



DORSEY DOLPHINS NEWSLETTER - JUNE 29,

2008

<http://dorseydolphins.home.comcast.net>

Message from the Coach

Hello everyone!

What a great job at the meet this past weekend! Coach Casey, Jen, and I were so proud of each and every swimmer! Not only did everyone swim the best they could but there was tons of spirit! I saw many kids in the stairwell at the pool in the beginning cheering on the relay and IM swimmers. There were also many swimmers who were put in various events for the first time, we are so proud of each and every one of you who did that.

This past week in practice we worked a lot on breaststroke, butterfly, and backstroke. It is important that the swimmers work on the mechanics of the strokes even when they are not in practice. This will help them to maintain the basic ideas even when we do not do it in practice. And more importantly, it will help them to improve upon it. So parents please encourage your kids to work on their strokes!

Although the Survivor pep rally was rained out, I wanted to give a great thank you to the families who had planned it. I know you guys put a ton of work into it and it looked like it was going to be great! I don't know about everyone else but Jen, Casey, and I LOVED the dirt at the meet! It was our favorite!

Thank you to all the parent volunteers who have helped out with the meet! You guys are the key to the meets and definitely the key to making the meet run smoothly. So an extra special thank you to all of you.

The next meet is not for another two weeks! I hope that everyone has a good weekend off and enjoys the holiday! Just a reminder to let me know if you will not be there for the meet by Monday! I know some of you tell me at practice however, a lot goes on in practice so it would be best to email me as a reminder!

Thanks again! Another great meet! I look forward to seeing everyone at practice over the next two weeks!

Coach Alyssa

Swimmers of the Week

6 and under: John Reinman, Victoria Stralka

7-8: Katie Aubin, Jackson Pittman

9-10: Deonte Hamlin-Williams, Ashley Mazer

11-12: Daniel Ingham, Marie Radinsky

13-14: Ben Pettipaw, Christina Schnorf

15-18: Brent McBride, Karin McGinnis

Congratulations! Remember to see Coach Alyssa for your special prize.

Message from the Managers

WOW! Go Dorsey Dolphins! Congratulations on your victory over the Huntington Dolphins.

A BIG THANK YOU to all our parent volunteers. The meet ran beautifully. We had many parents volunteer for jobs they have never done, like scoring and seeding. Also thank you to those who stepped up to the plate to fill in like Jody Frey and Joe Cavey. The meets could not happen without your help and dedication. This was our first home meet which meant it was the first time we set the pool up completely and the most needed amount of volunteers. It all went GREAT!! Thanks to the parents who came at 6:00AM FOR SET UP!! Due to our rained out Pep Rally it couldn't be done the night before. **Please remember your help is appreciated. If you would like to sign up for a future meet please check out the website, click "Volunteers" and send an email to**

dorseydolphins@comcast.net about your availability and job selection. If you have any questions please see us at practice. We would be glad to find the right job for you.

Rain, Rain Go Away..... Friday was a BIG disappointment as our Survivor Pep Rally was rained out. The Cavanaugh, Bonner, Arsenault and Ingham families had worked very hard to provide us with a great evening. The good news is they have agreed to now provide us with a Survivor Themed Swim Mania!!! (More on that below) Thank you to the many parents who hung in there with us as we decided if the rain would stop or if our pizzas would come. As it worked out Vocelli's Pizza worked with us and they allowed us to stop/ change our order. In the end the Columbia Association closed all the pools and we had a quiet Friday evening.



Hooray for Concessions! THANK YOU to Jerry Budai and Cathy Sagrillo who worked VERY hard and provided all our swimmers delicious offerings at the meet. Not to mention the hungry parents. This is a huge fund raiser for the team!! They did a wonderful job. We loved the egg sandwich, hot dogs and grilled cheese additions. Many thanks too to the parent volunteers who were hustling behind the table throughout the meet. Jerry and Cathy could always use help picking up donuts/ bagels, etc. the morning of a meet. Please let us know if interested.



Restaurant Night- Monday July 7th join your team at Uno's. They will donate a portion of that day's sales to our team. Vouchers will be needed!! We will pass them along when we receive them.

Make sure you check out our team photos on our website <http://dorseydolphins.home.comcast.net> and click on "photos." and see if one of our Shutter bugs has captured you! Thank you to **Rieyn Delony** for taking pictures at our June 21st meet and to **Sandy Parsons** at our June 28th meet.



Happy 4th of July! Remember we have no Pep Rally this Friday or meet on Saturday. Enjoy your holiday!

We truly appreciate everyone's help. Please feel free to contact us with any questions, concerns or suggestions.

Dana Varela

(410) 465-3377

juliodana@verizon.net

Barb Pavao

(410) 418-4749

bboardman-pavao@comcast.net

Swim Meet- No Meet this Week

Did you know? Kelsey and Griffin Diven's Aunt, **Lisa McDonald** won our 50/50 raffle and then graciously donated her portion back to the team. THANK YOU! \$245 for the team!!

Thank you to everyone who has purchased spirit wear. If you still haven't checked it out, there is time. See Edna Hill-Sallah or Mary Adams at future Pep Rallies and Meets.

Special thanks to the ribbon writer team for getting the ribbons in the folder bin before the end of the meet. Also thanks to the parents who organized our Relay teams everything went smoothly this week.

Next Pep Rally – July 18th American Idol

Due to the 4th of July there is no Pep Rally this week.
Due to Swim Mania July 12th there is no Pep Rally July 11th.

