

Good afternoon everyone,

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

- **PIRATE PLUNGE MEETS:**

- Thank you to all of the volunteers, officials, parents, coaches, and of course swimmers, that helped make this year's Pirate Plunge a success. It was quite an undertaking running the same meet at two separate pools, but the families of DST came through in a big way, and created great environment at both sites.
 - A special thank you to everyone that helped at McKean's Saturday night session to make the fire alarm interruption go as smoothly as possible
- Full and Team results for both the Mini and A/BB/C meet can be found on the website; www.delawareswimteam.com
 - Awards will be distributed to the sites soon.

- **ELITE MEET:**

- This Friday, 1/22, close to 90 DST swimmers will begin competition at the 2010 Middle Atlantic Elite Meet held at the Gloucester County Institute of Technology in Sewell, NJ. Here are some important details for this weekend:
 - Warm-up: PLEASE NOTE: Middle Atlantic has changed the warm-up times previously stated in the meet information. DST swimmers and coaches will be expected on deck 15 minutes prior to the start of warm-up.
 - 11 & Over Session: Friday, Saturday, and Sunday
 - Warm-up: 6:30am
 - Meet Start: 8:00am
 - Since the meet is *open warm-up*, the staff *MAY* adjust the expected warm-up times for Saturday and Sunday morning. All DST 11& over swimmers will warm-up at 6:30 on Friday.
 - 10 & Under Sessions: Friday, Saturday, and Sunday
 - Warm-up: 1:15pm
 - Meet Start: 2:00pm
 - Attire: All DST swimmers are expected to dress in DST attire throughout the meet. Swimmers should dress warm while on deck.
 - Relays will be posted on the deck at the beginning of each session. Please be sure your child has checked, double checked, and tripled checked with a coach regarding their participation in relays before they leave.
 - Cell Phones: Swimmers are not permitted to use cell phones while on deck with the team, and are encouraged NOT to use them during the competition. Cell phones used in the open while on deck will be taken and returned at the end of the session.

- DST Yellow Caps are the expected cap for our swimmers competing at this meet. Caps can be purchased at PC or NC. Coaches will have caps at the meet.
- Parking in the GCIT parking lot will be limited to essential meet officials and personnel only on Friday until 3:30 pm. Swimmers may be dropped off at GCIT from 6:30 am until 7:20 am and during a designated time for the 10 and under session ONLY. The parking lot will be off limits at all other times on Friday. Parking will be available in designated areas at Gloucester County College located next to GCIT. Shuttle buses will run between GCIT and the Gloucester County College parking area throughout the day.
- Volunteers: DST needs your help! In order for the Elite Meet to run smoothly and successfully a strong contingent of volunteers is a must. I believe a team of our size has a responsibility to volunteer in great numbers. Please volunteer as a timer, official, runner, etc.
- A list of Allowable Suits can be found through this link:
 - <http://www.usaswimming.org/USASWeb/ViewNewsArticle.aspx?TabId=0&Alias=Rainbow&Lang=en&ItemId=2631&mid=2943>

- **PRACTICE CHANGES:**

- **Elite Meet Weekend: January 22nd-24th** - Due to a large number of DST swimmers and staff attending the Elite Meet this weekend, the following practice changes will be implemented:
 - **Thursday January 21st:**
 - Senior Green and New Castle Supers
 - 5:30-7:00pm at New Castle
 - **Friday January 22nd:**
 - Senior Blue and Green to practice at Pike Creek
 - 3:30-5:00pm @ PC
 - **NO Super, Mighty, or Wonders practices at Pike Creek**
 - CIP & PC Supers, Mightys, Wonders and coaches will practice together at the University of Delaware.
 - 5:30-7:00pm @ CIP
 - Pups practice WILL BE held as scheduled.
 - **Saturday December 12th**
 - Supers and Senior Blue/Green to practice at New Castle
 - 10:00am-12:00pm @ NC
 - NO Supers practice at CIP 3:00-5:00pm
 - Mighty, Wonder and Pups CIP practice WILL BE held as scheduled.
 - **Sunday January 24th:**
 - NO Super or Senior Blue/Green practices at CIP
 - All other practices as scheduled.

- **SWEETHEART MINI & DOUBLE LAST CHANCE MEETS**

- Please be on the lookout for DST team info for the upcoming Sweetheart Mini and Double Last Chance Meets. The online entry system will open soon.

That's all I have for this week. Thanks again to all those who volunteered their time to make the Pirate Plunge Meets a success. Good luck to our swimmers at the Elite Meet, swim fast and have fun.