



2010 Swim Team News

Please put this on your calendar! Swim sign-ups for Spotswood Dolphins will be Tuesday, May 18th, from 6:00 - 7:30 PM at the Country Club ballroom. Come meet our new slate of coaches this year! There will be forms located in the County Club office for those who may not be able to sign up that evening.

If you are a returning Dolphin, and your information has not changed, you can simply write a check made payable to Spotswood Swim Team and mail it to Karen Folsom at 1515 Cumberland Dr. Harrisonburg, VA 22801. Your swimmers will get their team T-shirts and a Dolphin swim cap at the first practice they attend. Practice starts on Tuesday, June 1st. No weekend practices.

Practice times from June 1st through June 11th

4:00 - 5:00 PM for 10 and under.

5:00 - 6:00 PM for 11 and older

Practice times from June 14th through July 23rd

9:45 - 11:00AM Mon-Fri all ages

5:00 - 6:00 PM Mon-Wed-Thurs all ages

Swim Team: \$60.00 per swimmer (includes and free t-shirt and swim cap at registration)

\$55.00 each for any additional swimmers in a family

Junior Dolphins: \$60.00 for entire season (This group will be limited to 12 children) This group of kids range from ages 4-6 that cannot swim or are on the verge of swimming. Sometimes they graduate to be on the team before the season ends.

Junior Dolphins start on June 21st at 11:00 - 11:30AM, Mon and Wed, through July 12th

Our team swim suit can be purchased at Downtown Athletics. (Junior Dolphins do not need to purchase this team suit.) Just ask for the Spotswood Dolphin Team suit. You must try it on there; they do not take exchanges. Remember the suit should not be baggy or have any creases. Tight means faster swimming.

We are proud to have returning coaches Dr. Brent Lenz, Dr. Cathy Slusher, and Dr. Mark Gabrielle. We are finalizing our head coaches and more information will be coming soon.

All meets are on Tuesday evenings. Champ meet on Saturday, July 24th. Parents are required to work at least three meets but since we split the duties in half sessions, it requires more parents each meet. It takes a village to run a swim meet so thanks in advance for volunteering at each meet!

Remember: when in doubt, check the website at www.sccdolphins.com
We will always keep updated information on this site. If anyone has any questions about the swim team, please call Karen Folsom at 434-7779 or email her at thefolsoms@aol.com

2010 VSL Meet Schedule

June 15th

Broadway @ Spotswood

June 22nd

Spotswood @ Massanutten

June 29th

Spotswood @ Ashby

July 6th

Spotswood @ ERRRA

July 13th

Westover @ Spotswood

July 24th

Championship Meet @ JMU

Note: The pool will close at 3:00PM on June 15th and July 13th to ready the area for the swim meet.