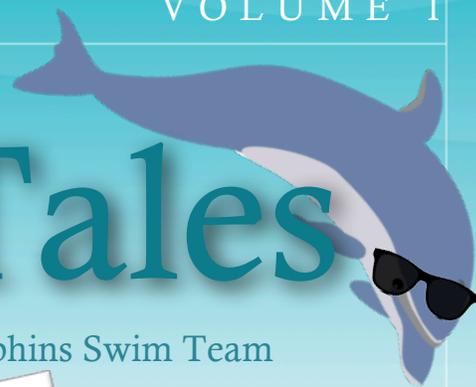


Lake Linganore

# Dolphins' Tales

A weekly publication of the Lake Linganore Dolphins Swim Team



## Coach's Corner

There's a lot to look forward to this week, as it is the week before our first meet against Holly Hills.

Make sure to check TeamUnify or the OnDeck mobile app to see the events your child is swimming (see page 7). This issue of *Dolphins' Tales* also contains important information on how to prepare for swim meets.

If you have any questions on what to expect on Saturday, feel free to contact me at [alexander.ted@comcast.net](mailto:alexander.ted@comcast.net) or New Swimmer/Parent Liason: Elisa Kinnee, [elisa5776@comcast.net](mailto:elisa5776@comcast.net).

*"Don't wait for your ship to come in; swim out to it."*



From left: Dylan Humbert, Celia DeBord, Ted Alexander, Michael Roach, and Colin Desmond.

## Our Coaches

We are happy to have Ted Alexander back as head coach of the Dolphins. He was a member of the Dolphins Swim Team for several years. Celia DeBord, Colin Desmond, Dylan Humbert, and Michael Roach are our Assistant Coaches this year. Colin McMynne, Emily Baba, Renata Farrell, Maddy Fritts, and Katie Roach will be our Coaches in Training (CIT) for this season (see photo on next page). We are happy to have their help! Please visit <https://www.teamunify.com/Contact.jsp?team=recld> to learn more about our coaches.

## Upcoming Swim Meets

### Holly Hills

**June 17, 2017**  
Out of Division  
Swim Meet—no  
scores will be tallied

### Hood College

**June 24, 2017**  
Last home meet!

### Bye Week

**July 1, 2017**  
Enjoy the long  
weekend!

## Practice Schedules

### Summer Morning Practice Schedule

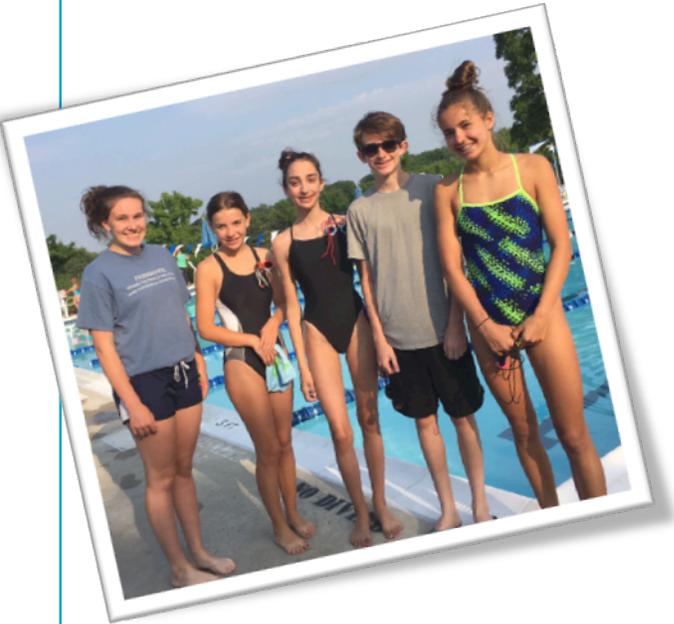
**8:00 - 8:50 a.m.** — 12 and up and 11-year-old girls

