

Good afternoon everyone,

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

- **SPRING SCHEDULE REMINDER:**
  - The team has delayed the start of Super groups scheduled Lincoln University .The University has delayed our start date. An official announcement of our start date will be communicated as soon as the team has confirmation. As a result, the scheduled addition or discontinuation of select practices at Pike Creek will be delayed.
    - Supers WILL continue to practice at Pike Creek on Tuesday and Thursday until further notice.
    - The addition of the new Wonders practice at Pike Creek, scheduled to begin Tuesday April 13<sup>th</sup>, will be delayed until further notice.
    - The addition of the new Mightys practice at Pike Creek, scheduled to begin Thursday April 15<sup>th</sup>, will be delayed until further notice.
  
- **PRACTICE CHANGES:**
  - There will be a Supers groups practice on Friday April 23<sup>rd</sup> at DSFC PC. A yoga class organized by Coach Jocelyn will follow.
    - In water: 6:30-8:00pm
    - Yoga Class: 8:00-8:45pm
  
- **SUMMER MEETS:**
  - The spring/summer Long Course season comes and goes in a blink, so it's important to stay informed. Please read the team emails carefully, check the team calendar, and stay posted to the website for meet announcements as the our entry turn around is often much quicker than the fall/winter season.
  
- **DSC's MAY MAELSTROM :**
  - April 30<sup>th</sup> through May 2<sup>nd</sup> DST will be heading to Franklin and Marshall College in Lancaster PA to attend Diplomat Swim Clubs May Maelstrom.
    - **Entries for this meet have been closed, submitted to the meet host, and posted on [www.delawareswimteam.com](http://www.delawareswimteam.com) .**
  
- **SUMMER SOLSTICE:**
  - June 18<sup>th</sup> through the 20<sup>th</sup> DST will be heading to Sewell NJ to attend the Jersey Wahoo's Summer Solstice.
    - **Entries for this meet closed.** Late entries may not be accepted for this meet. Please contact [clarkb@freesyles.org](mailto:clarkb@freesyles.org) with entry questions.
  
- **LAC SPEEDO CLASSIC**

- July 9<sup>th</sup> through the 11<sup>th</sup> DST will be heading to Ephrata PA, to attend Lancaster Aquatic Clubs Speedo Classic.
  - This meet is an A/BB/C Meet.
  - All swimmers are encouraged to attend.
  - **Online Meet Entry is now OPEN**
  - Entries for this meet are due Monday May 3<sup>rd</sup>.
  
- **DST BANQUET:**
  - Mark your calendars, this seasons DST Banquet will be held Sunday May 23<sup>rd</sup> at our Pike Creek Facility. Stayed tuned to our homepage and team emails for more details.
  
- **CHAMPIONSHIP MEET PICTURES:**
  - If you have pictures from any of our Spring Championship Meets that would like to share with team and have posted on our website please email them to [kathyd@freesyles.org](mailto:kathyd@freesyles.org).
  
- **SPRING PROGRAM REGISTRATION:**
  - The DST office would like to remind our families that Monday March 29<sup>th</sup> marked the beginning of our Spring Season. Families who were only registered for the Winter Season, but would like to continue with the program, **were asked to extend their contract by Friday April 2<sup>nd</sup>**. There are no additional registration fees, only an extension of you monthly payment. Contact the DST office with any questions regarding this process.
  
- **NEWARK SENIOR CENTER:**
  - A reminder to our families that practice at our Newark Senior Center Site:
    - Please remember to only use only the designated *DST Boys* and *DST Girls* locker rooms. The team is not permitted to use the *Ladies locker room*.
  
- **TRAFFIC CONTROL:**
  - All families (parents and swimmers) practicing at our Pike Creek facility must sign in at the front desk from now on.
  
- **OFFICIALS CLINIC:**
  - We're looking for new officials for the 2010-11 seasons! If you are interested in becoming a USS certified stroke and turn judge, starter, or meet referee and could make the fall clinics, please check the website for more details. DST has taken on more hosted meets this season than ever before, and officials are a vital component to these meets running efficiently, we need your help!
    - The \$57.00 USS registration fee will be reimbursed to all DST registered officials who work 3 team hosted meets.

- Dates and times for MA sponsored clinics can be found at the MA website:
  - [www.maswim.org](http://www.maswim.org)
  
- ***LOCKER ROOMS:***
  - DST asks that our families please keep in mind that there are members who share the bathrooms and pool deck with our team, and a general respect for these members and each facility overall is very important. Please monitor your swimmers in the bathrooms, and be sure to pick up after yourselves.
    - Pick up after you swimmers.
    - Please be sure you swimmers take home their equipment and put away any that they have used.
    - Drink bottles **MUST** be thrown away at the conclusion of practice.
    - Please monitor your swimmers belongings. Unfortunately in the past week, we have had a number of swimmers report shoes, bags, clothes, iPods, etc missing.
  
- ***CONGRATULATIONS COACH JOCELYN:***
  - Coach Jocelyn was named USA Triathlon All-American for 2009. Only the top 5% in each age group in the country earn this
    - Check out this website for more details:
      - <http://www.usatriathlon.org>

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