



# DORSEY DOLPHINS NEWSLETTER – JULY 20,

## 2008

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

### Message from the Coach

Hello everyone!

I hope that everyone had a nice weekend; I know I did! I first wanted to talk about this past swim meet. For those of you who don't know, it was a very close meet and we ended up loosing by one point! As upset as I am at the fact that we did not win this meet, there are many things that I am so happy and proud of.

First of all, everyone who swam did an amazing job! There were so many best time ribbons in this meet. And in the end, meets are also about personal achievement. So a special congrats to those of you who did get a best time! We have been seeing that improvement in each and every one of you. Long Reach has typically been a challenge for any team. So I consider our one point loss to be quite an achievement in itself.

As we can learn from this past meet, a lot of times it comes down to the free relays. We have worked a lot in practice on relays yet we still see false starts and what not. We will continue to work on this over the week. We will also be working a lot on turns. Many of the older kids know how much we push them to do flip turns. Yet, we still do not see them in the meets. If you come to the pool then ask you kid to just do even a few flip turns just to practice. Not only that, but many times we have to change the relays around last minute. If your child is an alternate then please stay for the relays. Chances are we may need them and if not then they can be there to support the team.

We saw some great spirit this weekend! We were all so impressed with how many kids had shown up and walked in with us as a team and for warm ups. I know this week is a home meet yet I hope to still see that many kids attending warm ups.

A small reminder that if you are missing the meet or leaving early then to please let me know by Tuesday evening.

Coming up this weekend is our awards ceremony. Jen, Casey, and I try our hardest to give each child an award that they truly deserve. However, sometimes it is tricky. So we are doing nominations again! Let your kids know that the next few days in practice they will have the chance to nominate their friends for an award. We will be announcing it and letting them know where to do it and such.

This pep rally is a hula luau pot luck! I am SOOOO excited! Mainly because I love pot luck! It will be our last pep rally of the year. I would like to see everyone coming with their best dishes and the most spirit they can!

Remember to turn in your All City meet forms!

Thanks,  
Coach Alyssa

### Swimmers of the Week

**6 and under:** Julia Skopic, Owen Schulze, Michael Colaiacovo

**7-8:** Conner Mackey, Hannah Van Osdel

**9-10:** Meg Parsons, Justin Homassel

**11-12:** Kelsey Diven, Sam Worchesky, Matt Thompson

**13-14:** Maddie Sparks, David Lazris

**15-18:** Beth Glaros, Chen Burgoyne, James Hebler

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

### Message from the Managers

What an incredible meet!! Every swimmer should be proud of their accomplishments. They were the best relays we have seen all season. Way to go Dolphins!! Finer swimmers have listened to Coach Alyssa's advice to practice on their own or because of so much swimming the night of Swim Mania our kids exploded this week. **We had 111 Best Time ribbons.** Kudos to our Dolphins☺



A tremendous thank you to all of our parent volunteers who helped run the meet. Everything went smoothly thanks to all your hard work and A LOT of sweat. Many people tried new jobs, thanks for being adventuresome. A few valiant people are still needed for this week's meet. Please check out the volunteer list on the website and send your availability to [dorseydolphins@comcast.net](mailto:dorseydolphins@comcast.net) . Thank you so much. We have a GREAT group of parents.



**B-I-N-G-O** Tuesday night was oodles of fun!! Thank you to Marion and Joe Hemerly for sponsoring this annual event for us. Joe's veteran Bingo calling skills kept us all on our toes and the quarters moving. Congrats to Mackenie Parsons who WON twice. Many thanks to Andrea Frank who volunteered not only to collect quarters but allowed us to "rub" her for luck!!



If you are a singer and were not at Friday's Pep Rally you really missed your BIG Chance. The competition was fierce and the music LOUD! Everyone there would have to agree we ROCKED the pool. Many came dressed as their favorite singer or rock star. Much credit and gratitude goes to the Parsons, Loudin, Pittman & Swain families for hosting!! Thank you all.



The Dolphins are free! In case you didn't know our team Mascots, the two Dolphin balloons we bring to every meet and event were freed. After trying to escape during Swim Mania and getting caught in a tree a few Dads with the help of a long pole rescued them Sunday morning.

