



DOLPHIN LANE LINES

Volume 9, Issue 7

July 5th, 2011

Parents, we are in need of 2 Volunteer Coordinators for next year's Board of Directors. If you are interested, please contact one of the following individuals.

Nancy DeBeau 310-0112
daybow@aol.com

John Hosang 238-6413
johnhosang@att.net

Theresa Katusak 852-9558
tkatusak@austin.rr.com

Please check the Lost and Found bin during practices. We have lots of little Dolphin's belongings that have been left behind.

Coach Tom's Corner

Round Rock Dolphins Swim Team
www.rrdolphins.org

Dolphins,

The end of the season always seems a long way off in May, but here we are again at the end of another great season . . .

We have a lot going on this Friday to get ready for our big divisional meet. During morning practice we will be doing relays and starts as usual, but the Dolphin hair shop will be open for business. If you would like a buzz cut, Mohawk or a picture of a dolphin on the back of your head, Coach Philip will be on duty with his clippers. If you would like a streak of blue to show your Dolphin spirit, Coach Lisa will be your Coach. This is a temporary dye and will wash out in about a week. If you want a blue streak in your hair, please tell Coach Lisa this week so she knows how much to buy. This is always a fun way to show your spirit, but remember to ask your parent's permission first. That's just the morning . . . that night we will have a team pep rally at GattiLand at 5:30. This is a chance to hang out with your teammates, eat some pizza and get pumped up for the meet. There will be a poster and cheer contest, so all of you talented Dolphins bring your best to the pep rally. We will vote on best posters and cheers.

The Divisional Meet is the last team meet for the season. Where did the time go? This has been a season full of best times and bingos, so let's keep the trend going. Make sure you get plenty of rest this week, come to the last remaining practices and stay positive about your final swims. To bring some extra Dolphin spirit this weekend we are going to do a "Blue Out" meet. Wear your Dolphin shirts, blue headbands, wristbands, socks, flip flops, hair accessories, dye your hair – all blue. Let's cheer each other on and be supportive of your teammates. Many people are close to best times and invitationals and there are still some records that are close to being broken. Go out and do it this weekend!

I really should have been preaching this from day one, but better late than never I guess . . . starting this week, try to make a conscious effort to cut back on the sweets – especially the sodas. I love a nice refreshing Dr. Pepper as much as anyone, but when the weather is hot and you are competing in a physical event, it is extremely important to stay hydrated. Your body will function better which means that you will feel better which will help you achieve those time improvements you guys have been trying so hard to get. Every time you go to grab a soda, just grab a glass of H₂O instead. Start this week, but try to make it a general rule throughout your life. It's hard, but try.

This really has been a great season and it's hard to believe that this weekend is it. Let's give the Cudas and Stars a run for their money and finish strong – just like we started. Good luck to all Dolphin swimmers this weekend – have fun and swim fast.

Coach Tom

Practice Time Change

Monday, July 11th through Friday, July 15th practices will be held only for Invitational Qualifiers.

We will run two practices:

13 and Up will practice from 7:00 to 8:00

12 and Under practice from 8:00 to 9:00

This will be a time for training for competing at The University of Texas for our exciting Invitational meet on Sunday, July 17th.

A huge thank you to Juan Vega, Ken Ogden and many others for all of their hard work and time that went into the 4th of July Parade Float.

The NWSC National Anthem Contest for the Invitational Meet has extended its submission deadline until July 8th.

Friday, July 15th will be our annual Dolphins team banquet. More information will be coming soon.

We want to recognize the Dolphins who will be graduating next May and saying good bye to their Dolphin team.

**Brandon Bird
Brian Catozzi
Tanner Hertzog
Alex Hoffman
Gabe Wheeler
Lauren Busche
Marisa Galvan
Denise Lopez
Katie Perkins
and
Ross
Warkentin**

President's Perspective

The Circle of Life -

We happened to be at DisneyWorld in April and in line for the Lion King show at the Animal Kingdom. Roy and I were trying to decide which song we liked better from the movie: Hakuna Matata or the Elton John's Can You Feel the Love Tonight? We were alternately singing phrases to Elisabeth and embarrassing her, a favorite pastime of ours. Alas, we didn't get to see the show as the actor Simba had apparently stayed out a bit too late the night before and failed to show up in time to get into make-up. Such are the perils of working at Disney!

