

July 4, 2008
Volume 4



DOLPHIN TALK



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

Editor: Tina Bulmer

Week 4: Intra-squad at OO1

Saturday, July 5, 2008

OO1 Pool

8:20 a.m. Arrive at pool
Get event numbers

8:30 a.m. WARM-UPS

9:00 a.m. Meet begins

Times will count same as a regular meet
and qualify for championships.

Sweet treats for heat and event winners
and sundaes for all swimmers after the
meet!

July 4th!

- Join us for July 4th family fun at the pool from noon to 5p.m. There will be games, swimming, horseshoes and more!
- The Canteen will be open serving hot dogs, burgers, ice cream and snacks. All proceeds benefit the team.
- The Dolphin Store will be selling clothing for a limited time during the day.

COACH'S CORNER

By: Celina Ramirez

Way to go on our win against Old Orchard 2, Dolphins! It was such a good start to our season. Of our 88 swimmers, 93 % improved their times in one or both of their strokes. We had eight team records broken by our swimmers.

Congratulations to Carlton Reininger and Katie Beach for earning Dolphin of the Week as well. We hope all our swimmers will look at improving their personal records and working on stroke technique. This week we will have our Intra-squad Meet beginning at 9 a.m. Warm-up will be at 8:30, so please be arrive by 8:20 ready to get in the pool.

The Intra-squad Meet will be run as a one-team meet. Points will be awarded to the top three finishers in all events and will be counted towards the Team High Point Award at the end of the season. Times will also be used to qualify swimmers for events at championships.

2008 Mile Fly Participants:

Katie Beach	Kellie Due
Morgan Geyer	Charise Gordon
Gabe Goorsky	Greta Goorsky
Johnathan Gragas	Emma Kelley
Megan Mekelburg	Ashley Motschenbacher
Kelsey Motschenbacher	Carlton Reininger
Charlotte Reininger	Michael Weissman
Noah Weissman	Ashley Woodford

Congratulations!

How Do I . . . ?

Helpful Info for Parents

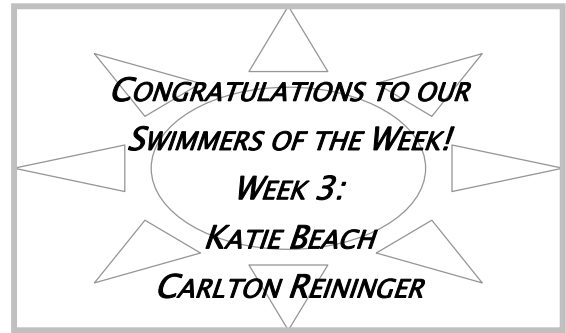
Meet set-up: Please bring your chairs for set-up after the posted time, not before. This creates problems for our set-up crew as well as the hosting team. Any chairs set up before the posted time will be removed.

Please notify coaches of absences prior to the meet. The best way is to use the sign-up board posted at the clubhouse. If it is last minute, either call a coach or member of the swim committee.

Be sure to check with your child's coach before you leave the meet for the day to make sure your swimmer is not needed to fill-in for other swimmers. This is crucial for relays.

Contact our league rep Laura Good with any issues regarding scorings, disqualifications, etc.

Swimmers need to get a good night's sleep, good breakfast and arrive on time for the meet.



***New Team Records Set
At 6/28 Meet vs. 002 Sharks:***

***Adam Osowski:
Boys 7/8 25 Yd Free & 25 Yd Butterfly***

***Sam Kelley, Alex Cardia, Michael Weissman,
Michael Lotta:
Boys 9/10 100 Yd Medley Relay***

***Alex Cardia:
Boys 9/10 50 Yd Breaststroke & 100 Yd Indiv.
Medley***

***Megan Schultz, Yvette Castaneda, Emma Kelley,
Emma Osowski:
Girls 11/12 200 Yd Medley Relay***

***Emma Osowski, Miranda Jones, Yvette Castaneda,
Megan Schultz:
Girls 11/12 200 Yd Free Relay***

JULY

7	8	9	10	11	12
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
➤ ➤ ➤ ➤ ➤ ➤ ➤ ➤		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*	otter pops*	
	7 –8:30 pm Movie Night (11 & up)	BINGO 6:30 – 8 p.m.			Meet #3 Hills @ 001
				*after p.m. practice	