**8:50 - 9:40 a.m.** — 9-10 and 11-year-old boys (arrive at 8:45 to start warm ups)

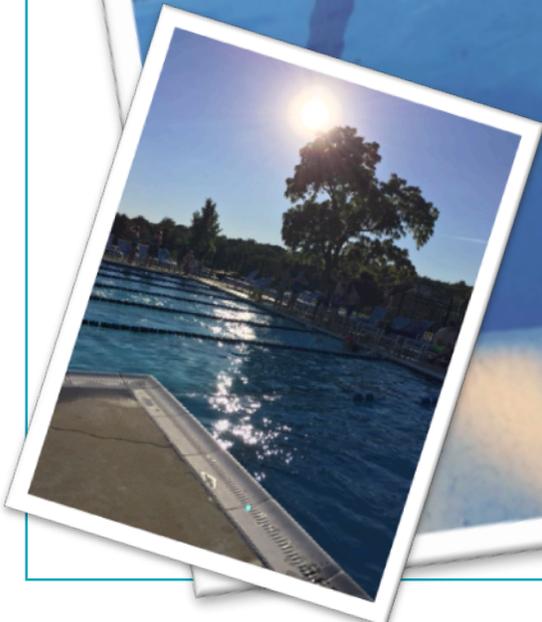
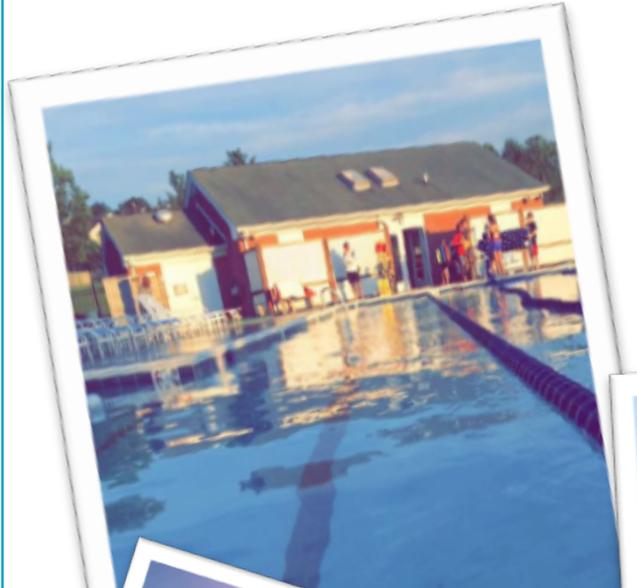
**9:40 - 10:30 a.m.** — 8 and under (arrive at 9:35 to start warm ups)

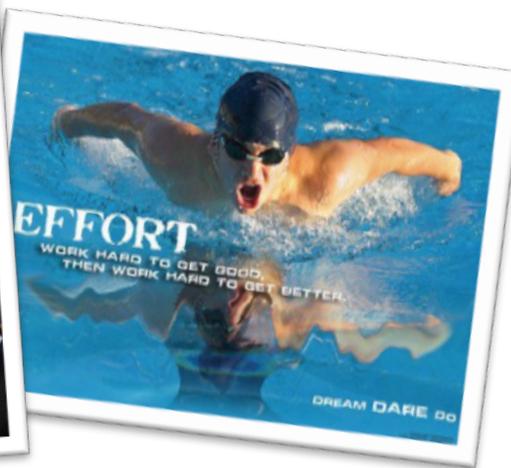
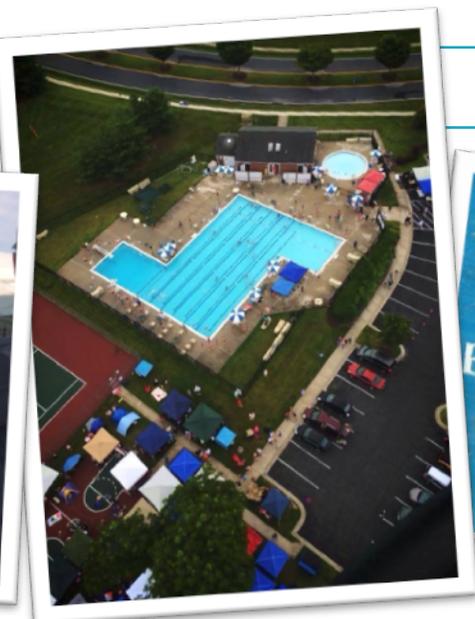
### Practice Cancellations

We will practice in the rain, as long as it's not excessive.



