

Go Dolphins!

**DON'T FORGET!**

**Pre-Champs Picnic** Thursday June 25 @ 6:00 pm

**Champs Picnic and Awards Ceremony**  
Sunday June 28 @ 5:00 pm

Time to 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

**Chuck Schmitz Photography** has posted the team photos and photos from several of the meets to: [www.schmitzphoto.com/Sports/GHWO\\_09\\_Team\\_Photos/](http://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.

**Congratulations Swimmers!** We did not win our last meet but we swam against a much larger team. Just look at our points per swimmer and then give yourselves a big pat on the back! GHWO averaged 5.5 points/swimmer. Travis Country was 4.6 points/swimmer. Way to go!

**Heads Up – new times for the Champs Event:** Due to UT Swim Center availability, our June 27<sup>th</sup> 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 front of swim center. Meet in the area marked “athlete entrance” <http://www.utexas.edu/longhornaquatics/parking/> 15 minutes prior to the on-deck time. It is imperative for each swimmer to be marked up and checked in *before* entering the swim center.

**All Champs Volunteers** must check in with the Volunteer Coordinators in front of the Swim Center to get their Champs-specific badges. No one without this ID will be allowed on deck.

**Age Group Parents and Ready Bench Volunteers** (and anyone who would like to appreciate what these folks do): please go over the attached Champs-specific document for Age-Group Parent Procedures.

**Stroke Judges** will be required to have certification cards on their person at Champs.

**Parking for Champs at UT: Payment Required.** Local special events on the day of Champs have created a parking situation that is beyond the control of the swim center. Parking will be \$10 per exit regardless of lot or garage. If you leave and come back, be prepared to pay again. Parking space will be at a premium that day so...let's just be glad when we find that \$10 spot. Please park at any of the lots or garages indicated in the map. <http://www.utexas.edu/longhornaquatics/parking/>

**Strongly consider food for the day** whether it is a cooler or sack lunches. The UT concession is expensive and has been known to regularly run out of food. Remember that leaving UT to go buy lunch will cost \$10 to re-enter...yes, bring food for observers and swimmers!

**The Texas Swim Center is located** on The University of Texas at Austin campus, one block west of I-35 on the northwest corner of the Martin Luther King Boulevard and Red River Street intersection. Directions: <http://www.tsc.utexas.edu/directions.php>

**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. Deadline for orders has been extended to Wednesday June 24<sup>th</sup>.

**1) Pre-Champs Picnic in the park** – Thursday June 25<sup>th</sup> 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. Contact Donna Barton @ 891-5336 if you need to purchase a blue cap.

**The Dolphin Diner says Thanks** to all families for the loaned coolers. Pick up your coolers after the Champs banquet or make arrangements with Susan McBride if you will not be there.

**From the GHWO Board...A Big Thank You** to all the volunteers who made this year such a success. What a pleasure it has been to get to know so many good people. We stand in sincere admiration of all of our families for their cooperation, good sportsmanship and for time freely given for the benefit of our youth.

**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.

**Before signing up your child for their Champs meet events, read this:** Your child *must* have a clean time – they must have swum that stroke one time with no DQ's, as per league bylaws. As usual, the meet sign-up book will be located at the pool during practice. Your child may sign-up for up to 3 individual events. Coaches will sign your swimmers up for relays (up to 2). 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 June 24 @ 7:00 pm.** If you have been unable to sign up in the book at the pool, you may sign-up by emailing Rodney Johnson.

**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](mailto:mabrady@yahoo.com)

**One of the awards to be given at the Picnic will be the Cherie Winand Award.**

Cherie Winand died on July 14, 2003 at the age of 13 years. She had been on the swim team for many years. Cherie was always very helpful to the coaches. She got to practice early and helped with set-up and stayed late for take down too. She was a good swimmer and a good sport. The Winand's had been part of the swim team family for many years.

Cherie's death was a huge loss for all on the Swim Team. Swim Team families contributed funds a memorial bench and stones by the baby pool. The Cherie Winand Award was established the year following Cherie's death. The coaches choose a boy and a girl who exhibit the same sort of qualities Cherie had.

