

Good afternoon everyone,
Here's what going on this week at the Delaware Swim Team...

- **PRACTICE CHANGES**

- The following practice changes are for Wednesday January 27th through Tuesday February 2nd.
 - WEDNESDAY 1/27
 - NO practice will be held at our Carpenter Building site.
 - The University of Delaware has added a new meet against Widener University
 - Please check the team practice schedule for alternate practice opportunities
 - WEDNESDAY 1/27
 - There will be no practice at the Newark Senior Center
 - The facility is still working to repair the ceiling over the pool
 - The Pups practices scheduled for the NSC site will now be held at our ***Pike Creek site***
 - 6:00-7:00pm @ Pike Creek
 - FRIDAY 1/29
 - There will be no practice at the Newark Senior Center
 - The facility is still working to repair the ceiling over the pool.
 - The Pups practices scheduled for the NSC site will now be held at our ***Carpenter Building site***
 - 5:30-6:30pm @ CIP

- **2010 MA ELITE MEET:**

- Congratulations to our swimmers who competed at this years meet, and thank you to the parents who volunteered their time to help make the meet happen. Full and Team results can be found on our website, www.delawareswimteam.com. Here are some highlights from the meet.
 - DST placed 2nd overall in Men's Team High Point.
 - DST placed 2nd overall in Total Team High Point.
 - DST placed 1st overall in Women's Team High Point.
 - Lily Dubroff set team records in the 50 Free, 100 Free, 200 Free, and 50 Breast
 - Cierra Runge set team records in the 100 Free and 200 Free
 - Nicole Vernon set a team record in the 1000 Free
 - Tanner Kurz set a team record in the 50 Free
 - Lily Dubroff won the Women's 11-12 High Point Award
 - Cierra Runge won the Women's 13-14 High Point Award
 - The team of Jacob Johnson, Jacob Satre, Matthew Otto, and Daniel Waterland won the both the 10 & under Boys Medley Relay and Freestyle relays.

- The team of Kelsey Lafferty, Katie Rechsteiner, Megan Northshield, and Cierra Runge won the Senior Girls Medley Relay.
 - The team of Kaci McIlmoyle, Annie Nunes, Shannon Foreman, and Delaney Fox won the Senior Girls Freestyle Relay AND broke the meet Record!
- **DST SWEETHEART MINI MEET:**
 - Team entries for DST's Sweetheart Mini Meet, to be held at McKean High School on February 6th and 7th, are now PAST DUE. If you would like to enter this meet and have yet to do so, please contact the DST office, clarkb@freestyles.org, ASAP. Full and Team Meet information is available on our website.
- **DST DOUBLE LAST CHANCE:**
 - Team meet information and online entry for DST's Double last chance meet will be available on our website this week. The meet will be held at the University of Delaware on February 20th and 21st.
- **SPORTSWEAR ORDERS AND RESOLUTION T-SHIRTS:**
 - Many team jackets, sweatshirts, and Resolution Classic t-shirts are still awaiting pick-up at our Pike Creek office. Please email danesullivan@aol.com with any questions pertaining to order distribution.
- **MEET AWARDS:**
 - Awards from the Pirate Plunge and Elite Meets are being processed and or sorted and will be distributed to the sites as soon as possible.
- **PARENTAL PRACTICE AND MEET CONDUCT:**
 - Later today the DST office will be posting on our website a list of Parental Conduct Expectations for team practices and competitions. As a result of incidents witnessed at recent DST practices and competitions, the administration of DST is issuing a statement outlining what is deemed appropriate behavior for parents while attending a team practice or meet. Any actions deemed in violation of these standards may result in practice facility or meet attendance restrictions. The staff of DST thanks our families in advance for their cooperation in this effort to create a harmonious environment for all members of this team.

That's all thing I have for today, have a great weekend.

Sean Dougherty

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