



# DORSEY DOLPHINS NEWSLETTER – JULY 6,

## 2008

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

### Message from the Coach

Hello everyone!

I hope that everyone had a great 4th of July, I know I did! Not only that, but a nice mini break. It had been four long days without swim team. And let me just say, that I do miss you all! But being that there has been a long break there are a lot of things to talk about!

First thing first is this upcoming week. We are going back to the regular practice schedules. We are going to be working a lot this week on improving strokes and the basics for all swimmers. A lot of swimmers have worked hard in practice and we try to recognize that by placing them in various events in the meet. If your swimmer is put in something then please know it is because we see something in them. We know that obviously not everyone will be perfect at every stroke, but we want them to go out and try. So please encourage your swimmer if they are put in said events and remind them that it is because we see them being able to make a personal accomplishment by doing this in the meet.

A large amount of you I often see at the pool at other times. Yes I know I am there a lot! This is one of the biggest things I could ask of the swimmers. I know there is a lot, but this is a big one. Practice, practice, practice! If your swimmer is uncomfortable with a stroke then have them swim it a bit at the pool, even if it's just for like two laps. One of the easiest things for swimmers to work on, and one of the things that our swimmers of all ages and skill levels could work on, is dives! And I know how much they all love to go off the diving board! Working on things outside of practice will help so much once we get back into practice.

A reminder for evening practices. Just remember to look at the times for your swimmers age group. A lot of times we notice that people kind of just show up whenever. Although we are glad you are showing up to practice, we would prefer it if you were to show up at the appropriate time because it is what we feel is best appropriate for the swimmers. If you have any questions or concerns about this then feel free to email me!

This Saturday we swim Pointers Run. There are some things I have noticed in the past few meets that I think we could all work to improve on. Possibly the number one thing is relays! Many of you email me and tell me if you need to leave early and can not do a relay, and that is great! We try to get as many swimmers in relays as we can. I know many swimmers have been alternates in relays and have stepped up and we are so grateful for that! We usually have the line ups ready by Friday and can easily tell swimmers if they are in a relay.

Knowing this then, please arrive on time or early. We try to get the medley relay teams together early, so if your swimmer is in one then please get them to the pool early. Now, for free relays. I know that swim meets are long, trust me I am there longer than almost anyone. But if your swimmer is in a free relay then that means we have put a large amount of trust in them. Have them be ready if they are not swimming butterfly, and listening for the announcement to go line up.

Not only that, but please stay for them! If your child is an alternate, then please stay for the relays! If not only for the potential of being put in the relay, but also to support the team for the entire meet! I wish that we could always have everyone in a relay, but we can't because we are never sure if kids will leave or not. As coaches, Jen, Casey and I are trying to give everyone fair opportunities. And we can only ask that you do the same by having your swimmers stay. On that note the second thing about the meets; timing. Warm ups are key for the swimmers. Please show up for them. There are so many times when we have seen the pool half empty halfway through warm ups. I really don't know how to encourage this any more than I have. But please show up for warm ups. Not only that, but please stay until the end. There is nothing better than to see our team supporting on another throughout the meet. And win or lose, being there with us in the end.

Friday night we will have a mini pep rally to decorate the pool and get spirited. We love spirit! I know there will be pizzas available. We will be doing cheers and getting the pool set up and decorated for the meet.

This is a big weekend for us! To top off everything else, we have our Swim Mania! For those of you who don't know, Swim Mania is a great event that this year will help to support Howard County Autism Society. The night is full of swimming, games, movies, food, and fun! When I was younger this used to be my favorite event of the year

because it meant sleeping at the pool! And I'm not going to lie, but it still is my favorite event for that same reason. We try and encourage the swimmers and families to all go out and do something for a great cause and have some fun while doing it. There are goals for amount of laps set up for each and every age group. And we do

this because we know that they can swim those. We want the swimmers to shine and be able to swim all that they can. That is why we have great prizes for those who reach these levels, and even better ones for those who go above it. I know how much the swimmers love doing relays in practice and Swim Mania is the opportunity!

Not only that, but it is your one and only chance to swim at the pool with a raft! A lot of people put a lot of work into this event and we do it all to help a great cause and have some fun. This year we have set a goal for the amount we would like to donate. I know that we can reach that goal by everyone coming out to Swim Mania!! After thinking about it for some time I have thought of some helpful tips:

-Bring a tent to sleep in! This is the best part. Parents, I know sometimes it can be tough to sleep in the tent with your kids. Talk to other parents on the team and maybe you could set up for the kids to sleep together in one tent. Just a thought.

-Bring warm clothing! It gets pretty cold at night! Last year I slept on the chairs and I had two blankets, hoodie, sweats, and I wore my Ugg boots. I was then warm. But I know a lot of people were cold.

-Bring an extra towel or two. There is a lot going on at Swim Mania and that can mean a lot of getting in and getting out, so just be prepared.

