



DOLPHIN TALK



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

Editor: Tina Bulmer

Week 6: Championships at Valencia Hills

Saturday, July 19, 2008

6:50 a.m. Arrive at pool
Get event numbers

7:10 a.m. WARM-UPS

8:00 a.m. Meet begins

- *Valencia Hills is located at 24060 Oakvale Drive. Parking is available on surrounding streets.*
- *Family set-up for chairs is Friday night from 8:00 – 9:00 p.m.*
- *Please bring a donation for the Hunger Defense Fund.*
- *Keep your swimmer fed & hydrated. Proceeds from the canteen are split among the three teams; you may also bring your own ice chest.*
- *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.*

COACH'S CORNER

By: Celina Ramirez

What an AWESOME meet last week against the Valencia Hills Waves! Great job to all you swimmers for making it an undefeated 2008 season. Looking back at all the times, we had about 99% improvement from all swimmers. That is an incredible percentage and really shows the hard work and dedication the Dolphins have this year.

Going into Championships this Saturday, the coaching staff want to stress 3 things:

1. Good Sportsmanship
2. Dolphin Team Spirit
3. Work those STARTS, TURNS, & FINISHES!!!

We are confident in the fact that we've prepared to finish this season with 100% improvement from our swimmers. This meet can go either way, and it really comes down to the technical parts of the race. Swimmers, please get adequate sleep and a good dinner on Friday night so you are refreshed and ready to perform on Saturday. We are running Championships in the same order as the Dual Meets, so we would like for our older swimmers to really show their Dolphin support with the younger swimmers.

Hope you are all ready for a great meet this Saturday at Champs! Warm-ups for Dolphins start at 7:10, so please be at the pool at 6:50am. Gooooo Dolphins!

A special thanks to all the families who provided prizes for Bingo and also to those who donated for Pasta Night. Our swim program relies on the participation of our families who continue to make it a success year after year!

Dear Dolphin Families and Coaches,

As we prepare for this week's championship meet at Valencia Hills on Saturday, I wanted to take this time to thank all of you - parents for sacrificing your time in getting your children to practice, meets and especially for your volunteering and coaches for all of your hard work and dedication to the swim program this season and seasons past.

It has been another fun year that has seen our children progress into some talented and much improved swimmers. I also wish to inform you that I will be stepping down as team manager after the awards ceremony and am very pleased to announce that the new team manager for the next season will be Tony Gragas. Tony is very familiar with our program having served as our head timer for several years and is looking forward to guiding us into the next season. Although I will remain in the background during next season's transition and will be involved in various volunteer positions I wanted to let you know that I have enjoyed the years that you have allowed me to be manager and am so very proud of what our swimmers have accomplished. I want to say thank you to all of you and most importantly offer my sincere gratitude to those I feel are the absolute best group of volunteers I have ever been associated with, our Old Orchard One Dolphin Swim Committee. We are very fortunate to have such involved parents and they deserve to be recognized for their efforts in making our small program the top notch HOA program that it is today. Thank you to all and GO DOLPHINS!!!!

Mark Osowski, Dolphin Team Manager

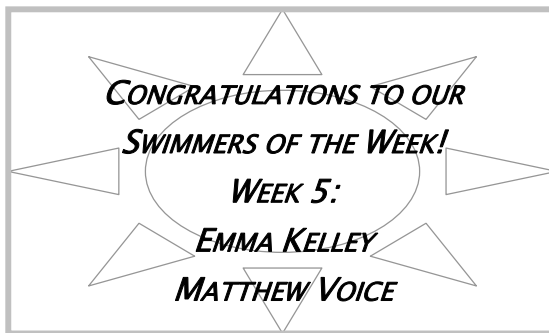
***New Team Records Set At
7/12/08 Meet v. Valencia Hills***

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

***Alex Cardia:
Boys 9/10 50 Yd Freestyle & 50 Yd Backstroke***

***Megan Schultz
Girls 11/12 50 Yd Backstroke***

***Emma Osowski, Miranda Jones, Yvette Castaneda,
Megan Schultz
Girls 11/12 Freestyle Relay***



Mark your calendar:

Sunday, July 20, 6:30 p.m., is Awards Night for the Swim Team. The evening includes trophy presentations and premiere of the 2008 Dolphin video.

Each family is asked to bring a batch of their favorite cookies to share for dessert. Lemonade will be provided by the team.

See you next summer!