



# The Starting Block

An Educational Newsletter for the  
Hampton Dolphins

Spring 2011

Contact our Head Coach with your  
questions or concerns:



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## This 'n That Summer Practice

Summer practices begin at the outdoor  
Hampton Community pool on Monday,  
June 13 and end Thursday, July 28.

Schedule as follows: **Senior, AG 1, AG 2**

Monday, Wednesday, Friday  
7:15 - 9:00 am

Tuesday & Thursday  
7:15 - 9:45 am (includes dry land)

### Developmental

Monday through Thursday  
7:15 - 8:30 (includes dry land)

**All swimmers must wear sneakers and  
shorts or sweats for dry land!**

## Summer Meets

Swimmers should plan to attend team  
meets this summer as follows:

### A Swimmers

May 21, 22; June 4, 5; June 18 or 19;  
June 25, 26; July, 22,23,24;  
Plus BB Champs for "off" events

### BB Swimmers

May 21, 22; June 4, 5; June 18 or 19;  
July 29, 30, 31 (plus Developmental (B)  
Champs for "off events".)

### B or Slower and New Swimmers

June 4, 5; July 16, 17 Total - 2

### Mini swimmers

June 4, 5; July 2; (if held) July 16,17 (with  
coach's recommendation) Total - 2 or 3



## Tentative Summer Meet Schedule

(contains all the details available at this time)

|            |                |                          |        |
|------------|----------------|--------------------------|--------|
| May 21, 22 | The Classic    | JCCS Monroeville         | A & BB |
| June 4, 5  | Age Group Open | * Hampton Community Pool | Open   |

\* This is our home meet.

Volunteering at this meet is a requirement for all families.



|                 |                            |                |                |
|-----------------|----------------------------|----------------|----------------|
| June 18, 19     | Distance Meet -one day TBA | { if held}     |                |
| June 25, 26     | Mount Lebanon              | MLAC           |                |
| July 2          | Mini Champs                | { if held}     | 8 & under Mini |
| July 16, 17     | Developmental B Champs     | Penn Hills     | B & slower     |
| July 22, 23, 24 | Junior Olympics            | Univ. of Pitt. | A              |
| July 29, 30, 31 | BB Champs                  | TBA            | BB             |



## Coach's Corner



### Why Swim?

Sports are supposed to be good for our children. In theory, a sport should build strong bodies, not tear them down. It should promote sportsmanship, self-discipline, and perseverance. Unfortunately, not all sports live up to these ideals. Swimming, however, measures up quite well.

Swimming uniquely develops the cardiovascular system to the maximum, making it an ideal sport for promoting overall fitness. An effective cardiovascular system is key to life-long health. Due to its low risk of injury, swimming is also rated the most desirable sport according to health insurance companies.

Swimming is a sport in the true sense of the word. It is a pursuit of a striving for individual excellence while promoting teamwork and team bonding. Its very nature demands self-discipline and a great strength of purpose. This striving for individual excellence is what the ancient Greeks revered as being that which brings out the best qualities in mankind. Swimmers learn very early on in their swimming about the relationship between hard work and results.

As the parent of a swimmer, you are aware of the responsibilities that face you. But, do not underestimate the opportunities it also gives you; opportunities to really know your child in high pressure situations. Opportunities for both praise, and opportunities to be there for them emotionally when they fail. In our fast paced world, there are few chances for a parent to interact with a child on this very basic level. This, alone, is a great reason to participate.

Good swimming, *Coach Laurie*

