



May 5, 2009
Volume 7, Issue 1

Dolphin Lane Lines!

Round Rock Dolphin Swim Team
www.rrdolphins.org

Swim Schedule (5/4-5/8):

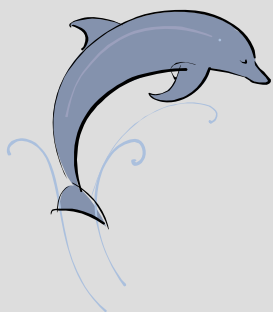
**May 4 - First Practice
New Swimmers Only**

May 5- 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

MAY UPCOMING EVENTS

- ◆ 5/19-Auction Basket items due
- ◆ 5/22- Practice Meet Picnic/Silent Auction/Open swim
- ◆ 5/25- NO PRACTICE
- ◆ 5/30 Home Meet vs. Anderson Mill



Coaches Corner

Welcome Back Dolphins!!!!

It's hard to believe the 2009 Season is already here. This year our team is HUGE. We have over 290 swimmers on the team and all of the coaches are looking forward to seeing both new and familiar faces at the pool. Dolphins are always the most spirited and fun swimmers in our circuit and I have no doubt that this year will be any different. We will be fine tuning our practices the first week or so and things might seem a little chaotic, but don't worry - we'll have everyone ready to go for our first meet at the end of this month.

The month of May is always a busy time of the year with end of school activities but please try to make it to as many practices as possible. It can take a little while for swimmers who have been out of the water to get back in shape and remember how to swim, so the more they can practice the better. Our practice meet is only two short weeks away and will be upon us faster than you think. If you are a parent of new swimmer, please remember that your child must be able to make it the length of the pool (13 and ups – two lengths) swimming freestyle at the practice meet in order to continue practicing with the team.

I know there is a lot of information out there – especially for those new to the team, so please feel free to ask questions at any time. Make sure to pay attention to the signs at the front of the pool and to read your newsletter every week as there will be information throughout the season about activities, practice, meet info, etc.

The Dolphins Swim Team is an organization that is really centered on making summer swimming as fun and enjoyable as possible for our swimmers. The primary purpose of Dolphins is twofold – improving swimming ability and having fun. This is a summer league and though we love winning our meets, as long as the swimmers are having a good time and improving their strokes and times, we can't ask for anything more.

On behalf of all the coaches, welcome back and we are looking forward to another fun and successful year. If you have any questions, please feel free to drop a note in my file or talk to me after practice any time.

Go Dolphins!

Coach Tom

Presidents Corner

Welcome everyone to the 2009 summer swim season! We're looking forward to seeing everyone at the pool. This is our first newsletter of the year, so be sure to read all the features. If you're new to the Dolphins, we've packed this issue full of cool team information, team cheers, and other interesting items, sure to get everyone ready for the first meet. Lots of good times are ahead including plenty of fast swimming. Get those goggles on and jump in!

Kara

Announcing the 2009 RR Dolphin's Silent Auction

This year we will hit the ground running to raise money for the Dolphins. Plan to attend the annual Silent Auction held at the Dolphins Practice Meet and Family Picnic on **Friday, May 22, 2009**.

Each swimming age-group will be putting together a basket at the auction. Listed on page 5 of this newsletter is the basket theme for your child's age group. Items may be placed in the plastic tubs labeled "Pit Basket" donations during the swim practices. Cash donations also will be accepted! There will also be a plastic tub labeled "Silent Auction" donations located in the foyer of the pool, if you have any items you would like to donate to the Silent Auction. All items are due by **Tuesday, May 19th**.

Contact Audrey Hatch at sunflowergal@yahoo.com or Libbi Jaillet at idjaillets@yahoo.com

Please notify us if you know of any other potential donors that will contribute to this fun-filled event. Donations are tax deductible.

2009 Coaches

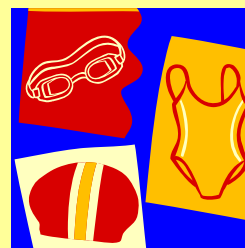
Tom Arredondo

-Head Coach

Mark Parshall

-Assistant Head Coach

Mandy Ballo
 Luke Bernhard
 Catherine Dicaire
 Brooke Doherty
 Dax Hill
 Kelly Myers
 Ashley Smith
 Andrew Welch
 Mikah Welch
 Wesley Wheeler



LANE 4 SWIM SHOP

will be at Practice this Wednesday, May 6th from 4:00pm-6:15pm. Team suits, practice suits, caps, goggles and bags will be available for purchase.

WHO'S GOT DOLPHIN SPIRIT??

One of the great traditions of the Dolphins is team cheers! Although we are uncertain as to their origin, it has been a long time favorite of the Dolphin families! If they don't know it already, have your kid's practice the words for an after practice cheer or pre-meet pep talk! Tradition goes... *the louder the better!*

HIP-ZOO CHEER

Hip-Zoo! Rah-Zoo! Teddy Boom Bah-Zoo

Osh Kitty Osh Kosh Chicka-Boom-Bah

Teddy-Roo, Teddy Rah,

Teddy Rubby Dubby Flubby Dubby

Shish Boom Bah

Round Rock Dolphins... Rah! Rah! Rah!



DOLPHIN LANE LINES our swim team newsletter will be published weekly and sent via email through our Dolphin Google group. A hard copy will be posted by the family files at the pool each week.



Superslide Cheer

Done during halftime at the meets!

Coach yells, "Is this not the swimming pool?"
Swimmers yell, "This is the swimming pool"

Coach yells, "Are those not the starting blocks?"
Swimmers yell, "Those are the starting blocks"

Coach yells, "Are those not the lane lines?"
Swimmers yell, "Those are the lane lines"

Coach yells, "Is this not the superslide?"
Swimmers yell, "This is the superslide"

Coach yells, "Is this not the winning team?"
Swimmers yell, "This is the winning team"

Coach yells, "swimming pool!!!"
Swimmers yell, "swimming pool!!!"

Coach yells, "starting blocks!!!"
Swimmers yell, "starting blocks!!!"

Coach yells, "lane lines!!!"
Swimmers yell, "lane lines!!!"

Coach yells, "superslide!!!"
Swimmers yell, "superslide!!!"

Coach yells, "Winning team!!!"
Swimmers yell, "winning team!!!"

To subscribe send an email to round-rock-dolphins-subscribe@googlegroups.com
To unsubscribe send an email to round-rock-dolphins-unsubscribe@googlegroups.com

Thanks,
Judi Hosang, Round Rock Dolphins Publications, 238-6413, rrdolphin@yahoo.com

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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Wyoming Springs Pediatrics
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3M Design, Inc.
238-1581
www.m3design.com

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.....