



# Birmingham Blue Dolphins

Tuesday, February 17, 2009

Fifteenth Edition

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**Everybody Swims!**

**Everybody Wins!**

## Cluster Meet Update

### THANK YOU!

Lisa Milton and Cathy Edwards would like to thank all volunteers who helped run a successful Cluster Meet this weekend!

A special thank you to many parents who went above and beyond the call of duty:

**Lisa Furton** -- Computers --logged approximately 24 hours this weekend at last count

**John Furton** -- head official -- not far behind his wife in hours

**Katie Reiter** -- co-head official (She even worked less than 12 hours after recovering from the stomach flu!)

**Rick LaFave** -- Volunteered for concessions, but stayed to help us clean up afterwards!!

**Katie Ganter** -- Took on the job of organizing concessions for us

**Paul Reasoner** -- Served as announcer during more than 1 session (even with no kids swimming during that session!)

**Jim Aldrich** -- Helped out with just about everything, including unloading our cars on Monday (one of the perks of having a wife who is meet manager!)

**Jim Steffl** -- Ran all of our time trials, and still found time to be head timer!

**Maynard and Noreen Timm** -- served as officials just because they love the kids and the Y so very much!

### ABOUT VOLUNTEERING...

We understand that the Cluster Meet sometimes falls before or after the family vacation. We want to remind parents that we still need your help desperately!!! There are many jobs that occur before or after the meet for those who feel they simply cannot be there. Please consider the following:

- ▶ Head up advertising for the program
- ▶ Head up heat awards (i.e. usually gift cards donated by families or businesses)
- ▶ Head up putting together the program
- ▶ Putting stickers on medals before the meet
- ▶ Picking up and returning the Different Strokes concession
- ▶ Taking home medals/awards that are not picked up and organizing by team for delivery to teams
- ▶ Set up early before the meet starts Saturday!
- ▶ Clean up after the meet!! (we always need help)

### LOST AND FOUND UPDATE

Lost and found items from the meet have been taken to the YMCA. If you don't find them there, we recommend contacting Seaholm directly.

## Practice Updates for the Upcoming Week...

### Thursday 2/19

9-10's - NO PRACTICE

### Wednesday 2/25

11-12's - YMCA 5:00-6:30

### Sunday 2/22

10:00-12:00 - YMCA 9-12 (Due to National Team Clinics)

## Meet Entry Update

### YMCA State Meet

- ▶ All new cuts must be emailed to Helen Reasoner by noon on Monday, February 16. **Mail your payment for new cuts to Susan Withrow.**
- ▶ Apparel information is on the website and orders are due Tuesday, February 17. Limited apparel will be available at the meet.
- ▶ BBD must supply timers for this meet. John Schinella has offered to time Saturday morning, and we need an additional timer for Saturday and two for Sunday, Email Helen Reasoner at [reasoner@ameritich.net](mailto:reasoner@ameritich.net) if you can help.

### USS 12U State Meet

- ▶ Entries are due Wednesday, February 18 at 10:00. This is the final deadline for time updates.
- ▶ New cuts or times made at the 8U state meet must be emailed to Susan Withrow at [svarnerwithrow@comcast.net](mailto:svarnerwithrow@comcast.net) by Monday, February 23 at noon.
- ▶ NEW CUTS ONLY made at the YMCA State Meet and the JO meet must be emailed to Susan Withrow at [svarnerwithrow@comcast.net](mailto:svarnerwithrow@comcast.net) by Sunday, March 1 at 10:00 p.m. There are no time updates accepted by the host team from the YMCA State Meet. This update is for new cuts ONLY.
- ▶ Apparel information is included in the meet information packet posted for this meet on the website. Apparel orders and payment must be received Susan Withrow by Wednesday, February 24. Limited apparel will be available for sale at the meet.

### YMCA B Championship

- ▶ This meet is for all 9 and up swimmers who do not qualify for the YMCA State meet.
- ▶ Entries are due by Friday, February 20 at 10:00 p.m.

### Zone Meet

- ▶ Entries are due Monday, March 9 at 10:00 p.m.
- ▶ New cuts and updated times from the High School Boys meet and the Day after meet must be emailed to Susan Withrow at [svarnerwithrow@comcast.net](mailto:svarnerwithrow@comcast.net) by Sunday, March 15 at 9:00 p.m.
- ▶ Meet Apparel: There will be a limited number of shirts available at the meet. You can pre-order apparel to pick up at the meet. See order form on the Great Lakes Zones website at <http://www.glzyapparel.teammi.com/> Forms and payment must be received by March 6, 2009
- ▶ Volunteers: BBD must supply the following volunteers for the zone meet. If you are willing to help, please email Susan Withrow [svarnerwithrow@comcast.net](mailto:svarnerwithrow@comcast.net)

Friday:	3 officials, 2 timers
Saturday morning:	2 officials
Saturday afternoon:	3 officials
Sunday morning:	2 officials
Sunday afternoon:	3 officials

## 8 & Under Pasta Party - Thursday

8 and unders will have a Pasta Party at the YMCA this Thursday Feb. 19th, after the 4:30 practice for all swimmers going to the state meet next weekend in Grand Rapids (there will not be a 5:30 practice that evening).