-Get ready to have fun. You as parents are there also. We have food and movies and games there and they are not only for the swimmers. Consider volunteering to do something. Counting laps for an hour or monitoring the prize table because, I can promise that your swimmer will be off having fun.

I'm sure I can think of some more tips to throw out later in the week and as we get closer to Swim Mania. The Survivor theme will happen here and let me tell you, by standing in the pouring rain with the families that worked so hard on it, I know how awesome of a pep rally it was going to be. Based off of that alone, I know that it will make Swim Mania that much more fun and exciting! I am excited for it, and I think that you all should be too!

I know that was a lot! But it is going to be a long week and it has been a long break! Most of these things I will talk to the swimmers about in practice. See you all this week!

-Coach Alyssa

## Message from the Managers

Welcome back! Hope everyone enjoyed their holiday break. Brace yourselves for a fun filled busy week Dolphins and parents!

- ✚ First, please register for **Swim Mania**. It is July 12<sup>th</sup> 7:30pm till Sunday July 13<sup>th</sup> 8:00am. This is our annual pool sleep over fund raiser. This year we are raising money for the Howard County Autism Society. Please see more information below.
- ✚ Second, Monday July 7<sup>th</sup> is **Restaurant Night**. Please join your fellow team mates at Uno's in Long Gate Shopping Center. 20% of your check will be donated to our team. **YOU MUST BRING THE VOULCHER WITH YOU!** An email was sent. If you need it, contact us and we'll get one to you. Good for both lunch and dinner.
- ✚ Third, Friday July 11<sup>th</sup> – Mini-Pep Rally. Due to Swim Mania on Saturday night we will not have a normal pep-rally, however we still need to get our pool ready for our home meet, so we will offer cheese pizzas at 7:00, followed by cheers with Coach Alyssa at 7:30, then pool set-up at 8:00. Kids are needed to decorate.
- ✚ Fourth, Saturday July 12<sup>th</sup> – Our third meet with the Pointers Run Piranhas. Volunteers are still **NEEDED**. Please go to our website and sign up if you haven't already. **We expect EVERY Family to help with some aspect of the team either meets or social events at some point throughout the season. Thanks for your help it makes our job MUCH easier. Please send an email to [dorseydolphins@comcast.net](mailto:dorseydolphins@comcast.net) about your availability for swim meets.** An additional email will go out with specific jobs we still need to fill for this Saturday's meet as well as confirmation for those who already signed up.

We have received the final roster from CA and will be distributing it to the team soon. Please verify that our information is correct.

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 the meet on Saturday.



**Restaurant Night-** Monday July 7<sup>th</sup> join your team at Uno's. They will donate 20% of your sale to our team. Vouchers will be needed!! Good for both lunch and dinner. Thank you Dana Perna for organizing our fund raiser!!

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

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### Swim Meet- Saturday July 12 @ Dorsey

Our third meet is this Saturday July 12th at our pool against the Pointers Run Piranhas. Please arrive by 7:00 am for warm ups. The visiting team has the pool at 7:30. Please remember we reserve the grassy area behind the pool, to the left of the volleyball pit and the grassy area behind the diving well for the visiting team. The meet begins promptly at 8:00am. Allow enough time to check the line up on the bulletin boards and then check in for your first event with the Clerk of Course. If you will not be able to attend or if you plan to leave early please either email Couch Alyssa or fill out a Meet Absence Form found in the black filing cabinet with our folders BY MONDAY!!



Our Concessions will be available with lots of food and snacks. Jerry Budai and Cathy Sagrillo have been working hard to prepare a delicious offering for our hungry team. This is a huge fund raiser for the team!! **Please also consider working an hour or so at the stand. EASY JOB!!! It can get very hectic and the more people helping the smoother things will go. They could also use help picking up ice or bagels/ donuts in the morning.**

Oops! I neglected to mention weeks ago that the Parsons Family won our 50/50 raffle at Time Trials and they too donated their share to the team. Thank you so much and sorry again for our over sight.

### Mini-Pep Rally - Friday July 11<sup>th</sup> 7:00 to 8:30 pm

We will have a "mini- pep rally" this Friday July 11<sup>th</sup>. Due to Swim Mania on Saturday night we will only meet to Cheer with Coach Alyssa, Casey and Jen followed by setting the pool up for the Meet. We will have chalk out so the kids can decorate, then enjoy freezer pops. We will meet at 7:00 for cheese pizza, if you would like to order see below. Cheers will begin at 7:30, pool set up at 8:00.



Pizzas from Vocelli will be available for sale - \$10 for a cheese. **Drinks and salad will NOT be provided this week.** Please bring your own beverage. **Pizzas must be preordered by Thursday at noon.** We will be using Evite for the pizza orders again. You will receive an email invitation to order pizza if you wish. Pay Dana at the pool on Friday. Please try to bring exact change. The pizzas will be available at **7:00**. Please pick your order up by 7:30 or we will sell your pizza.

