

# Dublin Sea Dragons Booster Club Newsletter



## Upcoming Events

- 10.04, Team Meet
- 10.18, Team "B" Meet
- 10.18-20, John Bruce Meet
- 11.01, Team "B" Meet
- 11.01-03, UA Invitational
- 11.15, Team Picture & Dinner

## Teamwork Makes the Dream Work

Who are the Boosters? You are! All families of the DCST are members of the Boosters. The Booster Board of Directors meets the second Wednesday of the month at 6:00 pm at the Rec Center. Please join us.

If you have any topics for discussion or are interested in getting involved, please contact any of our Board Members. Your Booster Board includes:

**Co-Presidents**, Jeff Carpenter & Missy Andrews; **Vice President**, Cheryl Stump; **Treasurer**, Mike Sommer; **Secretary**, Stacey Wellman; **Head Coach**, Dave Kuck; **Apparel**, Holly Kremin & Kelly Kent; **City of Dublin**, Kim Wigram & Kate Mattison; **Communications**, Bruce MacLaughlin; **Social**, Tyler Griggs & Linda Whittle; and **Sponsorship**, Dana Booth & Eileen Shaughnessy.

Complete Board contact information can be found on the Sea Dragons website under the "Boosters" tab.

Greetings Sea Dragons Families,

A **big thank you** for joining us! We are pleased to have so many swimmers and their families participating in the Dublin Sea Dragons' swim program and, subsequently, the DCST Boosters. We are excited about another successful year for our swimmers, thanks to our solid coaching staff. We, your Booster Board, will do our best to add fun and fellowship along the way.

Let us introduce ourselves. We are Missy Andrews and Jeff Carpenter, Booster Board co-Presidents for the 2013-2014 season. We look forward to meeting you at our next event or swim meet. We both have swimmers in the Junior Gold group and have enjoyed many rewarding years with the DCST. Not only do we want to welcome you, but also share some exciting news about things that are happening with your DCST Sea Dragons:

**New Recognition Program:** Our swimmers work very hard. We want to recognize those contributions to the team. Beginning this month, our swimmer recognition program is launching.

**Age Group Parent Liaisons:** Back again are the Age Group Parent Liaisons. We are pleased to have eight parents that volunteered to act as the link between you, our coaches and the Booster Board. They are working on some great ways to engage you and your swimmer. Additionally, they are a great resource for any of your worthy questions.

**Strong Social Calendar:** While swimming is our primary focus, we have also planned some fantastic social events. So put down your smartphone and skip the status update. This is socializing old-school: face-to-face. Check out the Meets section of the website for the latest information on upcoming events.

**New Record Boards:** Soon you will be able to check out the flat screen TV in the hallway leading to the pool for some inspiration in the form of our Record Board.

And before we close, we want to say a huge thank you to three individuals that played key roles in leading the DCST Boosters Program in the last few years: Lynn Oshida, Kathy Hull and Michelle Sparrow. As President, Lynn capably led the Board for two years, providing countless hours and commitment to the program. Under her leadership, we formalized our planning process; purchased the new Records Board; expanded the Board to create stronger programming; and set the foundation for the Parent Group Liaisons. Unless you have served in a volunteer role, you will never know the thankless hours that are committed, but for now, we extend a BIG THANK YOU. To understand the significance of Lynn's contributions, note that it is taking two of us to fill her shoes.

We also want to thank Kathy Hull, who just finished a long tenure as Treasurer. It has been wonderful to have a strong, dedicated and diligent leader in the role. The entire Board rested comfortably knowing that the resources that you entrusted to us were always accurately accounted for and wisely used.

And finally, another big Thank You to Michelle Sparrow for championing our Apparel for the past several years. She did a wonderful job making sure that our swimmers presented a "well-dressed," uniform front as they represented our team.

Well, that is about it for now. Again, welcome aboard. We look forward to meeting you, cheering on our team together and hopefully having a little fun along the way. Please don't hesitate to contact us if there is anything at all we can do for you.

Sincerely,

*Missy* (missy1andrews@yahoo.com) & *Jeff* (jcarpenter@cuna.coop)

## Aqueous Liaisons

### Meet your Age Group Parent Partners

The Parent Liaisons are the conduit between you, the coaches, the team and the Booster organization. These seasoned swimmer parents are a fantastic resource and will be helping to organize some fun activities to create a sense of community within your swimmer's age group. If you would like to lend a hand to the program, please reach out to your liaison. Look for more information from your liaison soon.

