

Good afternoon everyone,

Here's what going on this week at the Delaware Swim Team...

- ***PIRATE PLUNGE A/BB/C & MINI MEETS:***

- This weekend, January 16-17, DST will be hosting the Pirate Plunge A/BB/C & Mini Meets. Due to increased interest in this years meet, DST has implemented a number meet format and venue changes in order to adhere to facility and timeline restrictions.
 - **PLEASE** take the time to read over these changes carefully.
 - Flight Locations, Athlete Flight Lists, Warm-up times, Psyche Sheets, and Venue Directions can all be found on our website.
 - www.delawareswimteam.com
 - **PLEASE** note that DST is scheduled to warm-up BEFORE all other teams in attendance.
 - **PLEASE** volunteer your time to help the team run a successful meet. If you would like to volunteer as a meet worker or official please email Coach Sean.
 - seand@freestyles.org
 - **PLEASE** do not hesitate to contact the DST office with any questions.

- ***MIDDLE ATLANTIC ELITE MEET:***

- Next weekend, January 22-24, DST will be competing at the Middle Atlantic Elite Meet held at the Gloucester Country Institute of Technology in Sewell NJ. Here is some information about this meet:
 - Team Entries for this meet have been posted on our website.
 - Please look them over ASAP and let the office know of any problems.
 - A preliminary psyche sheet for this meet has been posted on the Middle Atlantic website
 - www.maswim.org
 - This psyche sheet does not reflect some changes that have been submitted to the meet director.
 - More information will be posted on our website as it is made available.

- ***TEXAS GRAND PRIX:***

- March 4-6, 2010 DST will be attending the Texas Grand Prix in Austin, Texas. The team will invite qualified swimmers to participation. Attendance by invited swimmers is **highly encouraged**.
- Swimmers with 4 or more qualifying times (in most cases) will be invited and encouraged to attend.
- Team Meet information will be posted on the web soon and distributed to invited individuals this week.

- This is a TEAM TRAVEL MEET. Swimmers will travel, room, and eat together for this meet. Team Travel expectations and procedures will accompany meet information distributed to invited swimmers this week.

- **PRACTICE CHANGES:**
 - Due to DST's attendance at the Cera Ve Invitational & Pirate Plunge Meets, as well as a Blackout period in the Brandywine School District, the following practices changes will be implemented this weekend.
 - **Saturday January 16th**
 - NO Practices will be held at:
 - UD, CIP, Pike Creek, or PS DuPont
 - NO National Group Practice
 - Senior Blue to practice at New Castle 7:00-10:00am
 - Senior Green and Supers will practice at New Castle 10:00am-12:00pm
 - **Sunday January 17th**
 - NO National, Senior, Super, Mighty, or Wonder Practices at any location
 - Pups **will practice as scheduled** at Pike Creek 4:00-5:00pm
 - **Saturday January 16th – Monday January 18th**
 - NO Practice Concord High School or PS DuPont Middle School
 - Please refer to the team practice schedule for available practices at other locations.

- **NEWARK SENIOR CENTER:**
 - The management of the Newark Senior contacted our office in regards to a damaged door in the pool area of the facility. Please monitor your children when using this facility. The staff and administration of NSC have been very kind and supportive of our team; please honor that through respect for their facility.

That I all have for TODAY, be on the look out for more meet updates over the next couple of days. Good Luck to our swimmers competing this weekend at the Cera Ve LC Invitational or Pirate Plunge Meets! Once again, please keep in mind that hosting at *flighted* a meet is quite a challenge and the team will need all the volunteers it can get.
Thanks