



# The Starting Block

An Educational Newsletter for the  
Hampton Dolphins

March 2011

Contact our Head Coach with your questions or concerns:  
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Upcoming Meets			
March 4, 5, 6	BB Championships	Chartiers Valley	BB
March 11, 12, 13	Age Group Champs	Pitt	A
March 19, 20	Last Splash	Pine Richland	Open
June 4, 5	Age Group Open	Hampton	Open



## This 'n That

### Spring Practice Schedule

Practice times will change back to the those similar to our fall schedule as of **Monday, March 21**. Groups will meet as follows :

#### Senior & AG -1

MWF 3:00 - 5:30 pm Swim  
TR 3:00 - 6:15 pm Swim and Dry land  
Elementary or out-of-district swimmers will begin as close to 3:30 as possible.  
Sat. 8:00 am - 9:30 am Swim  
(Dry land TBD)

#### AG-2

MWF 5:00 - 6:30 Swim  
TR 4:30 - 6:30 Swim and Dry land  
Sat 8:00 - 9:30 am Swim

#### Developmental 1,2,3

MW 6:15 - 7:30 Dry land & Swim  
Fri 6:30 - 7:30 Swim  
Sat. 9:30 - 10:30 am Swim

#### Last Splash- Hawaiian Luau

The Pine Richland Last Splash will have a Hawaiian theme this spring. Kids and parents are asked to wear Hawaiian shirts, and we have been challenged to decorate our area in a tropical theme. Anyone willing to help out, please see me. Swimmers will get Spanish gold coins for winning heats, and the team winning the most coins will have their coach climb the volcano and jump in. I will be sure Adam attends this meet, too, in case we win!



**Q & A** **When is the Dolphins' Banquet?** The annual Dolphins banquet will be held Friday evening, May 6, at the Wildwood Country Club. More details will follow, but please mark your calendars and save the date.

**How do coaches recruit new members?** Information about the Dolphins, along with try out dates, will be printed on the school website and in articles in the Pine Creek Journal and The Hampton Newsletter. I typically use a picture of our swimmers to promote these try outs. I will assume that no one has an issue with me using a picture of your swimmer, unless you tell me otherwise by March 15. We are also planning a "Bring a Friend to Swimming" party early in April. Details to follow.



## Coach's Corner

### My Thoughts On Energy Drinks



I see parents walking in to swim meets with six packs of them. I see small empty cans and colorful little plastic bottles under the bleachers where swimmers have been sitting and wonder, "Why?" What's the point of all the swimming, dry land and mental training we do? Isn't the point of it all to establish the life skill of understanding the relationship between fitness, hard work, setting goals, and achieving? Where do the perceived short cuts offered by these drinks enter into the equation? What part of training do they represent? Certainly, they do not represent good nutrition. Shortcuts are NOWHERE in my equation.

Goals + work + fitness + proper nutrition = ACHIEVEMENT

Aside from the philosophical issues involved, there are also potential health issues. This alone should scare every parent and every coach into saying "No!" "No energy drinks, period." According to the American Journal of Pediatrics, energy drinks are packed with harmful levels of caffeine and offer no therapeutic benefit. Because they are marketed as nutritional supplements, they are not subject to the same caffeine safety limits placed on sodas. Many of the ingredients in these drinks have not been tested, regulated, or sufficiently studied.

And, just so we are clear, even if they are proven harmless, I would still be against their use, as they are intended to defeat one of the most important aspects of life that we work to achieve. Short cuts cheat us out of self discipline, self-reliance, and our own self-esteem. **Good Swimming!**

Coach Laurie

