



The Starting Block

An Educational Newsletter for the
Hampton Dolphins

February 2011

Contact our Head Coach with your questions or concerns:



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This 'n That Parent Meeting

There will be an important parent meeting on Wednesday evening February 9 at 6:00 pm in the high school cafeteria. All parents are urged to attend while swimmers attend the pool party.

Pool Party & Dinner

The Dolphins will be having a winter pool party and dinner for all swimmers on Wednesday, February 9 from 5:30-7:30 pm. (party 5:30-6:30, dinner 6:30-7:30)

Practice Schedule Changes

We apologize for any inconvenience caused by the recent and sudden practice schedule changes. As you know, the needs of the high school swim team always take precedence over our facility usage. We do what we can to cooperate with these changes as they arise. High School season ends the first week in March. We will return to our fall schedule at this point with Age Group 1 moving to the after school times along with all 8th grade dolphins entering high school next fall. Changes to group assignments will be considered at that time.

A Few More Cancellations

The last home high school meet will be held on Tuesday, February 8. All Dolphin activities will be cancelled. The pool is also closed on President's Day, February 21.



Upcoming Meets

February 19, 20	B Championships	North Allegheny	B & Slower
February 26	Mini Championships	South Fayette	8 & Under
March 4, 5, 6	BB Championships	Chartiers Valley	BB
March 11, 12, 13	Age Group Champs	Pitt	A
March 19, 20	Last Splash	North Allegheny	Open



Q & A

Where is the Lost & Found?

I have asked the high school maintenance workers to place any items left in the locker rooms or spectator gallery in the large blue bin located on the pool deck. I always check the deck myself each night for goggles, caps, paddles or fins left behind and keep them safe. There are many items left from our meet and many items that have not been claimed for weeks in that blue box. I plan to clean it out and give unclaimed items to charity next week. If you are missing something, please check the box before Monday. I advise parents to mark all equipment, swim suits, coats, etc. with your child's name. I always check for identification and will return your items directly to you if they are marked. Otherwise, check the blue bin.



Coach's Corner



Swimming With A Cold

Deciding when to keep your child at home from practice with a cold is usually a matter of common sense. Some colds may be far more serious, just waiting to become more intense as stress increases and resistance weakens. While some physicians take the cautious approach, many feel that colds and exercise do not interact in major ways. In fact, some anecdotal evidence suggests that many athletes feel better after exercising with their cold. This is particularly so in a humid swimming pool environment, as increased mucus flow can provide relief for upper respiratory tract symptoms. A good rule of thumb for parents should be: If the symptoms are located above the neck (runny nose, sneezing, scratchy throat) then exercise is safe. But, if severe symptoms are located below the neck (fever, muscle aches, loss of appetite, deep or hacking cough) it is better to let the symptoms subside before returning to practice. Always remember, use common sense when making this decision and that the upcoming qualifying meet is never as important as your child's good health. Good nutrition, plenty of sleep, and regular exercise help to keep your body's immune system strong.

Good Swimming! *Coach Laurie*