Stay Informed

Our main method of communication with Dorsey families is email. Please keep us updated with your current email address by sending any changes to dorseydolphins@comcast.net. Team info can also be found on the Dorsey

Dolphin website - <http://dorseydolphins.home.comcast.net> and on the bulletin board at the pool near the soda machines.

Our Dedicated Swimmers

We would like to acknowledge **Steven Schnorf**. He has been swimming for 14 years and this past Saturday was his last meet. He is leaving for West Point! Best of Luck and thank you for your years of dedication to our team.

Oops! Last week when we featured our 5 year swimmers we omitted **Meg Parsons**. So sorry. Thanks for your years with our team!

Swim Mania July 12th

OK Dolphins! Swim Mania is almost here! What is SWIM MANIA? A great evening and a chance to raise money for a great cause – The Howard County Autism Society

When: Saturday July 12th 7:30pm until Sunday, July 13th 8 am

Location: Dorsey Hall Pool

Who: All Dorsey Dolphin Swimmers

A registration invitation will be send to every family. Please RSVP by Friday July 11th by 5:00pm. Swim Mania information will also be available on our website. All swimmers/ families attending must pre-register.

Can you **Survive** Swim Mania? Thanks to the Cavanaugh, Bonner, Arsenault and Ingham families we will have our Survivor Pep Rally at Swim Mania. Special themed games, decorations and buffs.

Also new this year – Music – dancing on the deck and great food and drinks provided all night.

Parent Information:

- To participate, you must bring \$30/ child or \$60/ family contribution that night. Pay at check-in.
- All swimmers must sign-in upon arrival and have an adult at Swim Mania who is responsible for them. Responsible Adult will also be required to sign-in.
- There will be an additional \$2 per person charge for those people sleeping over. This will be used to pay for breakfast. Donuts, bagels, fruit, juice and coffee will be served in the morning.
- Food will be provided at 9:00pm, more details to follow.
- Drinks will be provided.
- Bring snacks, desserts, things to share. Very Important! The swimmers are staving after the lap swimming. Also bring a raft for races.
- You can stay at Swim Mania as long as you like, and you do not have to spend the night. If you can't come until 9:00 pm, that's fine too.
- If you aren't staying the night, the exit time is 11:45PM (All parents should escort the swimmer home. No swimmer will be allowed to leave by themselves no matter what their age is!)
- It takes a lot of people to make this event a success. We must have volunteers to help with the set up, sign-in, food coordination, lap counters and clean up. A sign up sheet will be available on the website. You can sign up by sending an email to dorseydolphins@comcast.net or Dana will be walking around at practices. Please sign up.

Sleepover Information:

- Anyone spending the night must have an adult chaperone. The chaperone can be a parent or another adult who has agreed to be responsible for the swimmer. Swimmers without chaperones will be sent home!
- Bring a sleeping bag, pillow and flashlight. A tent is optional.
- Everyone must be packed up and ready to leave by 8:00am.

Swimmer Information:

- Raise a minimum of \$30/ child or \$60/ family. This amount can be paid as a flat fee OR the swimmer has the option of getting pledges from family, friends or neighbors. The sheet will be available on the website and will also be emailed.
- Swim a minimum of lengths according to age group while trying to reach each age group's goal number.

Age	Minimum # of lengths	Goal # of lengths
6 & under	6	12

7 & 8	16	30
9 & 10	36	60
11 & 12	54	80
13 & 14	72	100
15 and up	90	120

Schedule

7:30pm	Sign in begins; Pitch tents, music on the deck
8 pm	Lap swimming starts / games throughout the night
8:30 to 9 pm	Presentation by Howard County Autism Society
9 pm to 1 am	Games in the pool
10 to 11:45 pm	Movies and Popcorn
11:45 pm	Lap Swimming ends / Exit those not spending the night
6 am	Free swim in the pool
7 am	Breakfast
8 am	Clean up, Pack up and leave

Prize Information

- A prize will be awarded to each swimmer who swims at least the minimum number of lengths based on his/her age group.
- Goal prizes will be awarded to each swimmer who reaches his/her goal number of lengths based on his/her age group.
- Gift card prizes will be awarded to each swimmer who swims the most lengths for their age group.

Things to Know About

NEW SWIMMER TIP OF THE WEEK: To avoid a false start, listen to the announcer. Remember that he or she will blow a whistle to signal you to get ready. As you take your mark, come down and stay still. Leave the wall as soon as you hear the beep but no sooner!

Also please make sure that you have the correct event card for your event. This means that you need to make sure that your name is on the card and the event matches what is on the line up. No one should be swimming more than two individual events. If there is a problem please see a coach. It is a swimmer's responsibility to make sure that the event card is correct and is lined up on time. Missed events means missed points for our team.

Date	Day	Event
July 4/5	Friday/Sat	NO MEET- Enjoy your holiday
July 7	Monday	Restaurant Night at Uno's
July 12 - home	Saturday	Meet 3: Pointer's Run @ Dorsey
July 12	Saturday	Swim Mania pool sleep over – Charity fund raiser
July 15	Tuesday	Bingo Night at the pool.
July 18	Friday	Pep Rally - 6 to 8 pm American Idol
July 19 - away	Saturday	Meet 4: Dorsey @ Long Reach (Kendall Ridge)
July 25	Friday	Pep Rally – 6 to 8 pm- Hula Luau
July 26 - home	Saturday	Meet 5: Pheasant Ridge @ Dorsey

July 27	Sunday	Awards Night @ Dorsey pool
August 1	Friday	All City Meet for 8 and under
August 2	Saturday	All City Meet for 9 and older