



Birmingham Blue Dolphins

Monday, January 12, 2009

Tenth Edition

In This Issue

- Coach's Corner (1)
- Practice Updates (2)
- Meet Entry Updates (3)
- Cluster Information (3-5)
- Michigan Records (3)
- Laminated Time Cards for Sale (6)



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Everybody Swims!

Everybody Wins!

Coach's Corner

HAPPY NEW YEAR! I hope it will be a wonderful one for all of us.

My next few comments are not addressed to the whole team, but please read them anyway because they are followed by a few New Year's Resolutions that I have made for you! These are not addressed to the swimmers who have been at practice regularly, or who took a few days to be with family over the holidays, or who went on vacation and took coach-designed practices with them. They are addressed to those swimmers who are "missing in action", or who are substituting middle school practices for BBD workouts, or who are taking private lessons in lieu of coming to our workouts .

If you want to be successful as a BBD swimmer THERE IS NO SUBSTITUTE FOR COMING TO REGULAR BBD PRACTICES! Consistency at our workouts is the single most important element in becoming an accomplished athlete.

Well-meaning parents sometimes schedule private lessons for their children. It is our experience that these lessons are frequently counterproductive. If you think your children need this you should check with your BBD coach first before you schedule them so that you are not wasting your money.

As I have explained before, middle school swimming is a lot of fun and we are glad that our swimmers receive the recognition they deserve and we do not object to the kids participating in the middle school program as long as they do it IN ADDITION TO THEIR COMMITMENT TO US.

When swimmers join our team we make it clear what the commitment entails. As we begin to aim at our championship meets we see swimmers who are taking themselves out of the running for spots on relays etc. by their lack of attendance. So it's time for our New Year's Resolutions...

New Year's Resolutions 2009! (repeat after me!)

I will attend practice the number of times expected of swimmers in my age group.

I will be familiar with the qualifying times for championship meets.

I will be punctual for practices and meets so that my coaches can do their job well.

We are well on our way to a very successful year. We want all of our swimmers to share in that success. Already we have first-year swimmers who have qualified for the state meets and the YMCA Zone Meet...we anticipate many more will follow!

HAVE A GREAT WEEK, KEVIN

Practice Updates for the Upcoming Week...

The following practices are changed for the upcoming week:

Tuesday 1/13

9-10's No Practice

13 & Up 7:30 - 9:00 @ Cranbrook

Wednesday 1/14

11-12 Covington from 6:00-8:00

13 & Up 7:30 - 9:00 @ Cranbrook

Thursday 1/15

11-12's Derby from 6:00-8:00

Friday 1/16

9-10's Derby from 5:30 - 6:30

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

The meet packet for the YMCA Clusters meet has been posted. This meet is the first meet of the championship season and it is hosted by BBD. Please review the meet entry packet for details about which session your swimmer's age group is scheduled to compete in and the events offered. For this meet you will still register through DirectAthletics. You will indicate the events your swimmer wants to swim, but you don't need to enter the entry time. The entry time will be the best time for this event that your swimmer has in the BBD system. The best times are available for your viewing through the BBD website by clicking on Team Manager Online, clicking Athletes and scrolling through to find your swimmer's name. Entry deadline is Monday, January 26 at 10:00 p.m.

Additionally, BBD is the host of this meet. All parents are needed to volunteer at least two sessions during this weekend. Please stay tuned to the BBD website for volunteer updates and information. Thank you.

Circle City Meet Entries

The final Circle City entries have been posted to Team Manager Online. All Friday entries have been pre-verified. The heats are limited and we will be given the psych sheets for the Friday Events on Monday, January 12. They will be posted on the BBD website so you can verify that your swimmer qualified for those heats.

For the events on Saturday and Sunday, the following swimmers do not have proof of achieving the event cut time. **Any of these swimmers who do not achieve the time cut for the event at the meet must pay a \$5 fine in the meet computer office. If a swimmer leaves the meet without paying these penalty fees, BBD will assess a \$50 fine to the swimmer.** Good luck to all the swimmers!

~ BBD Boosters need you ~ Cluster Championship Program Advertising

BBD is selling advertising space in the program for our upcoming Cluster Championship Meet, February 14-15, 2009. BBD is hosting this event once again this year, and it costs money! Advertising dollars will be used to pay for the costs associated with the meet.

