

Dolphin Times

Volume XVI Issue 1

Tuesday, June 17, 2007

CALENDAR FOR THE WEEK

- 6/17 Tuesday Community Service after morning practice: to DC ages 11 and up
- 6/18 Wednesday B meet with Carderock @ Bannockburn 5p warm-ups. Dolphin diner will sell goodies and dinner. Needed: parents to work meet and/or bring food. Sign up at pool or contact Cheryl Rothberg. Kids MUST sign up to swim by Tues pm.
- 6/20 Friday Community Service after practice: @ Bannockburn ages 11 and up
- 6/21 Saturday A meet @ Bannockburn 8a warm-ups. (Needed: timers, runners, announcer, and national anthem singer. Sign up at pool or contact Lynn Brownell.) There will be lunch for sale for the team and their families immediately following the meet.

Heads up for NEXT week: Bingo Night is 7p Tuesday (dinner from Lebanese Taverna) and Friday is Movie Day.

Parent Volunteers needed:

1. Shop for food for July 2 dinner sales at the B meet.
2. Manage the t/sweat shirt sales and inventory.
3. Bring the tent to A meets.
4. Announcers
5. Many jobs at each meet: see sign up sheets

Dolphin volunteers needed to sing/play national anthem at meets.

DOLPHINS BRING HOME FIRST VICTORY OF THE SEASON

The Dolphin's 72 point victory over fifth seed Northwest Branch is a might fine way to start the season! The final score was Bannockburn 426 – Northwest Branch 354. Dolphins took first place in 31 events and garnered 52 second and third places. Dolphins came out strong once again this year with the exact same number of All Star times for the first meet as last season: 25! Once again we see the power of winter swimming. Way to go Dolphins with an awesome start to the season. This summer's team is one of the biggest and strongest ever!

SWEEP SWEEP SWEEP

The Dolphins managed an amazing FIVE sweeps in this first meet. The 13-14 girls swept THREE events: IM, free and fly. The 9-10 boys swept backstroke. And those little hands and little feet of the 8 & under girls swept breaststroke. Kudos to the 13-14s: **Callie Fosburgh, Elizabeth Fosburgh, and Madeline Alagia**; the 9-10s: **Pieter Fosburgh, Max Palermo and Nicky Schulkin**; and the 8 & unders: **Danielle "Cookie" Lair Ferrari, Leah Melrod, and Maya Humeau**.

NEW RECORDS

Just the first meet and already new records. Dolphins set THREE new records: A standing ovation for **Jackson Janezich** who beat former coach Sam Brownell's 100m freestyle record from 2001. **Danielle Schulkin** beat her own 2007 100m free record. **Callie Fosburgh** set a new NW

Branch pool record in the 50m breaststroke. Awesome!

ALL STAR TIMES

TEN Dolphins turned in an incredible 25 all star times in this first meet! Congratulations to the following swimmers on their first, but definitely not their last, all star times of the season: **Hannah Melrod** in breaststroke; **Nicky Schulkin** in fly; **Max Palermo** in free and breaststroke; **Elena Palermo** in back and breaststroke; **Jackson Janezich** in free and IM; **Pieter Fosburgh** in free, back and fly; **Danielle Schulkin** in free, back and fly; **Malena Lair Ferrari** in free, back and IM; **Elizabeth Fosburgh** in free, back, fly and IM; and **Callie Fosburgh** in free, IM, breaststroke and fly. Gold stars to all of you!

ALMOST ALL STARS

SEVEN Dolphins are less than a second away from an All Star time. Please cheer them all on next week: **Hannah Melrod**, **Kaili Gregory**, and **Madeline Alagia** in free; **Elena Palermo** and **Danielle Schulkin** in IM; **Ryan Chitwood** in breaststroke and IM; and **Jackson Janezich** in fly and breaststroke. We know you can do it!