**Age Group 1 Gold, Donna Bowman, mdbowman@yahoo.com**  
**Age Group 1 Silver, Kristin Adams, geldams.corp@earthlink.net**  
**Age Group 2 Gold, Michelle Sherrer, rsherrer@columbus.rr.com**  
**Age Group 2 Silver, Stacey Lynch, shaizlett@hotmail.com**  
**Junior Gold, Eileen Shaughnessy, shaughnessy93@hotmail.com**  
**Junior Silver, Jamee Smith, sjcjj@columbus.rr.com**  
**Junior Bronze, Dana Booth, booth.52@osu.edu**  
**Senior Group, Tricia Koehler, K5koehler@icloud.com**

## DRESSED FOR SUCCESS ~ALL THINGS APPAREL~

### We've Got Spirit!

#### Yes, We Do!

Around here, Tuesdays are **Team Tuesdays** or **Spirit Day!** Your swimmer should proudly sport their Sea Dragons duds to school. Parents can also show their support and wear their gear around town while running errands, at work, to the gym, etc. If your swimmer has not received a team shirt, please contact Holly Kremin or Kelly Kent.

### The Spirit Store

On October 2, the Sea Dragons spirit store will reopen. The sale will run through October 13. You can purchase a variety of youth and adult apparel. T-shirts, work out shirts, golf shirts, sweatshirts, warm ups and more are offered through our partner Ares.

### The Team Store

Have you suited up your swimmer yet? Official Sea Dragons swimsuits can be found via the team website. Go to the **Team Store** link at the top left of the home page. You will link to [GetOutSwim.com](http://GetOutSwim.com). Sea Dragons gear is the right-most tab. Be sure to sign in to your account before purchasing to receive the team discount. If you have any questions about suit sizing, there are sample suits in the coaches' office.

### We've Got Your Back

This season, the Sea Dragons Boosters will offer customized stadium style seat backs. Look for a sample of these back savers and ordering information at the next home meet.



## And, the Award Goes To!

### The Sea Dragons Unveil Their First Ever Swimmer Recognition Program

After many hours in the pool and lots of hard work, the Boosters are proud to work in conjunction with coaches to honor swimmers. Recognized swimmers will receive a Dublin Sea Dragon sticker to be placed on their "Bag Tag". Recognition may be achieved in the following ways:

#### Practice Group Swimmer of the Week - Coaches Choice

Each Practice Group coach will select a Swimmer of the Week based on the past week's effort. Coaches will consider a swimmer's attendance, work ethic, making a positive impact at practice, supporting other swimmers and personal success during workouts.

#### Practice Group Swimmer of the Meet - Coaches Choice

After each meet, Coaches will select a Swimmer of the Meet for each Practice Group based on personal success in the pool and a positive contribution to the team atmosphere.

#### JO, Zones or Sectional Times

A swimmer will be recognized for their first achievement of a Junior Olympic, Zone, or Sectional qualifying time in any events.

#### Personal Best

A swimmer will be recognized with one sticker for achieving a personal best in one or more events during a meet.

#### Team Record

A swimmer will be recognized for establishing a new team record. In addition to stickers, they will also receive a certificate of recognition at the season ending party.

Continued on next page, **Recognition**

## On Your Mark! Get Set! Go!

### The Key to Success is All in the PREPARATION

#### What to Pack

- Money.** You will want to purchase a heat sheet (the event program) so you will know when your child is swimming and you can follow along. Snacks and other merchandise are often available at the facilities as well.
- Permanent Marker, Highlighter, Pen.** You will write your child's events/heats/lanes on his/her hand with the permanent marker. Thin line Sharpies work well. You will use the highlighter to accent your child's races in the heat sheet and the pen to note times.
- Suit, Cap, Goggles (and back up goggles), Towels.**
- Snacks.** Snacks are often available at meets, but you may want to have other healthy options available.

#### The Night Before the Meet

- Look up directions to the pool and review parking.
- Look at the warm up time. Plan to be in the pool area with your child ready to swim **15 minutes before** that time.
- Review the events for which your child is signed up. You may or may not see relays on the list of your child's events. The coaches determine relay teams after your child is signed up for the meet. Some relays are not assigned until after warm ups. Some meets do not have relays.
- Put packed swim meet bag in the car.