From left: CTTs—Katie Roach, Maddy Fritts, Renata Farrell, Colin McMynne, and Emily Baba.





## Swim Meet Information

Holly Hills \* June 17, 2017



**HOLLY HILLS  
HURRICANES**

Our first meet of the season will be against the Holly Hills Hurricanes on June 17.

Some information about our first home meet:

### Arrival –

Check In with Coach Celia will begin at 6:45 a.m. She will be on the pool deck right inside of the gates.

**LLD team warm ups will run from 7:00 – 7:25**

**a.m.** (FCY team warm ups are from 7:25 – 7:50 a.m.). We'll plan a stroke and turn judges meeting and timers meeting around 7:45. Please listen for an announcement. The meet will start promptly at 8:00 a.m.

### Parking –

Just like last year, there will be a drop off zone on Finn Drive near the pool to drop off kids, tents, lawn chairs etc. We are utilizing our pool parking lot for coaches and Handicap Parking only. Please plan to arrive early and park up at Deer Crossing Elementary School. We'll also have someone directing traffic if there are any questions.

### Concessions –

If you are working concessions for the first half, please meet in the baby pool area around 7:45 a.m.

In addition to typical snack bar food, In10seBBQ will be there to serve hot dogs, hamburgers, BBQ lunch sandwiches and fries, as well as warm breakfast sandwiches. Unfortunately, we're not set up to accept credit cards, so please have cash on hand.

### Team Set Up –

Both of the teams will be setting up outside the pool fence. Dolphins will set up tents on the grassy area closest to the parking lot. Visitors will set up near the tennis courts. No one is allowed to set up on the tennis courts and swimmers should not play on the tennis courts. No set up is allowed inside the pool fence.

### Volunteers –

The quicker the second-half volunteers show up on the pool deck to relieve the first-half timers, the quicker the meet will go. Be ready immediately following the Medley Relays and only take the timing devices from other LLD parents.

Thank you in advance to all of the volunteers who will be working our first home meet!

### First Meet Preparations –

The next page explains how to prepare for your first meet. Good luck!

**Let's Go, Dolphins!**

# Preparing for Your First Swim Meet

Swim meets are the highlight of being on a summer swim team! All of your hard work and practice lead you to this day. Prepping for your first swim meet starts the night before.

## Info for the Swimmer

Swimmers need to make sure to eat a good dinner Friday night that is high in carbohydrates. Also, drink plenty of water or Gatorade. Get into bed early to ensure a good night's sleep. Your wake up call will come early Saturday morning! When packing your bag, make sure you include your cap, goggles and towel just like at practice. In addition to those things, you should pack an extra towel and change of clothes to keep dry. It is advised to bring a water bottle, snack and an activity to do between events.

When arriving at the meet, Coach Celia will be at the main gate to the pool to check you in. PLEASE see her first before you do anything else—even before warm ups! **Warm ups for the Holly Hills meet on June 17 will start promptly at 7:00 a.m., and will last for 25 minutes. Please be there at 6:45 a.m. to check in and get settled. The meet starts at 8 a.m.**

## Info for the Parents

Please note arrival times for each meet. They are different for home meets and away meets. You may want to consider bringing a tent to set up for the swimmers to stay out of the sun. There is not much shade at any meet so this is the norm. Bring sunscreen, extra water, and snacks. Concessions will be available at most meets. You may also want to bring activities for the swimmers (or swimmers' siblings) to do while waiting for their events, such as books, card games, coloring books, etc.