Dinner will be catered by Pasquale's and the kids will also decorate posters to hang at the state meet. Please note that the dinner is for swimmers only (sorry, no siblings for family members).

Parents, please send photos of your kids from throughout the season for use at the banquet. Have them e-mail the pictures to [stefschwaiger@sbcglobal.net](mailto:stefschwaiger@sbcglobal.net)

Lisa Irwin and Carolyn Schena will be collecting money for the coach's gifts at the dinner or any time during practice this week.



## 8 & Under State Meet Timers Needed

BBD must supply two timers for the 8U meet this Sunday in Grand Rapids. No timing experience is required – this is a way to be on the pool deck for this meet. They would also appreciate any help officiating. If you are willing to help, please email Susan Withrow at [svarnerwithrow@comast.net](mailto:svarnerwithrow@comast.net).

## A Swim Mom's Survival Guide to the 12 & Under State Meet

Swim families will experience this meet differently. Depending upon whether your swimmer is "fortunate enough" (I use that term loosely) to return for finals in his or her event in the evening, this meet may either be a relaxing weekend that provides down time sufficient for dining out and a trip to the mall; or an exhausting weekend of driving, quests for food, inadequate sleep, and creative pep talks.

My first tip in preparing for this meet is to **stay healthy, but prepare for the alternative**. You never know if you will have time to get to a store (let alone find one), so come equipped with whatever your swimmer needs in case of last minute sniffles, congestion or fever. I have gone so far as to pack a humidifier (and be glad I did)!

**Don't plan on endless fun and parties in the evening.** This is a serious 3- day meet. For first time attendees, you should know that each swimmer swims their event in the morning during prelims. They usually only return in the evening if they place in the top 16, or are "alternates". There are exceptions to this rule, though. If your swimmer is in a relay (**Make sure you know if your child is in a relay!!**), the 500 Free, or the 400 IM, and is seeded in the top 8, they will automatically swim in the evening. If swimming in the evening session, it is not uncommon to get back to the hotel after 9 pm.

If your child is swimming Friday morning (yes, they may have to miss school!), and you are traveling to the Jenison area Thursday night, you have the option of visiting and swimming in the competition pool Thursday evening. This serves the dual purpose of allowing your swimmer to check out the pool, while you make sure you know how to get to it. Sometimes advance purchase programs are available at this time. This year, the pool will be available for open lap swimming Thursday evening from 7-9pm.

To make things even crazier, there are also time trials at this meet. This means that during the small amount of down time your swimmer may have, they may choose to do a **time trial** in the event that they just missed their Zone cut in by .01. Time trials will be \$7.50 each this year –so bring cash! They are offered at the end of prelims, but sign up will occur during the morning sessions. Remember, though, time trials are counted against the total number of events a swimmer may enter per day. **Read your meet entry packet!**

Our hotel rooms will be about a 20 minute drive from the pool (warm up is at 7:30 am!!), but will include a complimentary breakfast. In addition, rooms will be equipped with microwaves and mini fridges. Take advantage of this fact and **bring food!** Although there will be an Olive Garden near our hotel, and a great carry out pasta/pizza place (Fazoli's) by the pool, your swimmer may be short on time and patience ( you will be too). Have a plan "B" in case they are simply too tired for eating out.

Most of all, use this opportunity for travel with family or friends as a great bonding time, and a time to appreciate the efforts of these hard working coaches and swimmers. As hard as this meet is for our kids, it is even more of an endurance contest for our coaches. When all is said and done-- through the tears, the joy, the sniffles and the chlorine... there is nothing quite like it.

**My final tip: Make your hotel reservations now - The ROOM BLOCK EXPIRES TODAY!**

## 12 & Under State Meet Traffic Update

For those of you attending the 12 & under State Meet in Jenison, Michigan, the following exit opening announcement should prove useful when **driving from the hotel to the pool, only**. You will note that Mapquest tells you to exit on Chicago drive when traveling from the hotel to the pool. This new exit opening (which is only open on your way to the pool, not the hotel) will allow you to exit directly onto Baldwin Street. On your way from the pool to the hotel, you will continue to have to use Chicago Dr.