#### The Day of the Meet

- Be at the pool and ready **15 minutes before** warm up.
- Your child should be dressed (with suit, goggles, team cap) and ready to go, so they can check in with their coach **5 minutes before** warm up.
- Please note that most meets will not allow parents on deck. Parents must remain in the bleachers.
- After warm up children will return to their towels, get warm and wait for their first event.
- Parents should review their child's event numbers so you can help them get to the bull pen\* on time.
- Swimmers go to the bull pen\* when their events are called. They should follow the instructions of the bull pen workers.
- Watch your swimmer's race and **cheer 'em on!**
- After the race, have your child go back to their towel. Listen for the next event to be called to the bull pen\*.

#### After the Meet

Go out and have fun! Families are encouraged to coordinate with other families to go out to eat. It builds team unity!

*\*The **Bull Pen** is the 'staging' area for events. Your child reports there before races. In the bull pen, your swimmer will be seated according to event number, heat and lane. Bull pen workers will walk the children to the blocks in order. Parents are not allowed on deck to help with this process. As long as your child is in the bull pen on time, they will not miss the race.*

## **Recognition**, continued

Other areas of the recognition program include:

### **Team Commitment Award**

Swimmers who display a long-term commitment to the Sea Dragons program will be recognized for their dedication to the team and swimming with the Team Commitment Award. Any swimmer who completes a total of 6 seasons (Fall/Winter or Spring/Summer) will receive a plush Dublin Sea Dragon Towel personalized with their name. To qualify for a "season" the swimmer must have competed in at least 4 meets during the "season". Seasons are defined as either Full Short Course Season (September to March) or Full Long Course or Age Group Short Course Season (April to August). All current swimmers who have achieved this milestone will receive the award in 2013.

### **All-Around Swimmer Recognition**

The goal of today's swimming is to create all around swimmers and expose them to all of the strokes, so we will recognize the IMX accomplishments – a swimmer who competes in every available stroke they are eligible to swim during the short-course or long-course season – will receive an IMX T-shirt at the season ending event.

### **Iron Man/Iron Lady Medal**

Any swimmer who achieves all of their possible JO cuts will receive a special recognition medal and have their name added to the Iron Man/Iron Lady Plaque displayed at the Dublin Recreation Center.

### **Perfect Attendance**

Any swimmer that achieves "Perfect Attendance" will receive a certificate at the conclusion of the season recognizing this accomplishment.

We are very proud of all swimmers and look forward to celebrating their accomplishments throughout the season!

# **Go Sea Dragons!**

## **You Can Help Make a Splash Team Seeks Sponsors to Enhance Sea Dragon Swimmers' Experience**

Do you own, or know the owner of, a business that would be interested in supporting our swimmers and the Sea Dragons organization?

We are looking for local businesses to sponsor events, such as education sessions on training or nutrition best practices, pre-meet pasta dinners, team movie nights, team meals while traveling to out of town meets, Junior Olympic participant goody bags, and end of season parties. Families and friends of the team are welcome to participate as sponsors, as well.

With almost 200 families on our team, providing support for the Dublin Sea Dragons can pack a lot of punch! We will acknowledge our sponsors in our regular team e-newsletter shared with 450 unique addresses, and on our website, which is the hub of our activity during competition season.

Please contact Dana Booth at [booth.52@osu.edu](mailto:booth.52@osu.edu) or Eileen Shaughnessy at [shaughnessy93@hotmail.com](mailto:shaughnessy93@hotmail.com) if you are interested, or if you have a lead on a potential donor/sponsor.

The Dublin Community Swim Team is a 501(c)(3) organization; donations to support the team are tax deductible to the full extent allowed by law. (Consult your tax adviser or IRS regulations [[www.irs.gov](http://www.irs.gov)] for more information.)

## **No Getting Sidetracked Sea Dragons Swimmers Take Their Skills on the Road**

It's an exciting time for our older swimmers. They will be hitting the road to Oxford, Ohio for the MAKO Holiday Invitational at Miami University and the TYR Sport Winter Invitational at the University of Cincinnati. A trip will be made to a meet in Indianapolis, Indiana as well.

Please see the team website with hotel information for all upcoming travel meets. This information can be found under the "Meets" tab with a special link called "Hotels". A big thank you to Kristy Christensen and Linda Whittle for making travel arrangements for our team!