

Dublin Sea Dragons Booster Club Newsletter



Welcome Sea Dragons Swim Families!

Happy Holidays! In the coming weeks, we hope you have the opportunity to spend time doing things you enjoy with loved ones. Thanks so much to all of you for your generous support of the Mid-Ohio Food Bank! Once again, the Dublin Sea Dragons have gone above and beyond in the championing of those in need. Our organization serves our children, but also our community-at-large. Thank you for your generous support.

With practices and meets in full swing, please stay updated on all Sea Dragons events. Emails will be sent from practice group coaches and boosters to keep you updated on "all things Sea Dragons". Also, please follow us on Facebook by joining our private group. Simply search DCST Sea Dragons and ask to join our group. Meet packets, psych sheets, photos, and interesting articles are shared here. It is a fabulous swimming resource!

We would like to take this opportunity to, again, say **Thank You** to each of you. Our team has grown and evolved over the last several years. New initiatives, celebrations, parent liaison, coordinator positions and awards/ recognition programs would not be successful without your continued support. GO SEA DRAGONS!

Sincerely,

Missy (missy1andrews@yahoo.com) & *Cheryl* (cstump052894@gmail.com)

Kudos! Well Done! Hooray! Bravo! Outstanding! Special Thanks to Special DCST Parents

We would like to welcome *Namrata Sorathia* as the new DCST Booster Club Treasurer. And a very special thanks to our outgoing Treasurer, *Mike Sommer*, for his continued service as we identified and trained a new treasurer. *Namrata* can be contacted at seadragonstreasurer@gmail.com.

The new and improved records board is up and running! We're sending a big shout out to *Trudy Cherek* for the gift of her time and talent to design the new format. Updated records are also available on the Sea Dragons web page for your convenience.

Upcoming Events

December

- 12.09, Subway Fundraiser
- 12.12-14, MAKO Meet
- 12.14, NA Penguin Plunge
- 12.21, Holiday Dance Party

January

- 01.04, GCSTO B Meet
- 01.10-11, UA Triple Crown
- 01.16, Movie Night
- 01.18, Napoleon Mini Meet
- 01.23-25, Kelly German Meet

February

- 02.06-08, Swim Your Age, Dayton
- 02.06-08, Indy Meet at IUPUI
- 02.15, New Albany Kicker
- 02.19, Pasta Night
- 02.20-22, Regional Champs
- 02.28-03.01, Mini Champs

March

- 03.03, Age Group Banquet
- 03.06-08, Senior Champs
- 03.13-16, Ohio JOs

Spotlight: FUN!

Holiday Dance Party

On Sunday December 21
6:00 – 8:00 pm

In the Talla Rooms at
the Dublin City Rec Center

Yum Taco and goodie bar

Wow Fun and Dancing

Please sign up on the website to attend, donate food items or volunteer for the party.

Checks and Balances

New Account Policy to Take Effect

Effective January 1, 2015, any account that is in arrears 60 or more days will be deactivated. Your swimmer will not be meet eligible, as fees cannot be paid until the account is brought up to date, and may also have Booster privileges suspended. If payment is by credit card, please make your information current and up to date. If paying by check, the Fall/Winter season requires a minimum \$200 pre-payment per swimmer and Spring/Summer requires \$100 pre-payment per swimmer. Account balance does not affect practice eligibility, as these fees are paid to the City of Dublin during the DCRC registration process.

Swim Smarts

Lingo Lesson: What's a JO?

In short, **JO** stands for **Junior Olympic(s)**. The Dublin Community Swim Team is a Licensed Swim Club (LSC). As part of the Ohio Swimming system, the DCST participates in championship meets for both the Short Course Yard (SCY) and Long Course Meter (LCM) swim seasons. The Short Course and Long Course seasons largely correspond to our Fall/Winter and Spring/Summer swim sessions. These events and time standards are organized by age and grouped as 9-10, 11-12, and 13-14. The championships are held in March and July annually. Ohio Swimming calls our championship meet the Ohio Junior Olympics.

For a swimmer to qualify for JOs, he/she must achieve the required time standard within the qualifying season. The period is essentially the current short or long course season. Each year, Ohio Swimming looks at the previous year's fastest times and uses a scientific formula to calculate the qualifying times for the upcoming season. These times may change from year to year and, if they do, they typically get faster.

