

Good Afternoon everyone,

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

- **SUMMER SCHEDULE:**
 - o The 2010 summer practice schedule has been posted on our homepage; www.delawareswimteam.com This time each season the club makes a concerted effort to streamline its program for the long course season. The staff feels this schedule provides each of our groups excellent training time and promotes a team environment.

- **TEAM BANQUET:**
 - o Sunday May 23rd, DST will be holding its annual team banquet. Here are some details:
 - Who: All DST coaches, swimmers, and their families. All swimmers in attendance will receive a team gift.
 - What: A *Fiesta* themed banquet to celebrate a great season.
 - Where: The Gym at DSFC PC
 - When: Sunday May 23rd from 5:00-8:00pm
 - How: You can RSVP by emailing boosters@freestyles.org, OR, by submitting the form found on our website; www.delawareswimteam.com

- **MA JUNIOR OLYMPICS:**
 - o July 29th through August 1st, DST will be heading to State College, PA to attend Mid Atlantic Junior Olympics. .
 - All 14& under qualifiers are expected to attend.
 - Online Meet Entry will open next month.
 - The team has arranged a block of rooms at the Atherton Hotel.
 - Full Meet information and Hotel contact information can be found on our homepage.

- **USA SWIMMING'S MAKE A SPLASH PROGRAM:**
 - o Be on the lookout for volunteer opportunities for teenage swimmers! DST, Middle Atlantic Swimming, and Bob and Nancy Mattson are working together for USA Swimming's *Make A Splash* Program. This program is still in its planning stages, but more details will be available very soon. Follow this link for more information:
 - <http://swimfoundation.org/Page.aspx?pid=261&srcid=183>

- **MAY MAELSTROM AWARDS & REFUNDS:**
 - o The office has received the awards from May Maelstrom. Once sorted, they will be distributed to the sites.
 - o We have yet to receive formal instructions on the refund process for this meet.

- **PRACTICE CHANGES:**

- Saturday May 15th
 - No DSFC NC Super practice from 10:00am-12:00pm
 - DSFC NC Supers may practice earlier
 - 7:00-10:00am @ DSFC NC

- **DST FACEBOOK PAGE:**

- Check out DST on Facebook! It's a work in progress, but we plan to have a very interactive page.
 - Search: The Delaware Swim Team

That's all I have for this week. Remember to RSVP for the Banquet, and have a great weekend.