



DORSEY DOLPHINS NEWSLETTER – JUNE 15,

<http://dorseydolphins.home.comcast.net>
2009

Message from the Coach

Hello everyone!

What a great Time Trials this weekend! I am so very proud of each and every swimmer for coming out and trying their hardest in all of the strokes. This week in practice we will be working on looking at what we could improve upon for the next meet. A special thank you to all of the volunteers who helped Time Trials to run very smoothly; you guys are awesome!

A reminder to let me know **by the Monday before the meet** if you are not going to be attending or if you need to leave early. Email me at alyspaz@umd.edu or alyspaz@gmail.com. You may also fill out an absence form found in the front of the folder box and hand it to one of the coaches.

This upcoming meet is against Pointers Run at the River Hill Pool. Our warm ups will begin at 7:30 am. We will be walking in together as a team a bit before that, probably around 7:20 so that we can get ready and settled before warm ups. The other coaches and I will be in the parking lot painting faces, spraying hair, etc. Come out early and join us! The more people who come early to walk in with us, the better! Not only that, but once we walk in, we will not be painting faces or anything along those lines. We wish we could get everyone in but unfortunately once warm ups begin; we will be plenty busy with other swim meet activities. Not only that, but we would like the face painting to remain as a thank you sort thing for those who come out early.

I am going to try to let everyone know if they are swimming a medley relay, so they know that they **MUST** be there early for their events. I know that swim meets can mean a very long day, but please try to come out and support the whole time.

This Friday is Team Pictures and Tie-Dye night! Personally I love Tie-dye night! One suggestion I would have for that is to maybe go look online for creative ways to tie your shirts or whatever it is you are bringing in!

A few last thank yous and then I will be done, I promise! Thank you to all of the volunteers who have been helping out. I don't think I could thank you all enough. Thank you to everyone who has been coming out to practice the past few weeks. I know it has been crazy with the small space, the rain, and everything. Only one more week then we are going to our regular season practice schedule!

Enjoy the last few days of school!
Coach Alyssa

Message from the Managers

THANK YOU!

A **BIG THANK YOU** to everyone who volunteered at the time trial and allowed it to go so smoothly! We really appreciate all of your support. 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. Kudos to all our new families who jumped right in and learned a new job!! You make our job so much easier.

Our website has been updated, check it out. The volunteer sheets are posted so please view what we still need filled. We have a job to suit everyone. It is our expectation that every family volunteer in some way.

Ben Sussman took photos for the team during the Pep Rally. They will be available on our website soon. Remember to check out our weekly pictures!! Thank you Ben for being our photographer.

Congratulations to Marty Shobert for winning our 50/50 raffle. Thank you Marty for your generous donation of your winnings to our team!! Thank you to everyone who contributed.

All participating swimmers at the Time Trials should of received a ribbon. If you didn't get one, please see a manager.

Remember to hold the date July 11th for Swim Mania, our fundraiser pool sleep over. Our charity this year is the Alzheimer's Association. More information to come soon.....



Bingo Night at the pool will be July 14th. The Hemerly Family will be hosting. Thank you!!

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!
One of the best perks is you are given priority parking at every meet!!

We are off to a great season. Please feel free to contact us with any questions, concerns or suggestions.

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Volunteer Opportunities

Looking for a Behind the Scenes Job?

Buyer – pick up salad, drinks, paper goods, etc, for pep rallies & parties.

Mascot – reinflate our mylar dolphin balloons with helium & bring them our swim meets.

Concessions Barista – make the coffee (early in the am) and keep it full. Home meets only! ;-)

Concessions Ice – pick up the ice & make ice runs as needed. Home meets only!

Trophies – order personalized trophies and awards for awards night. We will provide an electronic roster. Label & sort trophies for Awards Night.

Party Planning Committees for Swim Mania &/or Awards Night – select theme, decorations, entertainment, registration & tickets, food & prizes. We already have a couple of members for each event, but we can use more.

Pep Rally Clean Up

Meet Clean Up

**We will also need lots of volunteers for Swim Mania (July 11) & Awards Night (July 26.)
The sign up sheets are available now.**

You will be reimbursed for any costs incurred in any of the jobs listed above with your receipts.

