



DORSEY DOLPHINS NEWSLETTER - JUNE 1,

2009

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

Message from the Coach

Hello Everyone!

Now that it is nice and sunny, it is time to start swim practice! For the next few weeks we will be having our evening practices every week night at the Dorsey Hall Pool. While practicing at this time our pool space can be a bit limited, in fact we only have two lap lanes! The other coaches and I try our best to make sure we are swimming as much as possible and giving our feedback to everyone. Because it can get a bit crazy I do ask that you leave the coaching to us and clear the deck. If you have any questions for us or concerns to address then please see us after or before practices. I love talking to all of you but these pre season practices can be a bit hectic. But we will be there every night, rain or shine, as long as the pools are open! If you are unsure if the pool is open then I suggest calling the pools as close to your practice time as possible! 410-461-1481 (Dorsey pool)

Coach Alyssa

Message from the Managers

Put on your sweat shirt and head to the pool. Hopefully it will be Pool weather soon! Pre-season practice has begun. We will have snacks some nights after practice to keep our **chilly** swimmers going.

We are glad to have Casey Kampf and Jennifer Johnston back as our Assistant Coaches again this year!!

Thank you to everyone who came out and enjoyed Splashdown. We had over 200 people attend. Congratulations to Colleen Hughes for winning our 50/50 raffle. Thank you to Jerry Budai and Cathy Sagrillo for providing snacks and hot dogs! Thanks also goes out to Mary Adams for selling our team's Spirit Wear that evening.

Stroke and Turn Judge training is taking place Wednesday June 3rd, Thursday June 4th or Tuesday June 9th at 7:00pm at the Aquatics Office. Parents who wish to fill this most important job have to attend only ONE session. We need to have at least 2 judges per meet (preferable more, so people can take breaks or during relays.) This is the only time CA will offer these training sessions. You do not have to have experience. That is why CA is teaching you. The clinic training is to ensure consistency throughout the league. Please let us know if you plan on attending.

Also Starter Training is being offered Thursday June 11th at 7:00pm at the Aquatics Office. Jim Johnston has once again offered to Start for us this year, but if you are interested in learning this role please plan on attending and Jim will further teach you throughout the season. Please let us know if you are interested.

We will have an informal question and answer time for new swimmer's parents on Wednesday June 10th at 5:30.

The Columbia Association has added a new website dedicated to the Columbia pools. Information about all of CNSL is posted and a link is available to our team's home page. Check it out, www.columbiapools.org

Yeah! We are glad the Parsons family will be swimming with us once more. Hold on Texas.

This is our last year managing the swim team. Please consider filling this important role. We are willing to help train the new managers throughout the season. The sooner you let us know about your interest the better. This position is best filled by two people. The Columbia Association compensates you by waiving your swimmer's registration fee. We have enjoyed our role as team managers and would love to see an enthusiastic person continue with the fun events, good times and of course great swimming our kids have come to love with summer swim team. We promise we will be here to help you!! Give it some thought!

Dana Varela

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Request for Volunteers

Thank you to everyone who signed up for a job at Splashdown. We will have sign up sheets out at all pre-season practices starting June 1st – June 19th. The success of our swim team not only depends on our children but also on their parents. There are a lot of behind the scenes jobs that need to take place to make it all run efficiently. Our expectation is that **EVERY** family contributes in some way. There is a job for everyone and we can work with you to find one that fits best. Please make sure you sign up for a job! Even if you are unable to assist during meets we have other ways you could help. Thank you!! We have a great group of dedicated parents.

Registration

Registration can be set by mail to CNSL Registration, 9450 Gerwig Lane, Columbia MD 21046 OR dropped off at the Aquatics Office. Registration forms will NOT be accepted at the pools. We encourage you to register as soon as possible. The CA registration deadline is June 27, 2009 by 2 pm. Please note registration must be postmarked by **Saturday June 13, 2009 in order to be eligible to swim in the Saturday, June 21st swim meet. AFTER JUNE 13TH YOU MAY NOT PARTICIPATE IN THE SWIM LEAGUE UNTIL YOU ARE REGISTERED.**

Please note also- new this year is a **CODE OF CONDUCT** that must be signed by both the swimmer and their parent. This is to ensure good sportsmanship is practiced. This is a new policy instituted by the CA. This should be turned in with your registration from.

A swimmer's age as of June 1, 2009 determines the age group for competition throughout the summer.

Swim Suits

Our current swim suit is the same suit we used last year. There will be 1 more opportunity to get fitted and purchase the suit if needed from Cy's of Catonsville at the pool.

