



Birmingham Blue Dolphins

In This Issue

- Coach's Corner (1)
- Practice Updates (2)
- Technique Clinic (2)
- Meet Entries Update (2)
- Beverage Donations (3)
- Meet Volunteers (3)
- Strong Kids Campaign & Kroger Cards (4)



Birmingham Family YMCA
400 East Lincoln
Birmingham, MI 48009

Phone: 248-644-9036

Fax: 248-644-8378

Email:

tpecoraro@ymcadetroit.org

Everybody Swims!

Everybody Wins!

Monday, October 13, 2008

Third Edition

Coach's Corner

Dear Parents and Swimmers,

I have been so pleased to see our swimmers develop so quickly in the first few weeks of the season. I have been at practices for every age group and a great deal is being accomplished. Our first meets should be very exciting.

Some news: **Effective October 20th** There will be two nine-ten practices at Derby. The first one will be from 5:30-7:00 and the second will be from 7:00-8:30. We have added a practice because there have been large groups, particularly on Monday.

Some explanations: The learning curve for new parents and swimmers during the early part of the season is impressive. Some questions have arisen about our fees that I would like to explain. The YMCA of the USA (our parent organization) requires that all participants in youth sports be full privilege members of their local Y. The team fee covers coaches and their expenses and pool rental. We also have a swimmers' activity fee to cover other costs. Many years ago we moved to a fee rather than asking the members of our team to do extensive fundraising. In lieu of selling candy etc. we have the activity fee to cover the rest. I guarantee that you will get your money's worth. First of all it covers the cost of relays at swim meets. (When we enter a meet we enter enough relay teams so that most of our swimmers can be on relays. The swimmers love them and we frequently see their best performances in the relays.) Your activity fee covers incentives. Frequently the group parents provide a treat for swimmers as they leave practice to help keep them motivated. We provide special caps for our second round of championships (the YMCA Eight and under State Meet, the YMCA State Meet, and the "B" Meet.) When your children come to their respective banquets they receive a plaque (in their first year on the team) and a tab to add to the plaque (in subsequent years), a gift and a yearbook. Fees can sometimes defray the cost of socials that we have for the age groups. The only fundraising we do is for the national team and for the YMCA's "Strong Kids" campaign.

Speaking of our national team, congratulations to Jaynie Pulte who recently qualified for the YMCA National Meet in the 50 freestyle!

Have a great week!

Kevin

Practice Updates for Week of 10/13/08...

The following practices are changed for the upcoming week:

Thursday 10/16 9-10's - Derby 5:30-7:00
11-12's - Derby 7:00-8:30 (boys and girls)
13 & Up - Covington 6:30-8:30

Friday 10/17 11-12's - Covington 6:30-8:00
13 & Up - CANCELLED

- ▶ The regular practice schedule is still tentative. Once we have determined attendance at each of the practices we may adjust the schedule accordingly.

Attention Parents: Please visit the website regularly for any changes or updates to the practice schedule. Changes do occur during the week, sometimes with little notice. We do our best to inform you of these changes as soon as possible. The most effective way of doing this is on the BBD website, but you must visit the site to be in the know. If you have any questions navigating the website, please send an e-mail to bbd@htdconnect.com. For the regular season practice schedule of times and locations and a complete listing of practice updates, visit the Practice Schedule page on www.birminghambluedolphins.com.

First Clinic (10/19): Diving for Non-Divers

Clinic: Diving for Non-Divers (swimmers who still jump off the block feet first)
Who: BBD Swimmers
Limit: 15 Swimmers
When: Sunday, October 19, 2007 from 1:00 pm - 2:00 pm
Where: Birmingham Family YMCA
Reservations: E-mail Kevin Fogarty @ kfogarty@ashmi.org. You will be notified if the clinic is already full. Due to the demand for clinics, respond early and please **be sure your swimmer attends if signed up**. There is no charge for BBD technique clinics.

Meet Entries Posted to the Website...

Entries for the following meets are now posted to the BBD website:

- **Flint Fall Classic:** [Entry Deadline Wednesday, October 22nd @ 10:00 pm](#)
- **YPAC Invitations!** [Entry Deadline Wednesday, October 22nd @ 10:00 pm](#)

Visit the [Schedule & Entries](#) page on the website for details and deadlines.

Beverage Donations for Fall Festival and Sunday Fun Meets



Each family is asked to bring a beverage & ice donation for concessions (please, name brands only), for each session they participate in. Leave your pop/water/ice at the concession stand when you arrive for warm ups. Proceeds benefit BBD; empty pop cans benefit the BBD National Team. Thanks in advance for your donation!



Last Name Begins With...

- ▶ **A-C** **Coke or Pepsi 12-pk**
- ▶ **D-G** **One case water (16oz bottles)**
- ▶ **H-K** **Diet Coke 12-pk**
- ▶ **L-P** **One case water (16 oz bottles)**
- ▶ **Q-Z** **Sprite or Diet Sprite 12-pk**

Sign up to Volunteer at BBD Meets

BBD is the host of the Fall Festival and Sunday Fun Meets on Saturday October 25th and Sunday October 26th. There are still volunteer positions that need to be filled. One of the many BBD parent responsibilities is to volunteer for the meets hosted by BBD. At least one parent is expected to volunteer for each session you have a swimmer competing. Available volunteer positions are posted on the website at the [Fall Festival 2008](#) link.



Contact Lisa Milton @ LTMilton@brmb.com to get your name on the volunteer list. The positions are filed on a "first come, first served" basis. The volunteer list is updated every 2 to 3 days. Therefore a position may appear to be available that has already been filled. When requesting your volunteer position please indicate your first, second and third preference. If you are not sure what position to volunteer for, Lisa can help. Thanks!!!

Important Note: Please stay updated to the BBD website for important updates for the BBD Fall Festival Meet and Sunday Fun Meet. Just simply click on the [Fall Festival 2008](#) link on the home page. Thank you.

BBD Strong Kids Campaign - Kroger Card Update



A friendly reminder to use your KrogerCares Cards. **Strong Kids Campaign (SKC)** offers financial help to families and swimmers at the Birmingham YMCA. Over the next month, your participation will tell us if the program works. Don't forget the **mechanics**: load cash onto your card before cashing out your groceries. Sometimes there is a 5 minutes time delay for your card to be updated. Also, don't let your card fall below \$0.01 as it will become inactive.

Please email me with your **opinions and suggestions**. If SKC is to be successful, it not only needs your participation, it needs your support. Do you want to continue with the can-drive? We would like to keep a program that involves our swimmers, and involves families that do not shop at Kroger. Your opinions count: carinmichaels@gmail.com And a big THANKS!



Newsletter and Web Site Information

The information found in the newsletters and on the website will help guide you through the 2008-2009 BBD swim season. The newsletter will be available each Monday morning for downloading from the website. The website will have information such meet entries, practice schedule, coaches information, etc. We will also inform you, on the website, of any changes such as unexpected practice changes. Please take the time to see what is available on www.birminghambluedolphins.com. Also, if you have any suggestions, questions or comments, please feel free to send an e-mail to bbd@htdconnect.com. Thank you.



Everybody Swims! Everybody Wins!

