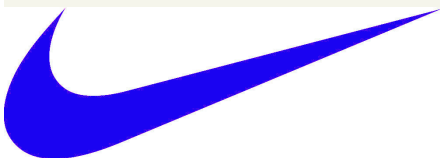


**Head Coach**

Mike Kavanaugh

**Board of Directors****President**—Bob Sweet**Vice President**—Nadine Grismer**Treasurer**—Brian Dankemeyer**Secretary**—Jennifer Wollpert**Awards**—Kecia Griffin/Susan Dunnett**Registration**—Angela Thuma**Web**—Charlie Kostov**Marketing/Team Certification**—Cindy Theobald**Spirit Wear**—Jen Blaksley**Fundraising**—Janine Heidtke**Parent/Volunteer Coordinator** — Catherine Pape**Team Partners**[www.ElsmoreSwim.com](http://www.ElsmoreSwim.com)[www.NikeSwim.com](http://www.NikeSwim.com)

# Dolphin Encounters

## Welcome to the new season!

I'd like to extend a warm welcome back to our returning members and welcome all of our new members. Our team is coming off of a great 2013 - 2014 Short Course Swimming Season.

We saw tremendous improvement from the team as a whole over the course of the Short Course season, it was really a lot of fun to see this all first hand.

As a team we had record participation in meets and as result saw 19 swimmers attend the 2014 Winter Regional Meet at Barrington High School and 3 swimmers attend the 2014 Age Group State Meet at the University of Illinois—Chicago, we also had several swimmers on the cusp of other cuts.

I am sure a lot of you are wondering, so what can we expect this season? What will be worked on? How does the team measure success now?

As a coaching staff, we believe in the long term development of our athletes as swimmers and as people, we are shaping swimmers in and out of the pool. We measure success by expecting swimmers to be their best at all times. Swimming is a fantastic sport in that every swimmer grows at their own pace, some swimmers peak earlier than others and some peak later than others. As long as swimmers give their best effort in practice and at meets, we as coaches cannot be disappointed with an outcome of a race.

We want parents to be supportive of their children. If you have questions or concerns, please contact me, and I will be happy to meet with you and explain what we are doing.

Welcome to the 2014 Long Course Season!

Coach Mike



# Dolphin Encounters

Happy Birthday to our March & April Birthday Swimmers!

## Upcoming Meets

### MMSC Bring On The Heat

05/10 - 05/11

Location: Rec Plex

Reg. Deadline: Passed

### BDSC May Mania

05/16 - 05/18

Location: Rec Plex

Reg. Deadline: Passed

### PAC Memorial Day Maylee

05/30 - 06/01

Location: Stevenson HS

Registration Deadline: 04/24

### WDST @ Cary - NCISC Dual

06/10

Location: TBA

Registration Deadline: 06/02

### PPD-Shark Frenzy

06/13 - 06/15

Location: Birchwood Pool

Registration Deadline: 05/05

Delaney Peterson, Donovan Burns, Luis Cirlio Lopiz

Ireland Dunnett, Madeline Emmons, Erik Hermansson

Daniel Howe, Liliana Kielar, Nicholas Madaus

Jordan McGuire, Destinee Dankmeyer, Kaya Bole

Anatasia Orendain, Will Rinquest, Abigail Roberts

Julia Schwaab, Isabelle Schwartz, McKenna Sweet

Dex Zielinski, Riya Virani

## Apparel Update!

Team Suits: Team suits can be ordered on the Elsmore site which is a linked to our team website. Ordering instructions are also available on the team website under Team - Apparel.

Team Caps: Team caps are available for \$10 each. Orders for personalized caps are being taken now and are due THIS Friday, April 25th. Please note that personalized caps are \$13 each and there is a minimum order of two per name. The order form will be available at the parent meetings.

Team T-Shirts: All swimmers will be receiving a team shirt in the size that was provided at the time of registration. Please confirm at the parent meeting that the sizing provided at registration is accurate. Additional shirts can be ordered for \$12 each. Orders are due by May 2nd. Orders will be taken at the parent meetings.

Spiritwear: Be sure to check out the link to our Spiritwear page on the team website. There are many options to choose from with different colors and designs. The swimmers love to look up in the stands and see all of their fans dressed in "Dolphin Wear."

