chicago Tri-Club, and Max Multisport Coaching.

** Student rates are limited to those adults putting themselves through school

Package Membership Rates

Our rates for Basic and Gold Packages, what the packages include, and your total savings are shown in the table below:

Package Name	Rate	Package Includes	Savings
Fall Season (Basic)	\$205	Fall 1 and 2 Sessions	\$25
Fall Season (Gold)	\$440	Fall 1 and 2 Sessions, 1 Swim Assessment, and 1 Private Lesson	\$115
Winter Season (Basic)	\$250	Winter 1 and 2 Sessions	\$30
Winter Season (Gold)	\$485	Winter 1 and 2 Sessions, 1 Swim Assessment, and 1 Private Lesson	\$120
Summer Season (Basic)	\$250	Summer 1 and 2 Sessions	\$30
Summer Season (Gold)	\$485	Summer 1 and 2 Sessions, 1 Swim Assessment, and 1 Private Lesson	\$120
Yearly (Basic)	\$650	Full Year of Sessions	\$140

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Yearly (Gold)	\$1210	Full Year of Sessions, 3 Swim Assessments, 3 Private Lessons	\$355
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Swim Team Insurance

In addition to the regular rates, each swimmer must register with US Masters Swimming to be covered under our swim team liability insurance policy. The annual cost of this registration is \$35. The liability insurance is an annual assessment that all team members must pay. It covers CBD and our training facilities for any liability issues and accidents that occur at swim practices. The facilities from which we rent pool space require ALL swimmers to be covered. It's not health insurance.

The quickest way to register and renew is to go online and register:

<https://www.clubassistant.com/club/USMS.cfm?l=21>

You'll be asked for information to register you for Chicago Blue Dolphins. You'll want the following information:

- LMSC: Illinois Masters Swimming (ILMSA)
- Club: Team Illinois Masters (IM)
- Workout Group: Chicago Blue Dolphins (CBD)

You'll get an image of the card to print out for your records. You should check the "Also send me a card in the mail" to get a paper copy of your card sent to you.

Included in the liability insurance registration is a subscription to "US Masters Swimmer" magazine. Bonus!

Joining CBD

When we return to the office, we'll send you an email that will guide you through the registration process. We will include two links in the email. The first link will help you register for US Masters Swimming as described in "Swim Team Insurance" above. The second link will take you to the registration screens for the CBD team. You'll follow the second link and complete the registration process online.

On the first page, you will be asked to enter your US Masters Swimming registration number. You will not be allowed to continue unless you are a USMS Member. On the second page, you will provide your contact and personal profile information. On the third page, you will affirm the liability release, select a payment plan from the list, and provide a credit card for payment (Visa and Master Card only). Click "Submit" to complete your registration.

If you are on the punch card payment plan, please bring your online registration receipt and your billing receipt (see "Billing and Membership Renewal" below) to swim practice and present it to one of the coaches. The coach will give you a 4 punch card or an 8 punch card with your name; on this card will be your name and the name of the session for which the card is active.

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When the registration is complete, we will send you a login id and password to our internal team website. You'll use this login id to sign up for swim team events and clinics, edit your personal profile and credit card information, indicate interest in attending a competition, and to view the emails and phones on the member roster.

Billing and Membership Renewal

Initial Billing

Your member registration will route to our general manager, who will charge you the price of your payment plan plus the annual charge for insurance. You will receive a confirmation email entitled, "Chicago Blue Dolphins Customer Receipt/Purchase Confirmation" which will list what you were charged for, the date of the charge, and for how much. Check the payment plan and amount in this receipt to verify that you were charged for the correct plan.

Please note that all purchases are final. If your attendance is lower than what you'd hoped for, we cannot extend sessions, punch cards, or packages to future time periods or give refunds for unused portions.

Membership Renewal

To keep the billing process simple, we will automatically renew your payment plan for the next session unless you indicate to us that we should change your plan or make you inactive. Here's how the process will work for each session.

On the third Thursday before the beginning of the next session, we will send out a notification entitled "Chicago Blue Dolphins – Membership Renewal Notification" indicating that we will be renewing your membership in two weeks. We will ask you if you would like to change your payment plan or go inactive. If you wish to make any changes, you will email our GM, Jenny Ricciardi, at jenny@chicagobluedolphins.com to pass along your changes. Please respond to us by 5pm the Monday prior to the session with any changes. If we don't hear from you, we will assume that you are staying on your current plan for another session.

On the Thursday before the session begins, we will renew our membership for the upcoming session. You will receive a confirmation email entitled, "Chicago Blue Dolphins Customer Receipt/Purchase Confirmation" which will list what you were charged for, the date of the charge, and for how much. Check the payment plan and amount in this receipt to verify that you were charged for the correct plan.

If you are on the punch card payment plan, please bring this receipt into practice and present it to one of the coaches to get a new 4 punch card or a new 8 punch card.

At the beginning of the Winter 1 session in January, we will renew your team insurance with your membership renewal. If you've been inactive and return during or after the Winter 1 session, we will renew your insurance with your first membership renewal of the new calendar year.

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As with your initial billing, please note that all purchases are final. If your attendance is lower than what you'd hoped for, we cannot extend sessions, punch cards, or packages to future time periods or give refunds for unused portions.

US Masters Swimming Competitions

US Masters Swimming and our regional body, Illinois Masters Swimming Association, run meets and open water competitions throughout the year. You'll use your US Masters Swimming membership card to register for the meets.

