



Dolphin News

May 26, 2009

Issue 1-09

Upcoming Events

May 31

Practice Meet and Pizza Feed

June 6

Greenmeadow@Saratoga Woods

June 13

Eichler @ Saratoga Woods

June 15

New practice schedule

11 & up AM practice

(7:30-9:00)

6 & under: 4:00pm

7 & 8's: 4:30pm

9 & 10's: 5:15pm

June 20

Saratoga Woods @ Laurelwood

Campout – watch for more details

June 27

Saratoga Woods @ Brookside

July 11

Cupertino Hills @ Saratoga Woods

July 18

Champs@Stanford

BUDDY PROGRAM

Team Buddies are supportive friends and teammates who cheer you on while you swim, meet you with your towel when you finish your race, make a supportive sign for you to hang on the gates at the pool the day of the meet, play a

The Dolphin News is published weekly via email (Tuesdays) to all swim team families from May 26 – July 21. It is also available on the [SWCA website](#). Those who requested hardcopies can find them in their family folder in the clubhouse. **BE SURE TO READ YOUR COPY EACH WEEK!** This newsletter contains important information regarding swim meets, upcoming swim team events and volunteer jobs. It is our primary communication vehicle.

PRACTICE MEET & Pizza Feed SUN MAY 31

1:30 pm Begin setup (all help is welcome)

3:00 – 3:30pm Swimmers check in with coaches & warm up

3:00 pm Parent volunteers check in w/ **Janet Savage**

Parent volunteers meet with the "head" person for their

- Timers- meet w/**Barbara Pyle & Laura Coyne**
- Stroke & Turn Judges & Referee – meet with **Chris Newton**
- Table workers - meet with **Elene Correa-Sorich**
- Clerk of Course, Recorders & Runners – **Kelly, Joyce**

3:25 pm All parent workers in position, ready to start

3:30 pm **Meet begins**

5:30 pm Pizza Feed (time approximate)

6:30 pm Ribbon ceremony and General meeting

PRACTICE MEET: Swimmer Information

- All families are encouraged to attend this meet. If your child is not swimming, please let Coach LaForge know by

Wednesday, May 27.

- At this meet, the kids swim all four strokes in order to log a baseline time for the season.

- Meet sheets will be posted on the fence -- meet sheets list event(s) your swimmer is swimming (fly, back, breast, free, & relay) along with the heat and lane.

- 6 and under swimmers will swim as many strokes as they can comfortably swim.

- **Parents are responsible** for ensuring that younger swimmers arrive at the Clerk of the Course in time for their events. Experienced older swimmers are responsible for getting themselves to the Clerk of Course on time. Please discuss with your swimmer the importance of listening for the announcer

card game with you while you wait to race, and just hang out with you when there is down time.

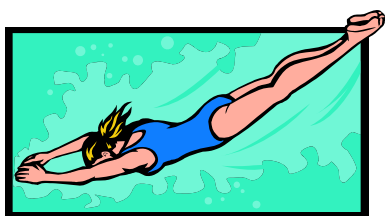
Sign-up BY MAY 29th for the Buddy Program. You can sign up at the club or send an email at meri@woz.org. Please include name, age, gender. Buddy pairings will be selected at the practice meet on May 31. You will meet your buddy and make your poster that day.

SWCA Website

The swim team section of www.saratogawoods.net is packed full of information including meet job assignments, recent news articles and upcoming swim team events. The Swim Team directory and handbook will be available soon.

For any questions or if you'd like to volunteer for a job, contact [Kelly Perey](#) or [Joyce Ray](#).

Swim Fast



and paying attention as the meet progresses so that their event is not missed. If you are unable to help your child get to his/her event because you are busy working, please enlist the help of another parent or an experienced older swimmer.

- Bring plenty of towels, sweatshirts and dry clothes for the kids to change into after the meet as it can get cold.

PRACTICE MEET: Parent Volunteer Information

- The practice meet is also the time when parents learn their volunteer jobs. (see meet job assignments below)
- The Stroke and Turn Judges will be instructed to fill out disqualification cards (DQ slips) liberally. It is better for the kids to learn at the practice meet what they can be disqualified for than at the first dual meet. The coaches will review all DQ slips with the kids during practice the following week. This is standard procedure.

PRACTICE MEET @ Saratoga Woods

May 31, 2009 (Sunday) 3-7:00 pm

*Meet Director: Ann Marie Barsanti

*Referee: Chris Newton

* Starter: Chris Vasquez

Announcer: George Fox

Event Board: Meri Bejar

Volunteer Check-in: Janet Savage

Equipment Setup: Vasquez and Company

Timers and Recorders

Head Timer: Coyne/Pyle

Entire Meet	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
Timers =>	Bennett	Ikeda	Constable	MacKenzie	Kubo
Timers =>	LaCroix	Morrow	Akerblom	Miranda	Rathjens
Timers =>	Tucker	Fleming	Selway	Hehir	Cable
Recorders	Brodrick	Cappiello	Ball	McDonald	Guadamos

Alternates: Savastiouk, Knowles, Nilsen

**Table Workers Head Table Worker: Elene Correa-Sorich

1.	Jewell (computer)	5.	Adams
2.	Holst	6.	Maguire
3.	Bailey	7.	Jain
4.	Gidwanis	8.	Nicosia

*Stroke & Turn Judges

1.	Wilkerson and Tom
2.	Boling and Quanrod

Runners

1.	Amy Bennett
2.	Maureen Nelson

Clerk of the Course

1.	Dani Bitter
2.	Sylvia Baker
3.	Laurie Inserra

Set-up crew for PRACTICE MEET @ Saratoga Woods - Sunday, May31st 1:30 p.m.
Move tables, umbrellas, and chairs to appropriate locations for table workers, and clerk-of-course.

Set up awnings.

1. Cantoni 2. Strong 3. Hoever 4. Awad

Take-down crew for PRACTICE MEET: Everyone will participate!

