

2009 Del Prado Swim Team



Nine-Time Tri-Valley Swim League Champions (87, 88, 90, 91, 97, 99, 00, 02, 03)

Swim Team Board Contact List:

Coordinator	Joan Strom	462-5932	stromj5@comcast.net
Secretary	Gina Juarez	837-7471	ginajuarez@sbcglobal.net
Registration/Treasurer	Eva Kitayama	249-1152	ekitayama@yahoo.com
Meet Coordinator	Beth Borchers	600-0923	beth@bborchers.com
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Computer Coordinators	Therese Crispell	462-8804	tcrispel@pacbell.net
	Jim Bahls	461-9766	gym@jwbnet.com
Ribbon Coordinator	Patty Drury	426-2300	pattydrury@comcast.net
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Apparel	Toni Gates	462-7180	4gates@comcast.net
	Beth Veit	485-9650	veit5@comcast.net
Awards	Betty & Greg Blandino	485-0158	betty.blandino@kp.org
Parties	Cindi Sabatini	484-5748	cindisabatini@yahoo.com
Special Events	Kim Beatty	426-8042	kimabeatty@comcast.net
Swim Suits/Equipment	Passionate Athlete (Lisa)	931-0775	440 Main Street Pleasanton

Coaches

Please welcome our Head Coaches: Jamie Plummer, John Reimer, Tom Juarez, and Julianne Strom.

Schedule of Practices

Practice will begin on Tuesday, May 26. Tuesday, May 26 through Wednesday, June 10 practice will run every weekday evening. There will be no practice on June 11 and 12. Beginning June 15, practice days are Monday,

Tuesday, and Thursday evenings. There will be Wednesday and Friday morning practices from 8:00-9:40 a.m. beginning June 17 with optional Monday morning practices beginning Monday, June 22. These sessions will concentrate on strokes, turns, and skill techniques. Here are the scheduled times for all age groups:

Evening practices

5:00-5:50 p.m.	6 and under	Coach Jamie
5:00-5:50 p.m.	9-10 year olds	Coach John
5:50-6:40 p.m.	7-8 year olds	Coach Julianne
5:50-6:40 p.m.	11-12 year olds	Coach Tom
6:30-7:30 p.m.	13-14 year olds	Coach Tom
6:30-7:30 p.m.	15-18 year olds	Coach Jamie

Morning practices

8:00-8:45 a.m.	6 and under, 7-8, 9-10
8:50-9:40 a.m.	11-12, 13-14, 15-18

Rules to Remember

During practices remember to:

- Line up by your lane on time.
- Stay out of the pool until your coach starts your practice.
- Never hang on the lane lines.
- Be attentive and respectful to the coaches and all your teammates.

Cabana Club Rules

- Lane #1 and diving area are open during practice time for member use.
- Swimmers who are practicing are not permitted to supervise their siblings during practice.
- Cabana Club non-members should not arrive more than 15 minutes before their practice session begins and should be picked up immediately after their practice.
- No running. No horseplay. No gum. No spitting. All other Cabana Club rules apply.

Refunds

To receive a refund for swimmers who, for one reason or another, choose not to participate, you must submit in writing a “request for refund.” This must be submitted to your Coach or the Swim Team Coordinator (Joan Strom). The last day for a refund is Wednesday, June 10. No refunds will be considered after this date.

Conditioning/Swim Lessons

The Del Prado Cabana Club will be offering a Conditioning Class between April 27 and May 21. (Monday through Thursday from 5:00-6:00 p.m.) These sessions are for swimmers 7 years old & up and are open to the general public.(6&under swimmers may participate if previously on the swim team and with recommendation from their coach.) You may choose to condition either 6 sessions (\$40), 8 sessions (\$50), 12 sessions (\$65), or 16 sessions (\$85). Additionally, swim lessons will be offered by the Del Prado Cabana Club starting in June. The coaches want to remind you that **Swim Team is not a substitute for swim lessons**. If you feel that your swimmer needs personalized attention, or your swimmer wants to perform at a higher level, we strongly suggest/highly encourage you to take advantage of the Cabana Club programs. The coaches feel every swimmer 10 years and younger can benefit/should be in some sort of lesson.

Parties

The Swim Team will sponsor three parties at the pool during the swim season. The first one will be a “Dive into the Season” potluck dessert party that will give everyone a chance to meet their fellow team

members and parents. This will be on Monday, June 15 following Time Trials at 7:30 p.m. Swimmers will “carbo-load” with a pasta feed to get ready for our meet against Ruby Hill on Thursday, July 16, right after each practice session. We’ll wrap up the season with an “After-Season Awards Potluck Dinner” on Sunday, August 2 at 5:00 p.m. The swimmers will receive their awards that evening, and it will be a good chance to say goodbye to everyone until next year.

