

Dear Dale City Swim Team Family,

We are looking forward to a great 2008 summer swim season, and we can't wait to see you all once again at the Birchdale pool. This leap year is definitely the best year yet for our FROGS!!! As in previous years, we are offering convenient evening practices along with the Friday morning practice. We have a great group of coaches. Missy Hayden is our new Head Coach. She is fantastic. She has been on a swim team since the age of 3, and swimming is second nature to her. She just loves it. She learned it from her mother and grandmother who were competitive swim coaches most of their lives. Many of our former coaches are returning this year to assist - Barbara Claybrooks, Sue Mulvehill, and Stephen Schorn. AWESOME! Plus Kate Planchak is joining our staff, having aged out as a FROG, and we are adding 2 new fabulous folks to our staff, Kate Cronje and Monica Scott. Leaping Forward.....

We have a new approach to coaching for 2008 making it the best season yet. "Coach in Training" Program for senior experienced swimmers aged 16 - 18 who are interested in learning to teach competitive swimming. We also have the "FLIES" Program for returning FROGS aged 11-15 with desire to help teach and mentor our younger and new swimmers. Criteria to apply is on website or email ljsamil@comcast.net or terriowens@comcast.net

We invite you to visit our web site often. You can get updated information, Registration and Apparel Order forms, Calendar of Events, and valuable information from our FROGS web site. The address is www.dalecityfrogs.org Please share the web address with your friends if they are interested in joining a summer swim team.

Please note this change from last season. **TO JOIN THE TEAM**, children must be able to swim the **LENGTH** of the pool, without pulling on the lanes lines, side, or pushing off the bottom, the **first week of practice**. **While speed is not a requirement, SAFETY is. The purpose of the swim team is NOT to provide swim lessons to those children that can not safely cross the pool under their own power.**

Our team has grown over the last three years, thanks to many of you bringing neighbors, schoolmates, and friends. We are grateful that you think highly enough of DCST to recruit so many of your friends. Due to the increase in numbers and the limited size of the pool and hours that we can rent it from the County, we **MUST** limit the number of swimmers in each practice to provide the most favorable learning experience for each swimmer. We have set caps for each age group and each gender. Registrations are accepted on a first come first served basis. Early registration guarantees your slot on the team. Early registration runs from March 15, 2008 through April 18th. Contact Lisa Miller via email @ ljsamil@comcast.net or phone @ 670-2157 to register early. Print the registration form from our website and mail it along with your check payable to DCST to DCST 5171 Waterway Drive #172, Dumfries, VA 22025. **PLEASE DO NOT WAIT TO THE LAST MINUTE TO REGISTER YOUR SWIMMER IF THEY WANT TO SWIM WITH THE FROGS!!!** We must limit the number of swimmers per lane per hour to maximize the learning experience for our swimmers. Overcrowding lanes would be a disservice to our swimmers.

You can register by mail, using the form available at the web site, or by attending our registration session. The registration session is scheduled for Saturday, April 19th from 12:30-5 pm at the Birchdale Community Pool meeting room. That is the building next to the Birchdale Community Pool. You can bring interested friends to this meeting, talk with the coaches, try on and purchase swimsuits and some spirit wear. **GO FROGS GO!**

Team suits are highly encouraged, but are not mandatory. Girls must wear a one-piece suit. We have a new team suit this year (we change suits every 2 years). This year it is the Sunfire by TYR. It can be ordered along with your registration form via email, or at our registration session. The suits will be available for try on and purchase at registration. A team apparel order form to pre-order DCST awesome apparel will be on the website soon. Check it out. Show your team spirit all summer. **RIBBIT RIBBIT RIBBIT**

This year's fees are the same as last year.

2008 rates are as follows:

1st swimmer \$100 plus \$25 raffle ticket pack (one per family) *

2nd swimmer \$90

3rd swimmer \$75

4th swimmer \$65

In lieu of the concession fee, we are holding a raffle. The tickets will be given out at registration for the same \$25 fee as last year. If you register early by mail (or email & mail payment) you will receive your packet the first week of practice. Or you may contact Lisa Miller to make arrangements to receive the raffle tickets prior to that if you desire. Each family will be given one pack of 30 tickets to sell or keep. You may sell them individually for \$1 each or 6 for \$5. If you sell the entire booklet, you will not only have made your money back but will also help the team and have the opportunity to win prizes. Now that's a deal! The drawings will be held on July 20th at our Sunday night practice to kick off Spirit Week. The first prize is \$400, second prize is \$200, third prize is \$100 and fourth place prize of \$50. Get excited about this opportunity to win!