When a swimmer obtains a qualifying time, they may be eligible to swim in the championship meet. This year's SCY season championships will be held March 13-15 at Bowling Green State University. We look forward to DCST being represented with many swimmers.

GIRLS		BOYS			
13-14	11-12	10 & Under	10 & Under	11-12	13-14
26.09	28.19	31.59	50 Free	32.09	28.09
56.99	59.49	1:08.29	100 Free	1:09.09	59.69
2:02.19	2:09.39	2:31.79	200 Free	2:34.49	2:11.19
5:28.29	5:46.99		500 Free	5:50.59	5:15.09
19:10.49		1:50 Free			18:30.29
	32.49	37.39	50 Back	37.99	33.39
1:03.39	1:07.89	1:18.09	100 Back	1:20.49	1:09.19
2:16.89			200 Back		1:00.79
	36.79	42.09	50 Breast	43.79	36.99
1:12.39	1:16.69	1:29.19	100 Breast	1:33.09	1:19.79
2:37.69			200 Breast		2:31.49
	30.79	35.29	50 Fly	36.89	31.59
1:02.59	1:07.89	1:22.29	100 Fly	1:23.69	1:10.69
2:21.21			200 Fly		59.59
	1:07.99	1:17.99	100 IM	1:20.19	1:09.39
2:18.99	2:26.59	2:50.59	200 IM	2:56.29	2:28.59
4:54.69			400 IM		4:42.59
1:47.40	1:52.79	2:10.09	200 Free Relay	2:12.19	1:54.59
3:52.40	4:05.09		400 Free Relay	4:05.99	3:41.59
8:13.59			800 Free Relay		8:00.39
1:58.29	2:08.29	2:30.79	200 Med Relay	2:35.29	2:12.59
4:20.49	4:40.09		400 Med Relay	4:50.53	4:08.69

Approved 10-5-2014

How Relays Work

Relays are a great opportunity to group swimmers together to compete in an event that is more team-oriented. Relays are not offered at all meets, or may be cut to keep the meet within time restraints. The coaches organize relays in a very specific, methodical way utilizing DCST's Team Unify management system software. Here's how...

Through the system, swimmers' individual event times are reviewed. The fastest swimmers are automatically grouped based on individual times. The software builds all relays based on the swimmers participating in a meet with in each age group.

For example with a 200 Free Relay, the software will query all swimmers within the age group that are participating in the meet. It builds the "A" relay with the top four 50 Free times. The "B" relay is built with the next four fastest 50 Free times, etc. This is typically done the night before a meet. Keep in mind, swimmers in a particular age group may be in different practice groups. For example, there are 9-10 year olds in Age Group 2, Junior AM, Junior Bronze, Junior Silver and Junior Gold practice groups.

For Medley Relays, the fastest swimmer in a particular stroke may not end up swimming that stroke in the relay. The software builds the fastest relay by taking into account all times, for all strokes, for all swimmers. The best combination of times is used to assemble the fastest Medley Relay teams together.

From time to time, swimmers note they are unable to participate in relays at a meet. This requires additional manipulation that may result in an unexpected relay combination, especially if a swimmer in a particular stroke is needed to create another relay. The relays will be built based on the best, current times of a swimmer.

Relays are also subject to change at the discretion of the coach after the start of any meet. This might be based on the results of the individual times achieved at the meet. The goal is to put the fastest relays together THAT day.

Finally, coaches may create relays subjectively. This could be based on factors such as attendance at practice, not showing at a previously committed meet, sickness, etc. In these circumstances the coach will substitute as needed to give deserving swimmers the best opportunity for success at the meet.

Enjoy the opportunities to swim relays. They are really exciting and a great deal of fun. Now, let's swim FAST!!



The **Dublin Sea Dragons** and **Subway**
Team Up for a *Swimtastic Time*

Tuesday, December 9, 2014

Team Night purchases earn **10%** for the **Dublin Sea Dragons**
Present this flyer upon ordering
Valid only at the Subway inside the Dublin Recreational Center
Watch for future dates, always on a Tuesday



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