I hadn't given it much thought beyond our trip, but in writing this article, I kept coming back to the phrase the Circle of Life. We have our version here in the Dolphins. We have kids that have swam with us for years, some for more than a decade. Kids that have grown up knowing the strokes in the Medley Relay, who know every word to every cheer, kids who know a good streamline from a bad, from what will give you a "DQ" and what won't, and exactly how many ring pops a dollar will buy. And they also learn late nights aren't always a good idea, that the best conversations can last hours (depending what events you are signed up for) and that cheering on and helping out team mates is always the right long term strategy,

For those who progress to our older ages, many begin to mentor and act as role models for the generation of younger Dolphins looking up to them. After graduation, many seniors come back officially as coaches to teach the smaller kids - the strokes, and traditions and the lessons that they have learned over the years. And the seeds of yet another generation of Dolphins will be sown.

I will spare you from breaking into song, but I will say how proud I am of our senior swimmers. And how much I look forward to watching the smallest ones grow up and advance through the pits until they are standing where our best and brightest are: on the blocks in the last events of each meet. When you see one of the seniors at the pool this week or in their final Divisional meet, say hello, give them a hug and appreciate not only their accomplishments, but also their contributions to our wonderful swim team,

Take care, and as always, I will see you at the pool!
Kara

Spirit Contest for our Divisional Meet

For our Spirit Contest during the Divisional home meet our contest will be Dolphin Pride shirts. Get creative and show your version of Dolphin Pride on your own self-made creation. Stop by the breezeway at 8:00 to register your shirt and the judging will be at the break.

Winners for Car Decorating

Most Creative: The Harwick Family

Most Spirit: The Hollin Family

Most Original: The Waugh Family

Winners for Pit Decorating

Most Creative: 13-14 Girls

Most Spirit: 7-8 Boys

Most Original: 9-10 Girls

ROCK AND DOLPHIN AWARDS

DOLPHIN 10 & UNDER

Jackson Steed

Nyla Kent

DOLPHIN 11 & UP

Santiago Maya

Madeline Keist

ROCK 10 & UNDER

Jaxon Zwerneman

Mary Waiwaiole

ROCK 11 & UP

Alec Hochalter

Madeline Maguire



Mary Waiwaiole, Nyla Kent and Jackson Steed



Alec Hochhalter and Madeline Maguire

BINGOS

Greenly, Cailin
Parker, Desiree
Steed, Jackson

Visit our website
www.rrdolphins.org

To see great team
photos and check
out our rankings.

**We gave out
116 time
improvement
ribbons from
last Saturday's
meet.**

**We now
have 70
Invitational
Qualifiers!**

Best Time Drops

8 & Under

Rogers, Jaxon	6&U B 25 BREAST	19.55
Thex, Samuel	6&U B 25 BACK	14.06
Waiwaiole, Ruth	6&U G 25 BREAST	9.30
Steed, Jackson	7-8 B 50 FREE	6.70
Kent, Nyla	6&U G 25 FREE	6.30
Ray, Emma	6&U G 25 FREE	5.45
Layne, William	7-8 B 25 FLY	5.04
Pruitt, Camille	7-8 G 25 FREE	4.42
Hollin, Jenna	7-8 G 50 FREE	3.78
Pickell, Jaxon	7-8 B 25 BREAST	3.70
Thex, Olivia	7-8 G 25 BREAST	3.51
Bennett, Ryleigh	6&U G 25 FREE	3.48
Kent, Nyla	6&U G 25 BACK	3.19
Shaw, Riverson	6&U B 25 FREE	2.92
Hunter, Elise	7-8 G 25 BREAST	2.91
Pickell, Jaxon	7-8 B 25 FREE	2.90

9 & Up

Hertzog, Tanner	15-17 B 50 BREAST	5.70
Parker, Ashley	9-10 G 25 FLY	5.64
Greenly, Cailin	13-14 G 50 BACK	4.36
Keist, Madeline	13-14 G 100 FREE	4.02
Catozzi, Colin	15-17 B 100 FREE	2.97
Hatch, Elizabeth	11-12 G 100 IM	2.93
Scott, Isabelle	11-12 G 100 IM	2.64
Maguire, Madeline	13-14 G 100 IM	2.59
Ellsworth, Amber	13-14 G 50 FREE	2.46
Ray, Madelyn	9-10 G 25 BREAST	2.39

PEP RALLY

Friday, July 8th 5:30 pm
GattiLand in Round Rock

Don't forget your cheer and poster!

