



Dolphin Lane Lines!

Round Rock Dolphin Swim Team
www.roundrockdolphins.org

Swim Schedule (5/11-5/15):

May 11- June 3

Practice –All Swimmers

8 & under 4:30-5:15 PM

9-12 5:15 -6:00 PM

13-17 6:00 -7:00 PM

AM Practice Begins June 5th

MAY

5/19-Auction Basket items due

5/22- Practice Meet

Picnic/Silent Auction/ Open swim/Pick up Team T-shirts

Warm Up Times

4:30-4:40 - 4-8 year olds

4:40-4:50 - 9-12 year olds

4:50-5:00 - 13 & Up

Meet Start- 5:10pm

5/25- **NO PRACTICE**

5/30 Home Meet vs.
Anderson Mill



**PRACTICE MEET THIS
FRIDAY, MAY 22ND**

***Watch for Practice Meet
Heat Sheets on Thursday
evening.**

**NO PRACTICE
MONDAY MAY 25TH**

Coaches Corner

Can you believe we are already into the third week of the season! Time sure has flown by and it's been great getting reacquainted with all of our returning swimmers and learning about our new ones. This is one of the best beginnings to the season that I can remember. It seems that spirit is high, swimmers are having a good time (this one is evident not only from practice but especially from our first Fun Friday last week) and more swimmers are attending practice during this busy end of school time.

A huge thank you to all of our older Dolphin volunteers that have been assisting with practice until our permanent coaching staff returns from college. Many have been coming everyday to assist with the younger swimmers to make sure they are getting all they help they can before our big practice meet.

Lane adjustments are still being made and will continue to be made throughout the season. It doesn't matter what lane or what pool you practice in - just try your best at every practice and you will get better and reach your goals. Practice meet - remember it is this Friday Night and the schedule goes as follows:

4:30-4:40 - warm up for 4-8 year olds

4:40-4:50 - warm-up for 9-12 year olds

4:50 - 5:00 - warm-up for 13 and Up

Meet Start- 5:10

All swimmers will be competing in the short free (25 yards for 12 and under & 50 yards for 13 and Up) and the backstroke. If your younger swimmer is still uncomfortable with the backstroke, don't worry - it is not required, but they should definitely give it a try if they want to. Remember that if your child is new to the team, you should make every effort to attend this Friday so they can swim across the pool for the first time and get a legal time for that event.

After the conclusion of the meet, the pool will be opened up for free swim, food and the silent auction will be going on as well. We always have some great items up for auction, so be sure to check out the tables and place a bid. Look for meet sign ups for the 5/30 meet to be out at the end of this week at the pool. The sign up sheets will be located in a blue box and the directions on how to sign up will be right next to it. If you have any questions about meet sign up or anything else, please just let me know. Good luck to everyone at the practice meet and Go Dolphins!

Coach Tom

Volunteer Corner

My name is Melissa Wheeler and I am the Volunteer Coordinator for the 2009 Dolphin Season. I want to thank everyone who signed up to be a volunteer. The Dolphins have always been known for having the best volunteers and I believe that we are off to a great start for the 2009 season. With 294 swimmers, we should have a great group of volunteers for this season. If you have any questions about your positions in which you have volunteered for please feel free to contact me at wheelers5@austin.rr.com or call me at 461-4453. Your Heads should be contacting you for the practice meet and for volunteering for the up and coming swim meets.

The Heads for the 2009 Dolphin Season are:

- Lisa Arndt – Ready Bench
- Brian Booth – Information Systems
- Robyn Burris – Banquet
- Christy Cates – Stroke & Exchange Judges
- Colleen Dienstbier – Merchandise
- Henri Francois – Timers
- Mark Parshall & Chilico Hart – Co Heads Set Up & Clean Up
- Page Krebsbach – Concessions
- Libbi Jaillet – Auction
- Dawn McCourry & Ziad Fanous – Co Heads Starters & Announcers
- Kelly Moreno & Christi Waugh – Co Heads Mid Summers Night Scream
- Roy Ritthaler & Cami Salzillo – Co Head Pit Parents
- Steve Stearns & Lorrie Townsend – Co Head Ribbons & Scoring
- Keith Wheeler – Runners
- Melissa Wheeler – Miscellaneous

If they have not contacted you by **May 18th**, please call me and I will make sure you get that phone call. Thanks again for volunteering and I look forward to a **FANTASTIC 2009** Dolphins Season.



Concessions will be selling **Homemade SMOOTHIES** (Triple Berry & Berry Banana), **BUSH'S** Ice Tea, pizza, soda, & watermelon at the practice meet this Friday!

