

DOLPHIN TALK

http://www.oldorchard1.org/Dolphin_Swim/swimteam.htm

Editor: Tina Bulmer

Week 1: Team Photo & Time Trials

Saturday, June 14, 2008

001 Pool

8 a.m. TEAM PHOTO

Please arrive prior to 8 a.m. and in your team swimsuit. If you do not have a team suit, wear a blue or red suit.

8:45 a.m. WARM UPS

9 - 11 a.m. TIME TRIALS

Donuts and juice afterwards!

New this year: Time trials for the Parent's Relay (at championships) will be held at 9:00 a.m. There is a sign-up sheet at the office window.

*We need donations
for Bingo prizes!
If you have any toys, gift cards,
DVDs, etc. please bring them to
practice and drop them off at the
office window.*

COACH'S CORNER

By: Celina Ramirez

Our first week of practice is already over and we are looking at a great season ahead of us this year. Our coaching staff is happy with the progress and great attitudes we have seen on the team so far. We've incorporated dry-land training in the first week of practice in order to free up space in the pool and to work on the overall strength of our swimmers. Because the weather is so hot and because the swimmers use so much energy during our workouts, we recommend that each swimmer bring water or Gatorade to practice. Hydration is very important during any type of workout and we want to ensure that our swimmers are prepared for every practice. Don't forget that this Saturday is our first Time Trial. Feel free to bring granola bars, fruit, and water for your swimmer. Time Trials give the coaches an idea on where we need to focus during practices and shows us the progress of each swimmer.

SWIMFest is this Saturday afternoon, June 14, at 4 p.m. at the Aquatic Center. This is a swim meet that involves all of the other HOA swim teams in the Santa Clarita Valley and participation is voluntary. It really is a great meet to see where each swimmer ranks throughout the SCV.

The coaching staff is excited to get the season started and we are all very happy that you have chosen to participate in the Old Orchard I Dolphin Swim Team! Please feel free to contact any of us for private lessons or for questions you may have throughout the season.

Healthy Snacks

It is important to be prepared nutritionally before practices and meets if you want to achieve top performance. Here are some ideas for pre-practice snacks:

- Cereal, especially whole grain oats. You can snack on a bag of dry cereal anytime, and it's a good source of both fiber and carbohydrates.
- Peanut butter on just about anything: celery, banana, apple slices or graham crackers.
- Yogurt smoothies or yogurt with fruit and granola.
- Most important, stay hydrated. Water is good, but sports drinks are better for long workouts.

Meet schedule posters are located at the clubhouse entrance.

Please sign your name next to any dates you are unable to attend. This info is crucial for the coaches in planning the meet.



Stuff Your Fins!

Dine at Don Cuco's on June 17th! Come in anytime between 5:00 and 9:00 p.m. and the Dolphin Swim Team will receive 20% of the proceeds from your food bill (sorry, margaritas don't count)!

Bring your flier to the restaurant; extras will be available at the clubhouse. Bring your friends, too!

JUNE

16	17	18	19	20	21
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	7 - 9 a.m. Practice starts (11 & up)	➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	8:45 Warm-ups		
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	3 - 4 p.m. Practice (6 & under)	➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	9-11 a.m.		
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	3 - 4:30 p.m. Practice (7 & 8)	➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	Time Trials # 2		
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤	4:30 - 6 p.m. Practice (9 & up)	➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤			
otter pops*	otter pops*	otter pops*	otter pops*	otter pops*	
	Don Cuco's 5 - 9 p.m.	Bingo 6:30 - 8 p.m.			