

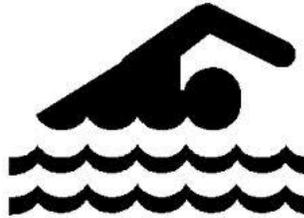
# GLENSIDE DOLPHINS

NEWSPLASH

2012

## Upcoming Events

- **June 27, 2012- Crestmont Meet @ Crestmont** Warm up 6:00 pm, Start 6:30 pm
- **June 30, 2012- Hatboro Meet @ Glenside** Warm up 8:00 am, Start 8:30 am
- **June 30, 2012- Sweatshirt order forms due to Colleen or Onnie**



## VOLUNTEERS NEEDED!

We need volunteers for every meet! It is being asked that each family volunteer at two or more meets this year. Shifts are available for each job. Even a half hour helps! We need parent volunteers to run a swim meet!

Timers- Time each race (3 timers per lane).

Runners- Collect sheets from the timers and deliver them to the scoring table.

Stroke and turn judges- Watch the technique of the swimmers and make sure it is correct. (Training is needed. Contact Brian Maus for more information.)

Place judge- Confirm times and declare 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

Score Keepers- Keep score.

Relay volunteers- make sure all of the relay swimmers are ready in their age group teams. Mark their hands with color coordinated marker.

Help with 8 and unders and 10 and unders relays-Tell younger relay swimmers when to start their portion of the race.

Snack table- Help run the snack table and/or donate tasty treats. (Home meets only)

## PRACTICE TIME CHANGE!!!

Remember, as of June 25th, practice time changes will begin. The new times are:

8:30-9:00: 8 and unders

8:30-9:15: 10 and unders

9:00-9:45: 12 and unders

9:00-9:45: 14 and unders and Unlimiteds



## News for Baby Dolphins

- ❖ All events run youngest to oldest, boys before girls.
- ❖ All events occur in the same order: Backstroke, Breaststroke, Butterfly, Freestyle, Relays
- ❖ Upon arrival, all swimmers must check the race postings and write their races accurately on their hand with a black Sharpie.

## Don't forget to pack the following items for each swim meet:

- Two towels
- Goggles
- Sharpie
- Money for snacks and raffles
- Sunscreen
- Sweatshirt (night meets)
- Cards, small games, other activities (for swimmers to use while they wait for their next race)
- Notebook to track times



## Coach's Corner

An interview with.....

Coach Alex Stein!

Alex is the 10 and unders, 14 and unders, and unlimited coach.

### Are you currently in school?

Yes. I will be a freshman at Muhlenberg this fall.

### What's your favorite stroke?

Breaststroke.

### What do you do in your free time?

Hang out with friends.

### What/Who inspired you to be a swim coach?

My dad.

### What's your favorite Rita's Water Ice flavor?

\_\_\_\_\_

### Do you like lifeguarding or coaching better?

Coaching.

## TEAM USA

2012 London Olympic Swimming will begin on July 28<sup>th</sup>. Team USA has many great competitors.



Ryan Lochte- Ryan is expected to be part of the USA Olympic team. He has competed in the 2004 Athens Olympics and the 2008 Beijing Olympics. Ryan was born on August 3, 1984 in Daytona Beach, Florida. Ryan Lochte usually swims backstroke or individual medley.



Natalie Coughlin- Natalie is also expected to compete in the London Olympics. She competed in the 2004 Athens Olympics and the 2008 Beijing Olympics. She was born on August 23, 1982 in Vallejo, California. Natalie Coughlin usually swims backstroke, butterfly, freestyle, or medley.

## TEAM WEAR

### Team suits, practice suits, and goggles-

Available at Personal Best. 411

Doylestown Road, Montgomeryville; 267-263-4963.

**Team Caps-** Available before each meet for \$5.00. See Onnie.

**Hooded Sweatshirts-** with the Glenside Dolphins logo are the 2012 team spirit wear fundraiser. Order forms have already been emailed. If you did not receive one, please contact Colleen.



## Contact Information



### Coaches

Matt Smith: [smith.matt450@gmail.com](mailto:smith.matt450@gmail.com)

Alex Stein: [azstein15@gmail.com](mailto:azstein15@gmail.com)

### Parent Representatives

Colleen McHugh: 215-880-8033 or

[mchughswim@gmail.com](mailto:mchughswim@gmail.com)

Ondrea Reisinger: 215-402-0112 or

[oreisinger@comcast.net](mailto:oreisinger@comcast.net)

### Volunteer Coordinator

Brian Maus: 215-884-7694

### Snack Table Parents

Donna Custer: 215-885-8452

Monica Maus: 215-884-7694

### Dolphins' Web Site

[www.glensidedolphins.org](http://www.glensidedolphins.org)