

Good afternoon everyone,

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

- **DSC MAY MAELSTROM:**

- This Friday over 70 DST swimmers of all ages will begin competition at Diplomat Swim Clubs 2010 May Maelstrom at F& M College in Lancaster PA. Good Luck to all our swimmers competing this weekend!
- Here are some important details for the families in attendance.
 - Psych Sheets and Final Team entries have been posted our website. www.delawareswimteam.com
 - DST's assigned warm-up schedule has yet to be communicated to the team. Please check the website, as we will be posting that information as soon as we receive it.
 - Volunteers: DST needs your help! In order for the May Maelstrom to run smoothly and successfully a strong contingent of volunteers is a must; please volunteer your time as a timer, official, runner, etc.
 - NO Cell phones on deck. Swimmers will not be permitted to talk, text, or play games on a cell phone during this meet. If a swimmer needs to place a call, they must leave the deck to do so.
 - 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.
 - DST Shirts are the encouraged to be worn throughout the meet.
 - Ample Parking is located in the two large lots on either side of the facility.

- **PRACTICE CHANGES:**

- Due to our swimmer and coaches attending DSC's May Maelstrom, the following practice changes will be implemented.
 - **Saturday May 1st:**
 - NO Practice Super practice at DSFC PC - 3:00-5:00pm
 - NO Senior Practice at PS Du Pont - 7:00-10:00am
 - All Senior and Super group swimmers who are not attending the meet are to practice at DSFC NC
 - 9:30am-12:00pm @ DSFC NC
 - **Sunday May 2nd:**
 - NO Senior Practices at UD CIP: 12:00 - 2:00pm
 - NO Super Practice at UD CIP: 12:00 - 2:00pm

- **SPRING SCHEDULE REMINDER:**

- The team must continue to delay the start of Super groups scheduled at Lincoln University .The University has yet to provide the team with a 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 13th, will be delayed until further notice.
- The addition of the new Mightys practice at Pike Creek, scheduled to begin Thursday April 15th, will be delayed until further notice.

- **DUATHLON NATIONALS:**

- Last weekend a group of Tri-Dawgs/DST swimmers headed to Duathlon Nationals in Richmond, Virginia. Here are some highlights from the competition:
 - Congratulations to Jocelyn Saunders, Blair Saunders, Brooke Saunders, Brett Saunders, Madison Runge, Drew Sanclemente, and Alexa Murray who all competed at the event.
 - Jocelyn finished 2nd overall in her age group and qualified for World Champs
 - Blair finished 4th in his age group and qualified for World Champs
 - Brooke finished 3rd in her age group; 5th overall
 - Alexa finished 6th in her age group
 - Brett (12) finished 11th in the 13-15 yr old age group
 - Drew finished 1st in her age group making her the women's 13-15yr old National Duathlon Champion!
 - Madison finished 1st in her age group making her the women's 11-12yr old Duathlon National Champion!

- **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, Began April 3 and runs 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

- **AFTER PRACTICE:**

- Coaches have expressed concerns regarding the number of swimmers waiting for a ride home at the conclusion of practice. **The team asks that**

parents make arraignments for their swimmers to be picked up in a timely many after each practice.

- **MAY CALENDER:**

- Be on the look out for the May team calendar, it should be posted on our website soon.

- **RMSC's MD LC CHAMPIONSHIPS**

- **Entries for this meet have been accepted by the meet host.**
- June 4th through the 6th DST will be heading to Rockville MD to attend RMSC's Maryland Long Course Championships.
- Team hotel information can be found on our website.

- **SUMMER SOLSTICE:**

- June 18th through the 20th DST will be heading to Sewell NJ to attend the Jersey Wahoo's Summer Solstice.
 - Entries for this meet have been closed, submitted to the meet host, and posted on our website.

- **LAC SPEEDO CLASSIC**

- July 9th through the 11th 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 3rd.**

- **DST BANQUET:**

- Mark your calendars, this seasons DST Banquet will be held Sunday May 23rd 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.

- **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

That's all I have for this week, good luck to our swimmers at this weekends May Maelstrom!