



DOLPHIN TALK



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

Editor: Tina Bulmer

Week 3: 001 at 002

Saturday, June 28, 2008

002 Pool

23919 Avenida Entrana, Valencia

7:00 a.m. Arrive at pool
Get event numbers

7:20 a.m. WARM-UPS

8:00 a.m. Meet begins

Parent Volunteers

Please remember to report for your shift on time during the meet.

Volunteers are needed for July 4th Canteen. Please contact Rhonda Zima, volunteer coordinator.

Santa Clarita Swim League

Teen Dance

Thursday, July 10

8:00 - 10:00 p.m.

at Valencia Hills Clubhouse

Open to incoming 7th graders and up

Questions?

Audri@pacbell.net

COACH'S CORNER

By: Celina Ramirez

Congratulations to Lysander Karolat and Ashley Motschenbacher for earning Swimmer of the Week last week! Our first meet against Old Orchard 2 is already here and the coaching staff is extremely excited to see our swimmers drop times and have a great time at the 002 pool. Swimmers, keep in mind it will be a HOT day, so bring hydration and healthy snacks to keep up your energy. Our goal this Saturday is to have the majority of our Dolphins swim their best time of the season.

Swimmers: The meet against Old Orchard 2 will start at 8:00 a.m. and our warm-up time is at 7:20 a.m. Please be at the pool at 7:00 a.m. so you are ready to get in the water. Our warm-up is only 30 minutes long, so it's important you don't arrive late because you need all the time you can to get used to a different pool. Make sure to practice your turns and starts at this new pool, because it is different than ours. Looking forward to this Saturday!

**CONGRATULATIONS TO OUR
SWIMMERS OF THE WEEK!**

WEEK 2:

**ASHLEY MOTSCHENBACHER
LYSANDER KAROLAT**

How Do I . . . ?

Helpful Info for Parents

- ❑ Swimmers are responsible for getting their event numbers and checking in for each race. Report to the check-in table upon arrival for event numbers; watch the race number posted at the table for check-in time.
- ❑ Keep your swimmer fed and hydrated. You may bring your own ice chest or purchase food from the canteen.
- ❑ You can bring your chairs for the meet on Friday night starting at 8:30 p.m. Team canopies will be set up for everyone to use or you may bring your own to set up.
- ❑ Our coaches are very busy during the meet, so if you have any issues with scoring, disqualifications, coaching, etc. you must speak with Laura Good, our league rep for the team. Her photo is on the bulletin board.
- ❑ Make sure your swimmer gets a good night's sleep and a healthy breakfast.

Celebrate!

Join us for July 4th family fun at the pool. There will be games, swimming, horseshoes and more!

The Dolphin Store will be selling clothing for a limited time during the day. Also, the Canteen will be open and serving hot dogs and hamburgers.

It's a great way to spend the day!

July 5th Intra-squad Meet

- Times will count same as a regular meet and to qualify for championships.
- Notify Celina if you cannot attend.
- Sweet treats for heat and event winners.
- Sundaes for all swimmers after the meet!
- Meet will last @ 2 1/2 hours

JUNE / JULY

30 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday	5 Saturday
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➤ ➤ ➤ ➤	7 - 9 a.m. Practice (11 & up)		◀ ◀ ◀ ◀		
➤ ➤ ➤ ➤	3 - 4 p.m. Practice (6 & under)		◀ ◀ ◀ ◀		
➤ ➤ ➤ ➤	3 - 4:30 p.m. Practice (7 & 8)		◀ ◀ ◀ ◀		
➤ ➤ ➤ ➤	4:30 - 6 p.m. Practice (9 & up)		◀ ◀ ◀ ◀		

otter pops*

otter pops*

otter pops*

otter pops*

7-8:30 pm
Float night

4th
of
July
Fun
12-5 pm

Meet #2
@
001

*after p.m.
practice