SALUTE THE SWIM-UPS

Though not technically swim ups into an older age group, FOUR swimmers deserve special kudos for swimming in the 200m girls and boys open medley relays competing alongside many 15-18-year-olds: **Alex Spigler** and **Madeline Alagia** age 13, **Charlotte Jeppesen** age 12, and finally **Samantha Kline** age 11!!! In both events Dolphins managed to beat one of the NW Branch teams for a much appreciated 3rd place. Hats off to you all!

PERFECT MEETS

THREE Dolphins won every event they entered in their respective age groups: **Cookie Lair Ferrari** in free, back and breaststroke; **Elena Palermo** in free, back, breaststroke and IM; and **Callie Fosburgh** IM, free, breaststroke and fly. Outstanding!

A MEET DEBUT

Making their A meet debuts this week were an awesome pack of 8 and unders: **Adam Hollies**, **Ethan Hughes**, **Owen Wassiliew**, **Jack MacIsaac**, **Leah Melrod**, **Olivia Stein**, **Ellie Sulser**, **Alexa Crist**, and **Maya Humeau**. We also welcome **Marina Pearce** age 10 and **Michael Perlman** age 16 to the team. Congratulations to all these swimmers. We look forward to seeing you all at many more meets this summer.

WEEK 1 DIVISION E RESULTS

To see the full meet results go to:

http://www.mcsl.org/results/2008/week1/Div_E.txt

DOLPHINS ON THE WEB

To get up-to-date info on the team go to: <http://www.bannockburnpool.com> The website contains the season's calendar with all vital info on meets, practice times and social events; the parent checklist; directions to meets; the registration form; FAQs; parent job descriptions for meets; team and pool records; and the swim ladder. Go to Swim Team and then to DOWNLOAD FORMS to get all the info you need for the season.

QUESTION OF THE WEEK

Who was the youngest swimmer at the A meet last Saturday against Northwest Branch????

BANNOCKBURN VS BANNOCKBURN

In coach Ramzy's words: this was a PERFECT meet. Weather perfect, kids swimming enthusiastically, parents and older kids helping out, fun events, good food, and the list goes on. Special thanks go out to Cheryl who made her organizational debut as B rep with this meet and did a superb job. She'll need everyone's help to keep up this great work.

COACH'S CORNER—Ramzy Suleiman

All literate swimmers,

Oh Baby!!!!!!!!!! Opening the season with a W puts a smile on my face!!! The Bannockburn Dolphins have proved once again that they can hang in there with tough teams in one of the most competitive swimming counties in the nation! Anyone that's been watching the 40-some kids from our area that have qualified for Olympic Trials knows that a victory around here is not to be taken lightly. So I'd like to say I am incredibly proud of this team, top to bottom, for the hard work, dedication, and subsequent success.

That being said, we pretty much swam terribly on Saturday and only won because we got lucky. Just kidding. Sort of. I will say I was seriously surprised by the performance of some of Bannockburn's finest. For instance, 8 and unders Jack MacIsaac and Owen Wassiliew, a.k.a. "the dream team," swam the most legal breaststroke I have ever seen in my life. Johnny Cochran would have cried it was so beautiful. Butterfly.... we're still working.

Also, it was nice to have a lot of new faces on the team on Saturday. I hope that you're all ready for Bannockburn swim team hazing! All you have to do is eat 300 alligator eggs in a minute, wear your speedo to a press conference, learn to breathe underwater, smash a watermelon with your head, and hold a streamline while you read Crime and Punishment. Anyone who is still alive after all this can consider themselves....crazy. But that's what it takes to be a Dolphin, just ask Cookie Ferrari-car lion's-Lair. After beating up all four 8 & under boys and stealing their money, she decided to challenge herself and swim Saturday's meet with a cast on her fingers!!! And she still dominated. What will she think of next? Cookie I expect you to be wearing a helmet, shin guards, and a bathing suit made of limestone in your next race.

Congrats to Jackson Janezich who broke former coach Sam Brownell's record in the 100m free. Awesome swim!

