

Go Dolphins!

DON'T FORGET!

Team and Individual Photos Thursday June 11 at the beginning of each age group practice.

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

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!

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 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 beginning at 6:30. What: Fajitas, cake, trophies, ribbons, medals and recognition of outstanding individuals. Bring suits, as it often is followed up by... more swimming!

The coaches would like to encourage swimmers to wear swim caps at the meets. It helps keep hair out of the eyes and mouth while swimming and helps you swim faster!

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 **fourth swim meet** this Saturday June 13th at Circle C. Go to following link for directions. <http://tinyurl.com/maptocirclepool> .

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 13th 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 June 10th**. 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 2pm.

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.

Brendan Hansen's was to visit our team this week but has been rescheduled. Date and time to be announced when confirmed. 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.

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>

GHWO DOLPHIN SWIM TEAM 2009 Pre-Champs Picnic and/or Championship Fajita Dinner FORM

**Use this form to order your pre-Champs Picnic and/or
Championship Fajita Dinner. If you plan to attend only one,
please X out the unwanted event. Feel welcome to attend the
picnic with your own food, or fill out the form to support our
Dolphin Diner.**

**Add your check for the total made out to "GHWO Swim Team" and put
them together in the folder near the coach's notebook. No cash
please.**

**We'll see you thereand don't forget to bring your blanket and/or
fold-up chairs.**

Return forms and checks to the envelope at the pool during practice times

**ORDERS ARE DUE WITH MONEY BY END OF PRACTICE
FRIDAY, JUNE 19**

GHWO DOLPHIN SWIM TEAM 2009

Event #1: Annual Pre-Champ Picnic – Our Annual Pre-Champ Picnic will be held at the Western Oaks Pool on Thursday, June 25th at 6:00pm. You may bring your own dinner or order a delicious meal from the Dolphin Diner. An order form is below. There will be an envelope at the pool during practices times. Please turn in your form and payment by Friday, June 19th. No cash please.

Dolphin Diner Pre-Champ Picnic Dinner Order

Name: _____ Telephone Number: _____

Hamburger, Chips, Cookie & Drink	_____	x \$5.00 per dinner = \$_____
Cheeseburger, Chips, Cookie & Drink	_____	x \$5.00 per dinner = \$_____
Hotdog, Chips, Cookie & Drink	_____	x \$5.00 per dinner = \$_____
		TOTAL \$_____

Please make checks payable to GHWO Swim Team
Return forms and checks to the envelope at the pool during practice times
ORDERS DUE FRIDAY, JUNE 19TH BY NOON.

Call Susan McBride at 301-3385 with questions

- "FEEL THE LOVE" - ASK TO BE A "GRILLER" -

Event #2: Annual Championship Awards & Fajita Dinner – Our Championship Dinner will be held at the Western Oaks Pool on Saturday, June 27th at 6:30pm – right after the completion of the champ meet at UT. Catering will be provided by the Boy Scouts of Troop 61. Beef & chicken fajitas will be served along with all the fixin's, tea and lemonade. Please complete the order form below. There will be an envelope at the pool during practices times. Please turn in your form and payment at the pool by end of practice Friday, June 19th. No cash please.

2009 Dolphin Championship Fajita Dinner Order

Name: _____ Telephone Number: _____

Adult plate	_____	x \$8.00 per dinner = \$_____
Child's plate (11 and under)	_____	x \$5.00 per dinner = \$_____
		TOTAL \$_____

Please make checks payable to GHWO Swim Team note: 2009 Fajita Dinner
Return forms and checks to the envelope at the pool during practice times
ORDERS DUE FRIDAY, JUNE 19TH BY NOON.