The full list of meets is on the Illinois Masters Swimming website:

<http://www.ilmsa.com/competition/upcoming>

You can get the registration forms for these meets online.

After you register for the meet, login to the internal website and indicate that you are going to the competition. Go to the "Edit My Competitions" and select the competition so you are on the roster, you know who else is going, and everyone knows that you are going.

Getting Plugged into CBD

At CBD, we communicate information to our team members in a number of different ways. Here are the major ways and purposes that we have for each.

Website Announcements

In the event of an emergency pool closing or practice cancelling or for a reminder that practices will be cancelled, we put an announcement up on the website's home page. You can see the announcements at www.chicagobluedolphins.com. It's good to check before going to practice, especially for lake swims or other outdoor swims when weather or water quality can be a factor.

Team Calendar

We also have a team calendar on our website that lists the competitions, social events, and other relevant team dates by month. You can get to the team calendar by going to <http://www.chicagobluedolphins.com/calendar.html>.

CBD Internal Website

After you join, you will receive an email with a user id and password that will allow you to access our internal CBD website. You'll go to our homepage at www.chicagobluedolphins.com, put your id and password in the "Login Name" and "Password" fields of the lower left corner, and click the "Login" button. You will be taken to the internal CBD website.

In the internal website, you can do the following:

- Look up a teammates' contact information
- List the competitions that you are attending and seeing which other teammates are doing the same competition

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- Edit your personal profile to keep your address, contact information, and credit card information up to date

Team Facebook Page

If you have a profile on Facebook, you can join the Chicago Blue Dolphins Facebook group page. You can send up Friend relationships with other team members, see group photos, and keep in touch with CBD events.

Team Newsletter

Each month, we will send out a newsletter containing a summary of what's going on with the team during the upcoming month or months. The newsletter will list your important dates for the month, team accolades, upcoming swim clinics, and "Ask the Coach" articles.

ChicagoBlogDolphin – CBD's Blog

This fall, we will be starting a blog that will give a more detailed view of the goings on at Chicago Blue Dolphins. We will have articles on what our team members are doing personally and competitively, social activities, swim technique and training, swimming competitions and triathlons, and other topics. We'll be updating the blog daily with new articles so you can come back daily to get your CBD news.

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Classes and Swim Assessments at the Swim Studio

You can supplement the training and practice that you do at our group workouts with private, semi-private and small group classes at our Swim Studio at 2220 N. Elston Ave. When we look at your stroke at your trial workout, we might recommend that you take lessons or a small group class to help build your skills for more effective training.

CBD Swim Classes

We teach classes at our Swim Studio that address particular topics in swimming. They are a fixed sequence of classes that can be done in a small group format or in a private or semi-private lesson format.

- Freestyle 1 – This class is a six-lesson class which will teach the foundational freestyle drills used to improve balance, rotation, and length as well as integrate respiration and bilateral breathing. If you have a high stroke count or if you are swimming at a slower speed, this class is the best first step for you to improve your performance
- Freestyle 2 – This class is a six-lesson class focused on improving propulsion in the water in two ways: (1) a better beginning of the stroke, or catch, and (2) ensuring that the arm-pull is in synch with the speed of the body roll. If you have developed your fitness and reduced your stroke count, this sequence can help you add more power and propulsion into the stroke
- Swim Mechanics 101 – This is a six-lesson class which teaches the foundations of freestyle and backstroke. Since it's part of our learn-to-swim sequence, we also teach the basics of treading water and water entries and exits
- Swim Mechanics 102 – This is a six-lesson class which teaches the foundations of breaststroke and butterfly. You'll learn many of the major stroke drills that we use at our swim practices in this class. Since this is part of our learn-to-swim sequence, we teach more advanced treading techniques and more advanced diving techniques

Members get a 20% discount on all lessons and small group classes at the Swim Studio.

The cost for a private lesson is \$80, \$55/person for a two-person, and \$40/person for a three-person. If you want to try a semi-private, let Fitz know the day of the week and time of day that works, and we will pair you up with another member.

We also offer small group classes with 3-6 students. The price of a 6-lesson clinic is \$215, a 4-lesson clinic costs \$160, and a 3-lesson clinic costs \$120.

Swim Assessments

A Swim Assessment is a one-on-one session with a CBD coach designed to help you identify areas for improvement in your stroke and a plan to tackle them in the proceeding months. The cost of a Swim Assessment is \$180 for CBD Members. A Swim Assessment includes:

50 minute pool session:

- Film and review six angles to identify areas of improvement -- left, right, and front views from above and below the surface
- Identify 2-3 key technical skills for you to work on in the next 3-4 months
- Video clips and descriptions of the drills to help you

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25 minute out-of-water session:

- Set short-, medium-, and long-term goals and track progress
- Review your racing history and future racing plans
- Discuss your swim training plan and its effectiveness against performance sets and race splits

We will deliver the following to you at the conclusion of the Swim Assessment:

- Annotated versions of your video clips and sample drill clips including snap shots of key positions
- An overview of the Swim Assessment including items you are doing well, a summary of where you stand on your goals, two to three key items for improvement and why they are key, and a list of drills to help you feel those changes
- Three swim practices that include those drills that you can take to pool to help structure your technique work

The Swim Assessment is an excellent complement to the Masters Swimming program. The group swim practices will give you the benefits of group training while the Swim Assessment will give you the individual coach time to make sure you know your priorities. You can purchase Swim Assessments along with the group practices through the Gold Package payment plans.