

# DOLPHINS SWIM TEAM

*Welcome to the 2013 Summer Swim Season!*

**Visit us at: [www.dolphinsswimteam.net](http://www.dolphinsswimteam.net)**

Welcome to the Dolphins Swim Team! We are looking forward to another great season. If this newsletter leaves unanswered questions, please contact team parent Michelle Seaver at [justsprink@aol.com](mailto:justsprink@aol.com), or head Coach Ed Gaylord at [edgaylord1@gmail.com](mailto:edgaylord1@gmail.com).

The Dolphins Swim Team is a newly incorporated 501(c)(3) non-profit entity that is a member of the Sundance Aquatic Association. The Sundance Aquatic Association is the coordinating body for approximately 15 swim teams in the greater Albuquerque Area. The Sundance Aquatic Association by-laws set the rules and regulations governing the member teams and is an all-volunteer organization.

As a newly incorporated non-profit team we are required to have a Board of Directors in place. Our Board members include: Kim Berling—President; Suzanne Buser—Treasurer, Eric Lorenzen, Carol Langsfeld, and Tiana Kaula. Anyone interested in joining the board is definitely welcome!

The Dolphins Swim Team, will continue to encourage family involvement and provide fun-filled competition with an emphasis on fun, safety, teamwork, fair play and skill development. Children of all abilities are welcome and given equal opportunity to participate.

Our team depends on the cooperation and participation of ***ALL*** our parents. We ask each family to carefully consider where they may best help our team. It could be volunteering at a special event or helping time a meet.

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## **COACHES**

We are very excited to welcome back Head Coach Ed Gaylord. We are also privileged to welcome back all of last year coaches, Joel Langsfeld, Mo Retter, Kalani Kaula, Candace Langsfeld, Adam Berling, Rachel Buser, and Tiana Kaula. Rejoining our coaching staff and bringing decades of coaching expertise is long-time Coach Robert Wall.

## **COACHING ASSIGNMENTS**

In addition to having a lane assignment during practices, each swimmer will be assigned to a swim meet coach based on the age group in which they swim. Here are the swim coaches by age group for swim meets:

<b>8 and unders:</b>	<b>Joel Langsfeld</b>
<b>9 – 10:</b>	<b>Candace Langsfeld</b>
<b>11 – 12:</b>	<b>Maureen 'Mo' Retter</b>
<b>13 – 14:</b>	<b>Rachel Buser</b>
<b>15 – 18:</b>	<b>Kalani Kaula &amp; Adam Berling</b>

If your swimmer will not be available for any given meet, please notify your coach in advance so that relays can be planned accordingly.

## **PRACTICES**

As of May 28, 2013, we began our morning practices from 7-8 am, Monday - Friday. All swimmers are to report to the Kirtland track (adjacent to the swimming pool) with running shoes (no flip flops) for stretching, running, etc. -- **promptly at 7:00 am**, this will ensure that we maximize our time in the water. Evening practices also continue from 6:30 pm – 7:30 pm, Monday-Friday, through the remainder of the season.

## **TEAM COMMUNICATION**

If you have not already done so, it is necessary for all swim team families to join our team Yahoo Group using the following link and click on JOIN THIS GROUP! (On the right side of page) [http://sports.groups.yahoo.com/group/dolphinsswimteam\\_abq](http://sports.groups.yahoo.com/group/dolphinsswimteam_abq) If you have any problems joining the group, please contact Michelle Seaver at 822-5519 or [justsprink@aol.com](mailto:justsprink@aol.com). Once your Yahoo account is setup, you can redirect all e-mails to the e-mail account of your choice. Please be sure to check your e-mail prior to all swim meets to ensure that no last minutes have occurred with times or arrival instructions.

## **BASE ACCESS**

**All Dolphin Team Members may enter the base using the *Wyoming* or *Gibson/Louisiana* gates only.**

***Gibson Gate*** and visitor center is open continuously  
***Wyoming Gate*** open from 5:30<sup>am</sup> to 7<sup>pm</sup> weekdays only (closed on holidays)  
**Available for Exit Only ~ *Eubank Gate*** open from 5<sup>am</sup> to midnight daily

***For Initial Base access:*** If you do not already have access to the base and are a U.S. citizen, you need to provide the team with the following information for all adult drivers and passengers: Last Name, First Name, Middle Initial, the last four digits of social security number, and date of birth. Please e-mail this information to Michelle Seaver at [justsprink@aol.com](mailto:justsprink@aol.com). This information will be added onto our “Entry Access List” that the team will submit roughly once per month. The base requires at least 72 hours of processing for updated lists. While on base please be prepared to show your driver’s license, registration, and proof of insurance at any time.