DOLPHIN SHOP

The Dolphin shop will be open during the practice meet on **Friday, May 22**

Merchandise such as towels, baseball hats, shorts, swim caps, water bottles and coffee travelers will be available for purchase.

LANE 4 Swim Shop will be at our First Meet on Saturday, May 30th

It's Picture Time!



Hi Swimmers and fans!

This year pictures are running differently and we wanted to make sure you all understand what is included in your Dolphin registration fee. Each swimmer will receive one Memory Mate that includes an individual picture of your swimmer and a group picture of your swimmer's pit. Pit Pictures will be taken at our first home meet on **May 30th**.

We will be coordinating this photograph so all we ask from you is that your child be present at the meet. In the event your child cannot be there, the photo of their age group will still appear on their memory mate. Individual pictures will be taken on Monday, June 15th or Tuesday, June 23rd. Be on the lookout for a signup sheet for time frame slots once summer practice starts. We highly encourage all swimmers not participating in the Schlitterbahn trip to utilize the June 15th date. An order form will be sent out via the Google Group soon. If you have any questions please contact: Mary Setterquist at marysetterquist@austin.rr.com or Lisa Cuellar at

ea_cuellar@yahoo.com

Dolphin Swim Season Calendar Of Events	
MAY	
5/19	Silent Auction items due
5/22	PRACTICE MEET Silent Auction Open Swim Pick Up Team T-Shirts
5/25	NO PRACTICE
5/30	HOME MEET vs. Anderson Mill Pit Pictures taken
JUNE	
6/1-6/3	Evening Practice ALL
6/4	NO PRACTICE
6/5	1 st Day AM Practice ALL
6/6	AWAY MEET vs. Georgetown
6/11	Dolph-a-thon during AM Practice time
6/13	HOME MEET vs. Steiner Ranch
6/15	NO PRACTICE Schlitterbahn Team Trip 1st Individual Picture Day
6/20	AWAY MEET vs. Brushy Creek
6/23	NO PRACTICE Last Individual Picture Day
6/27	AWAY MEET vs. Well's Branch Midsummers Night Scream 8:30pm-11:00pm
6/29	Round Rock Express Swim Team Night @ Dell Diamond
JULY	
7/1	AM Practice ALL
7/4	HOME MEET vs. Balcones
7/11	NWSC Divisional Meet @ HOME
7/12	NWSC Invitational Meet @ University of Texas
7/14	Dolphins Awards Ceremony & Annual Meeting

Fundraising Corner



WOW!!!

We have a very special raffle item to be awarded at our practice meet!!

TOP CORNER UNIT IN VAIL RACQUET CLUB, EAST VAIL, COLORADO

CONTEMPORARY STYLE WITH GOURMET KITCHEN W/ SLAB GRANITE COUNTERTOPS, STAINLESS STEEL APPLIANCES, TWO BATHROOMS, LIVING/ DINING AREA, MASTER BEDROOM WITH QUEEN SIZE BED, SECOND BEDROOM WITH TWIN SIZE BEDS, LOFT WITH 2 TWIN BEDS, WOOD BURNING FIREPLACE.

ENJOY ALL THAT THE NEWLY RENOVATED VAIL RACQUET CLUB HAS TO OFFER; EXCELLENT LOCATION IN EAST VAIL, COMPLIMENTARY SHUTTLE BUS INTO VAIL VILLAGE...NEW SPA COMPLETE WITH EXERCISE ROOM, STATE OF THE ART GYM MACHINES, CLASSES, ENORMOUS SWIMMING POOL, HOT TUB AND SAUNA . THE EXCELLENT "BIGHORN BISTRO RESTAURANT" ON PREMISES FOR DINNER SERVICE.

THREE NIGHTS LODGING GOOD JUNE--AUGUST 2009 (VALUE \$735.00)

Raffle tickets will be \$5 each or 5 for \$20. Tickets will be sold the week of May 18th and at the practice meet. Minimum of 150 tickets must be sold for us to have the raffle.



**Don't forget to bring your
Silent Auction/Basket items by
TOMORROW, May 19th
Dolphins Silent Auction -
Friday, May 22**

Pit Basket Assignments!

6 & under Boys: Summer fun! Water guns, pool noodles, etc.

6 & Under Girls: Princess/Fairy fun! Dress Up Shoes, Play Dresses, Tiara's, Jewelry

7 - 8 Boys: Legos/Bionicles Bonanza!

7 - 8 Girls: Disney Pop star Mania! Hannah Montana, Jonas Brothers, High School Musical, etc..... Posters, CD's, Blankets, Bean Bag Chair, Doll

9 - 10 Boys: Movie Night! Movie cards - Blockbuster/movie theater gift cards, popcorn, snacks, etc.