### Swim Mania- Saturday July 12<sup>th</sup> 7:30pm- 8:00am Sunday July 13<sup>th</sup>



**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 12<sup>th</sup> 7:30pm until Sunday, July 13<sup>th</sup> 8 am

**Location:** Dorsey Hall Pool

**Who:** All Dorsey Dolphin Swimmers

**A registration invitation was sent to every family. Please RSVP by Friday July 11<sup>th</sup> by 8:00pm. Swim Mania information is also available on our website. All swimmers/ families attending must pre-register. Or for your convenience the registration form can be found at <http://dorseydolphins.home.comcast.net/~dorseydolphins/Events/2008/Swim%20Mania%20PreRegistration%20Form%202008.txt>**

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.



**Enjoy New this year – Island Oasis frozen drinks. Strawberry, Banana, Mango or Pina Colanda.**

**Also don't be late Chick-Fil-A chicken served at 9:00 pm.**

**Don't forget your RAFT for Races. Coach Alyssa, Casey and Jen have been planning lots of pool games.**

**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.
- Drinks will be provided.
- Bring snacks, desserts, things to share. Very Important! The swimmers are staying 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](mailto: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 is available on the website or here is the link <http://dorseydolphins.home.comcast.net/~dorseydolphins/Events/2008/Pledge%20Sheet%202008.doc>
- 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.

**Please Note:** If you can not attend Swim Mania your swimmer can still collect for the Howard County Autism Society. Any child who submits a donation will also receive a participation Prize. Please turn in any money collected by Saturday July 12<sup>th</sup>. 1 in 98 children in Howard County is diagnosed with Autism. The money collected will go directly to these children and their families. THANK YOU FOR YOUR HELP!!

## 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](mailto: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 New Swimmers

We would like to acknowledge our NEW swimmers and their 20 NEW families. Thank you so much for being apart of the Dorsey Search Dolphins and to their parents who have stepped up to the plate and learned new jobs and helped in many ways. WELCOME!

William Ballinger, Avery Beck, Olivia Bentley, Matthew Benzing, Julianna Bonner, Gracie Buck, Maddie Caldis, Michael Colaiacovo, Hannah Dietrich, Nolan Dietrich, Kaitlyn Dumonceau, Grace Dwyer, Ian Dwyer, Charles Flynn, Carlos Godinez, Jane Hilger, Sophia Hilger, Christopher Johnson, Zain Kazi, Christopher Kelly, Michael Laper, Taryn Laurion, Jenny Lees, Ashley Mazer, Maggie Medoff, Lauren Muma, Josie Pittman, Isabela Rey, John Rineman, Owen Schulze, Greg Shobert, Randy Shobert, Julia Skopic, Victoria Stralka, Abigail Strott, Caroline Strott, Timothy Takacs, Julia Thumel, Tommy Wehr, Cornia Williams, Deonte Williams, Payne Windley and Sam Worchesky.

## Did you Know

Our meet results are posted in the *Columbia Flier* weekly. Thank you to the Laper Family who continues to do this job for our team.

CNSL has a new website. The site includes weekly meet results, photo of the week and other important upcoming information. Check it out, [www.cnslswimming.org](http://www.cnslswimming.org)

**NEW SWIMMER TIP OF THE WEEK: Seeding** – In Saturday meets, the home team has odd lanes 1,3,5, and 7 while the visiting team has the even lanes 2,4,6,and 8. The fastest swimmers swim in lanes 4 and 5, the next fastest in lanes 3 and 6 and the next fastest in lanes 2 and 7. Swimmers are seeded based upon their fastest times attained in prior competition.

<b>Date</b>	<b>Day</b>	<b>Event</b>
July 7	Monday	Restaurant Night at Uno's Voucher required
July 11	Friday	Mini-Pep Rally, cheers, pool set up 7:00-8:30
<b>July 12 - home</b>	<b>Saturday</b>	<b>Meet 3: Pointer's Run @ Dorsey 7:00am warm ups/ 8:00am meet</b>
July 12	Saturday	<b>Swim Mania</b> pool sleep over – Charity fund raiser HCAS
July 15	Tuesday	Bingo Night at the pool.
July 18	Friday	Pep Rally - 6 to 8 pm American Idol
<b>July 19 - away</b>	<b>Saturday</b>	<b>Meet 4: Dorsey @ Long Reach (Kendall Ridge)</b>
July 25	Friday	Pep Rally – 6 to 8 pm- Hula Luau

<b>July 26 - home</b>	<b>Saturday</b>	<b>Meet 5: Pheasant Ridge @ Dorsey</b>
July 27	Sunday	Awards Night @ Dorsey pool
<b>August 1</b>	<b>Friday</b>	<b>All City Meet for 8 and under</b>
<b>August 2</b>	<b>Saturday</b>	<b>All City Meet for 9 and older</b>