We need parents who are willing to attend the Officials and Stroke and Turn Clinics. This is extremely important. If we do not have enough parents volunteer to learn these critical and helpful roles, there will be no swim team. There will be 2 clinics sponsored by PWSL. You need to attend only one clinic. **Saturday, May 31, 9AM – 12 Noon OR Tuesday, June 10, 7PM – 9PM**

These clinics will turn you into essential persons we need to run a meet. You will have the "best seat" in the house, ice water brought on demand, and all the respect that your job position deserves. Each team in the Prince William Swim League is administrated by volunteers. The Officers and League Representatives strongly urge each team to make every effort to have as many parents as possible attend the officials' clinic each year. Efficient and fair competitions for the swimmers in our league are not possible without qualified officials; yearly review for all is recommended. DCST will also hold additional Stroke and Turn and Clerk of Course Clinic to refresh and reinforce the training and for any one unable to make the PWSL sponsored clinic. Please let us know if you are interested and we will explain in detail what these roles involve. You can do it. Your children will love you for it and you will be able to help your child learn proper stroke technique. **You will be the toadally coolest parent.**

If you decide to join the team, please fill out the enclosed registration and mail it in. You will be a part of the team when your payment is received as long as there are still openings. We will post on our website, the age groups as they fill up and are closed. Should your age group be full at the time your payment is received, you will be contacted by phone. We apologize for any inconvenience this may cause, but DCST is a GREAT TEAM and has become VERY POPULAR with the young swimmers as well the teenagers. Welcome to a fun and rewarding summer. We look forward to seeing you at the registration and pool.

Sincerely, the Dale City Frogs Board

Practice Schedule Toadally swimming.....

This is just a general guideline. The first hour of practice is generally for ages 8 and under, the second hour of practice is for ages 9 – 12, and the third hour is generally 13 and over. However, ability also plays in which hour our coaches places a swimmer. Once your swimmer is evaluated and placed with a coach, the final practice time(s) will be determined. Note: the Friday morning practice times are reversed. DCST reserves the right to change practice times if necessary.

Tuesday, May 27 to Friday, June 13

Monday – Friday 6:00 – 9:00 p.m.

Monday, June 16 to Friday, July 25

Sun, Mon, Tues, & Thur. 6:00 – 9:00 p.m.

Friday – A.M. practice 8:30 – 11:30 a.m. (Older kids have the first hour of practice)

Wednesday – No Swim Practice

Meets will be held starting on June 14 on a weekly basis on Saturday morning at 7:00 am and they end July 26. In addition, time trials (mock meet) will be held on June 7 at 8:00 a.m. at Birchdale Pool. All swimmers are encouraged to attend as many meets as possible. To swim in Championship Meet (Divisionals) at end of season, a swimmer MUST have swum in at least 2 PWSL swim meets, excluding time trials. Also, to swim an event at Divisionals, a swimmer must have earned a legal time in the stroke, at a PWSL swim meet.

Saturday Meet Schedule (approx. 7:00 a.m. start time, home warm-ups 6:00 am Away warm-ups 6:20am)

June 7	Time Trials	At Birchdale at 8 am start time
June 14	DCST vs Old Bridge	At Birchdale
June 21	DCST vs Lake Ridge	At Birchdale
June 28	DCST vs Montclair	At Montclair
July 5	DCST vs Victory Lakes	At Birchdale
July 12	DCST vs Ben Lomond	At Ben Lomond
July 19	DCST vs FAST & Vets	At Veterans Park
July 26	Divisionals	At Old Bridge w/ Old Bridge & Montclair
July 27	Waterworks Awards Party	At Andrew Leitch Park/Pool

Have questions? Call:

Lisa Miller – President (703-670-2157) lisamil@comcast.net

Terri Owens – Acting VP, Meet & Volunteer Coordinator (703-969-8125) terriowens@comcast.net

Pam Forshay – Treasurer (703-670-6970) pkforshay@comcast.net

Board positions still open and available as well as committee positions

Mail registration forms to:

Dale City Swim Team (DCST)

5171 Waterway Drive #172

Dumfries, VA 22025-1261

All forms and team information is always available at www.dalecityfrogs.org

Check out our 2008 Handbook on our website for more detailed information about our FABULOUS FROGS!