

Ocean Community YMCA

Dolphins Swim Team

To: Dolphin Swim Team Members and Parents

Subject: Information on the Upcoming SENEKY District Championships

I would like to take this opportunity to congratulate all the swimmers on another outstanding dual meet season and to provide everyone information about the preparations that the team will be undertaking for the upcoming SENEKY District Championships, which will be held at home at the Westerly YMCA on March 7th and 8th.

Once again this year, we have just completed an outstanding undefeated dual meet season, against some extremely talented opponents. **Every** swimmer has contributed to the team and has shown enormous improvement since the beginning of the season. The swimmers have been easy to coach and have been such an enjoyment. Now, we move into the Championship season. The successes during the dual meet season are behind us. District Championships are conducted with all teams in this district (14 teams), which include all the teams we swam in dual meets. This is without a doubt, the

BIGGEST MEET OF THE SEASON

District's rewards the best overall team, not necessarily individual efforts. With hard work, participation of **ALL** of our athletes and a little luck, we will do well as a team.

In preparation for this big meet, the three weeks of February (Feb. 9th, Feb 16th– February 23rd) will be hard weeks of practice. The practice schedule will remain the same, as it has been all season from now until March 2nd. The week before districts (March 2nd–March 6th), the athletes will be tapering in preparation for the big meet. This means that we will be cutting way back on the intensity of practice. In addition, the last two days of practice the whole team will practice at one time in an effort to boost team spirit. During that week the team will be picking out a theme for districts. Since the team will be tapering, expect the swimmers to have extra energy when they come home from practice. This is normal.

On Thursday, March 5th, all swimmers should be at the pool at 4:30pm. I would like all swimmers to attend this year. After practice that night, there will be a pasta dinner from 5:30 – 7:00pm. Dinner provides the athletes a chance to load up on carbs, which is supposed to make the athletes swim faster. **The dinner is open to swimmers and coaches only.**

District Championships will be held on Saturday, March 7th and Sunday, March 8th at home at the Westerly YMCA. Again as we have done in the past, we will be using the gym for a bullpen and place for parents to hangout between races. Due to the limit seating on the pool deck, and the fact that we will have 14 other teams here, we are asking parents not to camp out on the deck. We are asking all parents for all teams to enter the pool area to watch your child swim and return to the gym following his or her events to allow other parents to seat and watch. Once again the best vantage point to watch the whole meet is as a volunteer. The other teams will be asked to provide volunteers, but I expect that once again, Westerly will rise to the challenge and provide significant volunteers to run the meet. This should provide an exciting atmosphere for championships.

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ALL swimmers are expected to participate at District championships. District championships are conducted differently than dual meets. They are conducted by specific age groups throughout the weekend. All of the Class D swimmers from every team swim at the same time. Then all the Class E swimmers will swim followed by the Class C swimmers. Class A and B swimmers will swim during the same session on Sunday. The following schedule list the time when each age group should arrive at the Westerly YMCA, when warm-up starts for each age group and when each session of the meet should start and finish. Notice that each session is only a few hours long. When each swimmer arrives at the YMCA, please check in the front lobby with the team captains and receive your event no.s.

Session Schedule

Session	Age Group	Be at Westerly YMCA	Warm-ups Start	Meet Begins
1	9&10	Saturday 7:00am	7:30am	8:30 am
2	8 & Under	Saturday 11:00am	11:30am	12:30 am
3	11 - 12	Saturday 2:00 pm	2:30 pm	3:30 pm
4	13 - Over	Sunday 7:30 am	8:00am	9:15 am

Each race is pre seeded and swimmers in each heat are usually the same general speed as the rest of the swimmers in that heat. Team points are awarded based on the top 12 places and ribbons awarded for the top 16 places in each event including relays. Every swimmer should expect to swim at least three races. **The swimmers will swim the events that the coaching staff feels will best benefit the team.** The races may be three individual events, two individual event and two relays, one individual event and two relays and in some cases (15-18) three relays. I think that we will do well in relays due to the size and talent of our team. However, other teams like Kent County, New Bedford and Cape Cod are large and they have extremely talented swimmers. Every swimmer's goal should be to swim their best times at districts.

EVERY swimmer is IMPORTANT

Even though we are a fairly big team, the rest of your team members will be counting on you. Unlike dual meets, entries are turned in a week before districts with all swimmers entered. **There are NO last minute changes.** If someone doesn't show up, they are scratched from their events including relays, which affect the other three swimmers in the relay. These swimmers who worked hard all year may not get a chance to swim their events. Unlike the previous meets this season, there will be no sign up sheet. Attendance at this meet is **MANDATORY!!** There are no excuses for missing this meet unless the swimmer is extremely sick. I expect each to arrive one-half hour prior to warm-ups. This gives us time to take attendance and get situated

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I recognize that emergent things may come up that prevent swimmers from participating in Districts, such as illness. Please let me know if your child gets sick. Do not leave a message for me at the YMCA. Call me at home at 860-599-5226. As Friday March 6nd approaches and your child becomes ill, call me no matter what time of the day or night. If you can't get me at home, don't leave a message, please call me on my cell phone 434-942-9926. **The rest of the team is counting on each and every swimmer.**

This is the most exciting time of the season for the Ocean Community YMCA Dolphin Swim Team. **Good** races happen at districts. **Great things** happen at districts. This is the meet where the hard practice during the past twenty-six week seems all worthwhile. The improvement that each swimmer has already made is tremendous and as long as you want to continue to try to improve your times at this meet, we, the Ocean Community YMCA Swim Team, will do extremely well!!

It has been a pleasure to coach your children.

Sincerely,

Kevin G. Gavin
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