-All City is coming up. Please know entries must be given to Coach Alyssa or one of us **NO LATER THAN SATURDAY JULY 26<sup>th</sup> 2008 by 5 pm.** Entry forms can be found from our website, click on the link labeled "All-City." Or you can go directly to

<http://clippersswim.org/htdocs/modules/smartsection/item.php?itemid=182>

Please also know CA is holding our Trophy check hostage. We will not receive our check until we provide 3 volunteers for each All City Meet (8&U, 13-18, & 9-12). If you'd like to volunteer, you can sign up for the job of your choice on a first come first serve basis. If you have any questions about it, please contact Susan McDonald [cnsllallcitymeet@gmail.com](mailto:cnsllallcitymeet@gmail.com)



**Awards Night is Sunday.....** please mark your calendars for our annual awards night Sunday July 27<sup>th</sup> from 6:00 to 10:00pm. Dinner, Awards and Games. An Evite was send to all our families. Please RSVP as soon as possible it helps us plan food, etc. New this year we will have a DJ for added fun. Penny dives and how about a Parent Relay in the pool. Anything goes. Italian dinner catered by Trattoria. Tickets are \$5 per person or \$20 per family. We will except people at the door, but would prefer to know ahead. Thanks. Volunteers are needed to help with check-in, food and PRIZES for the kids. Dana will be walking around at practice this week if you would like to sign up. Or you can email a manager or send a note to [dorseydolphins@comcast.net](mailto:dorseydolphins@comcast.net) . We hope you can attend. This is always a lot of fun.

-Thank you to all the parents who have been taking pictures at meets and events. We have some to get up on the site. They should be available for viewing early this week. If you have any pictures you would like to share contact Dana Varela.

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 26<sup>th</sup> Dorsey vs Pheasant Ridge @ Home

Dolphins, this will be our last dual meet of the season on Saturday July 26<sup>th</sup> against the Pheasant Ridge Rapids. It is a home game. Our warm-ups are at 7:00am. The meet will begin at 8:00am. Please be on time.



Jerry Budai and Cathy Sagrillo have organized all of our concessions this year and they have done a fabulous job. They could always use some extra help either picking something up in the morning or please consider working a shift. Thanks for your help.

If you will not be able to attend the meet or if you plan to leave early please either email Couch Alyssa [alyspaz@umd.edu](mailto:alyspaz@umd.edu) or fill out a Meet Absence Form found in the black filing cabinet with our folders BY MONDAY!

## Pep Rally - Friday July 25<sup>th</sup> 6:00 to 8:00 pm



Get out your grass skirts, leis and coconuts as Dorsey prepares to go down under the Palm Trees for *Hula Luau* Dolphin style. Thank you to the Bentley and Dietrich families for hosting this event for us. Great food and pool games. Bring your Dorsey Spirit as we prepare our pool and decorate for our last meet of the season. A few more volunteers are needed to help with set-up and food.

Please send an email to [Dorseydolphins@comcast.net](mailto:Dorseydolphins@comcast.net) or contact Dana Varela.

Look for your Evite. Back by request of our Coaches we are going to have a Pot Luck dinner. On the Evite there is a place to select either an appetizer, main dish, side, salad, dessert or beverage to bring. Quantities should be for 10 to 12 people. Don't panic if you aren't a cook or don't have time, please feel free to pick up KFC, chicken nuggets or even our stand by pizza.

## Swim Mania

Swim Mania Update!! To all of our participating swimmers and families, thank you so much. We were able to not only have a great night of fun, food, dancing, swimming, games and a little sleep but we were able to raise **\$1,300.00 for the Howard County Autism Society**. As everyone in attendance heard from their presentation this organization does a tremendous job helping children and their families in this county learn to live with Autism.

If anyone would like to know additional information please go to their website [www.howard-autism.org](http://www.howard-autism.org)

For a complete list of participating swimmers and their lengths check it out on our website.

We would like to thank the following people and businesses for their assistance;

- The Pascale Family for loaning us their projector
- Rita's on Frederick Road for donating coupons for Free Kids Italian Ice
- Target in Long Gate Shopping Center for donating our movie Popcorn
- Chick-Fil-A restaurant for offering us special pricing for our event
- Ginny Bickell from HCAS for their educational presentation
- Bob Ballinger for talking to our kids about Autism

## Awards Night - July 27<sup>th</sup> 6:00- 10:00pm



Sunday July 27<sup>th</sup> from 6:00 - 10:00pm please come as we recognize all of our swimmers, coaches, volunteers and accomplishments. Everyone should have received an Evite invitation. Please respond ASAP. It should be a night of Trophies, awards, thank yous and FUN!! Ellen Mackey is working hard to organize a great Italian dinner catered by Trattoria restaurant. A DJ will be on the deck providing us great music, then lots of awards, PRIZES for all the kids. Followed by games. Parents bring your bathing suits as we battle it out in an anything goes relay. Remember to bring

extra change for a "Penny Dive."

