



The Starting Block

An Educational Newsletter for the
Hampton Dolphins

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Contact our Head Coach with your questions or concerns:

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This 'n That

Welcome

A very special welcome to all of our new families currently in their two week trial period. If you are a veteran Dolphins parent, take a minute to introduce yourself to new parents and make yourself available to answer any questions they may have about the program. Remember back to when you were new!

Lost & Found


The maintenance staff at the school is kind enough to put any items left behind in the pool area or locker rooms in the large blue equipment bin on deck. I typically pick up anything left on deck and keep all swim equipment locked up. If your swimmer leaves anything behind, please check with me. I keep articles approx. 30 days and then discard them.

2011 Travel Meet to WVU

Our team travel meet to WVU will be held the weekend of November 18-20 in Morgantown. We will be staying at the Eurosites Hotel and have a block of rooms reserved with a special rate under "Hampton Dolphins". If you plan to stay one or both nights, call and secure one of those rooms before October 27 by calling 304-698-1000. Thank you to Sue Lindquist for organizing the trip.



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

Parent Do's and Don'ts



Do : Get pleasure from your child's participation in sports, but, do not become overly ego-involved.

Do : Always seem relaxed, calm, and positive at meets. Your attitude influences the natural stresses your child will feel. Keep a sense of humor! If you are having fun, so will your child!

Do: Emphasize and reward effort rather than results. Give unconditional love and support.

Do: Make friends with the other parents and sit together as a group at meets when possible. Collectively, you'll make a great cheering section.

Do: Leave the coaching to the coaches. Make them your allies. **and.....**

Don't: Lose perspective about the importance of youth sports.

Don't: Live out your own dreams through your child.

Don't: Expect more from your child than having a good time, enjoying a great physical fitness outlet, and developing a mastery and love of a life long sport.

Don't: Make your child feel guilty for the time and money spent to provide them with this opportunity.

Don't: Ignore your child's bad behavior at practices or meets. Bite your tongue and do not interfere at the time, but a few words later to support the coach's efforts are always appreciated.

Good Swimming, *Coach Laurie*

