

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

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

- This week DST will be hosting our Sweetheart Mini & Double Last Chance Meets at the University of Delaware. Here are some important details for this weekends events:
 - Parking UD: UD Public Safety is aware of the meet and the team does not foresee a problem with parking tickets. Parking is located across the railroad tracks on the opposite of the street from CIP. Additional parking is available in the garage at the end of Main St.
 - Volunteers: DST needs your help! In order for these two meets to run smoothly and successfully a strong contingent of volunteers is a must. **Parents of the Delaware Swim Team are expected to volunteer their time for our hosted meets.** PLEASE EMAIL danesullivan@aol.com with the job you will volunteer for.
 - What to bring: As host team, DST is responsible for providing the hospitality area for coaches, officials, and meet volunteers. We ask for team members to donate the following items:
 - 13 & over Boys: Bagels or Donuts
 - 13 & over Girls: Soda or Water
 - 8 & under Boys: Finger foods or Desserts
 - 8 & under Girls: Soda or Water
 - 9-12 Boys: Finger foods or Desserts
 - 9-12 Girls: Salad or Side dish.
 - Food and Drink: The University does not permit Food or Drinks on the pool deck.
 - What am I swimming? We ask that parents go over the events a swimmer is competing in before they come to the meet each day. It is important that each swimmer understand what they have in store. Writing event #, heat, and lane on your child's hand is very helpful for the staff and the swimmer.
 - Swimmers should come prepared. Here is a list of things to pack:
 - More than one towel
 - Competition suit, goggles, and cap
 - Drinks (water, Gatorade, PowerAde, etc....not soda)
 - Healthy snacks (bagel, pretzels, cold pasta, etc...not junk)
 - Warm Clothes (sweatpants, sweatshirt, socks, shoes, etc)
 - Be aware of time changes. The Sweetheart Mini Meet warm-up and start times have been changed from its original format slotted for February 6th and 7th. Also, the warm-up time for the Sunday finals session of our Double Last Chance Meet has been moved up a half hour. Please refer to the DST homepage for a full list of warm-up and start times.
 - www.delawareswimteam.com

- **PRACTICE CHANGES:**

- As result of the DST hosted meets this weekend the team is implementing the following practice changes:
 - **Saturday 2/20:**
 - DST Double Last Chance and Mini Meet to be held at CIP
 - Senior Nationals:
 - 7:00am-9:00am @ DSFC NC (dryland to follow)
 - Senior Blue & Green (*those not eligible for the meet*):
 - 9:00am-11:00am @ DSFC NC
 - Supers (*those not eligible for the meet*):
 - 1:30pm-3:30pm @ DSFC PC
 - Mighty & Wonders (*those not eligible for the meet*):
 - 1:00pm-2:30pm @ UD CIP Diving well
 - Pups:
 - Due to the Mini Meet ; NO practice at any location
 - **Sunday 2/21:**
 - DST Double Last Chance and Mini Meet to be held at CIP
 - Nationals:
 - OFF
 - Senior Blue & Green (*those not eligible for the meet*):
 - 10:00am-11:30am @ DSFC NC
 - Supers (*those not eligible for the meet*):
 - 12:30-2:30pm @ UD CIP Diving well
 - Mighty & Wonders (*those not eligible for the meet*):
 - 4:00pm-5:30 @ DSFC PC
 - Pups:
 - Due to the Mini Meet ; NO practice at any location
 - **Next Week- DE High School State Swimming Championships:**
 - Next Wednesday, Thursday, and Saturday the Delaware High School State Meet will be held at the UofD's Carpenter Building. DST will not be holding practices at that site on those days. Be on the look out for the team post a list of additional practices that will be offered to swimmers from that site.

- **MA JUNIOR OLYMPICS:**

- Here are the details for the 2010 Middle Atlantic Junior Olympics
 - Who: All qualified 14 & under swimmers
 - Where: Gloucester County Institute of Technology; Sewell NJ
 - When: Thursday March 11^h through Sunday March 14th
 - Team Meet information will be distributed to the sites tomorrow.
 - Full Meet information has been posted on the web.
 - www.delawareswimteam.com
 - Online Meet System will open this week; entry deadline is Monday 2/22.