Schedule as follows:

Check-in 6:00

Dinner 6:30-7:30

Award Ceremony 7:30-8:30

Dessert- following awards

Games 9:00-10:00

Nominate a Friend!!! Help Coach Alyssa, nominate a friend for an award you think they deserve!! Please give all entries to Coach Alyssa by Thursday July 24<sup>th</sup>. Look for entry forms at the pool during practice on the folder box or email her [alyspaz@umd.edu](mailto:alyspaz@umd.edu). Have fun and Thanks!

## All City Swim August 1st and 2nd

The All City Swim for swimmers 8 and under will be Friday August 1<sup>st</sup>. Warm-ups are at 4:30, Meets begins at 5:30. The meet will take place at the Phelps Luck Pool.

The All City Swim for swimmers 9 and up will be Saturday August 2nd as follows: Session 1 swimmers 13-18 warm-ups are at 8:00am. The meet will take place at 9:00am. Session 2 swimmers 9-12 warm-ups are at 12:00pm. The meet will take place at 1:00pm.

Please see below for more details and check out the following link for the registration form and additional information.  
<http://clippersswim.org/htdocs/modules/smartsection/item.php?itemid=182>

**Eligibility:** The meet is open to all 2008 CNSL participants who swim in 3 dual meets or 2 dual meets and Time Trials. Swimmers will swim in their age group according to their age on June 1, 2008. Ages will be verified.

**Entries:** Swimmers may enter TWO individual & ONE relay events. Swimmer's entries will be assigned to the applicable division by the CNSL Officials according to the published cut off times. A "no time" entry is NOT acceptable. Swimmers must have a legal swim time for the event in which they are competing from a 2008 CNSL Dual Meet or Time Trials.

Relay participants will be determined by the team coach. Mixed Relays must consist of 2 male and 2 female athletes. For all 100 yard relay events, swimmers must use an in water start at the shallow end of the pool.

Entries must be received by your coach or team manager **NO LATER THAN SATURDAY, JULY 26, 2008 AT 5PM**. Entries must be made on the All City Championship Meet Entry Form included at the end of this meet notice. Swimmer's date of birth must be included. Parent signature indicates that information submitted is correct, and it must be included on the entry form.

**LATE ENTRIES OR DECK ENTRIES WILL NOT BE ACCEPTED.**

**Volunteers:** Each CNSL Team will be required to provide 3 volunteers for the meet. Volunteers may sign up for a position at [www.clippersswim.org](http://www.clippersswim.org) at the CNSL All City Championship Meet link starting July 14, 2008.

**Awards:** Medals for first through third in "A, B, C" Division. Rosette ribbons for fourth through tenth place in all divisions. Participation awards for 8 & under swimmers.

**Rules:** The meet will be conducted according to the 2008 United States Swimming and CNSL Rules and Regulations. Deck officials will enforce these rules. No one will be permitted on the pool deck unless they are a participating swimmer, CNSL coach, meet staff or a volunteer working the meet session.

**Sales:** T-shirt, programs, concessions, and apparel will be for sale.

**Parking:** Limited parking is available along Phelps's Luck Drive and the Phelps's Luck Elementary School behind the pool. Parking is also available at Howard High School.

**Directions:** Phelps's Luck Pool – From Route 29, turn east on Route 108. Turn right on Phelps's Luck Drive. The Phelps's Luck pool is on the left behind Roma's Pizza store.

**Rain Dates:** Sunday, August 3rd same times as above

### 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.

<b>Date</b>	<b>Day</b>	<b>Event</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 6 to 10pm
<b>August 1</b>	<b>Friday</b>	<b>All City Meet for 8 and under 4:30pm warm-ups, 5:30</b>

		meet
<b>August 2</b>	<b>Saturday</b>	<b>All City Meet for 9 and older</b> <b>13-18 warm-ups 8:00am, meet 9:00am</b> <b>9-12 warm-ups 12:00 pm, meet 1:00pm</b>