

Good afternoon,

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

- **SUMMER PROGRAM:**

- Yesterday, Tuesday May 31st marked the start of our summer program. All swimmers currently practicing with the team must be registered through July 31<sup>st</sup>. Please check the homepage for the DST summer practice and meet schedules.
  - [Summer Practice Schedule](#)

- **PRACTICE CHANGES:**

- Due to swimmers and coaches attending the Maryland Long Course Championships, there will be some changes to the weekend practice schedule. Please check the DST homepage for the announcement of these changes.

- **MARYLAND LONG COURSE CHAMPS:**

- This weekend close to 50 DST swimmers will travel to Germantown MD for RMSC's Maryland Long Course Championships.
- This meet is DECK SEEDED!
  - Which means....that swimmers will need to check in for each of their individual events.
  - SO....if you are going to be late, need to leave early, are not available for a relay, or for some reason will not be swimming an event, you must email [seand@freestyles.org](mailto:seand@freestyles.org) so the staff is aware.
    - June 3-5, 2010
    - Germantown, Maryland
    - [Meet Information](#)
    - [DST Entries](#)
    - [Estimated Timelines](#)
      - The Friday night timeline run VERY late.
      - Based on the estimated event start times, some families have requested to arrive later than the 4:20 warm-up time. This is fine, BUT Coach Sean must be informed of this ahead of time.
    - **Please email [seand@freestyles.org](mailto:seand@freestyles.org) if you plan to arrive late or will not be attending ANY of session.**
    - [Psych Sheets](#)

- **LONG COURSE MEET HOTELS:**

- [MA Senior Champs](#)
- The office has received some calls regarding the team hotel block for Senior Champs. Here are some updates:

- The dates on the online booking page are incorrect. DST's block IS set-up for July 20<sup>th</sup> through July 24<sup>th</sup>.
- The representative at the hotel recommended you call the hotel directly in order to make you reservation.
  - Please ask for Cindy or Kelly in group sales. They are aware of the confusion and will help you with booking the room.
- The ARE rooms available for July 19<sup>th</sup> for those who would like them, BUT they are not part of the DST block.
- Here is the hotel information:
  - Hampton Inn
  - 570-522-8500 ask for Cindy or Kelly in group sales
  - Team block closing date: 7/1
  - \$99.00 per night
- **FISH Invitational:**
  - Due to the afternoon warm-up for the 13& over sessions, DST did not make hotel arrangements for this meet.
  - Thank you to Denise Mullin and Brigitta Braatz for arranging and forwarding the following hotel deal available to DST
    - [Comfort Suites Laurel Lakes](#)(MD058)
    - 14402 Laurel Pl., Laurel, MD, US, 20707
    - Phone: (301) 206-2600
    - Please mention DST and ask for the 79.00 rate
- Click [HERE](#) for the link to our team hotels for the Long Course Season
- This link can also be found on the DST homepage, [www.delawareswimteam.com](http://www.delawareswimteam.com)

- **GOOD LUCK JOSIE!**

- Congratulations and Good Luck DST's swimmer Josie Carlozzi as she begins competition at the National Spelling Bee.
- Follow this link to [the Delaware Online Article about Josie!](#)

- **COACH RORY:**

- Though he's been on deck for months, DST would like to officially welcome Coach Rory Connell to the staff.
- Coach Connell is graduate of Salesianum High School where we was an 18 time All American. Rory went on to swim at Auburn University where he was a SEC and NCAA finalist, as well as earned All American honors.
- We are very excited to have Rory on board, and have been more than impressed with his approach to coaching.
- This summer Coach Connell will be working with Super, Seniors, and Mightys.

- **PICTURES:**

- If you have any Championship Meet or Team Banquet pictures that you would like to share, please send them to [seand@freestyles.org](mailto:seand@freestyles.org).

- **DST MASTERS PROGRAM:**

- DST is officially starting a Master program at our New Castle site
- Tues & Thurs AM's 5:30-6:45 ... (may change based on demand)
- Introductory cost is \$99, paid up front, for the 3 month program..
  - *This is an introductory price only, rates may change in the fall*
- Starts Tues, May 3rd....ends Thurs, July 28th
- Coached by the National Group's Bruce Gemmell
- For more information contact either of the Delaware Swim and Fitness Centers and ask the fitness staff.
  - DSFC NC: 302-652-4378
  - DSFC PC: 302-234-8500

- **VOLUNTEER OPPORTUNITIES:**

- DST Swimmers, there are community service hours available every Sunday from 3-5:00pm.
- The Program began March 20th, and runs through June 5<sup>th</sup>.
- The Delaware Destroyers team, part of 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.
- All volunteers are to be 13 years old & up.
- Where:
  - Delaware Swim & Fitness Center
  - 2150 New Castle Avenue
  - New Castle, DE
- For more information:
  - Rob Marsh
  - Cell: 302-388-3566
  - E-mail: [rmarsh27@verizon.net](mailto:rmarsh27@verizon.net)

- **EASTERN ZONE DIVERSITY SELECT CAMP:**

- June 16-19, 2011
- LaSalle University – Philadelphia, PA
- Hosted by Middle Atlantic Swimming
- Purpose: Celebrate the opportunities of/for diversity in swimming in the Eastern Zone through inspiration of athletes, coaches and volunteers. Create local ambassadors and leaders to grow our sport.
- For more information including the application process click the link below:
  - [Camp Information Flyer](#)

That's all I have for today, good luck to Josie and our swimmers heading to MD LC Champs!

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Program Director

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