



## DOLPHIN LANE LINES

Volume 9, Issue 1  
May 25<sup>th</sup>, 2011

Round Rock Dolphins Swim Team  
[www.rrdolphins.org](http://www.rrdolphins.org)

### Swim Schedule:

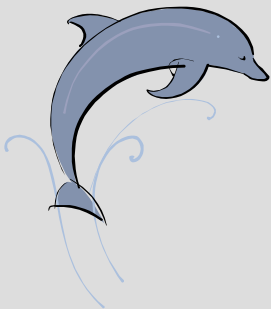
MORNING  
PRACTICE TIMES  
BEGIN May 31st

6:30-8:00 am  
13 and Up

8:00-9:15 am  
9-12 Yr. olds

9:15-10:00 am  
8 and under

***Do not forget to  
check the lost and  
found bin for items  
left behind at  
practices and swim  
meets.***



## Coach Tom's Corner

Dolphins,

It's hard to believe that another school year is almost over and that our first meet is coming up in just a few days. This is probably a little late seeing as how we are in the third week of practice, but welcome to all of our new Dolphin families and to our returning members as well. It is always nice to see so many familiar faces and see how excited the swimmers are to get in the water and start practicing.

From the looks of the practice meet, we are going to have a tremendous season. I've been with the Dolphins for some time now and really can't remember the practice meet running as smoothly as it did or the swimmers looking as good as they did so early on. Usually the practice meet is a chance to get some of the kinks worked out, and although we can always work on tighter streamlines, stronger kicking, etc., many of our Dolphins looked like they were in mid season form last Friday night. Time improvements were plentiful and there were already some people who swam fast enough to qualify for invitational's (sorry, but we can't use practice meet times as legal qualifying times). Keep up the great work!

This is going to be a very busy week with the end of school, but please come to practice as often as you can. The more you are in the water, the better you will feel and the more you can learn. The season always goes by fast, so take advantage of every opportunity you can to practice and work towards those time improvements. Our first regular season meet will be at home this weekend against Pflugerville. Please remember that we are using an on-line meet sign up program this year. It is pretty easy to use, but if you have any questions please ask. Also remember that meet sign-ups need to be done by 6 on Tuesday nights for the upcoming meet.

Thanks to all of the parents that helped make the practice meet run so smoothly. We can't do it without your help, so please don't forget to volunteer and show up for your assigned position – we really appreciate it.

If you are new to the team, please don't hesitate to ask about anything. I sometimes tend to forget that all of things we do are brand new to some people and might not make complete sense. If this sounds like you, just ask me, a fellow coach or board member and we will be happy to explain or find an answer for you.

Warm-up times and meet start time will be posted on the website and at the pool near the end of the week.

After a swim meet, the team usually goes out to a local restaurant – this week it will be Bush's Chicken right across the street on 620. Come and hang out, have a good meal and some delicious tea and let your kids eat with the coaches. Don't miss it.

One last note – I am starting a summer reading program this year because I really enjoy reading and think it is something that kids need to do more of. Be on the lookout this week in your family folders for information about the program.

Again – glad to have everyone back and looking forward to a great season. Let's get off to a fantastic start with a strong showing against Pflugerville this weekend.

Swim fast and have fun.

Coach Tom

## Upcoming Dolphin Events:

Saturday, May 28<sup>th</sup> ~ Home meet against the Pflugerville Piranhas

Monday, May 30<sup>th</sup> ~ No practice (Memorial Day)

Tuesday, May 31<sup>st</sup> ~ Morning Practice Begins

## Silent Auction:

Thanks to everyone who bid at the first part of the silent auction! It was a big success! The second part of the silent auction will take place during the June 25th swim meet against Steiner Ranch. We have some exciting donations coming in. We will have more information soon!

## Dolph-a-thon:

The Dolph-a-thon is coming up next week on June 2nd. For those who are new to the team, the dolph-a-thon is our annual fundraiser where the kids collect pledges for the amount of laps they can swim during their practice time. This year we will be having fun prizes for the swimmers, as well as awards for the 1st, 2nd, and 3rd swimmers who collect the most money and swim the most laps. And remember, for every \$100 raised, your swimmer is put into a drawing for free registration for next year and for every swimmer who raises \$125.00 or more, they will get a free ticket to Schlitterbahn that can be used within a two week window of our team trip. There is information in your family folders giving more info about the Dolph-a-thon. If you have any questions, please contact Courtney Schultze or Tiffany Phillips.

Please remember to go to <https://rrdolphins.swimtopia.com> to sign up each week for the upcoming swim meets. The deadline is always Tuesday by 6:00 PM.

Practice meet results have been posted to the website, but they do not count towards your invitational times.

Heat sheets will be posted to the website Thursday evenings for the upcoming Saturday meets.

## Volunteer Shifts:

Sign in before the meet at the volunteer check in table. During warm-ups, the volunteer table will be out front in the "tunnel" area. When the meet begins, the table will be near the starter/announcer tent. We had quite a few people who did not check in last week for the practice meet. Remember, each family needs to complete a minimum of 7 shifts before the end of the season. Sign up for volunteer slots is NOT online through Swim Topia - make sure you sign up with your lead. If you don't know your lead, please contact Christi Waugh at 248-2472 or Annette Pearson at 246-1939.

When you do volunteer, make sure you sign in at the Volunteer Check-In table or you won't receive credit for the shift. Thanks for volunteering!

## 2011 Coaches

### Tom Arredondo

-Head Coach

### Mark Parshall

-Assistant Head Coach

Mikah Welch

Brooke Doherty

Nathan Slota

Jessica Cruz

Ashley Smith

Lisa LeBourgeois

Philip Welch

Kelly Myers

Kelsie Townsend

and

Courtney

Bouchard

We are excited to have such great coaches this season. The coaches for this summer are all returning coaches except for Kelsie who wasn't an official coach, but has volunteered several summers and has been a Dolphin since she was little. What a great group to lead our Dolphins into a great season!

Check out our team's website at [www.rrdolphins.org](http://www.rrdolphins.org) to see Meet Results, print heat sheets before the meet, read the Coaches bios, check the calendar and access any information related to the team. It's a great resource!



## Thank you to all of our 2011 Sponsors!

***\*\*\* Stop by and thank our outstanding sponsors for supporting the Dolphins 2010 Season \*\*\****

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**4101 Sunrise  
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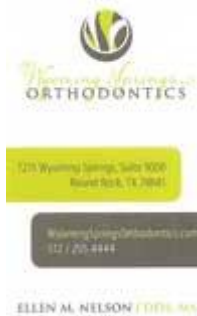
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