

GHWO DOLPHIN SWIM TEAM 2009

Welcome Back Dolphins!

DON'T FORGET!

No **afternoon** practices on Fridays.

Morning practice begins **Thursday June 4.**

No practice Monday June 1, Wednesday June 3 or Thursday June 4.

Morning practice begins this Friday June 5. See Schedule below. Please sign up for Fun Friday snacks and set up at 8:00 pm Friday night.

After School Practice Schedule May 12 - June 3

<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

From the Coaches: We are so proud of every swimmer! Everyone did an awesome job! Many personal bests were set and many events were won. We came very close to beating a much larger team. Continue working hard at practice in preparation for our meet against Shady Hollow and Courtyard this Saturday. This week we will be focusing on turns, backstroke and breaststroke. We send our thanks to all the volunteers who helped out with last week's time trials. You are greatly appreciated! **GO DOLPHINS!**

On Wednesday, June 10th, we will have the honor of a visit from **Brendan Hansen**. He was a member of the University of Texas Swim Team and an Olympic Gold Medallist swimmer in both the 2004 and 2008 games. He is taking the year off from competitive swimming and is working with Puresport Performance Drinks. Puresport was the only product Brendan used in preparation for the

2008 Beijing Olympics because it allowed him to perform and recover: two very important factors in the sport of swimming. Puresport has found that kids in the developmental stages of sport are benefiting immensely from the product. Much of this is due to the low sugar and calorie content. Please plan to visit Brendan at his table on Wednesday the 10th. Don't forget to bring your camera!

Dive In to our **second swim meet** this Saturday May 30 at our pool against Shady Hollow and Courtyard. We warm up first, at 7:15, so plan to arrive by 7:10. The meet starts at 8:30.

Our concession stand is a vital fundraiser. Each family is asked to donate one 12 pack of name brand soda, Gatorade or bottled water. These can be dropped off outside the pool gate during any practice, or to Friday night setup, or even the morning of the meet. Also, baked goods are a great seller. Please consider bringing cookies, brownies, or muffins for the concession stand. Many thanks!

What should we bring? How does the meet work? Bring your child with LAST NAME, FIRST INITIAL 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

Yes, you can swim too! Meet Director Rob Barton is organizing fun parent relays to be held midway through home meets. Our parents will swim against parents of the opposing team. Contact Rob at rbarton@seton.org if you are interested.

Sign-up for your events for the May 30 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 27^h. 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...reminders - 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 upon your volunteer position. Ready bench, stroke judge and age group parent's 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.

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

www.ghwodolphins.org

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

League Bylaws: <http://www.capitalcitysummerleague.com/pdfs/txls12006bylaws.pdf>