Also, it is a good idea to bring a Sharpie to write your child's event, heat, and lane numbers on his/her hand (for example, 4/5/2 = event 4, heat 5, lane 2).

CITs will also be helping swimmers write down events by the fence where the line-up is posted.

Check your e-mail Friday night for the heat sheet. During the meet, many

teams use the app MeetMobile for up-to-date swim results. Parents can see swimmer results (past and present) once the meet file is uploaded to TeamUnify (TU) later that day. Parents can view these times through OnDeck app or through TU Web site.

At the meets, there will be "Shepards" who will be calling out event numbers and seating the swimmers at the Clerk of Course. Swimmers move up in their assigned lane until it is time for their event. Please be sure to follow the event numbers throughout the morning. The starter will not stop the meet if your child does not show up for his/her event and there will not be another chance to swim it. The first half volunteers generally work until approximately 10:15 a.m. There will be an announcement that calls for second half timers, helpers, etc. The faster you show up and relieve the first half timers, the faster the meet will run. Second half workers will work until the meet is over, usually around 12:30 p.m.

The first meet can be overwhelming for the swimmers and parents. Please ask friends or board members if you have any worries or uncertainties. You will be pros by mid-season!

## Quick Notes:

- After each heat, swimmers should remain in the pool until the last swimmer finishes the race. If



*Continued on next page*

## First Swim Meet *(continued)*

possible, shake the hand of the swimmer next to you and tell them “good swim.” It is very courteous to do this and promotes good sportsmanship.

- After your race, ask the timers for your time and go find the coaches and tell them what your time was. We will give you some feedback on how well you did and what we can help you with the next time you swim that event. This is a very important part of our coaching work! (Parents of young swimmers are welcome to collect your child at the end of the pool and walk them over to the coaches, provided you do not get in the timers’ or officials’ ways.)
- When you are not swimming, cheer on your fellow teammates and congratulate them when they are finished with their races.
- Please do not leave the meet when your races are completed without first checking in with the coaches. Sometimes things happen and we need to find someone to fill in for a relay leg at the end of the meet.
- We must leave the host pools in the same condition we found them, so everyone must pitch in at the end of meets to clean up the team area and all trash.

### Volunteering:

Each family is required to volunteer for three half meets to honor the volunteer requirements.

Failure to do so will result in the cashing of the \$150 volunteer check. To sign up for the meets, see information on following page.

Maritza Mangene, our volunteer coordinator, can answer any questions. Her e-mail is [mmangene@comcast.net](mailto:mmangene@comcast.net).

## Swim Meet Checklist

- Sunscreen! Reapply it as needed.
- Water or Gatorade to stay hydrated (Always rehydrate after you get out of the water. Never rehydrate with soda.)
- Two towels—one to dry off with and one to sit on (or a blanket to sit on).
- Team suit and cap if you have them.
- Goggles. You should have a pair to wear each practice and meet. It's a good idea to have an extra pair, in case they break or get misplaced right before your event. They should fit snugly, with the straps up on the main part of the back of your head, not low on your neck. A good idea for wearing them is to put them on, and then put your swim cap over top of the straps, to try to prevent the goggles from coming off when you dive in.
- Sharpie to write your events on your hand or arms.
- Activities to keep you busy while you are waiting to swim, like a book, a hand held game, board game, cards, etc. Do not bring valuables, since they can be lost or, unfortunately, stolen. There is a lot of “down time” at swim meets while you wait for your events. This is also great time for the kids to socialize or cheer on their fellow swimmers!
- Healthy snacks for after your swims.
- Shade if you can provide it. There will be a designated area for pop up tents. Parents, you will want to dress for the weather, too. The meets can be long and hot. Parents, grandparents, and younger siblings will need to stay hydrated and lathered up with sunscreen also. There are usually concession stands at swim meets, so bring food for lunch at meets and/or money to buy food.
- Dry change of clothes for after the meet.