9 - 10 Girls: Pajama Party! Snacks, movies, nail polish, makeup, etc.

11 - 12 Boys: Family Game night! Board games, snacks, etc.

11 - 12 Girls: We all scream for ice cream! Bowls, scoopers, toppings, etc.

13 - 14 Boys: Let's go on a Road Trip! Car games, snacks, fast food gift cards, iTunes gift cards, movies

13 - 14 Girls: Beach Beauty Babes! Sunscreen, lip balm, flip flops, sunglasses, etc.

15 - 17 Boys/Girls: Swim meet survival! Anything you could need for a swim meet -sunscreen, snacks, magazines, playing cards, iTunes, cards, towel, etc.....

MEET YOUR 2009 DOLPHIN COACHES

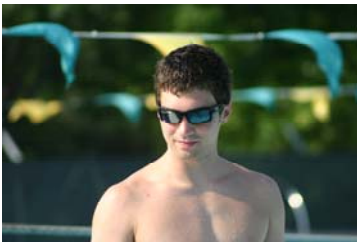
In an effort for both new and returning swimmers to get to know the coaches who will be teaching them this year we will be spotlighting a few coaches each week, for the next few weeks

COACH DAX HILL



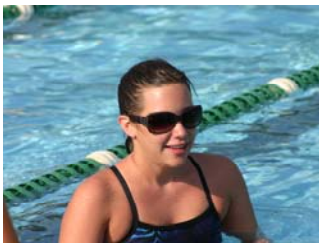
I was born in Lewisville, Texas and have lived in Pflugerville/Round Rock for about 18 yrs. I plan to attend the University of Texas and graduate in 2013. My favorite food is Chicken Parmesan with noodles and Alfredo sauce. I don't have a favorite restaurant, I like ALL of them. My favorite color is Red. My favorite movie is, Don't be a Menace to South Central While Drinking Your Juice in the Hood. My favorite superhero is the Dark Knight, not batman, but the Dark Knight. My favorite princess is Princess Zelda and my favorite athlete is Michael Jordan. I have been swimming for 11 years. My favorite swimming events are the 100 free, 100 back, 100 fly and 100 breast. What I like best about coaching is helping others learn to win. The best advice I can pass on is, hard work beats talent when talent fails to work hard. Ten years from now I see myself as an 18 time Olympic gold medalist on my way to 27 and 1st as the most all time Olympic medal winner, pro swimmer with several multimillion dollar endorsements.

COACH WESLEY WHEELER



I have lived in Austin, my whole life. I will be a Fightin' Texas Aggie class of 13. My favorite food is Green Chili Casserole. My favorite restaurant is H-E-B. My favorite color is green. My favorite movie is Gladiator. My favorite book is Harry Potter 1-7. My favorite superhero is Superman, of course. My favorite princess... if Daisy from Mario is a princess then defiantly her, if not then Princess Peach. My favorite athlete is Craig Biggio of the Houston Astros. I have been swimming since I was 5. My favorite swimming event is the 100 fly. What I like best about coaching is the chance to help kids improve and reach their goals. The best swimming advice I can give is never give up, never surrender. In ten I see myself competing at Nathans hot dog eating contest, all out of shape cause I'll be done with swimming.

COACH BROOKE DOHERTY



I was born in Austin and have lived in Texas ever since, so 18 years. In the fall I'll be a freshman at Baylor University. Sic 'em! My Favorite food...this is a tough one, but my favorite food has to be steak and mashed potatoes. My favorite restaurant...I can't pick just one favorite restaurant! It's a tie between Chuys and Chipotle. My favorite color is hot pink! I don't have just one favorite movie. I love action movies just as much as chick flicks! My top 4 favorites have to be Hitch, Eagle Eye, Enchanted, and From Justin to Kelly. I don't read much, but my favorite book is The Giver. My favorite superhero is Superman, because he has an awesome roller coaster at 6 Flags! :) My favorite princess is Belle. My favorite athlete is Shawn Johnson. Not only is she great at gymnastics, she's a good ballroom dancer! I've been swimming for 9 years. I started when I was 9. My first team was the Dolphins and I've been a part of the team ever since. I love it!!! My favorite swimming event...I love both fly and short free, but my favorite event is 100 free. My favorite part of coaching is watching the kids improve and have fun. The best swimming advice I have received that I can pass on is to always stay positive and work hard. Things won't always be easy, but you will improve. 10 years from now I see myself married with 2 dogs, working as an ER doctor somewhere in Texas.

Thank you to all our 2009 Sponsors!

Given the opportunity please be sure to stop by and thank our wonderful sponsors for supporting the Dolphins 2009 season!

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Thanks,
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