***For Continued Base Access through the end of the season:*** A two-page application for a visitor’s pass must also be submitted to Michelle Seaver. Once a background check has been completed, all adult drivers and passengers will receive a laminated base pass to be shown at the guard houses for base access. Having these visitor passes will eliminate the need for maintaining such a lengthy Entry Access List at the gates.

## **POOL LOCATION**

***Wyoming Gate:*** Take Wyoming south from I-40. This leads directly to the Wyoming gate. After entering, continue south on Wyoming until Gibson Ave, which has a stop light. Turn right on Gibson. Turn left on Texas Street, and turn right at the entrance to the pool parking lot just south of the baseball field.

***Gibson/Louisiana Gate:*** If entering through the Gibson/Louisiana gate, turn right on Pennsylvania by the McDonalds. The running track will be on your left. Pass the track, then turn left into the pool parking lot. The pool is the large building across the parking lot from the running track.

## **MEDICAL RELEASE, REGISTRATION & LIABILITY FORMS**

All swimmers must complete the following:

- ▶ Medical Release Form (***Must be completed and returned before a swimmer is allowed in water***)
- ▶ Sundance Aquatic Association Registration Form
- ▶ Sundance Waiver/Release of Liability Form

Please complete the [attached](#) forms and return them to Michelle Seaver.

## **SWIM TEAM FEES**

Non-military	\$200 for the first swimmer
	\$180 (10% off for each additional swimmer within a family)
Military	\$170 for the first swimmer
	\$150 (for each additional swimmer within a family)

Scholarships and affordable payment plans are also available. Please contact Kim Berling for details at [berling.k@gmail.com](mailto:berling.k@gmail.com). Payments may either be given to Michelle Seaver, team parent, or Suzanne Buser, treasurer.

## **SWIMSUITS**

Unfortunately, last year's team suit was no longer available for purchase this season. The suit selected for this season and the next is the *Nike Sting Theory design*. Two styles are available for the women's/girl's suit: the *Cut Out* suit, which is cut lower in the back, and the *Lingerie* suit, which is actually a more conservative design. See Michelle Seaver to try suits on and to purchase them.

**Dolphin Swim caps** and draw string swim team bags are also available for purchase. Swim caps are just \$5 for latex caps and \$15 for silicone caps, and draw string backpacks are \$15. Swimmers are encouraged to wear caps at all meets. Please remember to mark your caps, goggles, towels, etc. with your child's name and phone #.

## **UPCOMING SPECIAL EVENTS**

The ***New Mexico Games*** will be held Sunday, June 30, 2013, at the West Mesa Aquatic Center. This is a great opportunity for any interested swimmer to compete against other swimmers from Sundance, USA and City Teams. Those who qualify in the top three in any event are eligible to swim in the State Games of America.

## **THIS WEEK'S SWIM MEETS**

**The swim meet scheduled for June 12<sup>th</sup> at Tanoan was canceled.** Our next meet is on Tuesday, June 18<sup>th</sup> at 7:00<sup>am</sup>, at Four Hills Country Club.

There will be NO Saturday Meet this week! Enjoy your weekend!

## **INFORMATION/TRAINING**

We have a library of ***instructional videos & DVD's*** available for swimmers and parents to watch. They may be checked out for a 2-3 day period. Please contact Debra Stanley at [debraastanley@gmail.com](mailto:debraastanley@gmail.com) if you are interested in our library of swimming instruction.

## **VOLUNTEERS NEEDED**

**T-Shirts** We are looking for a volunteer to head up the design and sale/distribution of the team t-shirts. If interested, please see Michelle Seaver. All registered swimmers will receive a Dolphins t-shirt. Adult t-shirts will also be available for purchase.

**Isotopes Game Coordinator** Help organize a fun night out at Isotopes Park for the team.

## **GENERAL ANNOUNCEMENTS**

**Parent Swimmers:** For those parents who would like to swim during practice times, lanes will be available during practices. It's a great opportunity to get into shape and prepare for NM Games!

**GO DOLPHINS!!!**