*On Friday at swim practice the boys can get their hair cut
and the girls can get a blue streak to get ready for our big meet!*



Round
Rock
Dolphins

**Dolphin
Pride**



Thank you to all of our 2011 Sponsors!

*** Stop by and thank our outstanding sponsors for supporting the Dolphins 2011 Season ***

BANQUET SPONSOR



ROUND ROCK locations...

2601 S IH35 #100
246-0033

15909 Great Oaks
238-1744

4101 Sunrise
255-0065

www.lambstire.com

EQUIPMENT SPONSOR



ROUND ROCK location...

1112 N IH35
255-6699

www.gattiland-rr.com

OPERATIONS SPONSORS

Alamo Toyota
(866) 413-0733

www.alamo-toyota.com

Central Texas Professional Electrolysis

965-0087

www.ctpelectrolysis.com

Helen E. Ragsdale DDS

255-6995

www.austinlaserdentist.com

Robert J Naples DDS PA

388-4412

www.drnaples.com

Wyoming Springs Orthodontics ~

Ellen M Nelson DDS MS

255-4444

www.wyomingspringsorthodontics.com

Bush's Chicken

246-0343

www.bushschicken.com

The Daily Grind

388-0607

www.dailygrind620.com

Tio Dan Puffy Tacos

246-7733

2011 Sponsors con't...

EVENTS SPONSORS

Advanced Drywall Systems
267-1101

Amplify Federal Credit Union
836-5901
www.goamplify.com

Aqua Tex Swim Team
636-8577
www.aquatexswim.org

Arnold Automotive
422-8004
www.arnoldautomotive.info

**Austin Chiropractic
Health Center**
252-3030
www.docharry.com

Austin Tree Service
341-8888
www.keepaustingreen.com

Big Daddy's Burgers & Bar
614-0252
www.bigdaddysaustin.com

Carus Orthodontics
733-8308
www.carusdental.com

Hines Pool & Spa Inc
873-8565
www.hinespool.com

HR Strickland Tax Service Inc
255-1114

**Jeanne Stearns - Perfect
Tree Realty**
417-4159
www.perfecttreerealty.com

Johnson Custom Pools
346-3288
www.johnsoncustompools.com

Joseph P Goodson DMD MS
258-6683
www.goodsonorthodontics.com

Kaleidoscope Toys
388-5048
www.kstoy.com

Lane Four Swim Shop
836-5152
www.lanefour.com

Lone Star Aquatic Club
388-0712
www.lonestaraquatics.com

**Michael P Leonard -
Allstate Agency**
255-6222
www.allstateagencies.com/MLeonard

Nitro Swimming
259-7999
www.nitroswim.com

Pastor Behling & Wheeler LLC
671-3434
www.pbwllc.com

Perez Signs & Graphix
255-7058
www.larryperezsigns.com

R Bank Texas
600-8100
www.rbanktexas.com

Round Rock Animal Hospital
252-6232
www.rrah.com

**Schwartz & Eichelbaum,
Wardell Mehl and Hansen PC**
476-9944
www.edlaw.com

Smiles by Dr Farrah
258-6979
www.drfarrah.com

Southern Painting
716-1114
www.ausnorth.southernpainting.com

Treehouse Pediatrics
255-8868
www.treehousepedi.com

**Zoot Pet Hospital + Luxury
Boarding**
864-9668
www.zootpets.com

OTHER SPONSORS

Cedar Park Pediatric Dentistry
258-8888

First State Bank
255-2501

**Kim Parker - Mary Kay
Cosmetics**
289-2346

**Lifetime Vision Care ~
Marc Bergeron OD**
244-2003

McLeod Animal Clinic
255-2547

Office Max Store #0772
238-8603

Old Settlers Dental
310-2444

Paul A Gates DDS
244-2644

Trevor Turner MD - Pediatrics
218-8696