

Dolphins Swim Team

July 16 – July 23, 2012

Congratulations Dolphins for repeating as New Mexico Games Champions! You should all be very proud of this accomplishment. We once again proved the power of family.

This is taper week! Please keep those kids indoors and at rest as much as possible. Instructional swim videos are available to borrow from Phil Rodriguez. You can email requests to him at prodriguez8@comcast.net. For new parents, we have uploaded a file on our Yahoo web site outlining the instructions for tapering. Also available is a document about Carb Loading from Coach Tiana. Dolphin coaches know how to prepare swimmers so that their best performances occur in Sundance finals, so please listen to them.

Carb Dinner: Our traditional carb dinner will be held on Tuesday, July 17 at Mario's Pizzeria. Mario's is located on the Southeast corner of Menaul and Juan Tabo. We will not be holding practice that evening but will all meet at 6:30 pm at Mario's. There will be a fee of \$9.00 per adult, \$5 for kids 8 and under. Please bring exact change or check to pay at the restaurant. The dinner will include pizza, pasta, salad, bread sticks and drinks (lemonade and ice tea). Mario's is reserving the entire back room for us. Our carb dinners are always lots of fun and it gives the kids the carbs they need to be able to swim their very fastest at prelims on Thursday.

End-of-year awards potluck: This year our awards banquet will be held at Kirtland Pool, Monday, July 23th beginning at 6:30 pm. The potluck is a great way to wrap up an awesome season and recognize those who have stood out in terms of character and attitude. Medals and ribbons from finals will also be distributed. All are welcome even if your child doesn't make finals. Please plan to come and bring a pot-luck style dish with you. Drinks, plates and utensils will be provided. The pool will be open after the ceremonies for free swim. If you have any questions please contact Michelle Seaver at justsprink@aol.com.

Upcoming events:

- Tuesday, July 17: 6:30pm CARB DINNER: Marios (Menaul & Juan Tabo – see above) (no practice that evening)

- Thursday, July 19: DISTRICTS (SUNDANCE PRELIMINARIES) Swim meet at the Jewish Community Center (JCC): arrival time 7:30 AM, Warm ups begin promptly at 8:10 am - 8:30 am. **Please DO NOT be late!** The meet will begin promptly at 9:00 am. There will be no relays. **5520 Wyoming Boulevard NE** http://jccabq.org/main/map_directions.php DIRECTIONS: From Spain & Wyoming, head north on Wyoming, it is located on the east side of the street. **Please be respectful of our hosts and choose your snacks and lunch with Jewish customs in mind. Please not pork products i.e. pepperoni pizza, ham sandwiches, etc.**
- **SWIM PRACTICE FRIDAY MORNING** will be for those who qualify for Finals in their individual events on Thursday –OR- for those swimming on relay teams. Coaches will notify all wild-card swimmers and relay team swimmers Thursday evening by phone.
- Saturday, July 21 SUNDANCE FINALS AT WEST MESA. Arrival time: 6:30 am. **Warm Ups: 7:00 – 7:20 am in lanes 1 & 2 on the east end of pool**, Meet start time: 8:40 am.
- POST FINALS PARTIES: The Dolphin kids potluck will be held at City View Estates Park just east of Copper & Tramway on Jewel St. and a catered dinner for Dolphin parents will be held at the Sturdevent/Young home at 605 Posada Ct SE (in Four Hills) with both events beginning at 6:00 pm. To assist in the planning of these events please see Michelle Seaver. Click on the following link for directions. <http://mapq.st/MAICNn>
- End of Season Potluck: Monday, July 23, 6:30 pm @ Kirtland.
- Sunday, August 12, CLIFF'S AMUSEMENT PARK 1pm.
- Feedback from this year? Please provide it to one of the board members : Kim Berling(berling.k@gmail.com), Eric Lorenzen(ejlorenzen@comcast.net), Suzanne Buser(zanboomr@flash.net) , Tiana Kaula(kaulatiana@gmail.com), Carol Langsfeld(cjlangsfeld@yahoo.com), or Ed Gaylord (edgaylord1@gmail.com)
- THANKS FOR A GREAT YEAR! WE HOPE TO SEE EVERYONE AGAIN NEXT SUNDANCE SEASON!

Go Dolphins!