

Go Dolphins!

DON'T FORGET!

Champs Picnic and Awards Ceremony has been **rescheduled** to Sunday June 28 @ 5:00 pm

Prepare your T-shirt design entries for our 2010 team shirt.

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

Congratulations Swimmers! Although we did not win our last meet, look at our points per swimmer and then give yourselves a big pat on the back! GHWO averaged 5.7 points/swimmer with 117 Swimmers. CCR was 5.0 points/swimmer with 184 swimmers. Way to go!

Heads Up – new times for the Champs Event: Due to UT Swim Center availability, our June 27th Champs meet is 2 hours later than previous years. All 10 and under age groups arrive on deck @ 8:45, warm-ups at 9:00 and swim at 10:00. The 11 and up age groups arrive on deck @ 2:15, warm-ups at 2:30 and meet begins at 3:30. As always, the age groups must meet with their age group parents outside the swim center 15 minutes prior to the on-deck time as it is imperative to be marked up and checked in *before* entering the swim center. These times are subject to change by UT; check the website for updates!

Two Upcoming Dolphin Events: To reserve your dinner/s, see attached order form. Completed forms and your check can be left in the folder by the pool.

1) Pre-Champs Picnic in the park – Thursday June 25th 6:00 pm at Western Oaks Park. Join the coaches for a pre-championship rally at the Western Oaks Park. We will also be providing important information about the championship meet at the UT Swim Center. If you have never participated in this meet this is your chance to be informed. We will be serving pre-ordered hot dog and hamburger meals. Bring your blankets or fold-up chairs.

2) Post-Champs Catered Barbeque - Mark you calendars for our annual post-Champs celebratory picnic catered again by Boy Scout Troop 61. Where: the Western Oaks Park. When: Sunday June 28 5:00 pm. What: Fajitas, cake, trophies, ribbons, medals and recognition of outstanding individuals. Bring suits, as it often is followed up by... more swimming!

Pull on Those Blue Caps...The coaches are encouraging all swimmers to have swim caps for the championship meet on the 27th so they can easily distinguish Dolphin swimmers from other swimmers in the pool. Dolphin Swim Caps have been ordered and may not make it in time for the Champs Meet, however, blue silicon caps are for sale by the team for \$5 each. A representative will sell the caps at practices and at the Dolphin Diner on Saturday at the home meet.

Announcing the Annual T-shirt Design Contest for the Granada Hills Western Oaks 2010 T-shirt! We have a tradition each year of selecting a unique t-shirt design from artwork created by a swimmer or parent. We are looking for a design that appeals to a wide audience: teenagers, younger swimmers, and adults. Keep in mind that the same design will be printed on a white tank top and a colored shirt and that tie dye has been our choice for the last two years.

Team colors are blue and black, but turquoise and white have been dominant colors throughout the years, like in our swimsuits. Use paint or markers that have vivid colors. Try to limit your artwork to 2 or 3 colors. The drawing should be no larger than 7" x 10.5" on an 8.5" x 11" white sheet of paper. Include the words "Granada Hills Western Oaks Dolphins Swim Team" or "GHWO" and the year "2010". The artwork usually has dolphins but you can get creative too. Outlining the art with a fine point black Sharpie will make it stand out. Drawings may be by hand or by computer. Keep the design one-dimensional. No downloaded photos from the internet.

Mount your design on a piece of cardboard for displaying at the Champs Dinner. Put your name, parents' name, phone number, and address on the back. Deadline is Friday, June 26. Turn in design to Digna Weems at the pool or call her to drop it by her house at 731-4970. She will bring samples of prior years' popular t-shirts to practice in the next two weeks. The team will take a vote on the drawings (one vote per person please), but the selection is subject to approval and could be modified by the graphic designer as needed for the final screen printing.

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 after practice on Tuesdays 12:00 to 12:30.

Dive In to our **last regular swim meet before Champs** this Saturday June 20th at our pool against the Travis Country Sharks. Arrive at 7:00; our warm-ups are at 7:15, meet starts at 8:30.

Hosting a meet means...**Friday Night Set-up!** Every person that comes (Friday @ 8:00 pm) makes it faster and fun!

A Huge Thanks to our families for their enormous generosity in supplying the concession with spectacular and delicious baked treats! The kids have had so much fun with the selection.

Our concession stand is a vital fundraiser. We are in need of more donations from each family of name brand drinks – for this meet we particularly need **Gatorade, bottled water root beer and sprite**. Drop these off outside the pool gate during any practice, or at Friday night setup, or even the morning of the meet. Also, baked goods are a great seller: brownies, cookies muffins and donuts.

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 20th 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 18 @ 5:00.** If you have been unable to sign up in the book at the pool, you may sign-up by emailing Rodney Johnson. Only corrections will be allowed after Thursday 5 pm.

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.

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 mabrady@yahoo.com

Chuck Schmitz Photography has posted the team photos and photos from several of the meets to: www.schmitzphoto.com/Sports/GHWO_09_Team_Photos/. Order information is located on the website. Chuck has done our team photos for many, many years and is a great supporter of the team. Please support him by ordering his fabulous photos for your scrapbook.

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

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