



<http://www.hamptondolphins.org>

The Starting Block



An Educational Newsletter for the
Hampton Dolphins

January 2012

Contact our Head Coach with your questions or concerns:

Laurie Berkow

laurieberkow@comcast.net

This 'n That

Contacting the Coach

When you need to get in touch with Coach Laurie about meet participation, questions or concerns you may have or to send a message about your child, please only do that by using her email:

laurieberkow@comcast.net

Do not simply reply to club emails when your intention is to contact the Coach. Entry changes must be directed to the coach or they will not be guaranteed.

Saturdays in January

Saturday practice schedules for January will be combined as there are meets each week that involve many of our swimmers. Practices will be held from 10:00-11:30 am. Swim lessons begin Feb. 4, so weekly changes will be necessary again. I will notify you of any variations to this.

January Practice Cancellations

Practice is canceled Thursday, Jan. 12, Thursday, Jan. 26 & Monday, Jan. 30 for high school home meets.

Locker Room Supervision

Several of you volunteered to take a look in the locker room after practice to be sure no mess is left. If your child is one of the last ones out, please lend a hand and take a peek in before leaving.

Valuables

Do not leave valuables in the locker room. We have had reported incidents of bags being rifled.

Upcoming Meet Schedule

January 7, 8

Fox Chapel

B Meet (B & slower)

January 14, 15

WAAC

Mini /Distance

January 21, 22

Bethel Park

A Meet Jr. Olympics



Coach's Corner



When will my child be ready to move up?

Coaches consider many variables when deciding when to move a child up to the next practice group. To move a Developmental swimmer to AG 2, a swimmer must, first and foremost, be proficient in all four strokes, dives, and turns and be able to maintain that correctness for longer distances. Swimmers must present very little behavioral challenges and be able to focus and follow directions consistently. Maturity in meets and practices plus age are also factors that are considered. When moving from AG 2 to AG 1, coaches will look at the swimmer's racing speed and will need to observe a strong work ethic and superior performance compared to others in the group. The coach will factor in meet and practice attendance, plus overall attitude and desire. Yardage increases dramatically at that level, so it is suggested that swimmers with attendance of less than 4 times per week not be moved into that group. Some eighth graders will be moved into the senior group in the spring to get ready for training with the high school team the following year. Moving into the senior group is age-related and happens upon reaching high school age.

Making group changes is ultimately up to the head coach. Changes are not made to accommodate family schedules, keep friends grouped together, assist with carpools, or before a swimmer has progressed to a level necessary for that move. Changes for the wrong reasons are not positive changes for anyone.

This spring, coaches will consider changes in practice groupings. If your child is anxious to move up, be sure he or she is aware of what it will take to make that move and that they work hard to meet those criteria accordingly.

Good swimming!

Coach Laurie

