

July 14, 2014

Dolphins Swim Team Newsletter



Mark Your Calendars

- Tuesday, July 15 6-7⁰⁰PM Carb Dinner @ Kirtland Family Center
- Wednesday, July 16 Breakfast & Movie after morning practice
- Thursday, July 17 7⁰⁰AM Sundance District Meet, Tanoan
- Saturday, July 19 6⁴⁵AM Sundance Finals, West Mesa Pool
- Saturday, July 19 6³⁰PM After-Party at Coach Adam's House
- Sunday, July 20 5⁰⁰PM Awards Pot Luck, Kirkland Outside Pool

TAPER WEEK!

This week is "Taper Week". It is very important that all swimmers follow the "Taper Rules" attached to the back of the Newsletter.

Carb Dinner!

Thursday, July 15th, 6:00-8:00pm

Our annual carb dinner is Tuesday, July 15th. There will be no practice that night. Instead we will all go to the Kirtland Family Center where we will all load up on carbs to get ready for prelims and finals.

Pasta, pizza, salad and drinks will be provided. We are asking everyone to bring their favorite dessert to share. The cost will be \$5.00 for an individual (unaccompanied) swimmer, \$10.00 for one swimmer and one parent, and \$20.00 for a whole family. Please get your money to Kim Berling as soon as possible, but certainly no later than Tuesday evening at the dinner.

There is very limited seating within this facility, so we are asking all the children to plan on eating "picnic style" outside on the grass. Please bring towels or blankets for your children to sit on. You should also plan to bring your own lawn chairs as well, as even with all the kids outside on the grass, there may not be enough seats available for all the adults.

As always, we are trying to keep the cost as low as possible in order to allow everyone to participate. The prices we are charging are below the team's actual cost to host the dinner, so we are setting up a "donation" jar by the "drinks table" and asking everyone, who feels they can, to contribute a few dollars more to help cover the cost. If you have any questions, please contact Kim Berling (410-3646) or Michelle Seaver (239-3777).

Directions to Kirtland Family Center:

1008 Golden Smoke Drive SE

From Gibson & Wyoming, go north on Wyoming 2 blocks to Paintbrush. Turn left onto Paintbrush (there will be a sign that says Kirtland Family Housing). Paintbrush will dead end at Golden Smoke Drive at the Family Center. There is parking on the south side of the building.

VERY IMPORTANT: We need 12 additional volunteers for the District Meet on Thursday. Every team is required to provide a set number of volunteers for the District Meet. At this meet, there are 3 timers required for each lane (to insure the most accurate time for seeding swimmers in finals). We need 12 additional parents to step up and help us out. Please see Margaret Lucero to sign up. You will only have to work one half of the meet.

Breakfast and a Movie! Wednesday, July 16th, After Practice

Wednesday morning, after practice, the team will go to breakfast at Golden Pride (10101 Central NE) located on Central, just west of Eubank. After breakfast, everyone will go to the **Lego Movie** at the Regal Cinema located at Winrock Shopping Center (2100 Louisiana Blvd NE). They offer \$1.00 movies on Wednesday mornings. The movie starts at 10am. This is a great way to keep the kids entertained (while building team spirit) during taper week. For more information, please contact Michelle Seaver (239-3777).

Sundance Finals Saturday, July 19th, 6:45am

The West Mesa pool is the same location used for NM Games. The grounds should open around 6:00 am. We encourage all families to arrive no later than 6:45 am. This will be a very crowded venue and you will want to get set up and situated before warm up. Like with NM Games, the Dolphin's typically camp out in the far southwest corner of the grounds. If you enter through the southernmost exterior gate into the grounds, you should find the Dolphin families set up to your right as you enter.

Like the District Meet, this will be an all-day meet, so, again, plan accordingly. Programs will be available (for sale) listing all the events. The cost is typically \$3.00 - \$5.00 per program.

Directions to West Mesa Pool Facility: 6705 Fortuna Rd, NW

Take I-40 west to exit 155 (Coors Blvd). Turn south (left) onto Coors Blvd. for approximately 1 mile. Turn west (right) onto Fortuna Rd. The facility will be on your right towards the end of the road.