Swim Meet- Saturday June 20TH @ River Hill Pool

Our first meet is this Saturday June 20th at the River Hill pool against the Pointers Run Piranhas. Please arrive by 7:20 am so we can march in together cheering loud as a team at 7:30. We have the pool at 7:30 for warm ups. The swim meet begins at 8:00 am. The address is 6330 Trotter Road Columbia, MD. 21044

Directions to the pool are; from our pool continue on Columbia Road south (toward 108.) Turn right onto MD-108, Clarksville Pike. Make a left onto Great Star Drive. Left onto Summer Sunrise Drive. Then a right onto Trotter Road. The parking lot will be tight. Your best bet is to park along Summer Sunrise Drive. Please pay attention to no parking signs. No one wants a ticket!!

Inside the pool we will be to the right side and behind the pool. They strongly suggest we provide our own portable chairs or bring blankets. Concessions will be available. Remember sun screen and if cool, extra towels.

Things to know if you are new to our team: once you arrive please sit in our area of the pool. There is no check-in. Boards will be hanging posting your swimmer's events for the day. They may or may not be in a relay. You must stay if your swimmer is scheduled for a relay. If not possible tell a manager or coach and the alternate will swim. Before each event your swimmer will go to the "Clerk of Course" to get their card. The order of events is always the same. Sheets will be available so you can follow along. A few events before your swimmer's turn they will go to the starting end of the pool to be "seeded." They will do this for each event except relays. Start to line up during the butterfly events.

Remember if your child is not available to swim to please let Coach Alyssa know by the Monday before. Her email address is, alyspaz@umd.edu or fill out a meet absence form found in the filing cabinet at the pool and hand deliver it to her or a manager.

Pep Rally & Team Photo Night– Friday June 19th 5:00 to 7:00 pm



Join us for our first pep rally of the season! Bring a t-shirt to tie dye and we will also be decorating our cars. Be creative and show your team spirit. Thank you to Mary Adams for helping to organizing our tie dyeing supplies. Don't forget to drive to the pool if you want to decorate your car! Window paints will be provided.



Pizzas from Vocelli will be available for sale - \$12 for a large one topping pizza, salad and a beverage. **Pizzas must be preordered by Thursday at noon.** We will be using Evite for the pizza orders again this year. You will receive an email invitation to order pizza if you wish. If you don't want pizza, you do not need to respond. In the Evite, you will indicate which type of pizza you want and how many. Pay Dana at the pool on Friday. **Please try to bring exact change.** The pizzas will be available at 5:15.

Please pick your order up by 6:00 or we will sell your pizza. Unfortunately our pool is not closed to the public during pep rallies, so let's try to congregate in the grassy area on the left side of the pool.



Classic Photography and Imaging will be taking Team Photos at the pep rally also. Individual photos start at 5:00 pm (optional) and team photo will be at 5:45 pm approximately. The photographer accepts cash, check or Visa, MasterCard, Discover or American Express. Siblings can be photographed together. Pictures will be mailed to your home. Order forms are in your folder at the pool (one envelope per family).

Please be prompt and have your order form filled out. Make checks payable to Classic Photography.

Sportsmanship Opportunity

Did you notice that you and your swimmers had to sign a Code of Conduct form this year? Our swim league is all about learning and having fun. It should never be a source of stress for you or your swimmer. What if your swimmer disqualifies (DQs), misses an event, false starts, or isn't seeded correctly? These are all learning opportunities. If your swimmer disqualifies because he fails to touch the wall with two hands in breast stroke, he will probably never make that mistake again. If your swimmer misses an event, she will probably pay more attention and never miss another event. If your swimmer isn't seeded correctly, he'll learn that you have to swim his best no matter what heat he's in. These are all great teaching moments and natural consequences are the best teacher. I hope that your swimmers do make a memorable mistake and realize their potential as a result as a part of their swim team experience.

You also have the perfect opportunity to model good sportsmanship to your swimmer. All of the adults here are volunteers giving their time and doing their best. What ever an official calls, stands. If you have a question about a call, you may only talk to your team manger. The team manager may consult the meet referee. No one may approach a stroke & turn judge except the referee.

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. Weekly reminders are found on the kiosk standing in front of the snack bar.



And yes, you do have a folder. The box will be out during practice times. If your swimmer does not get their ribbons on Saturday at the meets they will be in the box on Tuesday.

