

Good Afternoon everyone,

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

- **MA JUNIOR OLYMPICS:**

- Congratulations to all our swimmers who competed at last weeks Middle Atlantic Junior Olympics at the Gloucester County Institute of Technology in Sewell, New Jersey.
- DST had a strong showing, finishing 3rd overall for Team High Point.
- Thank you to all the parents who volunteered their time as meet workers, as always, it's much appreciated.
- Full and Team Results are available at www.delawareswimteam.com
- Special Congratulations to our swimmers who set meet or team records this weekend.
 - Ivan Michalovic: Team Record; 11-12 boys 1000 Freestyle
 - Julianna Short: Meet Record; 11-12 girls 1650 Freestyle
 - Cierra Runge: Meet Records; 13-14 girls 200IM & 200 Fly

- **MA MINI CHAMPIONSHIPS:**

- This weekend over 30 of our 8 & under DST swimmers will begin competition at the 2010 Middle Atlantic Mini Championships held at the Gloucester County Institute of Technology in Sewell, NJ. Good Luck to all our 8 & unders! Here are some important details for this weekend:
 - Warm-up: DST swimmers and coaches will be expected on deck 15 minutes prior to the start of warm-up.
 - Saturday March 20th and Sunday March 21st
 - 8 yr old session:
 - Warm-up: 8:00am
 - Meet Start: 8:45am
 - 8 yr old- Distance Session (200 Fr/200IM)
 - Meet Start: 10 minutes after the conclusion of the previous session
 - 7 & under session
 - Warm-up: 2:30pm
 - Meet Start: 3:15pm
 - 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 triple checked with a coach regarding their participation in relays before they leave.
 - 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: All lots at GCIT will be open for parking

- Volunteers: DST needs your help! In order for Mini Champs to run smoothly and successfully a strong contingent of volunteers is a must. Please volunteer as a timer, official, runner, etc.

- **POOL DECK AND LOCKER ROOMS:**
 - Please remind your swimmers to pick up after themselves both on the pool deck and in the locker room. DST shares most of our practice facilities with multiple organizations and memberships, please respect their presence.

- **SPRING CONDITIONING & SCHEDULE-**
 - The Winter Season is quickly coming to a close, and its time to start to thinking about the spring and summer seasons. Some practice schedule additions for the spring season will be announced very soon. Thank you for your patience as we await final facility confirmations.
 - Also... encourage your friends, family, neighbors, and summer club teammates to signup for DST's spring conditioning program.

- **VOLUNTEERS FOR REGIONALS:**
 - DST will be hosting the 2010 Regional Swimming Championship. This is quite an undertaking and we continue to look for as many volunteers as we can find. If you can help in anyway as volunteer organizer or meet worker, please email seand@freestyles.org with your availability and I will pass the information along to the Booster committee.

- **PRACTICE CHANGES:**
 - Due to our coaches and swimmers attending MA Mini Championships this weekend, the following practice changes will be implemented:
 - Saturday March 20th and Sunday March 21st
 - There will be no Pups practice are any location.
 - 9 & older pups may attend Wonders practice.