If you have any questions on team apparel or need to order team caps or shirts, please contact Jen Blaksley at [jjblaksley@comcast.net](mailto:jjblaksley@comcast.net)



# Dolphin Encounters

## Different Meet Formats

### Team Sponsors

#### Lake Geneva GM Supercenter

715 Wells St

Lake Geneva, WI 53147

(262)-581-4770 (Sales)

(262)-581-4772 (Service)

#### Mastercoil Spring Co

4010 W Albany St

McHenry, IL 60050

(815)-344-0051

#### Culvers

1620 W Lake Shore Dr

Woodstock, IL 60098

815-337-5730

#### American Family Insurance

821 E Grant Hwy

Marengo, IL 60152

815-568-8050

#### City Square Dental

232 Main St

Woodstock, IL 60098

815-337-1932

Meet formats from meet to meet and state to state can vary. Below you will find descriptions of common meets that we will be swimming in.

For meets in IL, you can always assume the meets are positive check in. This means swimmers will have to "check in" by either highlighting their names on a piece of paper or swimmers "have to check in" with their coach. You can assume that all meets we attend in IL are check in by paper, unless stated otherwise. Failing to check in will mean your swimmer is not entered into the meet.

For meets in WI, you can assume that these meets are preseeded, meaning the meet is seeded a couple days before the meet. Some events maybe "check in" events, but the majority of meets in Wisconsin are preseeded with all events.

**Prelim/Finals** - Every so often we are presented with the tremendous opportunity to swim in a meet that has prelims and finals sessions. These meets are structured so as to present the fastest 8, or 16, or 24 swimmers from the morning or afternoon prelims sessions with another chance to swim again at finals in the evening. The number of swimmers advancing to finals in this fashion depends on the meet, their age group, and sometimes the events themselves. Some meets offer finals for all age groups, except for the 10 and unders. Some meets offer one heat of finals for 11 and 12 swimmers, but two heats of finals for 13 and older swimmers.

These types of meets provide a valuable learning experience for our swimmers and encourage them to swim at a high level of competition. These types of meets are valuable tools to prepare our swimmers for their end-of-season Championships. Either they get a taste of swimming finals, or get a better appreciation of what it takes to qualify for finals next time.

**Pentathlon** - The pentathlon format calls for each swimmer to swim five events and the swimmer with the lowest combined five-event time is declared the meet winner.

**Timed Finals** - This is just like a normal swim meet that we usually attend. When a swimmer finishes their race, their time is final.

**A/B/C Meets** are for all swimmers and all members are encouraged to participate. Event categories are divided into "C" and slower, "B" and "A" and faster. Click here for more information. B/C Meets provide an intermediate level of competition for swimmers with "B" times, "C" times and "No Times."

**A Meets** are for experienced swimmers who have achieved "A" times and faster. Team scores are kept and team awards are given.



#### Team Sponsors

#### Pampered Chef

271 Clover Chase

Woodstock, IL 60098

Sweetpchef@gmail.com

# Dolphin Encounters

## Different Meet Formats, Continued

**Speedo Sectional Meets** provide the next level of competition for qualifying swimmers. The Speedo Sectional Meets have no age groups and all event seeding are based only on qualifying times. The Speedo Sectional Meet is usually held at a premier location.

**NSCA Junior Nationals** are held each March for qualifying swimmers age 18 and under. This meet is hosted by the National Swim Coaches of America (NSCA). In past years, this meet has been held in Orlando.

### USA Swimming Junior National Championships

USA Junior Nationals are exclusively for swimmers age 18 and under and the meet is held each December (short course) and August (long course). This meet serves as a stepping stone to the top national and international level meets for 18 and under athletes. Qualifying times for this meet are faster than the NSCA JR National Meet in March.

### USA Swimming National Championships/US Open

These top national level competitions are held at different times throughout the year and serve as qualifying meets for international level competitions. There is no age limitation on these meets.

US Nationals are held twice a year and is the top annual championship meet in America. Qualification times for this elite senior meet are faster than for the US Open. America's fastest swimmers compete.

**Olympic Trials** are held every four years to select swimmers for the Olympic Games. This elite senior selection meet has qualification times faster than US Nationals. The top two swimmers in each individual event, plus a few additional freestylers, are selected for the US Olympic Team.