



June 24, 2008
Volume 6, Issue 8

Round Rock Dolphin Swim Team
www.rrdolphins.org

Dolphin LaneLines

Coaches Corner

Dolphins,

We are half way through our season and things are looking great. We have many swimmers who are making time drops in multiple events and a lot of you are getting so close to qualifying for Invitationals. Remember that it is the little things that really make a difference when you are close to qualifying for a certain time. Whether you are really close to an Invitational Time or just want to find out ways to improve your swimming, ask a coach. They are full of tips that can help you out in the pool. Remember that improving is not an easy task - the most important factor when it comes to swimming faster is actually listening to what the coaches have to say and then working on that tip during practices and at the meets. It's easy to ask advice, but often hard to follow that advice if it means working harder, trying something new or trying to break a bad swimming habit. Our last two meets were very competitive and the Dolphins had some great swims. Both of our meets were great practice for our Divisional meet which is only a couple of weeks away. Keep working hard and having fun.

Since Monday was Schlitterbahn Day, the deadline for entries will be extended to the end of practice Wednesday. All of the coaches will be focusing on strokes other than free and back this week. The Coaches are challenging each and every swimmer to sign up for at least one event that they have not yet participated in. It could be breast, fly, IM or long free - the choice is yours. The more events that you select that you have not participated in before the better.

We know there are a lot of swimmers out there that do these strokes in practice all the time but are hesitant to try them out at a meet. Swimmers, you might find that you really like trying a new stroke or that one of these different events might turn out to be your new favorite. You never know until you try, so sign up for something new this week. That is our **Coaches' Challenge to our Dolphin Swimmers**.

As I mentioned earlier, our big Divisional Meet will be here sooner than you know. To compete in the Divisional Meet please remember that a swimmer must - 1) Have participated in at least two meets this year and 2) Have a legal time from this season in the event they wish to compete in. This is a circuit rule and there are no exceptions. Our Divisional Meet promises to a very competitive and exciting meet and we need all of our Dolphin Swimmers there.

It was great to see so much team spirit for last week's meet in the decorating of the pits. All of them looked fantastic and I know the judges had a hard time deciding which age group to award the prize to. Keep that team spirit up. I can't wait to see all of the amazing costumes that I know our Dolphin swimmers will come up with for Mid Summer's Night Scream.

Special thanks to our Coach in Training - Wesley Wheeler - for the donation of his prized collection of Pokemon cards as a motivational tool for our Dolphin Boys. I know they really appreciated the cards and it made them swim extra fast. One last note . . .

Speaking of our last meet and being competitive. There is nothing wrong with competition. In fact, I believe that competition can push us to accomplishments that we never thought were possible. Competition is a great motivator and necessary in sports whether it be a summer league swim team or the Olympic Games. That being said, there is another side of competition that is not so positive. During the past two meets I have seen a handful of instances where the parent is so concerned about their child's performance that they lose sight of what is really important and act in a way that has a negative impact on those around them. In my years of coaching, I have seen countless instances where so much pressure is put on a child to perform well week after week that the end result is a hate of swimming and the child quitting before they reach their teenage years. Swimmers are not going to have a perfect meet every Saturday. They are not always going to go best times. They are not always going to get first in their heat or in the overall event. It doesn't matter. Be supportive. Congratulate them on something they did positive, don't focus on the negative. If they make a mistake during a race, that mistake is a learning opportunity and treat it as such. There is absolutely no reason for a parent to put down or yell at their child, another child for swimming faster than their son/daughter or a coach who has all of our swimmers best interests in mind. This is not what sports should be about - especially a summer league swim team whose main purpose is to have fun and improve our kids' swimming. We ask the swimmers to give us their best as competitors and I am I taking this opportunity to ask the same of parents in their support of not just their children, but of all of our swimmers.

Thank you to all the Dolphin Parents that continually act in a positive and supportive manner. The coaches and I appreciate it. Though they may not say it, your kids do too.

Sincerely, Coach Tom

Georgetown Swim Meet

The rescheduled meet against Georgetown will be **Tuesday, July 1st** at the Micki Krebsbach Pool

Start Time 5:30pm
Scratch Time 5:00pm

Warm Ups

4:30pm-4:50pm Dolphins
4:50pm-5:20pm Georgetown

Sign up for the Georgetown meet is this Thursday (6/26) and Friday (6/27) **ONLY**. We will only be holding individual events at this meet, no relays. You may still choose 3 individual events.

We will have an abbreviated practice on Wednesday, July 2 due to the previous night's meet. We ask that you adhere to the revised times for this practice.

Practice times for **July 2** are as follows:

7:30am-8:30am	13 and Up ONLY
8:30am-9:15am	regular 8:00am practice group
9:15am-10:00am	regular 9:00am practice group

NOMINATING COMMITTEE!

ATTENTION DOLPHIN PARENTS!

We need a few good people to step up and continue the great tradition that is the Round Rock Dolphins. If you are interested in a Board position for next year's swim team please contact one of the following individuals.

Page Krebsbach - 310-7609 pkrebsbach@austin.rr.com
Lisa Cuellar - 244-7936 ea_cuellar@yahoo.com
Michael Friedman - 970-5380 joliecher@gmail.com
Margaret Van Norstrand - 218-4832 [mvncpa@aol.com](mailto:mvn CPA@aol.com)
Jeanne Stearns - 733-7392 jstearns@austin.rr.com

**Parents & Swimmers,
The bulkhead is for Official Meet Business
only during meets. Please refrain from
using it as a cut through during all meets.
Thank you for your cooperation.**

JUNE 14th MEET HIGHLIGHTS

Annie Wang broke her own 6&U 25yd Backstroke record...now down to **21.16**

The team had **162** swimmers that achieved **294** time improvements. **34** swimmers had **3** time improvements.

