



Membership form Age Group Swimming

Date: _____
 Aruba Dolphins Swimming
 Attention of. Mr. G. Pietersz, treasurer
 Catiri 12J, Noord
 ARUBA

Dear Sir,

I would like to become a member of the Aruba Dolphins swimming and water polo team:

1st Member/ Name: m/f _____
 Date of Birth: _____
 Complete Address: _____
 Phone nr : _____ Mob. nr _____
 E-mail address: _____

Swim Diplomas accomplished: A B C D E F

2nd Member/ Name: m/f _____
 Date of Birth : _____
 Complete Address: _____
 Phone nr: : _____ Mob. nr _____
 E-mail address: _____

Swim Diplomas accomplished: A B C D E F

3rd Member/ Name: m/f _____
 Date of Birth : _____
 Complete address: _____
 Phone nr: _____ Mob. nr: _____
 E-mail address: _____

Swim Diplomas accomplished: A B C D E F

Sign-up as: competition swimmer recreation swimmer

If you are a member or you were a member of another swimming team, you must present a "Declaration of deregistration" from that club.

Yours truly,

(Signature) for accepting the terms and conditions established in the information sheet

PS. Add to this form the amount of AWG 50,- entry fee. The Club membership fee you must transfer to CMB bank: account Nr. 22781308 , in the name of Aruba Dolphins Zwemvereniging, address Catiri 12 J, Noord, clearly mentioning the name for whom you're paying for. Or you may want to choose to pay cash at Mrs. Nichi Arends on location via the famous envelope. Competition swimmers pay AZB meet entry fees for each swim meet.



Information sheet

Aruba Dolphins swim team? The Aruba Dolphins swim team is the largest on the island. We are a dynamic and enthusiastic swimming team which was founded in 1975 and represents currently about 140 members. The members are not only from P'ariba di Brug, but also from a wider field of the island. The home of the Aruba Dolphins is the 50M swimming pool Pisina Olimpico Roly Bisslik in Savaneta, Aruba, managed by the Foundation S.F.A.M.F.D. for sports locations, with which the Aruba Dolphins has developed a good relationship. The emphasis of our team lies on competitive swimming, the development of the swimming techniques, the recreational swimming and basic swimming.

What are the training times schedule?

For the Age Group Swimmers they are:

Mondays: 16.30 – 18.00 hr
 Tuesdays: 17.00 – 18.30 hr
 Wednesdays: 16.30 – 18.00 hr
 Thursdays: 17.00 – 18.30 hr
 Fridays: 17.30 – 19.00 hr
 Saturdays: 07.00 – 08.30 hr

Coaching Staff

Randy Arends, head coach
 Roly Bisslik, coach
 Ynocente Chacon, coach
 Kathy Herrera, coach
 Luz Maduro as assistant-coach

We train at the Pisina Olimpico Roly Bisslik in Savaneta, Aruba. The evening sessions are destined for the masters group. During the official autumn, Christmas, Carnival and Easter vacation periods the training times schedule may be adapted by the Coaching Staff and communicated; these are broadly in line with the school holidays. During the main July school vacation there is no training. You can also follow frequent news items on our website www.arubadolphins.com and on Facebook.

How can you take part in competitions?

The Aruba Dolphins is affiliated with the AZB (Aruba Swimming Federation) and takes part in mostly all local competitions. Each swim season, a number of competitions, either medal, or qualifying events are held in accordance with the annual calendar of the AZB. In addition, once a year in the lagoon of Savaneta, the Aruba Dolphins hosts the well attended 1 & 2 KM open water competition. We also try by tradition as part of our annual agenda, to take part once a year in an International club competition abroad.

And what if you do not necessarily have the “urge” to compete as a “competition swimmer”?

In addition to competition swimmers the Club also offers space for a group of recreational water users (whose ages range from very young to old) for which separate lanes, are set aside in the morning and evening hours on Monday, Wednesday and Friday. These members can swim three to six times a week.

Besides swimming The Club also organizes other activities

The Aruba Dolphins is known as friendly, enthusiastic, dynamic and innovative. On a regular basis, for members and parents/guardians social activities are organized by the activities Commission, which are typically well visited. So, we organize scavenger hunts, games, walks and climbing mornings and outings to local attractions. In addition, an amazing and very popular 'New Years Dinner party ' for members and their parents/guardians with a delicious menu for you to enjoy; and as the climax of that event is the recognition of the best athlete of the last swimming season. We also issue press releases on a regular basis in the local press.

What to do if you want to join us.

The best you can do is just come to the swimming pool on one of the days, that there is training. Subscribe at one of the trainers. She or he will tell you which day is the best you can begin. You're allowed to train free of charge 4 times with us, and only if you really like it, then you can decide for yourself to sign up as a member.

How to sign up ? If you decided that you want to become a member of the Aruba Dolphins, you fill out the registration form (on top). You sign the form (if you are a minor, you ask one of your parents/guardians to sign) and deliver it to one of the trainers. Along with the written notification immediately an amount of AWG 50,- as entry fee must be paid. You also need to make sure that the required club membership fee be paid to the bank account as listed. The Treasurer will check everything and will add your name and other data to the members list. Then the procedure for acquisition of our team uniform can take place.