Sundance District Meet Thursday, July 17th, 7:00am

This is a very important meet. Please have your kids there no later than 7am, dressed (swim suits, caps, goggles) and ready to go. This will be another (outside) all day meet, so plan accordingly. Bring plenty of sun screen, water, sun shade, lawn chairs, towels and/or blankets (for lying on the ground), snacks and something for lunch. It is also a good idea to bring something to keep the little ones entertained (books, games, etc...).



***WE NEED 12 ADDITIONAL
VOLUNTEERS FOR THIS MEET!***

Please see Margaret Lucero to sign up.



Directions to Tanoan Country Club: 10801 Academy Road NE

Go north on Wyoming to Academy. Go east (right) on Academy to Country Club Road. Turn north (left) onto Country Club Road into the Tanoan Community. This is a gated community, so you will have to stop at the gate and let them know you are there for the swim meet. The Country Club and pool will be directly ahead of you as you enter the gate.

Anyone who makes it into finals will be notified by their coach that afternoon. Even if you do not make it into finals in an individual event, you may still be on a relay. So please check with your coach. All swimmers participating in finals will have practice on Friday morning at the regular time.

We encourage all team members to come to finals, even those who will not be swimming. It shows great team spirit and good sportsmanship to show up and cheer on your team mates!

After-Party @ Coach Adam's House

Saturday, July 19, 6:30pm

Another great Dolphin tradition is the *After Finals Party* for the kids. This will be held at Coach Adam's house. Finals will typically conclude around 3:30pm – 4pm. This gives families enough time to go home, change clothes and relax a bit before the party. The party will start at 6:30pm. This is, typically, a *Kids & Coaches Only* party, although parents can stick around if they want to. However, usually after dropping the kids off, the parents will reconvene at El Patron Restaurant at 10551 Montgomery NE (just west of Juan Tabo) where they can relax and enjoy some adult time, and celebrate the end of the season.

The kid's party is another pot luck type function, but please, only bring finger foods (pizzas, veggie trays, chips, cookies, etc...). Drinks and paper products (plates, cups, napkins) will be provided. Coach Adam's house is very "kid friendly", as most of the furniture is bean bag chairs! This is a great opportunity for the coaches and the kids to relax and enjoy some non-pool time together.

Directions: 3752 Mt. Rainer NE

Go north on Juan Tabo to Comanche. Go east (right) on Comanche to Mt. Ranier. Turn north (left) onto Mt. Rainer to 3752.

Coach Joel to Offer Swim Lessons!

A number of parents have inquired about continued swim lessons after the season is over. Coach Joel will offer private swim lessons to anyone interested. The rate for these lessons is \$20.00 for a 30 minute private lesson. Please contact coach Joel for further information. His email address is Joel.Langsfeld@gmail.com and his phone number is 505-573-3708.

Awards Pot Luck & 'End of Year' Party

Sunday, July 20th, 5:00-10:00pm

This year our Awards Pot Luck will be held at the **Kirtland Outside Pool**. This is not the inside pool that we practice at.

This promises to be the best party yet! There will be bouncy houses for the little ones, jousting arenas for the older ones, cotton candy, snow cones and popcorn! There is also a baby pool for the really itty bitty ones!

This is another Pot Luck affair, so please bring one main dish (to share) plus one side dish (either salad or dessert). Drinks and paper products will be provided.

We will have the entire area to ourselves for 5 hours. So the kids can unwind and swim and play. We will start our Awards Ceremony around 6:30pm. It should conclude around 8pm, after which, the kids can continue to swim and play until 10pm. It should be a wonderful conclusion to our season, and we hope that everyone will be able to attend!

Directions to Kirtland Outside Pool:

Immediately after you enter the Wyoming gate (Wyoming & Gibson) you will turn left (east) onto Club Road (first road on right). Follow Club Road past the residential section. The residential section stops at 15th & Club Rd. Then there are the 'Visitor's Quarters'. Turn right at the first street past the Visitor's Quarters. Follow this road until it dead ends and you will be at the outside pool. You will see tennis courts. The pool facility is in the area to the left of the Tennis courts. There is also a map attached to the back of the Newsletter.

Cliffs Day!

The Dolphins will get together one last time before schools starts for Dolphins day at Cliffs. The date of this reunion has not yet been determined. Keep an eye out for the announcement in Yahoo Groups.

Good Luck to all our Swimmers! GO DOLPHINS!!