

Dublin Sea Dragons Booster Club Newsletter



The Year At A Glance

October

- 10.13, Chili Cook-Off/Meet
- 10.21-22, John Bruce Meet
- 10.29, GCSTO B Meet

November

- 11.03-05, Lunsford Meet
- 11.03-05, UA Golden Bear
- 11.11, Worthington Dual
- 11.12, OSU Thanks For Giving

December

- 12.08-10, MAKO Meet
- 12.10, Penguin Plunge
- 12.15, Holiday Dance Party
- 12.17 Ohio Virtual Distance

January

- 01.05-06, Tri-Meet-WOR/WAC
- 01.19-21, Kelly German
- 01.27, Movie Night
- 01.28, Frosty Fun B Meet

February

- 02.02-04, Swim Your Age
- 02.02-04, TYR
- 02.11, NA Kicker Classic
- 02.17-19, Regional Champs

March

- 03.03-04, Mini Champs
- 03.16-18, Ohio JOs

April

- 04.11-Age Groups Banquet
- 04.12-Color Groups Banquet

Hello Sea Dragons Swim Families!

I would like to welcome you all to the 2017-2018 Short Course Season. We are looking forward to a fun and fast season for all.

I would like to extend a special thank you to all of those who volunteered at our beverage truck at this year's Irish Festival. While the figures are not in we are confident that it will be a record breaking year. This event is our only team fundraiser and helps to offset our Booster Fees.

I look forward to seeing all of you at our jam packed Intra Squad Meet and Chili Cook Off on October 13th. It is such great way to kick off they season and enjoy some fun time together. That evening we will also take our team picture and dedicate the tree the city planted in honor of Coach Daniel Ave.

In closing, it is my pleasure to introduce your new Booster Board and Committee Chairs. This talented group of individuals will help lead Booster functions this year. If you have any questions, comments or would like to help out, we welcome you to contact any member of the Board.

President.....Cheryl Stump	Co-VPs.....Aimee Frazier & Kimberly Nadur
Secretary.....Kristin Adams	Co-Treasurers....David Lloyd & Jacque Smith
Team Director.....Bill Wadley	Hotels.....Alisha Carpenter
Awards.....Scott King & Beth Lloyd	Apparel.....Becky Davis & Elaine Borgerding
Social.....Krista Selig	
Communications.....Katy Brown	
Senior Liaisons.....Eileen Shaughnessy(Coffman), Dana Booth (Scioto), Peter Newman(Jerome)	

See you on deck! Go Sea Dragons!

Sincerely,

Cheryl (cstump052894@gmail.com)

I Can't Find My...Swimsuit, Water Bottle, Towel...



Lost articles found on deck will be placed in a box in the pool office. If you don't find what you are looking for there, DCRC maintains a Lost & Found closet, located across from the information desk.

Please label all suits, team t-shirts, towels, and gear. This increases the likelihood they will be returned if they are lost or left behind.

We've Got Spirit, Yes We Do!

The Buzz on Apparel



TEAM SHIRTS: Team shirts will be distributed at 4:30pm on October 13th, prior to the Intra Squad meet and Chili Cook-Off. One latex cap per swimmer is also included in your booster fees.

TEAM STORE PREVIEW: DJ Kelley, our new apparel representative, will be at the Chili Cook-Off on October 13th for families to preview the items in our new team store. Please stop by the table to try on, touch, and see all the awesome new spirit wear for the swim season.

CUSTOMIZED HEAD BANDS: Customized head bands for both boys and girls, will be available on-site at the Chili Cook-Off. These will make great gifts for your swimmers! Be sure to check them out!

Coach-Of-The-Month SPOTLIGHT Getting To Know...Team Director, Bill Wadley

What is the #1 most played song on your iPod?
Journey "Don't stop Believin'."

If you could witness any event, past present, or future what would it be? First automobile on road.

If you could have any superpower, what would it be? Flight or mind reader, even better.

What do you miss most about being a kid? Youthful innocence is amazing in children let's keep it in them as long as we possibly can!

What is one thing you can absolutely not live without? Diet Coke & Chocolate Chip cookies. ☺ JK if you're on FB!



Coaches' Corner On Deck for the Sea Dragons

The Fall season has started and the coaches are all working on skill development that is appropriate for each age group.

We are pleased with the progress thus far and will continue to build strokes, starts and turns into the practices so the athletes can have confidence and experience prior to getting started with the meets.

Each season should be built upon a good technical foundation for each stroke and each season the children will continue their learning and make progress that should be visible to us all.

The team work of the coaches has been excellent and we are looking forward to a fun and fast season ahead.

Coach Bill

"On Your Mark, Get Set, GO!" Swim Meet 411

To help parents/swimmers prepare for each meet, the boosters will send out a detailed list of packing essentials, as well as important information regarding each meet venue! Look for information for John Bruce and GCSTO soon!

Contact Kristin Adams with ?s-
geldams.corp@earthlink.net

And The Award Goes To...

Where to Find All the "Stuff" You Earn!

Family Folders: Hanging file folders are located in the pool area outside the coaches' office. Meet awards/stickers earned will be placed in these folders throughout the season. Please have your swimmer check them often. Long-Course packets have been removed from the folders to make room for Short-Course awards. Please contact Beth Lloyd if you need to pick up your swimmer's Long-Course packet.

Meet Awards: Awards (ribbons, medals, etc.) provided by swim meet host teams are typically given to DCST coaches at the conclusion of each swim meet. Every effort will be made by the awards chairs to distribute these awards into family folders within one week of the meet.

Bag Tag and Stickers: Every new DCST swimmer will be provided a bag tag, prior to the first meet of the season. Sea Dragons stickers will be distributed to folders following each DCST meet to all age-group swimmers who improve their time in one or more events. A swimmer can earn a MAXIMUM OF ONE STICKER per meet for time improvements.

