

Good morning everyone,

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

- **TEAM BANQUET:**
  - o Thanks to all who attended our team banquet on Sunday evening. We had an amazing turnout, with close to 300 people in attendance. The team would like to thank Vicki Pfeifer for the incredible amount of work she put into planning this event and Dick Dubroff for putting together our slide show. We hope everyone had a great time, and greatly appreciate all those who hung around to help clean up!
  
- **TEAM HIGHLIGHTS:**
  - o Highlights from our 2009-2010 Championship Meets and much more can be found on our website.
    - [www.delawareswimteam.com](http://www.delawareswimteam.com)
  
- **SPRING PROGRAM :**
  - o Friday May 28<sup>th</sup> marks the end of our spring season. Good luck to all of our swimmers who will now move on to their respective summer clubs, see you in the September! Swimmers planning to practice with DST through the summer, but have yet to extend their contracts, should contact the office as soon as possible.
  
- **SUMMER PROGRAM:**
  - o Tuesday June 1<sup>st</sup> marks the start of our summer program. All swimmers practicing with the team after Friday May 28th must be registered through July 31<sup>st</sup>. Please check the homepage for the DST summer practice and meet schedules.
  - o **The team will begin following the Summer Practice Schedule on Tuesday June 1st**
  
- **SUMMER CHAMPIONSHIP MEETS:**
  - o Full meet and team hotel information for our summer championship meets, MA Senior Champs and Junior Olympic, has been posted on our website. Entry deadlines for these meets will be posted on the June team calendar.
  
- **SUPERS TRAINING CAMP:**
  - o Beginning May 29 and running through June 13.
  - o On the heels of the very successful winter break Supers training sessions, Supers from all sites are invited to attend practices at UD for the second installment of the Supers Training Camp.
  - o **What to expect:** Hard work. Yardage will be at the high and age appropriate. Sets will be designed to challenge swimmers both mentally

and physically. Daily skill building (mechanics) sets will improve your strokes, starts and turns.

- **What to bring:** Great attitude, a drink, healthy food for after practice. Swimmers will need to also bring *old sneakers for kick sets & a light weight cotton t-shirt to swim in*. UD has kickboards and buoys for our use. If you use paddles and snorkels, bring 'em.
- **What you must know:** Swimmers attending the Training Camp must know their practice pace per 100 free, 100 #1 stroke and 200IM. These paces are based on a 2-4,000 yard aerobic set with: 10 seconds rest. If you do not know these paces ask your main coach for help.
- Those swimmers attending Maryland Long Course Championships will be specially prepared for this meet via a "rest" for this important early season meet.
- If you have questions regarding the "Camp" please contact Chris Collier at [cscollier@verizon.net](mailto:cscollier@verizon.net)

- **BAC MEMORIAL DAY INVITE:**

- This Saturday and Sunday, 21 DST swimmers will travel to Piscataway, New Jersey to compete at the Berkeley Aquatics Memorial Day Invitational held at Rutgers University. Good luck to all that are participating!
  - Psych Sheets have been posted on the DST homepage
  - Follow this link to see how are DST swimmers are fairing:
    - <http://www.berkeleyaquatic.org>

- **PRACTICE CHANGES:**

- The staff has decided that due to the nearly 60 swimmers attending next weekends Maryland Long Course Champs meet, that the addition of some practices over the Memorial Day weekend is a good idea. Traditionally DST does not practice over this holiday weekend, as is stated on the May Calendar. Friday is the end of the spring program; the following practices are intended for summer program swimmers participating in next weeks meet.
  - Friday May 28th:
    - No Practice University of Delaware CIP:
      - *Due to University convocations*
      - *All CIP Groups should practice at DSFC PC*
      - *Mighty & Wonders: 5:00-6:30pm @ PC*
      - *Supers: 6:30-8:30pm @ PC*
  - Saturday May 29<sup>th</sup>:
    - No Practice at University of Delaware CIP or PS DuPont
      - *Alternate practices available:*
      - *Nats, Seniors, Supers: 7:00-10:00am @ DSFC NC*
      - *Mighty & Wonders: 10:00-11:30am @ DSFC PC*
  - Sunday May 30<sup>th</sup>:
    - No Practice at University of Delaware CIP or Concord

- Alternate practices available:
  - Nats, Seniors, Supers: 12:00-2:00pm @ DSFC PC
  - Mighty & Wonders: 10:30-12:00pm @ DSFC PC
- Monday May 31<sup>st</sup>:
  - No Practice at University of Delaware CIP or PS DuPont
    - Mighty, Wonders, & Pups are off
    - Nationals: 8:00-11:00am @ DSFC NC
    - Seniors & Supers: 8:00-11:00@ DSFC PC
- **MAKE-A-SPLASH:**
  - Are you interested in volunteer opportunities this summer? DST, Middle Atlantic Swimming, and Bob and Nancy Mattson are working together for USA Swimming's *Make A Splash* Program ....and they need your help! Teenage swimmers interested in volunteering their time for this great cause should contact the Middle Atlantic office for more details.
    - [office@maswim.org](mailto:office@maswim.org)
  - For more information about the program follow this link:
    - <http://swimfoundation.org/Page.aspx?pid=261&srcid=183>
- **JACK'S 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>
- **BIKE TO BUILD:**
  - Bike to Build 2010, benefiting Habitat for Humanity and dedicated to the late Rev. Chad Miller, formerly of Westminster Presbyterian Church, will be held Saturday, June 12th, with a start and finish at Tubman-Garrett Riverfront Park. Senior blue swimmer Katie Johnson was a close member of Chad's youth group. She is sponsoring the event and asks everyone to donate to Chad's Children and participate in the ride. A flyer with more information is available on the DST homepage.
    - To make a donation:
      - <http://habitatncc.donorpages.com/BiketoBuild2010/WPCChadschildren/>
- **DST ON FACEBOOK**
  - Check out DST on Facebook! It's a work in progress, but we plan to build it up over the course of the summer.

- Search: The Delaware Swim Team

That's all I have for this week. I hope everyone has a great Memorial Day weekend!

**Sean Dougherty**

Program Director

Delaware Swim Team

4905 Mermaid Blvd.

Wilmington, DE 19808

(302) 234-8500

[seand@freestyles.org](mailto:seand@freestyles.org)

[www.delawareswimteam.com](http://www.delawareswimteam.com)