*\*Label everything with your name. Team suits and caps all look the same, and we won't be able to tell what belongs to whom if there is something unlabeled left behind.*

If you know you will be out of town for any of the upcoming swim meets, please let Coach Ted know in writing and mark your availability in TeamUnify.

## Volunteer Job Sign-Up (TeamUnify)

1. Go to: <http://www.lakelinganoredolphins.com>
2. Sign in to your account (NOTE: the account username is the email used during registration, email [lldolphinsswim@gmail.com](mailto:lldolphinsswim@gmail.com) if you need your username).

Email

Password

Remember me [Forgot password?](#)

3. Select **Events** from the menu.
4. Select the **Job Signup** button next to the desired meet.

June  
**24**  
2017

### Swim Meet (vs Hood)

Jun 24, 2017 (08:00 AM) - Jun 24, 2017

Warm-up time: 7:00-7:15 a.m.:  
a.m.: Coach's Meeting 8:00 a.m.

5. Find the empty slots shown as "-----". If someone else's name is printed, that job slot is not available for you to sign up (this is a first-come-first-served system). You can only sign up for the empty slots shown as "-----".

6. Select the checkbox in front of the empty slot that you want to sign up for.

Job Name/Notes	Time Periods Signup
<b>IT Assistant - First Half</b> reads out times for the IT person to enter after each heat	06/17/2017 08:00 AM - 06/17/2017 10:30 AM (2.50 Hrs.) 1 <input checked="" type="checkbox"/> ----- 2 <input type="checkbox"/> -----
<input type="button" value="Signup"/> <input type="button" value="Remove Signup"/>	

7. Select the **Signup** button to sign-up for the slot(s) that you selected. You will be prompted to enter Contact Info (e.g., cell phone) - this is optional.

**Please Supply Your Volunteer's Information** ✖

Please provide any additional contact information for the person who will actually be doing the work.

Optional Contact Info:

**NOTE:** If your Account name is printed right after the checkbox, you've signed up for that job. You can use the "**Remove Signup**" button to remove the sign-up if you no longer want to work on that job.

8. You can also complete Job Sign-up through the **OnDeck mobile app**. View the following tutorial: <http://university.teamunify.com/ondeck-naa/job-manager>

# Meet Sign-Up (TeamUnify)

- 1. Go to: <http://www.lakelinganoredolphins.com>
- 2. Sign in to your account (NOTE: the account username is the email used during registration, email [lldolphinsswim@gmail.com](mailto:lldolphinsswim@gmail.com) if you need your username).

- 3. Select **Events** from the menu.
- 4. Select the **Attend/Decline** button next to the desired meet.

- 5. Select the athlete's name you want to declare for the meet. **NOTE: repeat the following steps for each athlete.**

- 6. Select the "Yes" or "No" from the dropdown. **Use the Notes section** to request specific events or communicate any limitations to coaches (e.g., athlete can only attend the first half of the meet).

- 7. Select the **Save Changes** button.
- 8. You will receive email confirmation:



## Lake Langanore Dolphins

- 8. You can also complete Meet Sign-up through the **OnDeck mobile app**. View the following tutorial: <http://university.teamunify.com/ondeck-naa/events#declare>

# Quick Splash...

## Team Photos

Pictures are scheduled for Tuesday, June 20, at 8 a.m. We will begin with the team picture, which takes about 30 minutes so please be prompt. Melissa Oskin will take individual pictures, starting with the older swimmers, immediately following team pictures. Practices will work on an abbreviated schedule.

12 and up and 11 year old girls: 8:45-9:30 a.m.

8-11 year old boys: 9:30-10 a.m.

7 and under: 10-10:30 a.m.



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For more detailed information about LLD, please visit  
<http://www.lakelinganoredolphins.com>



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