The Best Time Improvements were:

Trinity Sims 52.86 in 6&U 25 Free
Jordan Doss 47.72 in 6&U 25 Back
Jenna Hollin 39.79 in 6&U 25 Free
Eliza Vega 29.72 in 7-8 25 Breast
Andrew Hosang 29.60 in 9-10 50 Free

Dolphin and Rock Award Winners

June 14th

Rock- Alex Cuellar, Wesley Wheeler,
Marshall Bowman, Hayley Krebsbach

Dolphin- Alec Hochhalter, Molly Burris,
Nick Billings, Jordyn Doss



UPCOMING EVENTS

- 6/28 Dual Meet **Home** vs. Well's Branch
Restaurant Day-**SMOKEY MO'S**
Midsummer's Night Scream
- 6/30 Invitational T-Shirt orders due
- 7/1 Dual Meet Home vs Georgetown
5:30pm start time
- 7/2 Abbreviated Practice Times
7:30-8:30 13 & Up **ONLY**
8:30-9:15 Regular 8am Practice Group
9:15-10:00 Regular 9am Practice Group
- 7/4 **NO PRACTICE**
- 7/5 Dual Meet **Home** vs. Balcones
Restaurant Day- TBD
- 7/12 NWSC Divisional Meet at Brushy Creek
- 7/13 NWSC Invitational Meet at University of Texas
- 7/15 Dolphin Awards Ceremony & Annual Meeting

Invitational T-Shirts...

are now available for order. Deadline is **Monday, June 30th**. This is the deadline set by the Northwest Swim Circuit. We will not be able to accept any orders after this date. If you would like to place an order, you can order them via the order forms in your family file or print off and complete the attached form. Please put the form and payment in an envelope and leave it in the **TREASURER** file by **Monday, June 30th**. We will have a sample t-shirt at the merchandising booth at the meet on Saturday. The t-shirts seem to run about the same size as our Dolphin t-shirts.



Dolphin Spirit Activities

June 28th Poster Contest

1st, 2nd, 3rd place awards. Judging will take place after 10 am. Bring something to hang your poster at the pool entrance or on a fence for everyone to see. Make sure your name is on the back so we know who the prize goes to.

July 5th Most Creative Dolphin Cheer (anyone can participate by pit, age groups, groups of friends, coaches, parents...) One cheer will be selected and have a chance to perform their cheer at the half. Participants will get a treat! Let's make up a new cheer to show our team spirit!!

The winners of the spirit contest for
June 21st were:

1 st Place Girls	13-14 Girls Rockin' Royalty
1 st Place Boys	9-10 Boys Surfer Dudes

Volunteer of the Week

Thank You to Donna Muller, our volunteer for the week.

This week she graciously worked the entire meet as Starter. Not only has she worked her shifts as Starter but she has become our in house trainer for our other Starters and Announcers during their shifts.



It's a bird, it's a plane, it's.....
time for the *Mid-Summer Night Scream!!!*

Super Scream for Dolphin Heroes
June 28th
9 pm – Midnight

Be sure to bring chairs, towels, etc. and your assignment according to your last name.

A	Paper Plates (100 count/dinner size)
B & C	Bag of Ice and 12 Soft Drinks
D-G	Veggies & Dip
H-K	Fruit Tray (or watermelon, grapes, pineapple, etc.)
L-O	Cupcakes
P-R	Tortilla Chips
S	Assorted Chips
T-Z	Brownies or Cookies

Wear your super hero disguise!
Awards will be given for best swimmer & coach's costumes!

*****Super powers are the only weapons allowed inside the gates. Please leave all others at home.*****

Games & prizes for heroes of all ages!

NO ALCOHOLIC BEVERAGES ALLOWED
If anyone is found with alcohol they will be asked to leave the premises.

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

Calling All Amateur Photographers!

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 **multiple** images or video please put them on a DVD or CD (labeled) and place in the "Vega" family file. Please make sure still images are .JPG format and videos must be .AVI or .MP4 format. Widescreen is preferred.

*If you have **single** photos, please label them and email 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.

*All photos need to be pre-cropped and pre shrunk to 800x600. **NOT LARGER.**

*Still images must be .jpg or .bmp (.jpg is preferred).

*Video images be .avi or .mpg (.avi is preferred).

Deadlines for submissions are as follows:

*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 7th. NO EXCEPTIONS.**

*The **last day** for submissions for **Divisional** photos **ONLY** is 8pm on **July 12th. NO EXCEPTIONS.**

***Invitational Photos-** An attempt will be made to add any invitational photos, provided they are given to Juan Vega immediately after the Invitational Meet. However, due to time constraints there is no guarantee these will be included in the slide show.

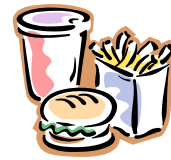
Please label everything.

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.

Restaurant Day

Join us after the meet this Saturday at **Smokey Mos's** in Round Rock. A portion of the proceeds be donated to the Round Rock Dolphins. Be sure and let them know when you order that you are with the Dolphins.

Come Out and support the Dolphins and enjoy a great meal!



DOLPHINS ROCK!



Lost and Found

The season is half way through and the Lost & Found Bin is getting full. Please be sure to check the lost and found for any items you may have lost. If you are looking for a specific item, you can always email Melissa Strachan at melissa_strachan4@hotmail.com to see if it has been found.

Thank you to all our 2008 Sponsors!

Given the opportunity please be sure to stop by and thank our wonderful sponsors for supporting the Dolphins 2008 season!

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