



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

5/25- NO PRACTICE

**5/30 Home Meet vs.
Anderson Mill**



**Home Meet this
Saturday, MAY 30th**

**TUESDAY IS THE LAST
CHANCE TO SIGN UP
FOR THIS WEEKENDS
MEET. PLEASE SIGN UP
BEFORE LEAVING
PRACTICE TOMORROW.**

The meet will most likely start around 7:00 am, so we can finish around 12:30pm. Please watch for emails from the Dolphin Google Group, check the Dolphin website and watch the info posted at the pool for more information as it becomes available the for official starting time and warm-up times.

***Watch for Meet Heat
Sheets on Friday evening.**

Coaches Corner

What a great practice meet!

I think everyone would agree that it was not only a great success but also a lot of fun. It one of the smoothest practice meets I have seen - tons of younger swimmers made it across the pool for the first time and several of our older swimmers are already going best times. With the spirit and talent that was shown at our practice meet, we are in for a great season and will definitely be a force in the water.

A special thanks to Audrey Hatch and Libbi Jaillet for all of their hard work putting the Silent Auction together. It was definitely the most successful one that we have ever had. Thank you!

Remember that the sign up sheets for meets are only out until the Tuesday before a meet.

There is also a permanent sheet attached to the clipboard for each age group. This sheet has all of the meets for the entire season on it. If you know your schedule for the summer, go ahead and place a "Y" o "N" in your swimmer's row. That way if you happen to miss out on the sign up for an individual meet we know if you will be attending that meet. If you miss the weekly sign up and the permanent sheet is blank for your swimmer's name, we will assume that you cannot make it.

One side note – I know that Fun Fridays and events like the Practice Meet are a chance to have a fun time, but swimmers should also remember to be careful. Accidents are bound to happen with so many swimmers at the pool, but during these events, swimmers should always be considerate of others and treat each other with respect.

Back to meets - the Dolphins are known as a team that runs the most efficient meets around and we definitely can't do it without our volunteers, so a big thank you in advance to all of the parents that help make our meets so successful.

This week we have our first real meet of the season against a very tough Anderson Mill Team. Please watch the website and the info at the pool in order to get the right warm-up times and meet start time. Make sure your swimmers get plenty of rest the night before and stay hydrated during those long, hot Saturday Meets.

Again, great job to all of our Dolphin Swimmers at our Practice Meet. The best is yet to come and I know all of the coaches are looking forward to a tremendous season.

Have fun and swim fast,

Coach Tom

Presidents Corner

What a fantastic practice meet we had! The kids did great and had a Dolphin-good time. We couldn't have done it without you, our dedicated moms and dads, grandpas, grandmas, coaches and friends. Thanks a million for sharing your time and hard work with us. I can't wait for our next "real" meet! Don't forget to sign your swimmer(s) up for their events by Tuesday. And, as always, if you have any questions, please don't hesitate to ask.

See you at the pool!

Kara

FAMILY FILES AND EVENT
SIGN UP SHEETS ARE
NOW LOCATED BENEATH
THE SLIDE.



TEAM SHIRTS will be available at the pool during Fun Friday. Please pick them up at that time as we don't want to store them and risk them getting lost or damaged.



PIT PICTURES will be taken during the meet against Anderson Mill this Saturday, May 30th. We are finalizing the schedule but look to have age groups taken at the conclusion of their first relay. We plan to start with the older groups while the little ones are swimming and work our way down. We will be coordinating with all Pit Parents so be on the lookout for further details this week! Look for the photo area near the warm-up pool Saturday morning so you know where you are headed!




THANK YOU! Annette Pearson, Jeanne Stearns and Margaret VanNorstrand for helping us to bag the team shirts. We really appreciated the help and couldn't have gotten through all those without your help.

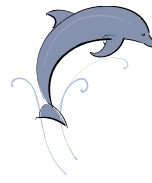
Please check your **Family Files** for any errors. Please email Vicki Schaefer at victoriaschaefer@sbcglobal.net with any corrections.

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	
5/25	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

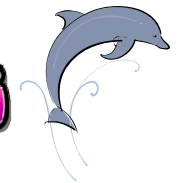


NEWS FROM THE DOLPHIN SHOP

Congratulations to all the Dolphins for a fantastic practice meet and a good sign of things to come this season. We had lots of time improvements from last season and a lot of times that qualified for Invitationals (if this had been a real meet.) If you finished in the top 5 of an event please stop by the merchandising table at our first meet against Anderson Mill this Saturday to pick up a FREE Dolphin Water Bottle! (Only 1 per person.) Check the Dolphin website to see the posted results and to see if you had one of the top times in an event.



LOVE



SAVE THE DATE

June 27, 2009

Peace, Love & Dolphins

Mark your calendars for the 70s-themed Midsummer Night Scream **Saturday, June 27, 2009**. It will be a great night of food, games, a costume contest and, of course, lots of swimming. Look for your Scream invitations in family folders next week. More details to follow.