- Dorsey pool on Thursday June 11th from 5 to 7 pm.

Cy's also has the suits in their store and they can be purchased there as well:
Cy's Of Catonsville 719 Frederick Road Catonsville, MD 21228 (410) 747-8760

Practice schedule

Pre-season practice starts on Monday June 1 and continues until June 19 (the last day of school.) Practices are Mon, Tues, Wed, Thurs, and Fri at the Dorsey pool. Please note these times are different from the CNSL website. We adjusted our schedule to better accommodate our swimmers.

5:00 - 5:30 pm Swimmers 6 yrs and under
5:30 - 6:15 pm Swimmers 7-8 yrs and 9-10 yrs
6:15 - 7:00 pm Swimmers 11 yrs and up

Regular season practice schedule starts on Tuesday June 23 and goes until Thursday July 30. Practice is Tuesday, Wednesday, Thursday and Friday. All morning practices will be held at the Dorsey Hall pool.

8:00 - 8:45 am Swimmers ages 11-12, 13-14, and 15-18
8:45 - 9:30 am Swimmers ages 7-8 and 9-10
9:30 - 10:00 am Swimmers 6 yrs and under

Make-up Practice - If you miss a morning practice during regular season, the evening times listed below are available for make-up practice. On these days the pools are closed to the general public.

Phelps Luck (Wednesday Evening)

Running Brook (Thursday Evening)

5:00 - 5:45 pm Swimmers age 10 and under
5:45 - 6:30 pm Swimmers age 11 and up

Calendar of Meets and Events

All meets begin at 8:00am/ Warm-ups start at 7:00 am for home meets and 7:30 am for away meets.

Date	Day	Event
June 1	Monday	Preseason Practice starts
June 10	Wednesday	New Parent Orientation meeting 5:30pm
June 11	Thursday	Cy's will be available with team swim suit 5 -7 pm at the Dorsey pool
June 12	Friday	<i>Practice 5 to 7 pm by age group. Pool closes at 7 pm. We'll need parent volunteers to help stay and set up the pool from 7 to 7:30 pm. Swimmers stay and practice cheers from 7 to 7:30 pm.</i>
June 13 - home	Saturday	Time Trials @ Dorsey Arrive by 7:30 am. Trials begin at 8:00 am.
June 19	Friday	Pep Rally - 5 to 7 pm Picture Day - Individual Photos @ 5 pm and Team Photos @ 5:45 pm
June 20	Saturday	Meet 1: AWAY Dorsey vs. Pointers Run @ River Hill Pool
June 23	Tuesday	Regular season practice starts (times listed above)
June 26	Friday	Pep Rally 6 to 8 pm
June 27	Saturday	Meet 2: AWAY Dorsey vs. Clemens Crossings @ Clemens Crossing Pool
July 3/4	Friday/Sat	NO MEET- Enjoy your holiday
July 11	Saturday	Meet 3: HOME Dorsey vs. Wild Lake @ Dorsey Search Pool
July 11	Saturday	Swim Mania pool sleep over – Charity fund raiser
July 17	Friday	Pep Rally - 6 to 8 pm
July 18	Saturday	Meet 4: HOME Dorsey vs. Long Reach @ Dorsey Search Pool
July 24	Friday	Pep Rally – 6 to 8 pm
July 25	Saturday	Meet 5: AWAY Dorsey vs. Harpers Choice @ Longfellow Pool
July 26	Sunday	Awards Night @ Dorsey pool 6 to 10 pm
July 30	Thursday	Last day of practice
July 31	Friday	All City Meet for 8 and under
August 1	Saturday	All City Meet for 9 and older

Spirit Wear

Show your Spirit Dorsey!! We have spirit wear available for purchase. Mary Adams is in charge. Please check out our new Logo and clothing available. Information will also be available on our website. Items will be available at Pep Rallies, meets and throughout the early part of our season. Orders will also be taken until Saturday June 13th.

New this year "Dorsey Dolphin" travel coffee mug. Purchase the mug get coffee refills at a reduced rate.



Spirit wear as well as concession sales are a critical part of our team's fund raising. We are often asked, Why fund raise? Where did my money go at registration? The money the Columbia Association collects goes Towards paying the coaches, paying the supervisory staff, paying the lifeguards for open pool practices, Swim

Mania and Awards Night, pool usage, pool chemicals, our team trophies, supplies, mailings, equipment maintenance and All City rental equipment. All other expenses our team faces we are responsible for as a team.

Thank you for your continued support!!