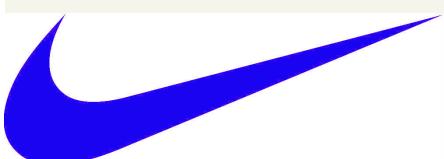


**Head Coach**

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**Team Partners**

www.ElsmoreSwim.com



www.NikeSwim.com

Dolphin Encounters

New Mission & Vision Statement

We recently celebrated our 50th Anniversary. Back in 1963 there were residents who saw that there was a need for their daughters to be involved in some sort of summer activity. Most all of the programs of the day were geared directly towards boys with very little available for girls. So a few families decided to form a swim club for girls and boys. They had a vision and a mission.

We recently celebrated our 50th Anniversary. What better time than now to reaffirm our team vision and mission.

Mission

Empowering young people to be champions in life through excellence in swimming that is characterized by the values of equality, integrity, and mutual respect.

Vision

The Woodstock Dolphins Swim Team is committed and dedicated to providing an environment for our swimmers that allows them the freedom to fully develop their human and competitive swimming potential where excellence in swimming is valued and the pursuit of excellence is the standard.

What To Expect At Swim Meets

Published by The American Swim Coaches Association

By Lea Anne Randell

Swim Parent

Here are some informational items that may be of help to parents as the short course competition season approaches. As a parent, I know it is good to review these things at the start of the season.

First of all, your child is participating in a wonderful but demanding activity. Their bodies will become leaner, their appetites will be healthy, their hair lighter (and maybe tackier or even fluorescent), and they will feel good about themselves.

They will want their parents to be there to glory in their achievements with them and have a comforting hug ready when that, too, is needed. Your swimmer wants and needs your support. The swim season can become a real family activity.

At home meets parent's assistance is needed to help make the meet efficient and well run. Parents can time, work concessions, work at the awards table, and score the meet. Kids love to see their parents doing their share. It's a wonderful way to meet other team parents, and it helps make a meet go faster.

Planning for the meet: You should receive all meet information the weekend before or week of the meet. In addition you should know the warm-up time and plan on being to the pool at least 30 minutes before warm-up so your swimmer can calmly change into his suit, speak with friends, greet the coach, and participate in team stretching before the actual in-water warm-up time begins.

When packing for the meet, be sure your swimmer includes team swimsuit, extra suit for warmups or emergencies, 2 team caps, 2 pair of goggles, towels, dry cloths for after the meet, and a water bottle.



Dolphin Encounters

Upcoming Meets

J-Hawk Fall Starter

10/26 - 10/27

Registration Deadline:

10/14/2013

Location:

Williams Center

U-W Whitewater

PX-3 Welcome to Winter

11/15 - 11/17

Registration Deadline:

11/01/2013

Location:

Recplex Aqua Arena

Pleasant Prairie, WI

BSC 33rd Annual Mustang Classic

11/22-11/24

Registration Deadline:

Deadline Passed

Location:

Barrington High School

Barrington, IL

What To Expect At Swim Meets Continued

Published by The American Swim Coaches Association

Other items include books, games, cards, iPad/electronic device, homework, blanket or sleeping bag, shampoo, and soap. Healthy snacks of fruit and grains will help maintain energy levels throughout the session.

If your swimmer is swimming in the morning session, have him pack his bags the night before.

Parents, too, need to plan ahead. Some things you will appreciate having include money, map, cooler, book, and pen/pencil. Most USS meets have concessions that serve anything from doughnuts and coffee to nacho chips, pizza, hot dogs, sandwiches and salads. You won't go hungry, although at the end of a 3 day meet you might be a bit poorer.

Expect to pay an admission fee of around three dollars per adult, this varies from meet to meet. Heat sheets (program) will also be available at an additional cost. Some sheets will cover all weekend, every session, some will be mornings or afternoons for the whole weekend, and others may be for just one session. The price will vary depending upon how much is included. It is a good idea to buy one so you can see what events your swimmer is in, where he is seeded in his event, and help you to keep track of what's happening.

For those parents who live to SHOP there will probably be concessionaires from swim shops with many items to purchase such as goggles (when the emergency ones from home are lost or broken), swim suits (sale and expensive), t-shirts, bags, and an assortment of swimming paraphernalia. Some shops take bank cards, some only checks and cash. Come prepared. Setting some spending guidelines at home before the meet might help avoid clashes with your swimmer at the meet.

What to expect during the meet: During the warmup you can study the heat sheet and find your swimmer's events. You will note that there could be 50 or more other swimmers in the same event. Since everyone cannot possibly swim at the same time, the event will be swum in heats of 6 - 8 swimmers depending on the number of lanes in the pool. Heats are swum from slowest seed time to fastest in timed final meets. Hopefully your swimmer will be in a heat with other swimmers who swim approximately as fast as he does. In a timed finals meet swimmers swim only once in each event. The final result of the event is based on the times for everyone who swam the event. It is possible for a swimmer to win his heat (a neat accomplishment) but not place in the top 6 or 8. Final results for the event will be posted somewhere (ask) so your swimmer can check his official time and place. If swimmers are swimming in ISI meet, they will need to positive check in by circling or highlighting their name on a piece of paper outside of the locker room area (this is generally where the sheets are located). If we are swimming in a meet in Wisconsin, these meets are generally NOT positive check in meets; some events maybe positive check in, so be sure to look at meet information e-mails closely.