Get Your Photos and Video in The Dolphin Slideshow!

If you enjoy taking pictures at the swim meets and other Dolphin events and would like to share your pictures, this is for YOU! Your pictures from Dolphin events are wanted for the end of the year Awards Ceremony slide show. Please follow the following guidelines to submit pictures:

- If you have **video** or **multiple images** or please put them on a DVD or CD (labeled) and place in the "Vega" family file.
 - Still images can be .jpg or .bmp (.jpg is preferred).
 - Bigger is better so anything straight off your camera is fine.
 - Please no .RAW files.
 - Video images must be .avi or .mpg (.avi is preferred).
- If you have a **single** photo, please label it and email it to juan@vegafamily.com. If you send a single photo of your child and it is labeled with their name Juan will try his best to put it in the slide show.

Deadlines for submissions are as follows:

*Due to personal travel this year, we're under a tight time restrictions. Work has already begun on the video so **getting pictures in early will drastically improve our ability to include them.** We must limit ourselves to these deadlines. Sorry, no exceptions.*

- By the end of the weekend of the meet if you are submitting individual photos.
- If you are submitting DVD's or CD's, **Monday am** by placing them in the "Vega" family file
- The **last day** for submission is **noon** on Monday, **July 6th**
- The **last day** for submission for **Divisional/Invitational** photos **ONLY** is 8pm on **July 12th**

Please label everything – more descriptive labels help us figure out who's who.

Please note that producing this awesome slide show is very time intensive and a huge **THANK YOU** goes to Juan Vega for his efforts. The slide show is being put together meet after meet therefore we must adhere to the guidelines set above. Thank you for your cooperation. We can't wait to compile the pictures and enjoy the season all over again at the Award's Ceremony.

**LANE 4 SWIM SHOP
WILL BE AT OUR
FIRST MEET THIS
SATURDAY MAY 30TH**

HOUSEKEEPING REMINDERS

Please be sure to take all your items with you and clean up any trash that you may have after each practice and each meet. Also, **NO GLASS CONTAINERS** are allowed at the Krebsbach Pool at any time.



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 MANDY BALLO

I was born in Walnut Creek, California and I moved to Texas 11 years ago. I am a junior at Texas A&M!!!! WHOOP!! I will eat basically anything and everything! I love it all! Especially desserts ☺. My favorite restaurants are Chuy's, La Margarita, and Texas Roadhouse!!! My favorite color is PINK!!! I have so many favorite movies, but if I had to narrow it down I would say "The Notebook", "A Walk to Remember", and "Sweet Home Alabama". My favorite book is The Notebook. My favorite superhero is Superwoman! My favorite princess is Ariel because who wouldn't want to be a mermaid and be able to breathe underwater! My favorite athlete is Janet Evans because she was and is still amazing! I have been swimming my whole life!! My favorite events are the 100 and 200 freestyle. My favorite things about coaching are the stories and jokes the kids tell you! They always make me laugh and brighten my day! The best swimming advice I can pass on is Have Fun! In 10 years I see myself married with children, two dogs and as happy as can be!

COACH LUKE BERNHARD



I was born in Austin, Texas and have lived here all my life. I attend The University of the Incarnate Word. My favorite food is Italian food. My favorite restaurant is Gino's. My favorite color is green. My favorite movie is The Dark Knight. My favorite book is Every Second Counts by Lance Armstrong. My favorite superhero is Superman, my favorite princess is Cinderella and my favorite athlete is David Robinson. I have been swimming since I was 7 years old, for 12 years. My favorite swimming event is the 50 FREE. What I like best about Coaching is the interaction with the young swimmers and the knowledge that I bring them. The best advice I can give young Dolphins is don't stress out about a race, just have FUN! Ten years from now I see myself as an Athletic Trainer for a professional sports team.

COACH KELLY MYERS



I was born in Texas, but have lived all over. I moved to Austin when I was 10. I am currently a student and swimmer of Southwestern University in Georgetown and will be a sophomore in the fall. My favorite food is Italian. My favorite restaurant is Ski Shores Burgers. They never fail to be delicious. Favorite color...Green and yellow. My favorite movie is Point Break of course. Keanue Reeves and Patrick Swayze are an explosive combination. My favorite book is The Outsiders. My favorite superhero is Spiderman. Hands down! Favorite princess...Jasmine. My favorite athlete is Fernando Torres, a soccer player for Liverpool. I have been swimming since I was 8 years old. I'll swim anything as long as its freestyle and sprint. I love teaching the kids something new. It's really great to see a kid learn something completely different, work hard on it, improve, and then do amazing at meets. The best swimming advice I ever received is, "Don't get too nervous or think too much before your race. Just remember to breathe and calm down. If you've put everything into practice then all that's left to do is have fun and swim fast." 10 years from now I see myself working near Austin as a high school history teacher, and maybe assistant coaching the swim team. My goal is to basically be a taller, female version of Coach Tom.

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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