



The Starting Block



An Educational Newsletter for the
Hampton Dolphins

February 2012

Contact our Head Coach with your questions or concerns:

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This 'n That

Mini Champs Luncheon



All mini swimmers and their families will be invited to a team luncheon following the Mini Champs Saturday, Feb. 25 at Mohan's Restaurant. It is very close to the pool. Terri Ronald will need RSVPs by Feb. 16. Watch your email next week for more details and for how to RSVP.

Championship Entries (BB, A)

Late entries are accepted for the BB and A champs for last minute qualifiers. If your swimmer makes a BB time at B champs, events can be added to the BB Champs by the following day. Same goes for A times achieved at BB champs.

Last Splash at Hampton

The Dolphins will host the Last Splash on Saturday & Sunday, March 17, 18. All swimmers will be expected to compete and all parents will be counted on to volunteer. Please mark your calendars. More info to follow.

What Comes Next?

Following Last Splash and spring break, we will go into a clinic mode for our swimmers and spend 2-4 weeks on intensive technique and stroke work. We are also planning some fun activities such as water polo and "bring a friend" day.



Upcoming Meet Schedule

February 4, 5	Bethel Park	BB Meet
February 10, 11, 12	Pine Richland	A Meet
February 18,19	North Allegheny	B Champs
February 25	Penn Hills	Mini Champs



Coach's Corner



The Science Of Swim Meets

Each season, coaches select meets that allow us to get regular feedback on the progress of all of our swimmers. Those meet times tell us where the swimmer is in their training, where they need to improve, and in which areas they are progressing nicely. Early season meets are like pre-season games. They show us where swimmers are beginning, but do not necessarily predict the outcomes of the season. Swimmers that are attending many meets give the coaches more feedback and thus more data to use for training adjustments. If you really want to do the best comparisons of progress for your swimmer, do not compare one meet to the one several weeks before. Compare it to the one that was held at the same time last season. That tells everyone the true picture. Swimming best times requires everything to go exactly right during the swim. That rarely happens; as you know. Many things we do in training this time of year actually prevent best times. These are factors such as changes to technique, kicking speed, and breathing patterns. A very significant factor is the fatigue that sets in after months of hard training- especially for the hard workers. Expecting best times week after week is unrealistic and unfair to your swimmer. In fact, some swimmers dropping large amounts of time now could be the ones not working hard, that are not fatigued or those not trying to fix technical issues. They peak too early. The best help a parent can give a swimmer is NOT to judge them or their training habits based on poor meet swims this time of year. Leave the coaching to the coaches! Ask your swimmer if they are having fun. Tell them you love them, you are proud of them, and that their suit looks great!

Good luck to everyone as we head toward the final and most important part of our short course season.

Good swimming, *Coach Laurie*

