

N e w s l e t t e r

Welcome Back Dolphins!

DON'T FORGET!

No **afternoon** practices on Fridays.

No practice on **Monday May 25.**

Morning practice begins **Thursday June 4.**

After School Practice Schedule May 11² - June 3

Age Group	Stretch	In Water	Out
6 and Under	4:10	4:15	4:40
7 - 8 years	4:30	4:40	5:10
9 - 10 years	5:00	5:10	5:40
11 -12 years	5:30	5:40	6:10
13 -18 years	6:00	6:10	6:45

Welcome to the GHWO Dolphin Swim Team. We are 149 strong and excited about the upcoming 2009 Summer Swim Season. There are many important dates included in this newsletter and on our website. Be sure to have your calendar handy and mark them so you do not miss any opportunities for your swimmer. The Time Trials (see below) during practice on Tuesday, May 19th are very important to your swimmer's placement in the first Swim Meet on the 23rd. Please make every effort to have your swimmer at practice that day.

Feel free to contact me with any questions or concerns you have about swim team. We look forward to getting to know you and getting reacquainted with all our returning friends from year's past. GO DOLPHINS!

Debbie Hartzler – GHWO Swim Team President

Swim Suits - Tuesday, May 12th and Thursday May 21st during practice times, we will have Lane 4 Swim Shop at our park selling team suits, goggles and caps. Lane 4 Swim Shop will take checks or cash and will be back on Wednesday, May 21st. Team suits are not required but are encouraged. If you miss the park sale, you can purchase the suit at the Lane 4 store at Crossroads Shopping Center in North Austin at Burnet and 183.

Be sure to mention that you are with the GHWO Dolphins and need the **Speedo Shooting Star** suit. They will pull the suit from the back and give you the team discount. Speedo suits are very high quality and durable enough to last all summer. The girl's suit retails for \$68 and we got it 42% off at \$39 price. The boy's suit retails for \$43 and we got it at \$30.

Time Trials will take place during practice on **Tuesday May 19** in order to record times in all four strokes. This will enable us to seed relays appropriately. We will need timers and stroke judges. If you can help, please contact our volunteer coordinators. Thanks!

A dynamic duo: the Dolphins proudly welcome back coach Kelly Flickinger, for her 3rd amazing season with the Dolphins. Ryan Ciccarelli, an experienced summer league swim coach, will join her. Swimmers may refer to them as **Coach Flick** and **Coach Chic**. Their focus for the year is to develop technique with your swimmer and make them stronger swimmers for the years to come. We think this re-focus and the added energy of Coach Chic to Coach Flick's unending love of teaching will make our upcoming year fabulous!

To communicate with the coaches, parents are encouraged to put notes in the "Coaches Notebook," which is kept poolside. Office hours to check for clarification on disqualifications (i.e., DQs) or other issues with swimmers will be Monday nights from 6:30 to 7:00pm poolside.

Our **first swim meet** will be Saturday May 23 at SAAB (the VOSH pool). Specific information will be in next weeks newsletter posted on the website each Monday for specific detail of upcoming meets.

T-Shirts will be distributed at the May 21st practice.

Parent Volunteers Needed Weekly

To keep our fees down, all parents are ask to volunteer. Nearly all parents do so willingly. Please sign up for your preferred volunteer positions with our volunteer coordinators every week. Home meets especially need many volunteers. Thank you for continuing to give the GHWO Dolphins a winning season every year by volunteering. We can't do it without you.

Granada Hills/Western Oaks Swim Team Board Members:

President	Debbie Hartzler	892-4920	debbiehartzler@austin.rr.com
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League Website: <http://www.capitalcitysummerleague.com/>

League Bylaws: <http://www.capitalcitysummerleague.com/pdfs/txlasl2006bylaws.pdf>