

Good afternoon everyone...

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

- **TEAM BANQUET:**
  - This Sunday, May 18<sup>th</sup>, DST will hold its annual team banquet from 5:00-8:00pm in the upstairs gym at our Pike Creek location. **Please RSVP by TODAY, May 18<sup>th</sup>.** Here are some details:
    - Everyone is welcome! We encourage all DST swimmers, coaches, and parents to come celebrate a great season.
    - This year's banquet is a FIESTA theme! Swimmers are encouraged to dress in the spirit of the theme.
    - Each swimmer in attendance will be recognized and receive a team gift.
    - The team will recognize our graduating Seniors.
    - After dinner and our presentations there will be a slide show highlighting the season.
    - Swimming and music will wrap up the party.
  
- **TEAM BANQUET- VOLUNTEERS:**
  - In order for our banquet to run smoothly, volunteers are a must. If you can help in anyway with this event please email [boosters@freestyles.org](mailto:boosters@freestyles.org) with your availability and how you would like to help.
    - We need people for: admission; serving dinner; setup; breakdown; etc.
  
- **TEAM BANQUET- SWIMMER PRESENTATIONS**
  - **Would you like the chance to roast your coach? Well, here's your chance!** This Sunday at our Banquet, swimmers are invited to stand up in front of the team and express thoughts, feelings, kind words, or short stories about their coaches.
    - If you would like to speak about your coach please email [seand@freestyles.org](mailto:seand@freestyles.org) with your name, group, site, and the coach you would like to present. Swimmers must be approved in advance in order to present their coach.
      - *Presentations are expected to be in good taste and nature*
  
- **SPRING/SUMMER PROGRAM:**
  - The last day of our Spring program is Friday May 28<sup>th</sup>. All swimmers planning to continue to train through the Long Course season, but who are not yet registered, should contact the office to make those arrangements. The Summer program begins Tuesday June 1<sup>st</sup>.
  
- **SUMMER SCHEDULE:**

- The 2010 summer practice schedule has been posted on our homepage; [www.delawareswimteam.com](http://www.delawareswimteam.com). The staff feels this schedule provides each of our groups excellent training time and promotes a team environment.
- **PRACTICE CHANGES:**
  - Due to the team banquet on Sunday the following practices changes will be implemented.
    - Sunday May 23<sup>rd</sup>:
      - No Practice Concord High School
      - No Practice DSFC Pike Creek
- **SUMMER CHAMPIONSHIP MEETS:**
  - Full meet and team hotel information for our summer championship meets, MA Senior Champs and Junior Olympic, have been posted on our website, [www.delawareswimteam.com](http://www.delawareswimteam.com).
- **DST ON FACEBOOK:**
  - 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
- **USA SWIMMING'S MAKE A SPLASH PROGRAM:**
  - 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>
- **JOIN JACKS TEAM:**
  - Join Jack's team in the June 17th B+ 5K Run/Walk Fighting Childhood Cancer. Jack Lanseder was a friend of the Saunders family, and fought a courageous battle with childhood cancer. Through walking and running, *Team Foreverstrong for Jack* will raise money for the B+ Foundation to fight pediatric cancer. You can participate in the race or be a supporter
    - To join their Team or make a donation, please click on the following link to sign up:
      - <https://www.elleevance.com/BPos2010/EventLandingPage.aspx?v=manage&TeamSelected=NBI45844920>

That's all I have for this week, hope to see you all at the banquet.

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