Ideas for Ads:

- ▶ Parents/grandparents take out ads to encourage/support their swimmers
 - ▶ sell to local businesses, schools and employers
- ▶ summer swim clubs often buy ads to support their team members and promote membership
- ▶ our meet is in Birmingham - visit some local businesses in that area to see if they would be willing to have the name of their establishment in an ad that would be seen by hundreds of people sitting in stands for nearly 20 hours during a single weekend.

Heat Winner Sponsorships for Clusters

Let's make this meet fun for our swimmers! How? By sponsoring a heat! When you sponsor a heat, you donate \$20.00 to the BBD Boosters. BBD purchases a \$10.00 gift card (Target or iTunes), and your name and a message is read by the announcer at the meet just prior to your sponsored heat. The winner of the sponsored heat will receive the gift card, and the extra money will go to support BBD. Examples:

- "This heat winner award is sponsored by the Blumenthal Family. Swim Fast, Marissa. Good luck this championship season!"
- "This heat winner award is sponsored by Different Strokes Swim Shop. Everything for your swimming needs."
- This heat winner award is sponsored by the Beverly Hills Athletic Club. Go Sharks -make us proud."

USS-Michigan Records Set by BBD Swimmers

Kevin just received notification that the team established two new Michigan (US) records last season. Morgan Priestley, now swimming for Stanford, set the men's 17-18 200 freestyle record with a time of 1:35.85. Our men's 400 Yard Medley Relay of Morgan, Ted Howard (now attending Michigan), Jim Brabbins (swimming at St Louis U.) and MJ Barczak (swimming at Dennison) established a new standard of 3:30.52.



BIRMINGHAM BLUE DOLPHINS SWIM TEAM

Promotional Advertising Form

Eastern District Cluster Championships

February 14-15, 2009

Name: _____

Address: _____

E-mail address: _____

Contact Person: _____

Phone: _____

Authorized
Signature: _____

Indicate size of ad requested.

- | | | |
|--------------------------|--------------------------------|----------|
| <input type="checkbox"/> | Full Page Advertisement | \$100.00 |
| <input type="checkbox"/> | 1/2 Page Advertisement | \$50.00 |
| <input type="checkbox"/> | 1/4 Page Advertisement | \$25.00 |
| <input type="checkbox"/> | Business Card Advertisement | \$15.00 |
| <input type="checkbox"/> | Family Advertisement 3.5" x 2" | \$15.00 |

Please make checks payable to "BBD Boosters", and mail or deliver to:

Cathy Edwards
3865 Shellmarr Lane
Bloomfield, MI 48302

Please attach camera ready copy of ad or e-mail an electronic copy to ckjedwards@comcast.net .

All ads are due no later than Friday, February 6th

BIRMINGHAM BLUE DOLPHINS SWIM TEAM

Eastern District Cluster Championships

February 14-15, 2009

HEAT WINNER SPONSORSHIP FORM

Sponsor's Name: _____

Message: _____

Contact Person: _____

Phone: _____

E-mail: _____

Sessions/age groups meet sponsor or sponsor's family will be attending:

(if possible, we will try to mention your sponsorship while you or your children are attending the meet)

Please make your \$20.00 sponsorship check payable to "BBD Boosters" and mail or deliver to:

Teryl Murphy
447 Huntmaster Ct;
Bloomfield Hills, MI 48304

All sponsorships are Due Thursday, February 6th, 2008 (by Thursday, January 31st, if you want to be identified in the Meet Program)

Laminated Time Cards on Sale Now

The BBD National team is selling laminated time standard sheets for all the Y and USS Championship meets for \$5. All age groups are on one double-sided sheet for your use during the season. We will be selling these at the following practices:

Monday, January 12th - 9/10 at Derby at 7:00
11/12 at YMCA at 7:30
13/14, 15 & up at Cranbrook at 9:00

Tuesday, January 13th - 8 & Under at YMCA at 5:30
9/10 at Cranbrook at 7:15

Wednesday, January 14th - 11/12 at Cranbrook at 7:15

We hope you will be purchasing a time standard sheet for your convenience and to support BBD's National team. Questions? Please email Linda Dekar at tomdekar@comcast.net. Thank you!



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.



Everybody Swims! Everybody Wins!

