

Good afternoon everyone,

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

- **REGIONAL CHAMPIONSHIPS:**
 - o This past weekend, DST hosted the 2010 Regional Swimming Championships. The team would like to sincerely thank all those who volunteered their time to make this meet a huge success. The team received many compliments from the participating clubs, parents, and swimmers. Congratulations to all our swimmers who participated, the staff was very please with their performance.
 - Full Meet and Team Results can be found on our homepage
 - www.delawareswimteam.com

- **SPEEDO CHAMPIONS SERIES:**
 - o Last weekend, 11 DST swimmers competed at the 2010 Eastern Zone/ South Region Speedo Champions Series held in Boyds, Maryland. Congratulations to our swimmers who participated, DST had a very strong showing.
 - Full Meet and Team Results can be found on our homepage
 - www.delawareswimteam.com

- **MA SENIOR CHAMPIONSHIPS:**
 - o Last weekend, close to 40 DST swimmers competed at the 2010 Middle Atlantic Senior Championships in York, PA. The team swam fast and had a great time. Good job by all our swimmers at the meet.
 - Full Meet and Team Results can be found on our homepage
 - www.delawareswimteam.com

- **MEMORIAL DAY INVITATIONAL:**
 - o Meet information and an eligibility report for the Berkley Aquatics Memorial Day Invitational was posted on the website last week. DST will only be attending the Senior sessions of this meet.
 - Entries for this meet are due tomorrow March 31st.

- **EASTERN ZONE ALL-STAR MEET:**
 - o Wednesday, DST swimmers Kelly Blake, David Crossland, Emily Fanning, Keith Libert, Matthew Otto, Brett Saunders, and Julianna Short will travel to Webster, New York to represent Middle Atlantic at the 2010 Eastern Zone All-Star Meet. Good Luck in New York! Here are some details about the meet
 - The short course Eastern Zone All-Star Meet is the premier age group meet of the Short Course season. Outstanding swimmers from all over the Northeast, representing the twelve LSCs of the Eastern Zone, compete for top honors. It is a privilege to be selected to represent Middle Atlantic Swimming at the SC Zone

Meet. The SC Zone Team is comprised of 2 or 3 swimmers to represent MA in each individual event at the meet.

- Pre-meet Pysch Sheet can be found here:
 - <http://maswim.org/zones/10zones/sc/Psych%20Sheets-Eastern%20Zone%20Championships.pdf>

- **SPRING SCHEDULE:**

- DST would like to remind everyone that we are now operating under our revised Spring Schedule. The schedule can be found on our website.

- **SPRING PROGRAM REGISTRATION:**

- The DST office would like to remind our families that Monday March 29th marked the beginning of our Spring Season. Families who are registered for the Winter Season only, but would like to continue with the program, are asked to extend their contract by Friday April 2nd. There are no additional registration fees, only an extension of you monthly payment. Contact the DST office with any questions regarding this process.

- **RACE OF THE WEEK:**

- Our girls need your votes! Congratulation to Shannon Foreman, Annie Nunes, and Katie Rechsteiner who were members of the Charter School of Wilmington's record breaking medley relay, which has been nominated for USA Swimming's Race of the Week Contest!
- Watch the girls set the record and cast your vote for them through this link:
 - <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=1400&Alias=Rainbow&Lang=en>

- **VOLUNTEER OPPORTUNITIES :**

- Special Olympics of Delaware is looking for volunteers to assist special athletes in the pool while training for the Summer Games Competition. Experience working with children with special needs is not required. Volunteers will help athletes swim the length of the pool while learning different strokes.
- Volunteers Needed Every Saturday, Beginning, April 3 through June 5, from 3 - 5 pm.
- Delaware Swim & Fitness Center
2150 New Castle Avenue
New Castle, DE
- Contact: Chris Popp
 - Phone: 302.222.4705
 - E-mail: cpopp@state.de.us

- **PRACTICE CHANGES:**

- **Thursday April 1st:**
 - NO Practice at Concord High School

- Due to the Brandywine School District blackout program
 - Please refer to the team practice schedule for available practices at other locations.
- **Friday April 2nd:**
 - NO Practice at PS Du Pont
 - Due to the Brandywine School District blackout program
 - Please refer to the team practice schedule for available practices at other locations.
- **Saturday April 3rd:**
 - NO Practice at PS Du Pont
 - Due to the Brandywine School District blackout program
 - Senior Green and Blue to practice at DSFC NC
 - 10:00am-12:00pm. @ DSFC NC
- **Saturday April 3rd:**
 - NO Practice at University of Delaware CIP
 - Mighty, Wonder and Pups practice will be offered at Pike Creek
 - Mighty: 9:30am-11:00am @ DSFC PC
 - Wonder: 11:00am-12:30pm @ DSFC PC
 - Pups: 11:00am-12:00pm @ DSFC PC
- **Sunday April 4th:**
 - EASTER SUNDAY:
 - No Practices at any location

That's all I have for this week, have a happy Easter!