

Welcome Back Dolphins!

After School Practice Schedule May 12 - June 3

**DON'T FORGET!**

No **afternoon** practices on Fridays.

No practice on **Monday May 25.**

Morning practice begins **Thursday June 4.**

**Time Trials** Tuesday May 19<sup>th</sup> during practice

<i>Age Group</i>	<i>Stretch</i>	<i>In Water</i>	<i>Out</i>
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

**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. When you see our Meet Director Rob Barton at the pool on Tuesday, let him know in what way you are willing to help. He will be looking for your help!

**Swim Suits - Thursday May 21<sup>st</sup> during practice**, 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. 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 get it at \$30.

**Dive In** to our **first swim meet** this Saturday May 23 against the South Austin Barracudas. Here is how to get to the VOSH (Villages of Shady Hollow) pool, located at 12006 Gatling Gun, 78748:

<http://tinyurl.com/maptovoshpool>

Here is a link to a map of their pool layout <http://tinyurl.com/voshpoollayout>. Meet will start @ 8:30am sharp. Please have your swimmers there by 7:30am in order to warm-up and be marked with events by age-group parents. Warm ups will be between 7:30 and 8:15am. SAAB will be operating a concession stand.

**What should we bring? How does the meet work?** Bring your child with LAST NAME, FIRST NAME clearly printed with sharpie on the child's back right shoulder, goggles, 2 towels...to find out what else see **Rookie Guide** and **What to Bring** at the library tab at our website:

[www.ghwodolphins.org](http://www.ghwodolphins.org)

**Sign-up for your events for the May 23 meet** in the Meet Sign-Up book. It will be located at the pool during practice. Please only sign-up for this week's meet. Your child may sign-up for up to 3 individual events. Coaches will sign your swimmers up for relays. If your swimmer does not wish to be in a relay please make a note in the meet sign-up book. Deadline for sign-up is Wednesday May 20<sup>th</sup>. If you have been unable to sign up in the book at the pool, you may sign-up by emailing Rodney Johnson. No additions will be allowed after Wednesday.

**As for how the meet will run...** watch for communication from our Volunteer Coordinators that will inform you of your volunteer placement for this week's meet. Age group parents - please review the procedures for marking and preparing the kids:

<http://www.ghwodolphins.org/files/zookeeperprocedures.pdf> Ready bench volunteers and age group parents – here is a link to familiarize yourselves with the workings of the ready bench:

<http://www.ghwodolphins.org/files/readybench.pdf>

**Heat Sheets and Zookeeper sheets** will be posted on website under **Library** tab as soon as they become available (Friday evening at the earliest). Please print and bring your own copies of the forms you will need based on your volunteer position. Ready bench, stroke judge and age group parents position will require heat sheets. Age group parents will need both heat sheets and zookeeper sheets.

**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.

**Team T-Shirts** will be distributed at the May 21<sup>st</sup> practice. A big thank you to our T-Shirt coordinator Digna Cavazos Weems!

Questions? Email Meet Director Rob Barton [rbarton@seton.org](mailto:rbarton@seton.org)

Stay current to updates and changes by getting in the habit of checking our website frequently:

[www.ghwodolphins.org](http://www.ghwodolphins.org)

League Website: <http://www.capitalcitysummerleague.com/>

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