



Birmingham Blue Dolphins

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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, November 24, 2008

Eighth Edition

Coaches' Corner

Dear Parents and Swimmers,

Congratulations to all of our swimmers who did so well at the RAYS Invitational and the three girls' high school meets this past weekend!

Also, Congrats also to Rachel Dekar (Cranbrook-Kingswood) who was named the Wendy's Student-Athlete of the Week. She will be featured on State Champs on November 22 at 11:30 am on TV20.

So far I have these swimmers registered for the dual meet against Macomb on December 7:

- ▶ 8 and under girls: Marchiando, Wallace(2), Forte (2), Hofley, Joelson, Ferrari, Smith, McGinnis, Kiefer
- ▶ 8 and under boys: Page, Taliaferro, Schwaiger (2), Paluda, Gantner, Viviano
- ▶ 9-10 girls: Marchiando, Lawler, Bridges, Dahmer, Wallace, Hunt, Phillips, Behe, Gantner, Russell, Anderson, Hughes(2)
- ▶ 9-10 boys: Sable, Trunsky, Threlkeld, Keoleian, Bardram, Viviano,
- ▶ 11-12 girls : Wallace, Watzman, Pulte
- ▶ 11-12 boys: Hartunian, Threlkeld, Russell
- ▶ 13-14 girls: Pulte
- ▶ 13-14 boys: Haddad, Yurich, Greenberger,
- ▶ 15-18 girls: Kistler (2)
- ▶ 15-18 boys: Yurich

We have room for more, but I have to know by Tuesday....please e-mail me at kfogarty@ashmi.org

Have a great week!

Kevin

See comments from Coach Mike on page 3...

Practice Updates for the Upcoming Week...

The following practices are changed for the upcoming week:

Thanksgiving Break Schedule:

Wednesday 11/26

- 4:00-5:30 - Cranbrook 9-10's
- 5:30-7:00 - Cranbrook 11-12's
- 7:00-9:00 - Cranbrook 13 and up
(8 and unders - regular schedule)

Thursday 11/27

No Practice (Happy Thanksgiving)

Friday 11/28

- 10:00-11:15 - YMCA 8 and unders
- 10:00-11:40 - Cranbrook 13 and up
- 11:30-1:00 - Cranbrook 9-12's

Saturday 11/29-Sunday 11/30

Regular practice schedule all age groups

An updates printable version of the regular season practice schedule is available on the [Practice Schedule](#) page of the BBD website.

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.

Meet Entry Update

BAC Winterfest Swim Meet January 9-11, 2009 Entry packet has been posted

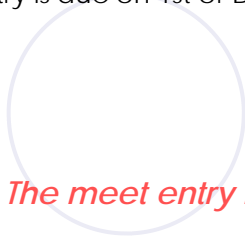
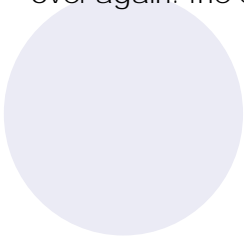
- ▶ Please review the meet entry packet carefully before entering this meet.
- ▶ This is a USS meet and the swimmer's age on January 9, 2009, will determine his/her eligibility for a particular age group.
- ▶ This is an A/B Swim Meet. All swimmers must have an established "B" minimum time, in that event, to enter. These times must be in the BBD proof system to enter this meet and all entry times must be times actually achieved in a meet (no estimates allowed).
- ▶ Entries must be submitted electronically through Direct Athletics by Monday, December 8 at 10:00 p.m. Time updates will be accepted following the FFYS meet the weekend of December 13 and 14. These updates must be emailed to Susan Withrow at svarnerwithrow@comcast.net by Tuesday, December 16 at 10:00 p.m.
- ▶ All swimmers MUST check in. There will be supervised check-in for all 12 & Under swimmers. All 13 and Over swimmers should check in on their own. Check-in will close 45 minutes prior to the start of each session except check-in for the 1000 Free only on Friday evening will close at 7:00 p.m.)
- ▶ Note that entry fees are higher for this meet – details in the meet entry packet.
- ▶ Any questions regarding the entry: Susan Withrow svarnerwithrow@comcast.net.

Coaches' Corner - Continued

Attention Swimmers:

Every year we go to the Circle City Meet in Indianapolis, Indiana. This year is no exception. There are a few reasons why this meet is a meet I highly recommend to attend.

- One, it's a travel meet. As you become a better and better swimmer, you need to start getting used to sleeping in a hotel and being away from home, while trying to have top performances. Also, a meet like this attracts teams from all over the country, so it opens a lot of eyes to see that there is more to swimming than just Oakland County or the State of Michigan.
- Two, it's at a great facility. The IUPUI pool has hosted many Olympic Trials as well as many other high level meets. It's a fast pool, and they have the events that serious swimmers need to have chances to swim. These events would include the 200's of all the strokes, and 100's for our younger athletes.
- Three, it's good timing for the swimmers. What I mean is, everyone is in great swimming shape at this point in their season. It's a great time to pick up those extra cuts you've been close to achieving.
- Four, it's a pre-lims/finals format for all 13-ups. We as a team need to start participating more in these types of meets. Every high level meet is swam in this fashion. You swim in the morning and the top 16 come back at night. This is great practice for all high school swimmers.
- Finally, it's a fun meet. It really allows the kids to get to know one another and hang out. I am strongly encouraging all the senior group swimmers, who have the cut off times, to attend. That includes you too, high school boys. It will definitely help at the end of the season when you have to swim at a high level over and over again. The entry is due on 1st of December. Sunday night finals is optional.



COACH MIKE

The meet entry for Indy is due on Monday, December 1st!

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 bbd@htdconnect.com. Thank you.



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