

## **Dulaney Dolphin Digest #2**

Week of June 22nd

Final Score: Five Oaks 215

**Dulaney 261**

Such great efforts by our swimmers – I was really proud to start off the season with a win. Our next meet is again **AWAY** against Roland Run.

**Information for Roland Run:** Haven't seen the weather report but be prepared for anything. Please bring chairs and tents. They do have concessions. Please report by 8 AM. If you are involved in a relay – please see me to check in. If the weather turns bad and you are in a relay – please do not leave until instructed. The other members of the relay team are counting on you.

**Directions:** Take Margate Rd to Seminary Ave. Make a right at the light at Seminary Ave. Go to light and make left onto Thorton Rd. Go to the end and make right onto Joppa Rd. Go maybe 1 mile and club will be on your left.

**Signing Out** – We very well with little to no changes for the meet once the swimming matrix was compiled. Please give the coaches as much notice as possible if your child will not be swimming on Saturday. We understand last minute illness but we would like to have a final matrix completed by Friday at Noon. There is a lot of work that goes into the line-up and to have to change it 4 and 5 times makes things more difficult. If you won't be at a meet – please use the sign out sheets on the bulletin boards by the snack bar. If your child needs to leave by a certain time – write that on the sign out sheets. It's better to give Pat notice than wait and see the line-up before saying anything. The entire meet is run by computer this year and we must give the other team our meet information by flash drive. Once they download our information – changes are very difficult to be done. Please make every attempt to be at the meet and if you have to sign out, please do it by mid-week.

**Friday Activity** – Thanks so much to Amy Law and Leslie Leber, who had a crew of women helping to give our kids the sugar high they needed. Our next Friday activity is tie-dye. For tie-dyeing, we need each child to bring a washed, white t-shirt with their name written on it in permanent marker. Please have your child wear an old swimsuit or t-shirt (maybe their art smock from school?) during tie-dyeing, just in case some dye gets on them. The children will be given rubber bands to wrap around their shirt (we'll help and have some as examples too), then they will squirt dye onto the shirt (wearing gloves we will provide), and deposit the shirt in a Ziploc (provided) to take home. Washing instructions will be sent home, but they are not complicated. Just soak the shirt in cold salt-water for 8 hours, then wash alone or with rags in cold water. If desired, the kids can write their name or team name or whatever on the shirt prior to beginning with fabric markers.

**Ribbons:** Ribbons are not given out directly after the meet. We need to finish up the table work and print the ribbons for the relay teams before they can be distributed. Ribbons will be placed at the front desk area of our pool after the meet is over. That includes away meets as well as home meets. They will be made available all week long. Central Maryland Swim League requires us to give ribbons up to 8<sup>th</sup> place. Dulaney has some old 9<sup>th</sup> and 10<sup>th</sup> place ribbons that we will use until they are gone. Every child should receive a ribbon. It will be either a 1<sup>st</sup>-10<sup>th</sup> ribbon or a Participate ribbon. If you have a problem with the ribbons – please check the other boxes – sometimes they do get mixed in together and then come see me. Times for the meet will be posted by the beginning of the week for you to view at the bulletin board. Please do not take these from the bulletin board area.

**Volunteers Needed:** I want to thank all those who helped time and work at the table on Saturday. I know it wasn't the best conditions but without help from the parents the meet won't run. I really need **everyone** to look at the volunteer list on the bulletin board and find a job. I know some new parents are reluctant to get in there to help but we have to have you there. If you have small children – I understand – then you need to sign up for water runners or 50-50. Can't get around very easy – announcer sits at one spot, as well as card pulley. You don't need to do it all meet and the kids can help. Timing and table work are very easy and it helps make the meet go faster and it's a great way to meet the parents. Please do not make me beg but it seems like the same parents are doing it and when they need a break no one steps up to help. Home meets are a lot harder because we have so many more jobs to fill.

**Men Needed** for the July 2<sup>nd</sup> meet – I will need several men to help install some or all of the platforms. Due to the fact this is a Thursday night meet we need to get the pool ready early. If you work from home and can clear your schedule by 3PM, PLEASE do so and help. Those who are new – we have a platform that goes across our pool similar to the one used at Five Oaks. This gives the children a stopping point or a turn around point during the meet. They are heavy pieces of equipment and the more men the better. There is always a treat for you after the installation.

### **.Coaches Corner -**

Team,

Congrats to everyone who swam this past weekend. This year is off to a great start and I want to thank everyone who made the effort to get to the meet this past weekend. The weather was terrible and the delays were a bit frustrating but everyone went the extra mile and it resulted in a great win and some great swims.

We have 148 swimmers on the team and we had only 118 show up at the meet so we fell short of our goal for attendance. I am hoping this weekend we can have greater attendance in practices and at our meet against Rolling Run. Our success this year will fall on all our shoulders of going the extra bit to make the experience a fun one for the kids. I once read a quote from a great coach when he was asked how do you keep it fun for your swimmers? The answer was swimming fast and winning is always fun!! I believe 100% in that approach to our sport.

I really can not be more satisfied with the effort we are getting from the swimmers who do come to practice. Our practices are so organized and focused this year that I am confident we will continue to see improvement from everyone provided they make it to practices. Hats off to our asst coaches, they are doing an excellent job with their groups and this week we will continue to improve technique and look to have no disqualifications next weekend.

See you all that pool :))

Coach Pat

**Private Lessons** – I have seen some of you take advantage of private lessons with the coaches and it shows. Check with them for their availability.

**Things for Sale:** This past Saturday Sandy Rose and her crew of salespeople went to town. They are taking one last order of T-shirts and Sweatshirts – we must have a minimum order to place. Talk to Sandy about the order. I will have swim bags, cups, car decals and what else we have left. The car decals have not been displayed yet – come see them. I have limited quantities so hurry and get yours now. Each decal is \$5

### **DIVE TEAM NEWS**

Dulaney Divers- This week we have two meets. The first is at home on Tuesday June 23rd vs. Aberdeen. Please arrive at pool at 4:00 for warm ups. The meet will begin

promptly at 5:30. Please let me know those individuals who will be attending to judge/referee. We will need two judges and one referee. Also we will need four parent volunteers to work the table (two the first half, two the second half) and one to two parents to do ribbons. As of now I only have one parent volunteer signed up on the board. We can not run the meets with out you! Remember to sign your diver out if he or she will not be attending the meet. The second meet will be away on Thursday June 25th vs. Waugh Chapel. Please arrive at the Waugh Chapel pool by 4:30 for 4:45 warm ups. The meet will start promptly at 5:30. If there would be a change to this time schedule I will contact everyone through email. We will need two judges, one referee, and two table workers. If your child needs a ride please let me know.

Directions:

(From Baltimore Beltway I-695):

Follow I-97/301 south to 301 exit (about one mile south of Benfield Blvd.) marked Bowie/Odenton. (Caution: if you miss this exit, you will end up in Annapolis!). About ¼ mile past this exit, bear left to go south to Bowie. You will see Severn Valley Racket Club on right just before reaching Waugh Chapel Road. There is a 7-11 and Texaco Station at intersection of Waugh Chapel Road and Rt. 3. Turn right onto Waugh Chapel Road. The pool is about 1.5 miles on the right on Waugh Chapel Road.

**Note:** if you plan to judge or referee one or both of these meets please contact me ASAP.  
Thanks Tammie

Any questions or concerns, please feel free to contact me.

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