Team Pictures

Team and individual pictures will be taken on Tuesday, June 16 at 8:30 a.m.-sharp. **Swimmers should be at the pool no later than 8:15 a.m.** wearing their Del Prado swim suits (or something red). If you cannot make it on this date, make-ups for individual pictures may be taken at another league pool.

Getting in Touch

The phone number at the pool is 462-4004. Messages for the coaches can be left at that number during pool hours. If you have any other questions or issues, please feel free to contact Joan Strom via phone or e-mail. Also, please monitor your e-mails for Swim Team news and announcements or **check out our team web site at delpradoswimteam.org**.

Volunteers

Volunteers are required at all the meets. Sign-ups are available the evening of the parent meeting and during practices before each meet. Each family is expected to offer their time to help a minimum of five times per season. This does not include the Championship Meet. Families that have more than one swimmer on the team should consider making more time available to the team. Remember, without your help, it’s impossible to run the meets. For every meet we need volunteers for the following positions:

- | | | | |
|-------------------|------------|-------------|------------------------|
| * Line-ups | * Starter | * Timers | * Photographer |
| * Computer/Scorer | * Runner | * Snack Bar | * Stroke & Turn Judges |
| * Head Timer | * Clean-up | * Announcer | * Set-up |

If you sign up for a position for any meet and you find that you are unable to work, **please find a replacement.** Weekly schedules will be posted on the web site and at the pool. Contact Beth Borchers (Meet Coordinator) with any changes.

Fundraisers

After registration fees, the team’s largest source of income is the Snack Bar. Del Prado has four home meets so we have four opportunities to help fund our program in a **big** way. Our Snack Bar offering is the best in the League so please “*eat out*” and support our team. If you have wholesale (or better) access to any of the Snack Bar fare, please contact Kevin Suto. He’d love to hear from you.

Our team suit this year is the TYR Poseidon Diamondback for the girls and the Splice Jammer/Racer for the boys. Please visit The Passionate Athlete on Main Street to place your order and purchase any swim accessories. (**All orders must be placed by April 30 to guarantee a suit by the first meet.**) This year we highly recommend every swimmer have training fins for practice. Del Prado silicone and latex caps will be for sale from the swim team. Please contact Toni Gates if you’d like to purchase one.

Some Reminders From Your Coaches Concerning Dual Meets:

- Meet seeding is done the morning/evening of the meet. Meet sheets will not be posted until approximately thirty minutes before the start of the meet. Swimmers will have a

general idea of their events but will have to confirm heat and lane assignments just prior to the meet. We recommend you bring pen and paper to record swimmers' information.

- **Let your coach know by Monday's practice if you can't swim in the Saturday Meet. (By Friday for the Wednesday meet) Please do so in writing or via email.**
- Swimmers must arrive 60 minutes before each meet. (8:00 a.m. for Saturday meets and 5:00 p.m. for Wednesday meet) and immediately check in with their coach to avoid being scratched from the meet.
- 6 & unders, 7 & 8s and 9 & 10s must also check in with line-up volunteers.
- During home meets, the wading pool is off limits to all.
- Always show good sportsmanship to your own teammates as well the other teams' swimmers.
- Please clean up your area before you leave.
- Cheer For Your Team!!

The League Meet

Championships this year will be held at the Robert Livermore Community Swim Center on Saturday, August 1. The meet starts at 8:00 a.m. and can run all day. Be prepared. Bring towels, dry clothing, shade, sunscreen, games, fluids, and snacks. Your child's participation is extremely important in this meet. The team counts on a full squad.

THE 2009 DEL PRADO STINGRAYS SCHEDULE:

Saturday	June 20	9:00 AM	Del Prado @ Briarhill
Saturday	June 27	9:00 AM	Del Prado @ Club Sport Pleasanton
Wednesday	July 1	6:00 PM	Dublin @ Del Prado
Wednesday	July 8	6:00 PM	FAST @ Del Prado
Saturday	July 11	9:00 AM	Del Prado @ DBAC
Saturday	July 18	9:00 AM	Ruby Hill @ Del Prado
Saturday	July 25	9:00 AM	Pleasanton Meadows @ Del Prado
Saturday	August 1	8:00 AM	Championships @ Livermore Community Swim Center

Maps and directions will be available on our web site and posted at the pool before all meets.

IMPORTANT DATES TO REMEMBER:

Monday	April 27	Begin DPCC Conditioning Class	5:00 PM
Tuesday	May 26	Practice Begins	5:00 PM
Wednesday	June 10	Last Day for Refund	
Monday	June 15	Time Trials	5:00 PM
Monday	June 15	"Dive into the Season" Party	7:30 PM
Tuesday	June 16	Team & Individual Pictures	8:30 AM (Arrive by 8:15)
Thursday	July 16	Pasta Feed	6:00 PM
Saturday	August 1	Championships	8:00 AM
Sunday	August 2	Dinner/Awards Party	5:00 PM