

# Dolphin Doings October 05

## Upcoming meets

21-23 14 & under A KOAST

21-23 Senior KATY

28-30 14 & under BB BTA



## Dad's club Picnic

October 16<sup>th</sup> 300 PM

Come meet the parents and swimmers of the Dad's club swim team. There will be a cookout and other activities.

## Dolphin Shop

The Dolphin shop is getting new et-shirts and sweats in the next week. Plan to outfit your swimmer the Dad's Club essentials.



## Happy Birthday

### September

Beagle, Jean  
Busa, Tony  
Eustice, Chris  
Lorring, Hudson  
Miller, Austin  
Rogers, Margaret

### October

Bayley, Hunter  
Eustice, Caroline  
Holt, Timothy S  
Kong, Dong-hyun  
Manley, Jackie  
McRae, Austin  
O'Loughlin, Julia  
Pichon, Alex  
Stephenson, Erika  
Yoon, Justin

## Welcome to the 2005-6 Season

It is the beginning of the season and time to start setting goals for the future and end of the season. The bigger your goals the more time and energy you will have to put in to the process of making them happen. This process is made of five key elements: setting realistic performance goals; practice attendance, meet attendance, work ethic, and attitude.

**Setting Realistic Performance Goals:** At the first levels of the team, performance goals may include being able to swim all the strokes both legally and efficiently. At more advanced levels goals may include setting and achieving specific time goals in events: placing in a major meet, or achieving a time standard at a higher level.

**Attendance:** Swimming is a sport of conditioning, technique, strategy, and repetition. These things require a swimmer attend practice on a regular consistent basis. As a swimmer works up the ranks of the team the time commitment becomes greater. In order to be successful in achieving your goals it may be necessary to schedule vacations, appointments, babysitting jobs, or "dates" around your practice and dryland training schedule. You can't improve if you're not there. The best swimmers miss the least.

Your teammates need you to race, and you to race them. Make this a priority!



**Meet Attendance:** Going to meets is a key factor in achieving your time goals. You only

learn how to race by racing. The meet schedule for your training group was designed to give you enough race opportunities to achieve success. Try to schedule other activities around your meets. It is important to swim all strokes and distances for your age group, throughout the season. The events a swimmer likes the least, is often the event they improvement the most.

**Work ethic:** A strong work ethic is essential toward reaching your goals. You must show up every day prepared to put your best effort in forward in all aspects of your swimming - turns, sprinting, and distance, good and bad strokes. Swimmers spending too much time at the wall, walking on the bottom, missing send offs due to one excuse or another; adjusting leaky goggles, drinking water when you should be swimming, taking bathroom breaks, and having mysterious muscle aches will find it hard to achieve their goals. Never miss an opportunity to get better – you can't get it back. Swimming is demanding, and physically tiring. Welcome and enjoy it.



**Attitude and Leaders hip:** A positive attitude and sense of leadersh

ip goes a long way in the quest for achieving your goals. The ability to approach practice as a challenge and as a positive opportunity instead of a dreaded necessity can make a swimming a hard set easier for you and the rest of the swimmers in your group. Individual positive energy creates a positive group atmosphere that makes practice more fun for everyone. Negative energy smothers you and other swimmers. It can kill yours and others performances. Be responsible for bring yourself and others up on a daily basis. Lead by example and others will follow.

### HSC Meet

Swimmers of the Blue ribbon, Bronze and Silver group got their feet wet at the first meet of the season.

The Team is preparing for the season with skill drills and video on a weekly basis. Swimmers are encouraged to make the be best of this period by studying the techniques and applying them to their practices. Focus! Focus! Focus!



We welcome all parents to the Dad's Club. There are some important meeting coming up in the next few weeks. We will have team meeting to present an overview of the season for your child. We will discuss:

- Season plans
- Swimmer expectations
- Parent expectations
- Meet procedures
- Nutrition
- Team goals

### Bracing for the Hurricane

We had a major scare as Hurricane Rita Blasted the coast near Houston. Several swimmers rushed out of town, and the city is now getting back on its feat. Schedules are now back to normal. We thank you for your patience.

We have several families from New OrLeans that had to evacuate due to the Hurricane. We hope that their homes are safe and things get back to normal as soon as possible.



**Coach A loaded up swimmer and was ready to take them to safety!**