Previous winners are:

2004	Kristen Lord	Michah Holden
2005	Jennifer Gavia	Daniel Kempf
2006	Meredith Warren	Reece Shield
2007	Aubrey Goodwin	Jacob Svrcek
2008	Bonnie Warrick	Josh Hodges

## Champs Age Group Coordinator Procedures

1. Arrive early for the meet – 10-15 minutes before swimmers are expected to arrive is ideal.
2. Upon arriving at the meet, each Age Group Coordinator will receive items from their team's Volunteer Coordinator with the applicable information, including a sharpie, a highlighter, a relay sheet, a heat sheet, and a list of the swimmers in that Age Group with their events (*i.e.*, a check-in sheet).
3. Compare the Check-In Sheet with the heat sheet to verify that the swimmer is in the event(s) he/she is supposed to be in.
4. As swimmers arrive, check their name off your Check-In Sheet.
5. As noted in the CHAMPS Meet Guide, **each** swimmer should have their name and events marked on the upper right hand shoulder as follows. Please remember—**neatness counts**.

Last Name, First Initial		
E	H	L
12	2	2
22	4	3
36	3	5
42	6	1

6. Relay Entry Sheets (provided by each team) – If a swimmer is not present, you or the coaches make the substitution and note it on the Relay Sheet. Please write the names of all the swimmers in the relay. Keep in mind that same-age or younger swimmers can be substituted onto a relay team, but not an older swimmer. If you or the coaches cannot find subs for the relay team, the team is scratched.
  - For the 10 & Unders session and 12 & Unders in the PM Meet , #1 & #3 of the relay teams will start at the timers/block end of the pool.
  - For the 10 & Unders session and 12 & Unders in the PM Meet, #2 & #4 of the relay teams will start on the bulkheads.
  - Ages 13 & Up swimmers swim 50 meters for relays, so they all start at the timers/block end of the pool.
7. Swimmers sit with their age groups as assigned in the CHAMPS meet guide (place assignments available on the League website). This is the area for towels, bags, etc. Please remind swimmers to put everything back in their bags to avoid losing their items. Encourage the little swimmers to ask you questions concerning their upcoming event to put them at ease.
8. Highlight each event that children in your age group will be swimming. Age Group Coordinators are responsible for getting swimmers to the Ready Bench at least 10 heats early. **10 & Under swimmers must go to the Ready Bench; 11 & Up swimmers are highly encouraged to use the Ready Bench.**

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9. Volunteers for the Ready Bench will line up the swimmers according to the event and heat and place them in their appropriate starting block lane. Please inform the Ready Bench volunteers if you have a swimmer who has scratched so they will leave an open space in the appropriate lane.
10. When swimmers return to the seating area, praise them. Be sure to ask the little swimmers if they need to use the bathroom.
11. Please let the little swimmers know if they have time for a snack, but not until they have finished swimming their event. We do not want the swimmers getting a tummy ache, so you will need to monitor when it would be the appropriate time for them to have their snack.
12. The Age Group Coordinators are responsible for the swimmers assigned to their age group for the duration of the meet or until their swimming is complete. ***Swimmers must be dismissed from their Age Group Coordinators to their parents or another Meet or Team Official before leaving the age group and the pool deck.***
13. NOTE from the Ready Bench:

Dear Age Group Coordinators,

You are our greatest ally, best friends, and most trusted partners at any meet—especially CHAMPS. Your patience, diligence, assistance, and tireless devotion to getting these kids into there heats on time make our job so much easier. I know we will all work hard to minimize missed heats and lost kids this year.

Our goal for 2009 CHAMPS will be zero missed heats and smiling kids. In preparation for the meet, I made a few notes to share with you below, specifically concerning our joint task of getting the kids seated at ready bench in their correct heats in a timely manner.

Thanks!

- A. Please have all IMs and early Freestyle Relay heat to Ready Bench before the National Anthem (at 10:00 AM for 10 & Unders; at 3:30 PM for 11 & Ups).
- B. As noted in the CHAMPS Meet Guide, **each** swimmer should have their name and events marked on the **upper right hand shoulder** as follows:

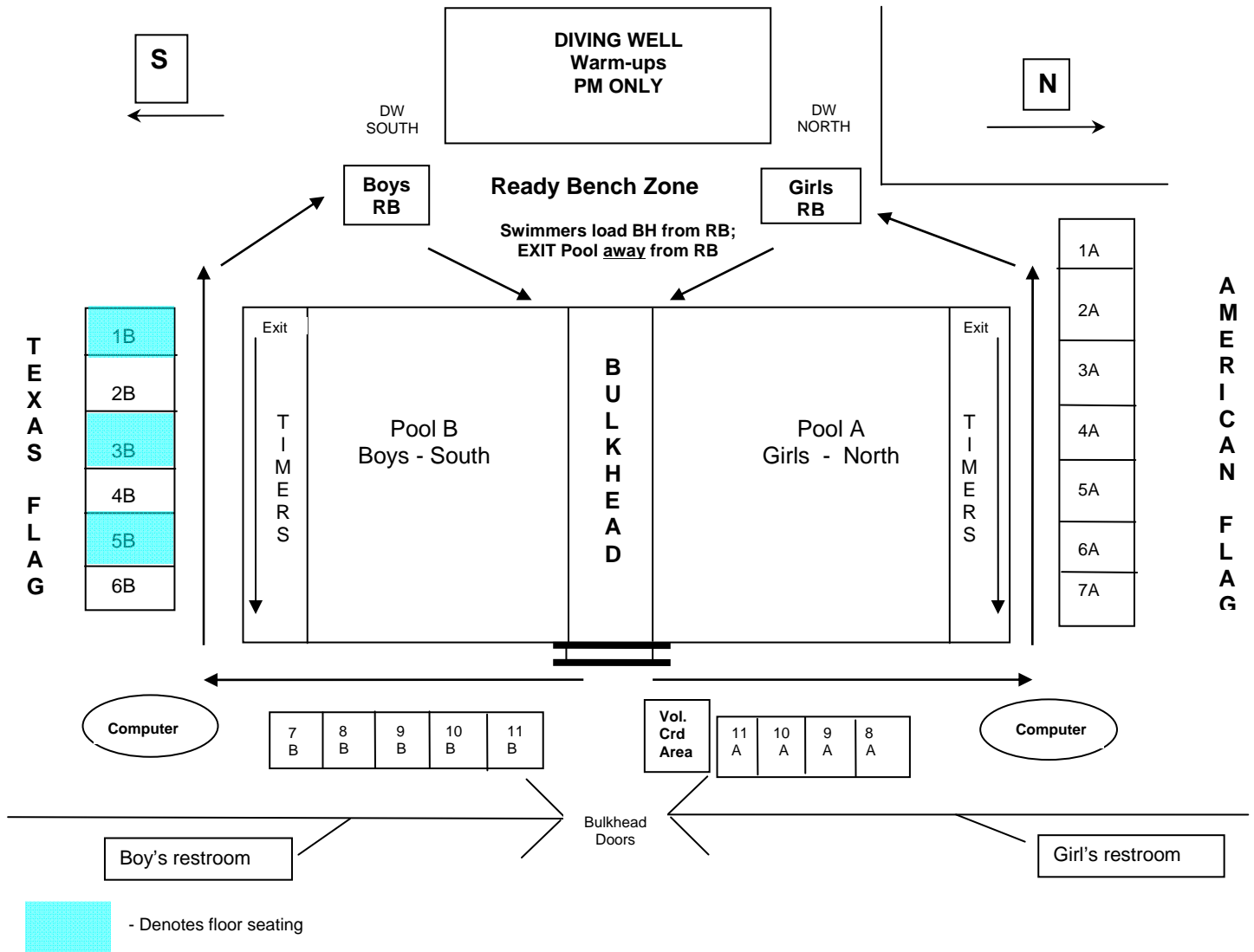
Last Name, First Initial			
E	H	L	
12	2	2	
22	4	3	
36	3	5	
42	6	1	

- C. If the swimmer is swimming in the relay, the marking for the relay should either indicate their position in the relay (*i.e.*, #1-4 for Freestyle Relay OR Free, Back, Breast or Fly for Medley Relay)
- D. Please report to Ready Bench at least 10 heats in advance. Do not expect to hear the announcement. Please watch placement for relays and help us get the little ones loaded quickly for the free-style heats.

