

Dulaney Dolphin Digest #1 – week of June 15th

What a great turnout for the first few weeks of practice. I want to thank everyone who made it to practice over the past few weeks and was able to dodge the rain drops and lightning bolts. I realize that it wasn't easy to grab the kids from school and get to practice but you did it – THANKS!!!

Our first meet is away against Five Oaks. We need everyone there at 8AM. The coaches will go over what you are swimming on Friday morning and then post a line-up on the bulletin board for further review. We will not have check in as in years past.

Directions to Five Oaks Swim Club: Head South on 695 towards Glen Burnie. Exit #13, Frederick Road
Turn right onto Frederick Road. Pass five lights, the last one being South Rolling Road. (Hill Crest Elementary is at the intersection on the right) Travel ahead about 1/4 mile and the pool will be on the left just prior to the next light, which is North Rolling Road.

There is little shade so bring a tent and chairs. We will have one side of the pool and we sit as a team. Please look for the coaches and T-shirts. They have a concession stand with breakfast items as well as hot dogs and hamburgers for lunch – and yes candy (don't tell Coach Pat).

Volunteer Lists - The volunteer lists are up at the bulletin board by the snack bar. I have listed a brief description of each job. If you have any further questions, please let me know. Each job is given on-the-job training and nothing is very difficult. Those of you that volunteered to help at the meet, we will be calling for you. If everyone steps up and help, no one will be working very long. If you need to get in touch with me Friday evening or Saturday morning prior to the meet –J.C.'s cell number is 410-978-1003.

Morning practice: Remember that morning practices start Monday, June 15th. The 6 and under and over 10 is 9AM – 9:45 AM and ages 7-8-9-10 are 9:45 AM – 10:30AM. Evening practices are only Monday and Wednesday from 5-6PM (all ages swim together)

Friday Activity: Our Friday activity will be an ice cream social. Nothing like a little sugar to get the heart beating on a Friday morning. A list of needed items will be posted on the bulletin by the snack bar. It will begin after the first meet for those who practice early and then we open everything back up after the second practice.

Items for sale: We have bags, caps, car decals, clothing items and water bottles all for sale. I will have a list with prices on the bulletin board. We will try to have some of things available during practice this week so that you can get it before the first meet.

Coaches Corner:

Team,

Things are off to a great start this season. I love our attendance and I am so impressed with the number of boys we have swimming this summer. Encourage any of your friends who are members to come out for the team this year. It could be one of our best summers in years. I am very pleased with how the groups are working out and I am glad the water is warming up. Please make an effort to come to practice even though it is in the morning. We are at about 95% compliance with our equipment request of everyone in proper suits, goggles and caps. This is allowing us to really have productive practices.

Looking forward to our first meet. I hope we can have 90% attendance at every meet this year. In the past our attendance at meets has hurt our chances of winning. If we can all make a commitment to make it to the meets our chances of winning will be greatly improved! Carpools are a great idea so begin to ask around if you have trouble getting a ride.

GO Dolphins!!!!
Coach Pat

Private Lessons: If you would like your child to work on a particular stroke – don't forget that all the coaches – Robin, Hillary and Leah are willing to do private lessons. See the swim team bulletin board or ask them after practice.

DIVE TEAM NEWS

Dulaney Divers: Starting this week we'll be practicing in the mornings Monday- Friday as follows:

8 and under	10:30 am-11:00 am
9-12 year olds:	11:00 am -11:45 am
13-17 year olds:	11:45 am - 12:30 pm

I have posted on the bulletin board next to the snack bar a sign out sheet for the meets. If you know you will not be attending a meet please use this sheet to sign out. I also posted a volunteer sheet. Please do not be shy, every job is easy and we will teach you what to do. There is a copy of the meet schedule on the bulletin board above the water fountain. I will post the directions to the away meets in the dolphin digest (which is an email letter that goes to all swim and dive team members) for that weeks meet. Also if your child needs a ride to an away meet please contact me or one of the coaches so we can arrange a ride. If you have any questions please do not hesitate to contact me at jtcslrp@yahoo.com or 410-804-2825.Thanks Tammie Phillips.

We all look forward to an exciting and fun season.

J.C. Coplai – coplai@aol.com
Swim Team Rep
410-978-1003 –cell
410-825-5601- home

Tammie Phillips – jtcslrp@yahoo.com
Dive Team Rep
410-804-2825