I-196 Exit Ramp Open

November 15, 2008 - 11:03 AM

JENISON, Mich. (Newschannel 3) - The westbound Baldwin Street **off-ramp** on I-196 is now open.

Road crews opened the exit between 28<sup>th</sup> Street and 44<sup>th</sup> Street Friday night near Jenison. Also the westbound stretch between these two streets has been repaved. The eastbound lanes are expected to be done next spring and the Baldwin Street on-ramp will open next year.



## **BBD 9 & UP BANQUET**

Sunday, April 19, 2009  
Courtyard By Marriott  
3555 Centerpoint Parkway  
Pontiac, Michigan  
4:30 p.m.

On Sunday, April 19, swimmers and their families are invited to attend the end of the season banquet. The banquet is being held at Courtyard By Marriott for dinner. Please join the coaches in recognizing our 9 & older swimmers for their triumphant efforts throughout the season at this banquet. If you wish to attend, please fill out and return the form below with a check for the banquet amount made payable to BBD Boosters. The cost of the banquet for swimmers and their family members is \$21 (per person).

**PLEASE RESPOND BY APRIL 1, 2009**  
**RESERVATIONS ARE REQUIRED FOR THIS EVENT.**

At this banquet, we would also like to recognize our terrific coaches for their commitment to our swimmers throughout the season. Thus, please also consider a donation toward the coaches' gift.

If you wish to donate toward the coaches' gift, you may indicate that on the form below as well and include a separate check made payable to the BBD Boosters for that amount in the envelope with your banquet reply. If you cannot attend the banquet but wish to donate to the gift, simply send your check to the address below and indicate it is for the coaches' gift.

*If you have any questions, please feel free to contact Carol Powrie (248) 646-7708 or Louise Sable (248) 766-5968, event co-chairs.*

Sorry, but refunds will not be possible.



**9&UP BANQUET RSVP FORM**  
**PLEASE RESPOND BY APRIL 1, 2009**

**FAMILY NAME** \_\_\_\_\_

**PHONE #** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**BANQUET**

**NUMBER ATTENDING** \_\_\_\_\_ @ \$21.00 per person = \_\_\_\_\_

**TOTAL DUE BANQUET** \$ \_\_\_\_\_

**COACHES' GIFT** \$ \_\_\_\_\_

\*Please remember to include two separate checks.

**Both checks and this RSVP form can be mailed to:**

Carol Powrie  
5941 E. Miller Way  
Bloomfield Hills, MI 48301

## Sign up for the 3rd (and final) National Team Clinic

The BBD National Team is again offering Instructional Clinics at the Birmingham YMCA. The third clinic is for 9-12 only on Sunday, Feb. 22 at noon. These popular clinics are taught with a low swimmer/instructor ratio and the instructors get in the water! What a great opportunity to learn more about the sport while interacting with a fellow BBD swimmer. These clinics are a fundraiser for the national team to help defray costs associated with their trip to the national meet in Florida. The spots go fast, so hurry up and sign up!

**Date:** 2/22/09

**Ages 9 -12 from 12:00 pm - 1:00 pm**

**Cost:** \$20 for a one hour clinic

**Register:** E-mail Coach Kevin at [kfogarty@ashmi.org](mailto:kfogarty@ashmi.org)

## Strong Kids Campaign Update

Please continue to use your Kroger Care Cards. BBD families are generous in spirit; and we see that generosity among our teammates. We need approximately \$1600 more to reach our goal. The YMCA is launching the Kroger Cares program to all Y members under BBD auspices; but it will take some time before we see residuals.

Debbie Blinstrub (mother of Mark, Rachael and Rebecca) was fantastic helping organize our age-groups with Max & Erma's. Thank you Debbie!

The can-drive form will be posted on the website for you to print out and distribute to your neighbors. We are targeting 13 & Ups and those who have not had an opportunity to participate yet. Any amount is acceptable and appreciated. Kids have donated \$5 from their can drive. Also, some families have made a personal donation in lieu of active participation. Checks can be sent to our mailbox: BBD, YMCA, 450 East Lincoln, Birmingham, MI 48009. It's important to put BBD on the check written out to SKC.

Finally, your efforts with SKC remind us all that BBD is truly a Y team that builds strong kids, strong families and strong communities. 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](http://www.birminghambluedolphins.com). Also, if you have any suggestions, questions or comments, please feel free to send an e-mail to [bbd@htdconnect.com](mailto:bbd@htdconnect.com). Thank you.



**Everybody Swims! Everybody Wins!**

