



# The Starting Block

An Educational Newsletter for the  
Hampton Dolphins

September 2011

Contact our Head Coach with your

questions or concerns:

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## This 'n That

### Parent Meeting

A fall parent meeting is currently being planned and will be scheduled for the school cafeteria. All parents should make every effort to attend. We will discuss all aspects of the team including a new entry procedure being piloted this season. Watch for details very soon.

### Team Suits


Team suit try ons and sales will be held Wednesday, September 28 from 5:00 - 7:00 pm at the pool. We will keep the same team suit as last year. I highly recommend a new one for use in competition only and use of the old one for practices. Knabes will have paddles, fins, practice suits, caps, and mesh bags for sale as well.

### Our Home Meet

We are hosting the "First Splash" on October 8 & 9 at the Hampton High School pool. All registered and paid swimmers will be entered into the meet by the coach and all parents asked to volunteer. Entries will be emailed to you, for your review and comment prior to them being submitted. Once submitted, they will be final.



## Upcoming Meet Schedule

October 8 , 9	Hampton	First Splash	Open	
October 22, 23	Franklin	Distance/BB	A, BB	
October 29, 30	WAAC	Spooktacular	A	
November 5, 6	FCKW	B meet	B & slower	
November 13	WHAT	Mini Meet	8 & under	
November 18, 19, 20	WVU	Travel Meet	TBA	



## Coach's Corner



Welcome to another great season of Dolphins swimming. I ask that you pay close attention to the skills that you will need, as a parent, for your child to have the best chance at success.

- 1) **Patience** - Swimming is a life-long endeavor. Success is relative to the competition you face and there will always be swimmers faster than yours. Fast at 10 may not be fast at 12. Super fast at 12 may be marginal by age 18. And, slow at 10 does not mean slow at 18.
- 2) **Understanding** - Coaches are certified and trained and have a plan for your child. Work with them to support your swimmer. Communicate serious concerns to the coach and then sit back and let your swimmer communicate on his or her own behalf.
- 3) **Knowledge** - Comparing your child to another is not healthy. Rather, compare them to where they were one year ago. If you have more than one child, you realize that children learn, grow, and mature at different rates. Those differences are what make them unique and special, not less or more adequate.

As you move forward in the sport, take comfort in the fact that your child is surrounded by great people- from the swimmers they share a lane with, to the coaches that truly care about them, and the parents that help run the club. Get involved! Show your swimmer that you care as much about their participation as they do. Support them with kind words and appropriate praise for a job well done. Let the coaches coach, and let yourselves be the compassionate support system. Welcome back!!!

Good swimming, *Coach Laurie*

