



Daleview

Website/Slideshows

The Daleview website (<http://www.daleview.org/swimteam/>) features slide shows of past A meets, info on upcoming events, Daleview records, pictures, MCSL links, and uploaded newsletters.

Weekly Newsletter of the Daleview Swim Team

Home A Meet Against Franklin Knolls

This week we swim our A meet against Franklin Knolls. The meet is at Daleview because Franklin Knolls' pool does not meet the league's standards. Come and enjoy the meet as we are guests at

our own pool. Swimmers should be at the pool by 8:10. The theme this week is Braveheart. Check with Rahul and Bryan for more details.

University Boulevard Cup

At high noon on Saturday, July 8 the Franklin Knolls Gators swim team will be having the Daleview Feet and the Long Branch Water Wizards over for lunch followed by friendly competitions in our favorite non-swimming sports. The friendly competitions between our teams are going to be in table tennis, basketball, hula hooping and volleyball followed by a cannonball splash contest. The overall winning team (points determined by some yet unknown formula, but heavily weighted towards the very exacting cannonball splash contest) will be awarded the "University Boulevard" Cup. This much sought-after trophy will be the winning team's to keep and proudly display for the next year.

Location: Franklin Knolls pool, located at the end of Franklin Ave.

Date: Saturday, July 8, 2006

Time: at 12 noon, immediately following the Daleview A-Meet until 3 pm (in time to watch World Cup 3d place game!)


Parking: Please use our lot at the end of Franklin Ave. Our team will try to leave it free for you. However, if you can't find parking please try to avoid parking in the narrow part of Franklin Ave. immediately outside the Franklin Knolls parking lot. Parking there causes tremendous traffic tie-ups! There is plenty of parking in the neighborhood further up Franklin Ave. Thanks. Thanks. Thanks.

Lunch: Plates of Grilled burgers, hotdogs, sausages or boca burgers, salad and chips will available for \$2. Drinks will be available at the snack bar.

The Games: The sports that we will be competing in are: Table Tennis, Basketball, Volleyball, Hula Hoop contest (newly added!) and Cannonball splash contest Look for more info posted at the pool.

Coaches Corner

After a tough loss to Darnestown last Saturday, we have another tough meet against Franklin Knolls this weekend. We all know how much this meet will mean to everyone, and this is why most of you have been stepping it up in harder practices this week. Good job guys.

And remember, on top of Franklin Knolls on Saturday, we have the ever-so-fun Relay Carnival on Sunday at North Chevy Chase. All relays all the time, so come to practice and lets get ready to beat Division F. Lets Go Feet! 

Relay Carnival at North Chevy Chase

On Sunday, July 9, North Chevy Chase will host the F Division Relay Carnival. Our warm-ups are at 8:10 am. The coaches will prepare the Relay Carnival lineup after the meet on Saturday. It will be posted by 5 pm. Please be sure to check the lineup, and as always, let the coaches know if you cannot swim.

North Chevy Chase is located at 8825 Brierly Rd, Chevy Chase, MD 20815, just off Jones Bridge Road. Please note: this is not the pool we swam a B meet against last year. From Daleview, take the Beltway to Exit 33 South, (Connecticut Ave.) Turn left at 2nd light onto Manor Rd. Turn right at light onto Jones Bridge Rd. Turn left immediately onto Brierly Rd.

On the web at
www.daleview.org/swimteam/

Swim Team Contacts

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Swimmer of the Week: Karen Hessler



Karen Hessler is a pleasure to coach. She shows up to practice prepared to work and is never one to argue with a set. When it's time to step it up, whether at practice or during a swim meet, Karen knows the importance of racing hard. Karen also knows how important it is for the younger swimmers to have someone to look up to. She makes good choices and is always encouraging with the little feet. Thanks Karen! Mad props and hats off to you!

Swimmer of the Week: Sam Cook

Throughout the summer, Sam has had a positive attitude, and always tries his hardest. Sam always works hard in practice and does what is asked of him. He is eager to improve his strokes, and will swim whatever is asked of him. This past weekend, when the coaches asked Sam to swim two unexpected events, he willingly stepped up. He went on to swim fast and drop time.

CONGRATULATIONS SAM!



Six Flags Deadline

If you plan to accompany the Feet to Six Flags on Monday, July 10, please remember the order deadline is today, Friday, July 7. Send an email to Tamara Buckley at tom.buckley2@verizon.net to place your order. All children 12 and under must be accompanied by a responsible adult on this trip.

Practice Schedule Changes

There will be no practice on Monday, July 10. This includes preteam. In a change to the original schedule, there will be afternoon practice for all age groups on Tuesday, July 11. In addition, there will be a preteam practice on Tuesday at 6:30 pm.

The coaches stroke and turn clinic will run this upcoming week on Tuesday, Wednesday and Thursday at 3:00 pm. The clinic will focus on butterfly.

Heads Up Dates To Remember

- July 12 Home B meet vs. Glenwood, 6:00 pm
- July 15 Home A meet vs. North Chevy Chase
- July 16 Kemp Mill Mini Meet and North Creek Long Course Meet
- July 19 Black and Gold Meet (intrasquad meet--lots of fun)
- July 22 Division Championship Meet at Darnestown
- July 22 Swim Team Awards Dinner @ 6:00 pm

Please Send Swim Team news and updates for *footnotes* to Jonathan Bullard-Sisken by **Wednesday** at people3@hotmail.com or see him at morning practice with text!