

# DOLPHINS SWIM TEAM



## Mark Your Calendars:

|                   |         |                                |
|-------------------|---------|--------------------------------|
| Thursday, June 25 | 6:30 pm | Mom's Night Out                |
| Friday, June 26   |         | No PM Practice                 |
|                   |         | <u>For 8 &amp; Under Only</u>  |
| Saturday, June 27 | 7:00 am | 8 & Under Meet: River Point    |
| Sunday, June 28   | 7:00 am | New Mexico Games: West Mesa    |
| Tuesday, June 30  | 6:30 pm | Belly Flop Contest             |
| Thursday, July 2  | 6:30 pm | Dad's Night Out                |
| Friday, July 3    |         | No PM Practice : Isotopes Game |



## 8 & UNDER SWIM MEET: At Riverpoint Sports and Wellness

This Saturday, June 27, is the 8 & Under Swim Meet. This is a swim meet for children 8 years old and younger only. This will be an opportunity for your swimmer to actually swim with children their own age. There will be three categories of swimmers: 6 & Under, 7 & Under and 8 & Under. All Swimmers should plan to be there no later than 6:45 am. Additional information regarding this meet has already been posted on Yahoo Groups. All 8 & Under swimmers will be scheduled to swim in this meet. If your child will be unable to swim in this meet, please let your child's coach know as soon as possible. **There will be no practice for 8 & Under swimmers on Friday night, June 26, so they can rest up for the meet.**

**All swimmers are asked to bring one can of food to help Sundance participate in a community project to help feed the homeless. Boxes will be available at the entrance.**

### Directions to Riverpoint:

Take I-25 north to Paseo Del Norte. Go west (left) on Paseo Del Norte to Coors Blvd. You will go south (left) on Coors Blvd. You will pass under the overpass. Riverpoint will be on your left. You will not be able to turn directly into the parking lot. You will need to go a little further down and make a U-turn at Southwest Polytechnic Institute.

## **Mom's Night Out: Thursday, June 25, 6:30 pm.**

Another great Dolphin tradition is Mom's Night Out. This is a great opportunity for all the moms to get together and spend some time visiting with the other moms on the team. In years past, we have all gone out to some location close by to enjoy a relaxing libation while the kids were at swim practice. Usually, the dads would stay at the practice, with any younger siblings, so the moms could enjoy a little adult time. This year, we will hold Mom's Night Out just outside the Olympic Pool area. We will set up a few tables and chairs on the grass (weather permitting) and enjoy a few adult beverages while the kids swim inside. Moms, you should ask the dads to come to practice, so they can look after any younger siblings. This is a great opportunity for the new moms to get to know everyone else on the team. I hope we will see you all there!



### **New Mexico Games:**

New Mexico Games will be on Sunday, June 28. Everyone should plan to be there around 6:30 am. New Mexico Games is held at the West Mesa Pool. The Dolphins typically set up in the far SW corner of the grounds. If you enter through the SW gate located in the front parking lot, you should find the Dolphin's area immediately on your right. Please make sure you have paid for all individual entries online. If you have not yet paid, you can do so at [nmgames.org](http://nmgames.org).

### **Directions to West Mesa Pool: 6705 Fortuna Road NW.**

Take I-40 west to Coors Blvd South. Exit left, going south. Fortuna Road will be the 2nd light. Turn west (right). West Mesa Pool will be approximately 1/4 mile on your right hand side.

### **PRIVATE SWIM LESSONS AVAILABLE:**

If your swimmer has a younger sibling, and you would like that child to learn how to swim—or, if your Dolphin swimmer would like to work on their strokes or other swimming techniques, outside of swim practice, Coach Adam offers private swim lessons. Please visit Coach Adam at any practice or you may call him at 505-203-3928 for more information.



Download from Dreamstime.com 41194700 Brett Lamb | Dreamstime.com

## **Dolphin's Belly Flop Contest:**

The Dolphins will hold their annual Belly Flop contest next Tuesday, June 30 at 6:30 pm. There will be no practice that evening. This will be an opportunity for every swimmer to participate in a storied, Dolphin tradition.

The object of the contest is to see which swimmer can create the biggest splash (or the loudest sound) from a belly flop into the pool. Some of our previous winners have come from our youngest participants, so don't be shy. The contest will be judged by the coaches. So mark your calendars. This is an event that should not be missed!

## **Dad's Night Out: July 2nd, 6:30 pm**

**Like Mom's Night Out, this is an opportunity for all the dad's to get together and relax. Tables and chairs will be set up outside the Olympic Pool area. Libations and snacks will be available and all dad's will be encouraged to attend. It is an opportunity for the dads to get to know one another. The moms will be available to look after the little ones during practice. We hope to see everyone there!**

## **Isotopes Baseball Game**



The team will be attending the Isotopes baseball game on Friday evening, July 3rd. There will be no practice that evening.

If you purchased tickets to attend the game, you may pick them up from Kim Berling starting Wednesday, June 24, at any evening practice.

Everyone usually meets in the Isotope's parking lot before the game. Directions and additional information will be in next weeks newsletter. It will also be posted on Yahoo Groups next week.



ALL general communication is done through Yahoo Groups. If you have not signed up for Yahoo Groups, please do so immediately. Use the following link:

[https://sports.groups.yahoo.com/group/dolphinsswimteam\\_abq](https://sports.groups.yahoo.com/group/dolphinsswimteam_abq)

Once your yahoo account is set up, you can redirect (or forward) all the emails to the email account of your choice. Please be sure to check your email prior to all swim meets to ensure that no last minute changes have occurred with times or arrival instructions.