

# What's Up Duck?



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*"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."*  
Ian Thorpe

## Teens – this one is for YOU!!

We need your swimming skills, we want your spirit, we appreciate your experience on the team! You need the practice if you swim for your high school, you want to keep your skills up so your friends don't crush you during a meet J, you probably just need a time that is convenient for you, right? We understand that for some of you the summer is a time to take a break from the grueling 5 or 6 AM high school schedule during the school year, so that 10AM practice is perfect for you! For others it is a time when you are focusing on work opportunities to earn money. For these teens, we want to provide

you too with an opportunity to get a practice in. So, in addition to your regular practice session, from 10:00-10:45 AM, we are also going to set up a lane for our older swimmers to be able to come in during one of our earlier sessions for a swimming workout. You must choose a specific session time frame (any age group time that suits your schedule), practice swimming for the whole session, and follow the white board workout

routine that has been developed by our coaches. This will be strictly a workout session; coaches will be working with other age groups on stroke technique, so try to attend your normal age group session whenever possible to get the proper stroke and style reinforcement! Attendance will be taken in the event there are any gift cards to hand out at the end!



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## Time Trials anyone?

We have decided that our season starts early enough and we are all seasoned enough to jump right in to our meets without enduring a full time trial event!! The plan right now is to administer 2

or 3 timed practices about 1 week prior to our first meet. The coaches will announce when those timed practices will be and we will just ask parents that are around and available to help time

swimmers during a practice.



## **BIG DUCK, little duck, quack.. quack.. quack..**

We think the time has come to eliminate individual pairings and bring together all of the Big Ducks and little ducks! In talking with many swimming families and our coaches, we decided to make this program more consistent so that all ducks have a similar experience and think upon this as lots of FUN! Big Duck-little duck (BDId) will encompass community type events. We

are hoping to arrange a BDId Pancake breakfast, BDId relay races, and BDId pep rally! If you would like to help with any of these events outside of your swim meet volunteer requirements, we would gladly welcome extra sets of webbed feet! More details to come on this!!



*"The water is your friend.....you don't have to fight with water, just share the same spirit as the water, and it will help you move".  
Alexandr Popov*

## **Fins for a Cure**

This is a fun event that helps to raise money for cancer research! The in-



pool swim-a-thon supports Swim Across America and the cancer research lab the group funds at the Sidney Kimmel Comprehensive Cancer Center at Johns Hopkins. The event took place last year at Bay Hills Pool and we would love to have a

greater showing this year from our Ulmstead team. What greater cause than fighting cancer? To have all of our ducks swim together to help fight cancer would be a wonderful thing!!! More details regarding date and time to follow as soon as they are released.

## **SMILE! Team pictures anyone?**

We would like to bring pictures back!! For any of you that have official team photos and the beloved picture of your swimmer on the ladder from when they were younger, you know what has been missing these last few years!! Our intention is to treat this as a "mild" fundraiser for our team. Here's what we need....anyone that has an

interest and is skilled in photography! If you would like to take pictures of the age groups and of the team, and take on a small project to help raise money, please email [director@ulmsteadswimteam.org](mailto:director@ulmsteadswimteam.org). It is fun to look back at the photos and wonder, "what were they thinking when

they selected THAT suit!"



## "Where can I buy a program?"

"where can I get a program"? "I'll be right back with your program" Anyone ever hear that? At almost every home meet we had last year there were always people looking for meet programs. We will continue to have available and encourage you to visit the website the night before a meet to print your very own copy of the meet program – for FREE! However, for your convenience we would also like to have a

LIMITED quantity of programs available for sale at our home meets as well. If you have a business where you can copy and staple anywhere from 50-100 programs for a meet, please reach out to [director@ulmsteadswimteam.org](mailto:director@ulmsteadswimteam.org) The money raised from programs will go directly to facility and swim team related improvements.

*"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."*

*Amanda Beard*

## Suggestions and/or comments welcome!

We want you to know that many of the changes this year, were born out of suggestions from committee members and swim team families from last year! We welcome all suggestions and comments, please feel free to email us if you would like to comment on any topic in this newsletter, or you have

ANY suggestions for our swim team. If they are things that will need more time to im-

plement, we will certainly "stick a pin in it" for next year! Thank you for taking the time to read our newsletter!



## Dates to remember:

- May 28 First day of afternoon practice
- June 15 AWAY Ulmstead @ Bay Hills
- June 22 HOME Davidsonville @ Ulmstead
- June 29 AWAY Ulmstead @ Hillsmere
- July 6 AWAY Ulmstead @ Bay Ridge
- July 13 HOME Indian Hills @ Ulmstead
- July 17- 21 Medal Meets to be assigned



# Who's Who

## Ulmstead Swim Team

**We ARE the mighty Ducks!!**

Co-Directors

Suzanne Vaaler and Jenn Dunne  
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"BIG DUCK, little duck"

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Susie Smargissi and Emily Reilly  
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Treasurer

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GASL League Rep

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GASL President Elect

## Want a laugh? Send us your best duck joke!

**Q: What time does a duck wake up?**

**A: At the quack of dawn!**

**Q: What do ducks get after they eat?**

**A: A bill!**

**Q: What do you call a crate full of ducks?**

**A: A box of quackers!**

**Q: Who stole the soap?**

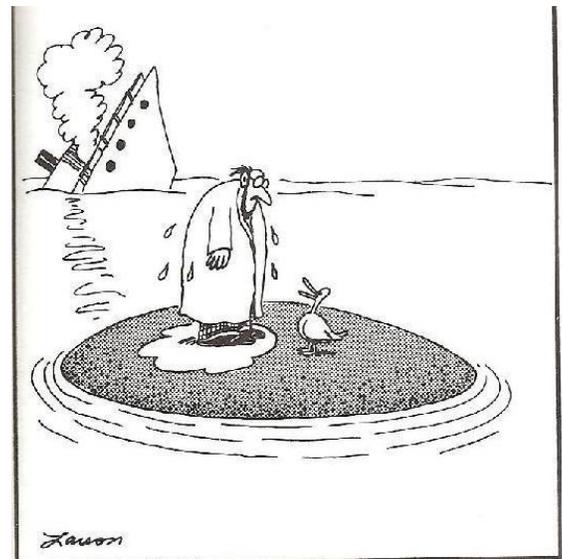
**A: The robber ducky!**

**Q: What do you get if you cross a duck with fireworks?**

**A: A firequacker!**

**Q: What do you call it when it rains chickens and ducks?**

**A: Foul (fowl) weather.**



"So, Professor Jenkins!... My old nemesis!... We meet again, but this time the advantage is mine! Ha! Ha! Ha!"