

Good afternoon everyone,

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

- **SPRING CONDITIONING:**
  - o Welcome to all our new swimmers who have joined us for the spring season! Here are some tips for staying informed...
    - Check the website
      - We update our website daily with practice changes; meet information, and other team announcements.
      - [www.delawareswimteam.com](http://www.delawareswimteam.com)
    - Check your site folder:
      - Each swimmer should have a mail folder at their home site. The team will periodically distribute forms, calendars, meet information to the sites. If you do not have a folder at your site please contact the office.
    - Check your email:
      - The team sends out a weekly email containing announcements; meet updates, practice changes for the week, and much more.
  
- **SPRING PROGRAM REGISTRATION:**
  - o 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.
  
- **LONG COURSE MEET SCHEDULE:**
  - o The much anticipated team Long Course schedule was posted on our homepage early this week. Here is some important information pertaining to the meet schedule and entry process.
    - The 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.
    - With the shortage of 50 meter facilities in our LSC, long course meets are at a premium. That being said, the meets that are offered fill up very quickly. The team will post information as soon as it becomes available to us, and will offer only a brief entry period in order to avoid getting shut out the meet. For instance, information for the May Maelstrom just became available; we've posted it on the web, opened the online entry system, and have asked for entries to be in by Monday April 12<sup>th</sup>.

- **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.
    - This is A/BB/C meet; all DST Swimmers are encouraged to attend.
    - Meet information has been posted on our homepage and the online entry system is now open.
    - **Entries for this meet are due by Monday April 12<sup>th</sup>**. Late entries may not be accepted for this meet.
  
- **MD LC CHAMPIONSHIPS:**
  - June 4<sup>th</sup> through the 6<sup>th</sup> DST will be heading to Rockville MD to attend RMSC's Maryland Long Course Championships.
    - This meet has qualification standards. An eligibility report has been posted on our homepage, and all qualified swimmers are encouraged to attend.
    - Meet information has been posted on our homepage and the online entry system is now open.
    - **Entries for this meet at due by Friday April 9<sup>th</sup>**. Late entries may not be accepted for this meet.
  
- **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.
    - This meet has qualification standards for 13 & over swimmers. An eligibility report will be posted on our homepage, and all qualified swimmers are encouraged to attend.
    - There are no qualification standards for 12 & under swimmers.
    - Meet information has been posted on our homepage and the online entry system will be open on Monday April 12<sup>th</sup>.
    - **Entries for this meet at due by Monday April 19<sup>th</sup>**. Late entries may not be accepted for this meet.
  
- **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).
  
- **RACE OF THE WEEK:**
  - Our girls Won! Congratulation to Shannon Foreman, Annie Nunes, and Katie Rechsteiner who were members of the Charter School of

Wilmington's record breaking medley relay, which was nominated for USA Swimming's Race of the Week Contest! The ladies won the voting, thanks to all that cast their vote in support.

- Watch the girls set the record through this link:
  - <http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=1400&Alias=Rainbow&Lang=en>

- **RACE OF THE WEEK.....AGAIN!**

- Annie needs your votes.....again! Congratulation to Annie Nunes who, while swimming for the Charter School of Wilmington, set the state record in the 100 yard freestyle at this years High School State Meet. A video of her race has been nominated for USA Swimming's Race of the Week Contest!
- Watch Annie set the record and cast your vote for her 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,  
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

- **PRACTICE CHANGES:**

- **Monday 4/5- Sunday 4/11**
  - NO Practice at PS Du Pont or Concord High School
    - Due to the Brandywine School District blackout program
    - Please refer to the team practice schedule for available practices at other locations.

That's all I have for this week, enjoy this weather!