

Good morning afternoon everyone,

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

- **REGIONALS VOLUNTEERS:**

- The team is asking that all families with swimmers participating at the upcoming Regional Championships volunteer their time to help our meet run smoothly. This meet is a huge undertaking and we need all the help we can get. The staff has started placing calls to all families who are expected to be in attendance and will be posting an updated volunteer check list on our website regularly.
- Once again please contact danesullivan@aol.com OR seand@freestyles.org with your availability.
- The teams is asking **ALL Senior Program swimmers** not attending a meet this weekend to PLEASE volunteer their time as a meet worker. Please talk to your coach to find out ways you can help the team.

- **MINI CHAMPIONSHIPS:**

- This past weekend over 30 of our 8 & under DST swimmers competed at the 2010 Middle Atlantic Mini Championships held at the Gloucester County Institute of Technology in Sewell, NJ. DST had a great showing as our 8 & under team took 3rd place in the overall Team High Point! Congratulations to all who participated and thanks to all the parents who volunteered their time to help this meet happen.
- A special congratulation to Chase Travis who set a team record in the 8&under girl's 25 yard butterfly!

- **NCSA JUNIOR NATIONALS:**

- Congratulations to senior swimmers Katie Rechsteiner and Calli Marando, who last week traveled to Orlando, Florida to compete at the 2010 NCSA Junior Nationals. Both ladies had some very nice swims and did a great job representing the team.
- A special congratulation goes out to Katie, as she broke the team record in the 100 yard Breaststroke.

- **THE REGIONAL SWIMMING CHAMPIONSHIPS:**

- This weekend the Delaware Swim Team will be hosting the 2010 Middle Atlantic Regional Championships at the University of Delaware. Good Luck to the nearly 70 DST swimmers who will be competing at this championship meet. Here are some important details.
 - Reminder: Warm-up times for the 9-10 year old session are 15 minutes earlier than stated in the meet information. (

- No Earlier than 11:15am
 - All warm-up and start times can be found on our homepage:
 - www.delawareswimteam.com
 - 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.
 - 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)
- **SPEEDO CHAMPIONS SERIES:**
- Thursday, 11 DST swimmers will begin competition at the 2010 Eastern Zone/ South Region Speedo Champions Series held in Boyds, Maryland. Good Luck to our swimmers who are participating!
 - More information on this event can be found through this link:
 - <http://www.pvswim.org/0910meet/10-48-info.html>
- **MID ATLANTIC SENIOR CHAMPIONSHIPS:**
- Thursday, over 40 DST swimmers will begin competition at the 2010 Middle Atlantic Senior Championships in York, PA. Good luck to the our swimmers who are participating.
 - Here are some important details:
 - Friday Prelims:
 - Swim Events 3 through 8, all heats, slow-to-fast.
 - Events 9 and 10 - 400 IM - Top six (6) heats

Women then top six (6) heats Men, Slow to Fast.
Pre-scratch finish time 12:33 PM.

- The remaining heats will swim alternating Women / Men, Fast to Slow. Pre-scratch finish time 1:42 PM

- Saturday Prelims:

- Swim Events 13 through 20 all heats, slow-to-fast. Events 21 and 22 - 500 Freestyle - Top six (6) heats Women then top six (6) heats Men, Slow to Fast. Pre-scratch finish time 1:12 PM.
- The remaining heats will swim alternating Women / Men, Fast to Slow. Pre-scratch finish time 3:03 PM

- Sunday Prelims:

- No changes to the format

- **PRACTICE CHANGES:**

- Due to our swimmers and staff attending Regionals, MA Senior Champs & Sectionals, our Team hosting Regionals, and the our Winter Season coming to close....the following practice changes will be implemented:

- Thursday 3/25:

- All **National, Senior, and Super** swimmers who are not attending a meet may practice at UD CIP:
 - 5:00-7:00pm @ UD CIP

- Friday 3/26:

- **NO Practice at University of Delaware CIP**
 - Regional Distance Session (*Please volunteer if you can*)
 - Please refer to the team practice schedule for available practices at other locations.
 - All **National, Senior, and Super** swimmers who are not attending a meet may practice at DSFC Pike Creek.
 - 3:30-5:00 @ DSFC PC

- Saturday 3/27:

- No practices at any location
 - *Please volunteer as a meet worker*
 - *End of Winter Season*

- Sunday 3/28:

- No practices at any location
 - *Please volunteer as a meet worker*
 - *End of Winter Season*

- **SPRING PROGRAM:**

- This Friday, our Winter Season comes to a close, with the Spring program beginning on Monday. Good Luck to our swimmers whose DST season comes to a close, hope to see you all back in the pool soon!
- Our practice schedule additions for the spring season have been posted on our homepage.
- Also... encourage your friends, family, neighbors, and summer club teammates to signup for DST's spring conditioning program.

That's all I have for this week. Thanks to all those who have volunteered as a meet worker for this weekend. Good luck to all our swimmers competing this weekend!