Practice schedule

Pre-season practice will continue 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

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

Concessions Information

Thank you to Jerry Budai and Cathy Sagrillo for providing us with concessions on Saturday. Thank you to everyone who volunteered at the table as well. We all like to eat and drink at the meets!! **This is a very important duty to our team. It is our primary fund raising source.**

Jerry and Cathy have asked if anyone has a grill they would like to donate to the team (one that works) we need to replace the old one we currently have. Also if anyone has a source for getting ice cheaply to please let us know. This is a huge expense.

Call for a dedicated family, lastly Jerry has said this will be their last year to organize concessions for us. If you are interested, they have done an amazing job keeping records so the next family will know exactly what to do. Please consider this most important role. It is easier now during the season to train new people for next year. Let a manager know or talk to Jerry or Cathy. Thank you for your consideration.

Spirit Wear

Thank you swimmers, parents and coaches for your amazing response to our new spirit wear. Mary Adams has done a tremendous job getting everyone outfitted in the latest Dorsey fashions. Saturday was the last day to place orders. Clothing should be in within two weeks. Remaining items will be on sale during Pep Rallies and meets. It not too late to get your cool Dorsey Spirit Wear!

Are you part of the club? We have an insulted travel mug now available. Buy the mug and get half price coffee At home meets. Coffee for only \$.25!!! Get deal.....

Recycling

Remember how the single recycling bin was always overflowing last year and it never seemed to be emptied? Julia Rineman has taken the lead for recycling. We are unable to get any more containers from the county. Due to budget cuts, the county is not even picking up from the pools this year. Vince Laper took home the recycling from time trials. Please lend a helping hand and take home a bag if you can. Please only put clean recyclable items in the recycling bags. Dirty paper plates & napkins cannot be recycled. Please help your young children with this. Thank you.

Clipper Information – CA year round swim team

Announcing the 2009 Clippers Summer Clinic Series

Our clinics provide swimmers ages 9–13 an opportunity to learn or improve basic swimming skills & stroke mechanics. The clinics are open to all CA Members and CA Resident Card Holders. All clinics will be held at the Jeffers Hill Pool from 3:30—5:00 PM

Clinic 1 - Thursday, June 25th - Freestyle
Clinic 2 - Thursday, July 2nd - Backstroke
Clinic 3 - Thursday, July 9th – Breaststroke
Clinic 4 - Thursday, July 16th – Butterfly
Clinic 5 - Thursday, July 23th - Turns

Registration is now open! The registration form can be found at www.clippersswim.org It can be mailed to or dropped off at the CA Aquatics Office. We will take same day registration at each clinic.

Interested in the Columbia Clippers, our year-round swim team – a Columbia Association program

NEW THIS YEAR, interested swimmers need to complete a Swimmer Sign Up Form (located on the Clippers website – www.clippersswim.org in advance for an evening tryout session and time slot. Tryouts will be run similar to a Clippers practice session, split into age groups as outlined below.

- 6:30 - 7:00pm - 6 to 8 yrs & 9-10 yrs
- 7:00 - 7:30pm - 9-10 yrs & 11-12 yrs
- 7:30 - 8:00pm - 11-12 yrs & 13 and older

After all tryout sessions have been completed, the coaching staff will assess the swimmer evaluations and place swimmers in applicable practice groups. If there are openings in the group, the swimmer will be offered a spot on the team. If there are NO open spots in the group, the swimmer will be placed on a wait list. Swim Team Fees are based on assigned practice group. Meet Fees are not included in the Swim Team Fees. There is a \$50 Non Refundable Team Registration Fee per swimmer and \$65 USA Swimming Registration fee per swimmer. Swimmers must be a CA Member or CA Resident to join the swim team.

Things to Know About

NEW SWIMMER TIP OF THE WEEK: The line up (including event, heat number and lane number) will be posted on the fence at the meet on our team bulletin boards. Before the meet begins, check the fence to see what and where your child is swimming! Prior to each event, have your child pick up their card from the Clerk of Course. They sit at a table near the Starter. Try to stay for the entire meet! You might be needed at the last minute for a relay and if you are not, you can CHEER on your team and wait for the meet results!! Ribbons are given out at the end of each meet.

- Swimmers Etiquette -remember to remain in the water and against the wall until the final swimmer finishes his/her heat. Then exit quickly

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.

<i>Date</i>	<i>Day</i>	<i>Event</i>
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 14	Tuesday	BINGO NIGHT at the pool
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