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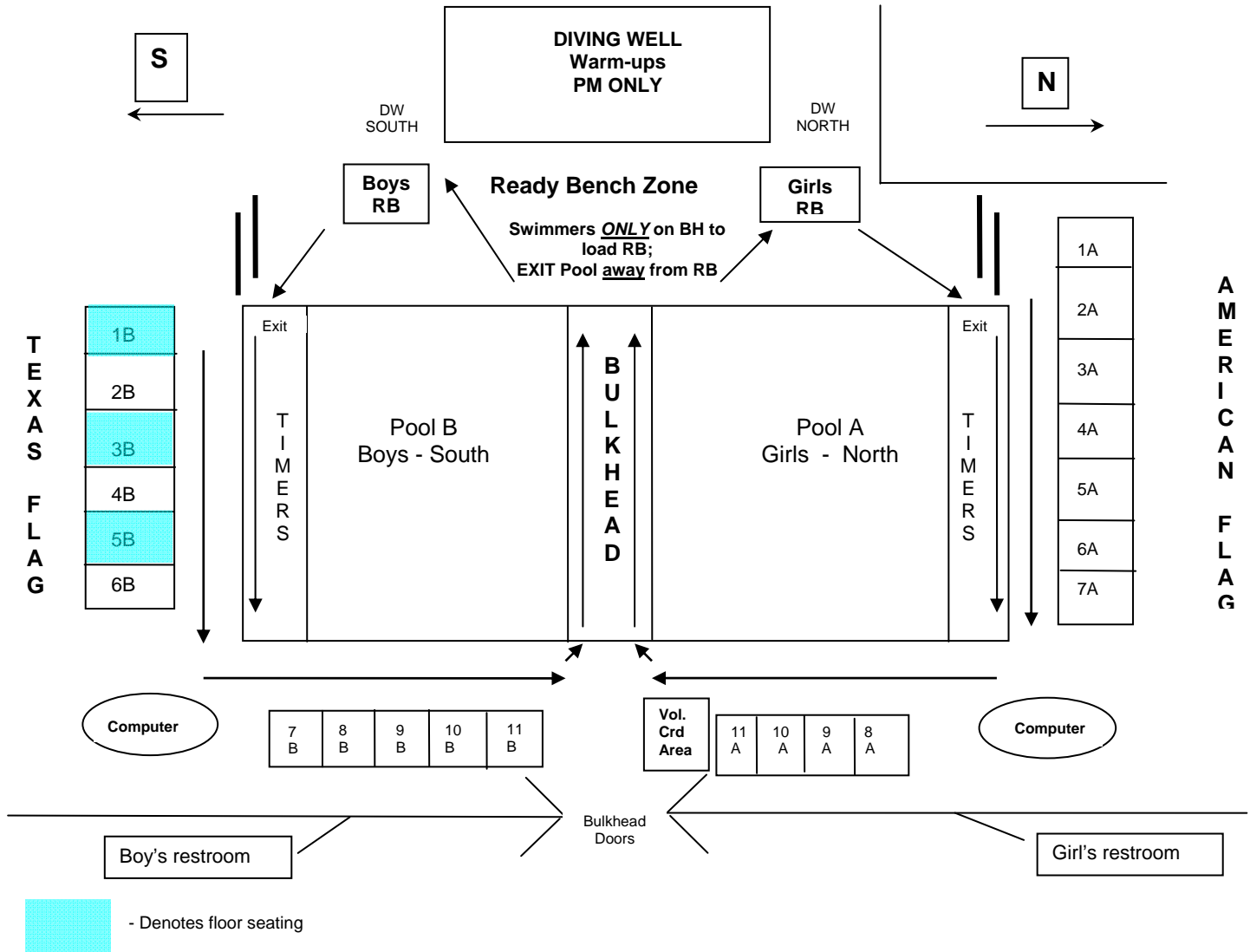
- E. Try to bring your swimmers in an organized fashion for easy loading into their appropriate heats. Young ones should hold hands in order as they approach the Ready Bench.
- F. We strongly encourage and desire for ALL AGE GROUPS to use the Ready Bench in both CHAMPS sessions.
- G. Traffic flow to Ready Bench is in a circular pattern as noted in the traffic pattern diagrams posted on the League website. For example, AM Meet swimmers will approach the Ready Benches from the deck traveling behind the timers. PM Meet swimmers will approach the Ready Benches by crossing the bulkheads. For the PM Meet, please remember that traffic across the bulkheads is to travel to the Ready Benches, **not** to cross back to seating.
- H. RELAYS – ALL four (4) swimmers for relays report to Ready Bench. Please do not take any swimmers directly to the lanes. Please help us load the benches accurately since you know who is swimming in what position. We will seat the kids two to a bench (1-3 and 2-4 ) on adjacent benches. We will only be able to pre-load three relays max so help us keep the swimmers organized as we go through these most hectic heats.
- I. Please do not follow swimmers onto the deck or bulkheads. Once they are seated on a ready bench, please trust us to get them loaded into their respective lanes.

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### UT SWIM CENTER LAYOUT – AM SESSION

# GHWO DOLPHIN SWIM TEAM 2009



UT SWIM CENTER LAYOUT – PM SESSION