Please contact Beth Lloyd (bethlloyd42@sbcglobal.net) or Scott King (sking140@gmail.com) with any ?s.

Senior Leadership Opportunity

Let Your Voices Be Heard

The Booster Board is looking for two representatives from the Senior group to give input at monthly Booster Meetings.

It's a one year commitment and we will choose two swimmers from the Senior group: one freshman or sophomore and one junior or senior.

If you are interested, the application is on the last page of the newsletter.

Please email completed applications by 11/1/17 to:

Eileen Shaughnessy

(shaughnessy93@hotmail.com),

Dana Booth (booth.52@osu.edu), or

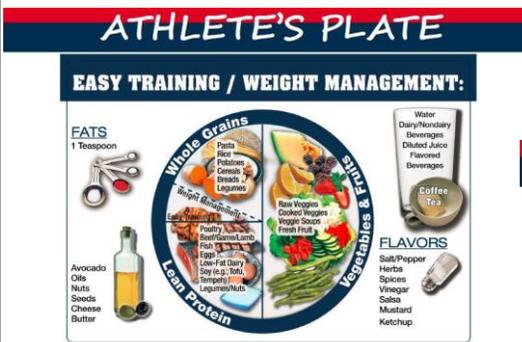
Peter Newman

(lezettestoltz@gmail.com)



Adding Fuel to the Fire!

Healthy Meal Suggestions for Swimmers



The Athlete's Plates are a collaboration between the United States Olympic Committee Sport Dietitians and the University of Colorado (UCOCC) Sport Nutrition Graduate Program. For educational use only. Print and use front and back as 2 handouts.



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What's your DQ IQ?

It can happen to any swimmer, on any level. Your swimmer's coach works tirelessly on technique to minimize the chance that a DQ will happen. But when it does, you will be in the know. The following highlights some common disqualifications (DQ) in swimming. It is not to take place of the official rules and regulations for USA Swimming.

STARTS

1. **False starts:** Swimmers may not move from his/her starting position before the starting horn sounds. If a swimmer has a false start he/she may be disqualified.

FREESTYLE

This is the hardest stroke to be disqualified in, because there are no real stroke rules. Here are some examples of how you can be disqualified:

1. **Failing to touch the wall** on the turn in a multi-lap race.
2. **Pulling on the lane line** to gain advantage.

BACKSTROKE

Similar to rules for freestyle, except swimmers have to stay on their backs (with the exception of turns in multi-lap races.)

1. **Turning shoulders past vertical towards the stomach** before completing a one lap race, or on the finish of a multi-lap race, is cause for disqualification. (This is defined as turning past the vertical-if you are flat on your back, you can't roll more than 90 degrees, or you are more on your stomach than on your back.)
2. **Pulling on the lane line** to gain advantage.
3. **The Turn:** This is tricky, but the rule is that swimmers may roll to their stomachs, take one arm stroke (or a double arm stroke) and, IN ONE CONTINUOUS MOTION, do a freestyle flip turn and then push off the wall on their back. The "one continuous motion" part of the rule is fairly subjective. A guideline: If a swimmer rolls over, takes their one allotted arm stroke and then has to kick into the wall before they turn, they will probably be DQ'd.



BUTTERFLY

1. **Both hands must touch simultaneously**, at the turn and finish, although they do NOT have to be on the same level. (I.e. one hand could be under the water the other could be above.)
2. **The feet have to kick together.** They can be separated, but they have to stay that way.
3. **Arms must be recovered OVER the water.** If you pull down and then recover your arms for the next stroke under the water you are not swimming butterfly. Arms must be recovered simultaneously OVER the water.

BREASTSTROKE

This is the most challenging stroke to swim legally.

1. **Both feet must be turned OUT** during the propulsive part of the kick. Some swimmers tend to turn out one foot, but not the other.
2. **Both hands must touch the wall simultaneously**, at the finish and at the turn, although, like butterfly, they do NOT have to be on the same level.
3. **Cannot take more than one stroke and kick underwater.** Only one pull-down stroke and one kick are allowed at the start and after a turn. Multiple underwater strokes will result in a DQ.
4. **Hands may NOT pull beyond the HIP line** except on the start and after a turn.
5. **Incorrect stroke cycle**, the stroke cycle must be one arm pull followed by one leg kick. You cannot pull twice then kick or vice versa.

INDIVIDUAL MEDLEY

1. **All the individual stroke rules apply** during that segment of the race.
2. **On turns, swimmers must finish the stroke they are swimming before they transition to the next stroke.** In other words, the butterfly to backstroke turn must incorporate a butterfly FINISH, and then a transition to backstroke that puts the swimmer on his back for that leg of the race.

RELAYS

1. **The same rules apply in relays as for the individual strokes** as previously described.
2. **False Start** - Relay starts require the swimmer on the blocks to have some part of his/her body still TOUCHING THE BLOCKS when the swimmer in the water touches the wall.

Sea Dragons Senior Group Representative Application 2017 - 2018

Name:

Email:

Phone Number:

High School and Grade in 2017-2018:

- How long have you been swimming competitively?
- For how many years have you been part of the Dublin Community Swim program – Sea Dragons or Dolphins?
- What has been the most meaningful part of your Sea Dragons experience to date?

- Why do you want to serve in this role? What skills and qualifications do you have that will help you?

- Please name two personal attributes that will help you serve in this position as a Student Group Representative to the Dublin Sea Dragons.

- How comfortable are you speaking in front of a group? What, in your opinion, makes a good listener?

- Describe a situation in which you did not get your way or did not agree with a decision made. How did you handle it?

- Do you feel comfortable handling confidential or sensitive information?
- Are you currently involved in any other volunteer or leadership positions? Please list.