Last, I would like to implement a new rule for swimmers. Before talking to Ramzy, I would like you to think: does he care what I'm about to say? Then ask three other people what they think. Then have those three people search the internet for pertinent information. Then register your researched statement or question with the Bannockburn aquatic ministry of cartography (Willie Conaghan), who will then sweep keywords for terrorist threats and drug references, and then pass accepted documents to my dog to eat. I'm only kidding; it makes my day to hear all your ridiculously irrelevant rantings, just like what I'm doing to YOU right now! hA!

Peace and Respect
Professor Ramzy

SWIMMING TIP of the WEEK:

Wear sunscreen.

PARENT NOTES & REMINDERS

We hope you and your children are enjoying the beginning of the swim season. Here are several notes and reminders to help assure everyone continues to enjoy the season.

1. As you know, the Dolphins are working with a new system for B meets to help make the meets more orderly and allow the coaches more time to focus on coaching the swimmers. **All children who would like to swim ANY Wednesday's B meet, MUST sign up by TUESDAY afternoon for each and every stroke they would like to swim.** There is a list at the pool desk. Thank you for your cooperation.
2. **It is imperative for parents to let the coaches know in advance if your child is unavailable for ANY A meet.** Even if you think your child will not be swimming A meets, please let the coaches know.

Unfortunately we have quite a few swimmers who will be away and we will need many Dolphins to fill the lanes. A list of all swimmers for the Saturday A meets will be on the bulletin board by 4p each Thursday. If you failed to let the coaches know you child will not be there and you see his/her name on the meet sheet, please let the coaches know immediately so another child can have an opportunity to swim.

The Dolphins are in an extremely tough division this year and having every swimmer at every Saturday meet is important to fill the lanes and gain valuable points. Your cooperation in this respect is much appreciated. All A meets are on Saturdays with warm-ups beginning at 8am. Meets finish by 11:30am. (NB the relay carnival is on Sunday, June 29, and the Divisional meet, on Saturday, July 19, warm-ups begin at 7am.)

3. It is equally important for all parents to volunteer in some respect for each meet, both A and B meets, in which you child swims. Other than the coaches, the meets are run entirely by parent volunteers. We need you to help time and do other jobs associated with running the meet, bring food to sell at the meets, or work the food events. Please get your copy of the Parent Checklist posted on the bulletin board that will help guide you through these activities. If everyone takes part, the work is spread out more evenly and no one is over burdened. Plus it's great fun working with other parents on these meet activities. Parent volunteer sign up lists are posted on the bulletin board for the A and B meets for each week.

4. Please remember to register and pay for all swim team swimmers including preteam.

5. If you didn't get the Dolphin Times by email, you're not on our list. Contact Lynn Brownell: wagtail7@yahoo.com

DOLPHINS COMMUNITY SERVICE

Dear Bannockburn Swim Team Members,

When we began high school, Willie and I were introduced to an organization called **A Better Living Experience** which helps children in the foster care system primarily located in the inner-city of Washington DC. A.B.L.E. was founded by Reverend Joanne Perkins, who volunteers at the World Missions Center in D.C., and is supported by student donations and volunteers.

ABLE supports foster care children by host mothers who house usually five children at one time in their small, government housing projects.

The swim committee has arranged to have the children ranging in age from 5 to 16 visit the pool this Friday, June 20th, for a swim and lunch. On Tuesday, June 17, after morning swim practice, Willie and I, along with the swim coaches and any kids over 11 that would like to come, will visit the World Missions Center at 1st Street and Florida Ave. to spend time with the children.

The children and the center are always in need and grateful for any offered support. In addition to any financial distributions that you may be willing to make, we would like to collect the following items for the center on behalf of the Bannockburn community:

- Bathing Suits and goggles (boys and girls)
- Books for any age

The children from the center are good kids who have much to offer but very little opportunity. Willie and I truly feel that helping these kids is the best way to help their troubled community.

If you are interested in coming to the center on Tuesday please e-mail me at

Hconaghan@cathedral.org or let Willie know at the pool.

Willie and I have had great experiences over the past couple of years with this small group of underprivileged youth. We know them all on a personal level; each of their

stories, birthdays, and interests. We love learning with them and offering them a chance to expand their worlds through new experiences. Thank you so much for your support.

Willie and Katie Conaghan