

July 4, 2016

DOLPHINS SWIM TEAM



MARK YOUR CALENDARS:

TUESDAY, JULY 5	6:45 PM	ISOTOPE'S MONEY DUE NOW!!
Wednesday, July 6	8:00 am	Socorro Swim Meet (In Socorro!)
Thursday, July 7	6:45 pm	Dad's Night Out (Court yard by pool)
Friday, July 8	5:30 pm	Yoga with Coach Adam (Courtyard by pool)
Saturday, July 9	11:00 am	HOME SWIM MEET (UNM)
Tuesday, July 12	5:30 pm	Picture Day (Olympic Pool) Be on Time!
Saturday, July 16	6:30 am	Swim Meet (YMCA)
Saturday, July 16	7:00 pm	Isotopes Baseball Game

IF YOU MISS ONE OF OUR WEEKLY NEWSLETTERS, THEY ARE AVAILABLE ON OUR WEBSITE AT WWW.DOLPHINSSWIMTEAM.NET

SOCORRO SWIM MEET. WEDNESDAY, JULY 6 @ 8:00 AM

The swim meet in Socorro is a long standing Dolphin tradition. We travel to Socorro, NM (70 miles south of Albuquerque, on I-25), and swim against the Socorro swim team. Afterwards, we all go out to lunch together. This is a very special meet, and we encourage all our swimmers to attend. If you have a transportation problem, please let Kim Berling, Michelle Seaver and your child's coach know as soon as possible. We do a lot of car pooling for this meet, so arranging a ride for your child (or children) should not be a problem, if you give us sufficient notice.

Warm up should start around 8:30 am, so please plan to arrive no later than 8:00 am. This means you should plan to be in your car and driving no later than 6:40 am. The door to door trip, from your house to the Socorro pool should take about 1 hour and 20 minutes.

The facility at Socorro has very little shade, so please bring some kind of sun shade. You should also bring chairs to sit on, plenty of sunscreen and plenty of water. As with all our swim meets, please plan to bring appropriate snacks and entertainment for the little ones.

AFTER THE SWIM MEET, WE WILL ALL GO TO LUNCH AT THE OWL CAFÉ IN SAN ANTONIO. SAN ANTONIO IS A SMALL TOWN 10 MILES SOUTH OF SOCORRO. IN THE PAST, THIS WAS ALWAYS THE TRADITIONAL SPOT WHERE THE DOLPHINS WOULD SHARE A MEAL AFTER THE SOCORRO MEET. COACH ROBERT WOULD LIKE TO CONTINUE WITH THAT TRADITION FOR THIS SWIM MEET.

DIRECTIONS FOR BOTH SOCORRO POOL AND THE OWL CAFÉ ARE ON THE NEXT PAGE.

DIRECTIONS FOR SOCORRO SWIM MEET:

SOCORRO CITY POOL: 1004 EL CAMINO REAL STREET, SOCORRO, NM

Take I-25 south to exit 150. Take ramp on right to US 60/West to Magdalena/Socorro.

Go approximately .7 miles. Turn onto Bullock Blvd. Go approximately .3 miles.

Turn right onto El Camino Real.

DIRECTIONS TO OWL CAFÉ IN SAN ANTONIO:

OWL CAFÉ: 77 US 380, SAN ANTONIO, NM.

Take I-25 south to exit 139 to US 380 East/San Antonio/Carrizozo. Turn left off the exit ramp.

The Owl Café will be a few hundred yards ahead on your right.

DAD'S NIGHT OUT: THURSDAY, JULY 7, 6:45 PM. COURT YARD BY UNM POOL AREA.

Dad's Night Out is just like Mom's Night Out. It is an opportunity for the dads to get together and to meet and visit with other dads on the team, while the mom's look after the little ones. All the dads should try and attend, if possible. Beverages and paper products will be provided. Dads should each bring some kind of small snacks to share.

YOGA FOR SWIMMERS



Coach Adam is a certified yoga instructor. He will offer another yoga class for all Dolphin swimmers and their family members on Friday, July 8 from 5:30 —6:30 pm (just before swim practice). This class will be held in the grassy area on the west side of UNM pool (near the parking lot). It will take place just before evening practice. All interested participants should bring their own yoga mat and water. The suggested donation for this class is \$5.00 per family.

Private Swim Lessons Available: If your Dolphin Swimmer would like to work on their stroke or other swim issues, outside of practice, we have 3 coaches available to work with your child. For older or more experienced swimmers, contact Coach Adam @ 505-203-3928. For younger or less experienced swimmers, contact coach Samantha @ 970-980-3045 or Coach Rachel @ 505-259-2606.



PICTURE DAY, TUESDAY, JULY 12 @ 5:30 PM

Wear your team suit & team tee shirt!

Individual pictures will be taken from 5:30-6:30 pm, in the UNM Olympic pool area. The team picture will be taken in the same area. Order forms are attached to the back of the newsletter. Payment will be collected at the time the pictures are taken.

HOME SWIM MEET & BAKE SALE: SATURDAY, JULY 9 @11 AM

Warm up will start promptly at noon. Please plan to arrive by 11:00 am. We will be swimming against Riverpoint and Del Norte. We will be going out to eat after the meet, so please confirm the location with your coach before the end of the meet.

As we did during the first meet, we will be hold a bake sale and selling concessions. Our first bake sale was very successful. We are hope to do as well this time around. We are asking each family to provide some kind of individually wrapped baked goods (cookies, brownies, etc...), or individually wrapped packaged goods (single serve potato chips, granola bars, etc...). **PLEASE DO NOT BRING ANY DRINKS. WE HAVE LOTS & LOTS OF DRINKS LEFT OVER FROM THE LAST BAKE SALE. ALSO, DO NOT BRING ANYTHING THAT CAN EASILY MELT IN THE HEAT—LIKE CHOCOLATE CANDY.**

If you have any questions, please contact Kim Berling at 505-410-3646 or berling.k@gmail.com.

SWIM MEET: SATURDAY, JULY 16 @ 6:30 AM: YMCA

Our last regular swim meet of the season will be held on Saturday, July 16. Warm up will start promptly at 7:30 am, so you should plan to arrive by 6:30 am.

You should plan to bring all the same items that you have brought to previous meets.

The meet will be held at the Mountainside YMCA. This is the same place the 8 & Under meet was held. They are located on Comanche Blvd., just west of Tramway.

Their address is : 12500 Comanche Blvd. NE.

ISOTOPE'S BASEBALL GAME

SATURDAY, JULY 16 @ 7 PM

I will be delivering the Isotope's tickets this week. If you have not yet paid for your tickets, you need to do so immediately. The team will plan to meet in the Isotope's parking lot, before the game, at 7:00 pm. The address for the stadium is:

1601 Avenida Ceasar Chavez SE.