



Birmingham Blue Dolphins

Monday, October 20, 2008

Fourth Edition

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**Everybody Swims!
Everybody Wins!**

Coach's Corner

Dear Parents and Swimmers,

9-10 Practice

- ▶ As of today, we are splitting the 9-10 practice at Derby into two. Karen and I still talking about the Wednesday practice. We know it has been crowded and we could split it into gender-specific groups, but that would mean giving up our two-hour practice. We don't do more in a two our practice, but we do things differently. We have the luxury of time to do time trials of events that are new to the 9-10s or to work on relays etc. So we are going to hold off on that decision for a while.
- ▶ There doesn't seem to be any rhyme or reason to the sizes of our other practices at this point of the season, but we know that soccer will be ending soon and that may change the sizes of our practices.

Our Meet

- ▶ This weekend we have our first meet! It will be a HUGE learning experience for all of us. We have never run a meet at Seaholm before and this is the first meet for many of our swimmers and parents. We like to start with this type of meet because we will learn so much and there is nothing that can go wrong . Come and have a great time.
- ▶ Swimmers should wear BBD suits and BBD caps (if they choose to wear a cap.)
- ▶ Please make sure that swimmers are on deck prepared to begin warm-up when the session begins. A good warm up is essential to achieving success and swimmers who arrive late do not get a good warm-up. Because of the size of our team and the number of relay teams we enter, we get in fast and

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Pick up your BBD Merchandise on Monday, October 20th

For those of you who ordered BBD merchandise, pick up will be at the YMCA on Monday, October 20 from 5:30-7:30. We will also have swim caps for sale at this time. Just a note, this does not include Different Strokes orders.

Practice Updates for the Upcoming Week...

The following practices are changed for the upcoming week:

Beginning Monday, October 20th, the 9-10 practice on Monday's only @ Derby will be split in two as follows (this is a change to the regular schedule):

- **9-10 Boys 5:30 - 7:00**
- **9-10 Girls 7:00 - 8:30**

- ▶ 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.

Next Technique Clinic: Flip Turns for 10 & Under

Clinic:	Flip Turns for 10 & Under Swimmers
Who:	BBD Swimmers
Limit:	15 Swimmers
When:	Sunday, November 2, 2008 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 Invitational: 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!!!

Please visit the [Fall Festival 2008](#) link on the BBD website for the latest information on the meet.

Parking at the Fall Festival and Sunday Fun Meet

BBD swimmers please note that on Sunday October 26 the Birmingham Patriots are hosting playoff football games at the Seaholm football field, therefore the parking lot off of Cranbrook Road will be very crowded in the afternoon. The parking lot off of Lincoln Road will be open on both Saturday and Sunday along with the entrance to the school near the Lincoln lot. There will be directions to the pool from the Lincoln lot entrance posted inside of the school.

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get out early so that we can organize our relay teams. This will be especially challenging on Saturday for the eight and unders in the 100 Medley Relay. Because it is a 100 relay swimmers start at both ends of the pool and we have to get them in the right place at the right time.

- ▶ Relays will be posted at the meet and coaches will help swimmers read the list and organize the swimmers.
- ▶ Please remind swimmers to marshal on time, to swim a good race, to get their times, and then report to a coach for feedback.
- ▶ Swimmers must pick up their awards at the meet.
- ▶ It's going to be great! Thank you to our meet managers, Lisa Milton and Cathy Edwards and to all of the volunteers who will make the weekend a success!

Clinics

- ▶ Periodically, we offer clinics on Sundays from 1:00-2:00 to address those issues we can't accomplish in a regular practice. Frequently, at the beginning of a season people ask if we teach discrete skills in practice. The answer is—of course. So far this season the eight and unders have worked on all four strokes and the 100 IM. They have worked on flip turns for freestyle and backstroke and we have just begun to teach how to swim a relay. We work on dives and we have had a clinic to help swimmers who are not yet diving. On Sunday, November 2 at 1:00 we will do a clinic for swimmers who are ten and under who still need to master the flip turn. I will not take registrations until after the meet after we see how they perform under pressure. Beginning, Monday, October 27 you can e-mail me to register kfogarty@ashmi.org.

Goal Sheets

- ▶ After the meet we will begin to distribute goal sheets. These are gender- and age-group specific cards which list all of the time standards for a gender/age-group for YMCA and US Swimming. They are handy because you record where and when a swimmer swam a specific event. It is a great reference when entering a meet and great evidence of a swimmer's improvement through the season.

Have a great week!

Kevin

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 as 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 bdb@htdconnect.com. Thank you.



Everybody Swims! Everybody Wins!

