

Go Dolphins!

DON'T FORGET!Morning practice begins **Thursday June 4.**Team and Individual Photos **Thursday June 11**No practice **Wednesday June 3**Brendan Hanson with PureSport on **June 10th** from 9:30 to 11am**Morning Practice Schedule June 4 - June 26**

<i>Age Group</i>	<i>Stretch</i>	<i>In Water</i>	<i>Out</i>
6 and Under		8:00	8:45
7 - 8 years	8:30 – 8:45	8:45	9:30
9 - 10 years	9:15 – 9:30	9:30	10:15
11 -12 years	10:00 – 10:15	10:15	11:00
13 -18 years	10:45 – 11:00	11:00	12:00

Stroke Judge Clinic Tuesday June 2, 6:30 at the Circle C pool. **Attention Stroke judges**, if you do not have a stroke judge certification card, please attend this clinic for your annual certification and to receive your card. Recent meets have seen cases of stroke judges who were not in possession of their cards being prevented from judging, as per league guidelines.

Photos! Photos! Team and individual photos will be taken by our sponsor Schmitz Photo on Thursday June 11 beginning at 8:00 AM and continuing through the morning practice. Please plan to have your swimmers there on time for practice in their team suits!

Champs and Barbeque - don't miss either one. Mark you calendars for our annual post-Champs celebratory picnic in the park, catered again this year by Boy Scout Troop 61. Where: the Western Oaks Park. When: Saturday June 27 in the evening after Champs, time TBA (should be around 6ish). What: Fajitas, cake, trophies, ribbons, medals and recognition of outstanding individuals. Bring suits, as it often is followed up by... more swimming! The order and specific details will be posted to the website under the library tab soon.

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.

Dive In to our **third swim meet** this Saturday June 6 at our pool against JCAA and Courtyard. We warm up first, at 7:15, so plan to arrive by 7:00. The meet starts at 8:30

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

Sign-up for your events for the June 6 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 Thursday June 4th**. 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 Thursday, and this will be the schedule now with the beginning of morning practice.

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.

The **Dolphin Diner** says "Thanks a Ton" for all the great help and delicious donations! They have never had a busier, more successful sale. They will need your support again this week during our second home meet. Please consider bringing a 12 pack of name brand water, soda, or Gatorade to practice this week so they can be iced down for Saturday, and baked goods on Saturday morning.

And, as always with a home meet, everyone is invited to help with **Friday Night Set-Up** which begins at 8:00. Don't miss this opportunity to get to know other swim team families while helping out.

On **Wednesday, June 10th** from 9:30 to 11:00 am, 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!

Yeah! **Friday Snack is back!** Abbey Brady will send reminder emails every Tuesday for the folks that signed up. If you'd like to supply snacks for one of the spots still available, contact her @ mabrady@yahoo.com

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

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