Membership Fees as of 1 aug 2010 used are as follows:

Sign-up Fee AWG 50,- (Once)

1st member of the Family: AWG 75,- (per month x 12 per year)
 2nd member of the Family AWG 125,- (per month x 12 per year)
 3rd member of the Family : AWG. 175,- (per month x 12 per year)
 4th member of the Family and more AWG 225,- (per month x 12 per year)

Contribution to the Federation (AZB): Each member of the Aruba Dolphins is registered with the Aruban Swimming Federation (AZB). For Competition swimmers, must pay a competition fee. This usually is AWG 15,- per meet and must be paid in cash with your registration for the meet. If not, you will not be entered in the meet. Cancellation of participation in a meet (scratch) must occur at least 48 hours prior to the meet at the head coach. Failure to scratch will result in no refund.

How do you pay the membership fee?

The membership dues must be paid in advance. You can choose: automatic or on-line transfer through the Bank or through the envelope and cash payment with Mrs. Nichi Arends. If dues are not paid on time we will need to take appropriate measures regarding access to the swimming training and activities. By means of automatic transfer (to arrange by oneself) to the Caribbean Mercantile Bank NV(CMB) account Nr. 22781308 in the name of Aruba Dolphins swim team, Catiri 12 J-Noord, and with a clear mention for who you are paying. There is a separate arrangement for the purchase and payment of club uniform.

How to get to know more about the Aruba Dolphins? The official articles of the Aruba Dolphins are available through our website, and we hope within a year to also have our bylaws available on the website; this will include rules on uniform, the use of the clothing cabins, the progress of the business of meets, insurance and the participation of parents/guardians to swimming and other activities. In addition, you can always request a copy of the articles of association with the Secretary. Once a year you can express your vote in the general meeting of members, junior members have, moreover, also the right to vote! If you have any further questions you can contact the trainers or look on our website for the Members of the Board.

What are the entry requirements? Basically, you need to be in possession of the AZB A-B-C diplomas. However, if you have not achieved this level (yet), and you do want to swim with the Aruba Dolphins, we can test your technical skills. This will be assessed by the coaching staff.

Who are the members of the Board? You can always address your questions for information to the following Board Members

President: Mr. Ezzard Cilié - E-mail address: ecilie@hotmail.com

Secretary: Mrs. Isabel Dammers - E-mail address: isabeldammers@gmail.com

Treasurer: Mr. Gian Pietersz - E-mail address: gpietersz@crystalcasinos.aw

Commissioners:

- Mr. Nelson Yarzagaray - E-mail address: nelsonyarzagaray@hotmail.com

- Mrs. Ludmilla Maduro - E-mail address: Ludmilla.Maduro-Schwengle@valero.com

- Mrs. Renee Estrada – renee.estrada@gmail.com

How to deregister you off the Aruba Dolphins?

In the unlikely event that if you decide to leave the Aruba Dolphins, you should always sign off in writing and by the end of the swim season or a quarter of a calendar year, subject to a notice period of at least one month. Such a notice is necessary because your membership dues to the Aruba Dolphins are for a whole year. Please note: If you do not properly sign off, then your membership fees will keep adding up. Once paid membership fees are settled and are non-reimbursed. Automatic bank transfers should be stopped by you. You have given the bank permission to do so, and you should, therefore, also stop it.

What do we expected from parents/guardians?

An organization like ours can only run with the support of many parents/guardians and other volunteers. For the parents it might mean: participating in the administration of the Aruba Dolphins, help with the planning and implementation of social activities, participating in the Financial Committee, etc. In addition, we almost always have the need for additional training assistants. For example, you can choose to walk along with one of our fixed trainers (Assistant swim coach) or follow a short course for an "Official" for the AZB. In fact, your support is urgently required. Actually, if your child swims with the Aruba Dolphins, we assume that you are willing to contribute to the ups and downs of the Aruba Dolphins.



Aruba Dolphins Swimming and Water polo Club is an Association for young and old, that is why it is important to follow a set of rules so that everyone can come and swim with fun.

General Rules

- § Be on time to the training (10 minutes before the start). Stretch out and warm up before training is very important. Coming late to practice can result in improper warm up and may result in injury.
- § Keep valuables in a well secured place, or just leave them at home.
- § Do not jump in the pool without the authorization of your coach.
- § Training entrusted to the trainer should be followed, just swim the given set accordingly without comments. Listen to and obey the trainer/coaches, they are there for a reason.
- § While swimming keep distance from the preceding/following swimmer.
- § Do not sit on the pool lanes.
- § Do not throw with kickboards and/or other swim accessories.
- § Do not run along the pool premises.
- § Do not hang around in the toilet/dressing rooms.
- § Do not comply with other swimmers needs to hang around.
- § Behave appropriately in the dressing room (no clutter when leaving).
- § Help with set up and phasing out the pool.
- § Bring along a lot of enthusiasm and motivation to swim!!!

Other rules for swimmers.

- § Always remember to notify the coach if you are not coming to the training.
- § Always notify the coach (on time) if you need to cancel (scratch) at least 48 hrs prior to the swim meet.
- § Everyone is expected to help with cleaning up the stands after a competition event.
- § Be at the pool on time for your swim meet, at least half an hour before the warming-up time.
- § Adhere to guidelines on wearing uniform as instructed by the coaching staff; we expect parents to wear Dolphins t-shirts at meets as support and commitment to the team.
- § Competition swimmers, who want to achieve a particular purpose, are prepared with additional training and are expected to be fully committed.

These rules are necessary for the implementation of the activities in a safe and secure environment. The Board expects all members to play by the rules and that parents/guardians, of the youngest members particularly, explain the rules and instruct appropriately. The same shall apply to picking up of the young under-age children after practice. Be aware that supervision, responsibility and liability of the Aruba Dolphins are at most restricted to the territory of the swimming pool, and not outside the main entrance.

Thank you for your understanding and cooperation

The Members of the Board
March 2011