In a trials and finals meet the fastest 6, 8, 12, 18, or 24 swimmers from the preliminary heats in each event return for the finals usually in the evening. In the finals there will often be two heats, the final heat consisting of the fastest 6 or 8 swimmers, and a consolation heat with the next 6 to 8 fastest swimmers. In some senior meets a third final heat called the bonus final is also offered. Swimmer's cannot move up in place beyond their heat regardless of time. A swimmer who wins the consolation final with a time faster than the last place

And finally, the best advice of all: as parents, try to stress your swimmer's personal accomplishments - best times, first time, and so on. Don't make too big a deal about awards one way.



Dolphin Encounters

Upcoming Meets:

WDST 5th Annual Splashtastic

12/06-12/08

Registration Deadline:

10/23/2013

Location:

Woodstock North High School

Woodstock, IL

ECST IMX Meet

12/14-12/15

Registration Deadline:

11/05/2013

Location:

The Centre of Elgin
Natatorium

Elgin, IL

Top 5 Recovery Snacks for Swimmers

Published by USA Swimming

By Chris Rosenbloom, PhD, RD, CSSD

A young swimmer asked me about after-practice recovery snacks, specifically if she needed a special product marketed as an "after" workout recovery drink. She didn't really like the taste of the commercial product and wondered if there were good alternatives.

I admired her "food first" approach and suggested she try some of the recovery snacks listed below. A good recovery snack provides carbohydrate to replenish muscle glycogen and a small amount of protein to aid in repairing and strengthening muscles. Recovery nutrition is most important for swimmers who train daily or compete in several events over the course of a day(s) during a meet.

1. **Almond or peanut butter and fruit jam sandwich on whole grain bread.** If you are tired of peanut butter, try almond butter for a new taste. Almonds contain the antioxidant vitamin E and are a good source of protein. Mix the nut butter with quality carbs from the bread and fruit jam for a tasty recovery snack that needs no refrigeration.

2. **Vanilla-flavored Greek yogurt with low-fat granola cereal and berries.** Greek yogurt has more protein than regular yogurt (but slightly less calcium), and when paired with granola and berries it makes for a sweet treat that also provides healthy plant compounds (called phytonutrients) in berries.

3. **A cup of instant oatmeal with low-fat milk.** Oatmeal is a satisfying recovery snack that will keep you feeling full until your next meal, and if you have water and a microwave handy, it is hot and ready to eat in a few minutes. Pair it with a carton of low-fat milk to add protein.

4. **Pita bread pocket stuffed with Albacore or light chunk tuna.** The tuna in a pouch is less fishy tasting than canned tuna and comes in interesting flavors (try sundried tomato and olive oil or lemon pepper). Tuna is good source of the healthy "fish oils" called omega-3-fatty acids. Water packed tuna contains the heart healthy fats so you don't need to buy the oil packed tuna to get the health benefits.

5. **Whole wheat mini-bagel with sliced turkey, cheddar cheese and sliced apple.** I love mini-bagels; each one has 100 calories and 25 grams of carbohydrate making a good recovery carb. Turkey is a lean protein, and a slice of cheddar cheese provides calcium and loads of flavor. Apple slices add crunch and pairs well with the turkey and cheese. Hard cheeses, like cheddar, have less lactose (milk sugar) than other cheeses, so a good for those with mild lactose intolerance.

Happy Birthday to our swimmers!

A very Happy Birthday to our swimmers with October Birthdays!

Audrey Baker
Hannah Blaksley
Carter Bozich
Mariana Kostova
Natalie Schwaab
Braedon Sullivan
Autumn Zimmerman



Team Sponsors

Lake Geneva GM Supercenter

715 Wells St

Lake Geneva, WI 53147

(262)-581-4770 (Sales)

(262)-581-4772 (Service)

Culvers

1620 W Lake Shore Dr

Woodstock, IL 60098

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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

Pampered Chef

271 Clover Chase

Woodstock, IL 60098

[Sweetpcchef@gmail.com](mailto:sweetpcchef@gmail.com)

Dolphin Encounters

Window Decal & Yard Signs

Show your Dolphin team spirit on the road with our NEW car decals for only \$5 each. Display a yard sign to let the neighbors know that you home has a Dolphin swimmer! Yard signs come in two options (Dolphin logo or Dolphin logo and the word FAMILY) and are \$15 which includes the metal stand. Contact Janine Heidtke at bjheidtke@sbcglobal.net to get your car decals and yard signs! Payment can be made by cash, check, or charged to your Dolphin account.



Team Fundraiser

On Saturday November 2, 2013 we will be having a Dolphin's Fundraiser. The fundraiser will run from 6:00 am to 9:00 pm at Panera in Woodstock. Please come out, support your team and have a delicious warm meal. You will need to print out the below flier and bring it with you so the team can get credit for your purchase. The flier will also be posted on the website soon!



EAT BREAD TO RAISE DOUGH

PLEASE SUPPORT

Woodstock Dolphins Swim Team

on

Saturday, November 2, 2013

from

6:00 AM – 9:00 PM

at

Panera Bread® Woodstock
925 Country Club Rd., Woodstock, IL

This bakery-cafe will donate 10%-20% of qualifying sales as a result of your participation to when you present this flier. Note: Panera Card® gift cards, Panera® catering and other retail purchases are excluded from the event. Donation only valid at date, time and location specified above.

Schedule your next fundraiser online, visit
www.panera-chicago.com



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www.panera-chicago.com



Dolphin Encounters

Locker Room Etiquette

Let's be sure to remind our swimmers that we are guests of the pools we use at Woodstock North High School and Woodstock High School. As guests we want to treat our facilities with the same respect we would our own home. We have had a few incidents of vandalism and excessive horseplay within the locker rooms after practice. Let's be sure to remind our swimmers to just shower, change and leave. We have a great relationship with the district and would like to keep that relationship strong.