



# DOLPHIN TALK



[http://www.oldorchard1.org/Dolphin\\_Swim/swimteam.htm](http://www.oldorchard1.org/Dolphin_Swim/swimteam.htm)

Editor: Tina Bulmer

## Week 5:

## Valencia Hills at OO1

Saturday, July 12, 2008

OO1 Pool

7:20 a.m. Arrive at pool  
Get event numbers

7:30 a.m. WARM-UPS

8:30 a.m. Meet begins

- *There will be one final time trial for the Parent's Relay (Women's only) on Friday at 6:00 p.m. The men's relay team will be Steffen Land, Dave Muskrath, Randy Good and Ed Reininger.*
- *Family set-up for chairs is Friday night from 8:30 - 9:00 p.m.*
- *Please support the Dolphin Canteen!*
- *Please notify coaches of any absence prior to the meet, even if it is last minute!*
- *Be sure to check with your child's coach before you leave the meet for the day.*
- *If you have any concerns during the meet, contact our league rep Laura Good.*

**Go Dolphins!!!!**

## COACH'S CORNER

By: Celina Ramirez

Keep up the great work and improvement in times, guys! At our intra-squad meet we had about 75% of our swimmers improve on one or both of their strokes. Hopefully we can make it 100% improvement at our meet against Valencia Hills. This is our last swim meet to get the best qualifying times for Championships. The coaching staff wants to stress the IMPORTANCE of STARTS, TURNS, AND FINISHES during races. If you watch a close race, the determining factor between 1<sup>st</sup> and 2<sup>nd</sup> place are the technical factors in swimming. We will be working with and pushing swimmers to perfect this aspect of the sport this week and next. Our meet against Valencia Hills will begin at 8:30am. Our warm up time is at 7:30am, so please be at the pool by 7:20 am. This is going to be an exciting and competitive swim meet, so we would like swimmers to get a good night's rest on Friday and bring healthy snacks for our meet on Saturday. Looking forward to seeing more records broken and more times dropping!

### ***New Team Records Set At 7/5/08 Intra-Squad Meet***

***Adam Osowski:  
Boys 7/8 25 Yd Backstroke & 25 Yd Breaststroke***

***Michael Weissman:  
Boys 9/10 50 Yd Backstroke***

***Hayley Good:  
Girls 15/16 50 Yd Breaststroke***

## How Are Meets Scored?

### Dual Meets

#### Individual:

1<sup>st</sup> Place = 6 points  
 2<sup>nd</sup> Place = 4 points  
 3<sup>rd</sup> Place = 3 points

#### Relays:

1<sup>st</sup> Place = 6 points  
 No points for 2<sup>nd</sup> or 3<sup>rd</sup>

### Championships

#### Individual:

1<sup>st</sup> Place = 6 points  
 2<sup>nd</sup> Place = 4 points  
 3<sup>rd</sup> Place = 3 points  
 4<sup>th</sup> Place = 2 points  
 5<sup>th</sup> Place = 1 point

#### Relays:

1<sup>st</sup> Place = 6 points  
 2<sup>nd</sup> Place = 4 points  
 3<sup>rd</sup> Place = 3 points

Points are awarded per event  
 (not per heat) to the best times.

# Pasta Night!

Thursday, July 17<sup>th</sup>, 6:30 – 8:00 p.m.

Join us for a great evening of pasta and fun!

Sign-up at the clubhouse window.

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

**WEEK 4:**

**ANNA BOOG**

**JEREMY REEVES**

**Mark your calendar:** Sunday, July 20, 6:30 p.m., is Awards Night for the Swim Team. The evening includes trophy presentations, premiere of the 2008 Dolphin video, and potluck desserts. Team photos will be on sale and orders will be taken for DVDs. Remember to bring DVD / photo money and a dessert to share!

## JULY

14 Monday	15 Tuesday	16 Wednesday	17 Thursday	18 Friday	19 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\*

Champs  
 @  
 Valencia  
 Hills

BINGO  
 6:30 – 8 p.m.

6:30 – 8 p.m.  
 Pasta Night

\*after p.m.  
 practice