



# Birmingham Blue Dolphins

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**Everybody Swims!**  
**Everybody Wins!**

Monday, September 29, 2008

First Edition

## Coach's Corner

Parents and Swimmers,

Our first week of practice was exciting for everyone as swimmers made new friends and re-connected with old ones. As you would expect the first workouts were crowded because everyone was eager to come on the first day. For the eight and unders the first practices on Tuesday, Wednesday, and Thursdays is more crowded than the second. Typically, the practices even out as the season unfolds. I will keep you posted. We still have plans to tweak the schedule, but we need a little more information before we do.

We will be having two new people joining our coaching staff. Look for more complete bios of them shortly on the website. Holly Diaz will help with the eight and unders a couple of times a week and with the pre-team. Holly was a collegiate swimmer and is the mother of two. Her husband, Brian is a former OLY swimmer who gave BBD swimmers tough competition back in the day. Taylor Goad is a distinguished former BBD swimmer who in her post swimming career has trained for triathlons. She also works at the Oakland Athletic Club. Taylor will be helping us out on Sundays and Mondays.

Lastly, to ensure the safety of all of our swimmers, you must escort your swimmers to and from the pool area at each location. Kids should not be dropped off or wait for pick in any parking lot area, especially since it will be getting darker earlier in the evening. Thank you.

Have a great week!

*Kevin*

## About the BBD Newsletter and Website

The newsletter will be published every Monday during the season to highlight important upcoming events and updates. It should be part of your Monday routine. It is just as important that you check the BBD website regularly for updates during the week, especially practice changes. From time to time you may receive an e-mail about a practice change or time-sensitive event, but by and large the website is our main source of communication with families. All the information you need should be available there. Suggestions to improve our website is always appreciated - just fill out the website feedback form and send it along. Thank you and have a great season.

## Meet Entries Posted to the Website...

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

- BBD Fall Festival Meet (Deadline October 8th @ 10:00 pm)
- BBD Sunday Fun Meet (Deadline October 8th @ 10:00 pm)

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

## Meet Entries Update...

Meet information packets have been posted on the Schedule and Entries page for the Fall Festival Meet and the Sunday Fun Meet. Deadline for entry in either meet is Wednesday, October 8 at 10:00 p.m. Entries must be made on-line through [www.directathletics.com](http://www.directathletics.com). You will receive an email from Direct Athletics with your user id and password from Direct Athletics on Monday, September 29. You will receive a user id and password for each swimmer you have registered with BBD. If you do not receive an email from Direct Athletics by 5:00 p.m. on Monday, September 29 please contact Susan Withrow at [svarnerwithrow@comcast.net](mailto:svarnerwithrow@comcast.net).

BBD is still working on on-line payment for meet entries using Paypal. At this time you will still need to send a check for meet entry fees for the Fall Festival and Sunday Fun Meets. Please send the checks made out to BBD Boosters to: Susan Withrow, 2840 Lakewoods Ct, Orchard Lake, MI 48324. When Paypal is operational it will be posted on the website. Thank you.

## Merchandise Sale TODAY, 9/29...

You can order your BBD merchandise (sweats, shorts, shirts, parkas, etc.) on Monday, September 29th from 4:30 pm - 6:30 pm at the Birmingham Family YMCA. Don't miss out!



## Practice Updates for week of 9/29/08...

The following practices are changed for the upcoming week:

- ✎ **No changes to the regular practice schedule for this week**
- ✎ Please note that Sunday practices for 13 and up swimmers will be regularly scheduled for 9:45 am - 11:45 am @ Cranbrook. This is an update to the regular practice schedule.
- ✎ 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](mailto:bbd@htdconnect.com). Thank you.

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](http://www.birminghambluedolphins.com).

## Parents' To Do List...

- ✎ Visit website for the latest updates
- ✎ Review online entries information - update e-mail address if you didn't receive and e-mail from Direct Athletics
- ✎ Download BBD meet information
- ✎ Go to YMCA on Monday for BBD Merchandise Sale on 9/29
- ✎ Sign up for Officials' Training on October 5th

**The 2008-2009 meet schedule, meet entries and important deadlines now are available on the BBD website.**

## BBD Strong Kids Campaign - Kroger Cards



BBD's **Strong Kids Campaign** now uses the *KrogerCares* Program for fund raising which offers the YMCA 5% back on every dollar BBD families spend. That's right folks: If we spend \$5,000, the Y gets \$250! If we start now, and garner enough financial support, our team can do a year-end fund raiser to cap off our accomplishments and celebrate! Our goal is \$5000.

The cards are \$5 each and have a beginning balance of \$5. It's easy. They are reloadable gift cards, so before you shop, load them (at any register or service desk) with any amount up to \$500 via cash, check or credit card and you're ready to go.

I will always have cards on me. I will also be at the merchandise sale on Sept. 29<sup>th</sup>. I can also mail the cards to you if you email me: [carinmichaels@gmail.com](mailto:carinmichaels@gmail.com) (I also owe two people cards, pls. let me know who you are.)

It's up to us as parents to help charge BBD with spirit, and having the Y's mandate, not only serves the community, it inspires our kids to reach for higher standards. Please participate, and thank you.

## Officials' Training Set for October 5th!

Become a swim official or renew your present certification by attending a Level I or Level II. Officials' Training Clinic. The Level I clinic will take place on **Sunday, October 5, 2008 from 2:30 pm - 6:30 pm** at the Birmingham YMCA. Contact Cathy Edwards at [ckjedwards@comcast.net](mailto:ckjedwards@comcast.net) regarding your plan to attend, or for more information regarding the Level II Training Clinic offered the same day.



### YMCA Official Certifications

On September 1, 2007, the YMCA of USA moved to a two level Swim Official Certification program.

- ✦ The new **Level I** Program is designed to train officials to be Stroke & Turn Judges, Relay Take-off Judges, Place Judges and Timers.
- ✦ The new **Level II** Program is designed to train officials to take on the roles of Referee, Starter and Chief Judge

Current YMCA officials will be grandfathered into YMCA Level II officials. Current YMCA officials who are coming up to the end of their certification period (3 years) will take the Level II course and use a shorter Level II recertification test.

Certification will remain at 3 years, but each level will be required to officiate at least 12 sessions within the 3 years. They can move to level II certification after 1 year and a minimum of 8 worked sessions.

## 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](http://www.birminghambluedolphins.com). Also, if you have any suggestions, questions or comments, please feel free to drop an e-mail at [bbd@htdconnect.com](mailto:bbd@htdconnect.com). Thank you.



**Everybody Swims! Everybody Wins!**

