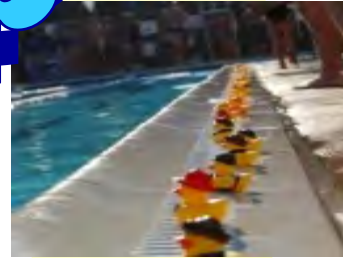


What's Up Ducks?

By Suzanne Vaaler
Swim Team Director

Volume 2



May 2014

Introducing.....

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I am pleased to announce the addition of a new assistant swim coach this summer to work alongside Coach Colleen! Our new coach's name is Matt Swensen. He is replacing Nicole Roberts as our assistant coach. We are so lucky to have benefited from the years of experience that Nicole possesses, and we will miss her passion for teaching! Nicole is focusing right now on a number of other projects and we wish her much success in all of them. She graciously assisted in our search for a new coach. We thank her

for her dedication to our team last year and are pleased that the Roberts family will be involved with our team through volunteer efforts and swimming!!

Our new coach, Matt, comes to us with years of swimming experience. He swam for South River High School for 4 years, and was a member of the Naval Academy Aquatics Club Water Polo team. Matt is currently a member of the Water Polo Team at the College of Charleston where he will return in the

fall as a senior. He spent last year coaching the summer swim team at Belair Swim and Racquet in Bowie. He LOVES coaching, loves encouraging kids and is very excited to come to Ulmstead Swim Team and coach alongside Colleen. We are thrilled to have him with us and excited for all of the enthusiasm and experience he brings!

PLEASE GIVE MATT A WARM WELCOME WHEN YOU SEE HIM!!

TEAM IMPROVEMENTS!

Investing back into our team to make everyone's experience better is very important. Thanks to a conservative spending year in 2013, a donation from Eddie McGowan and the Irish Festival and a record number of registrants this year, the team will enjoy some much needed improvements! The following items were voted on by the committee and are coming to your swim team

experience this year:

A much needed new laptop for IT with upgraded Meet Manager software

4 new 9' umbrellas to shade our timers and swimmers at the diving end of the pool - along with stands and umbrella covers

An new EZ-UP canopy for the lane organizer area

after one of ours collapsed after last season

New quality backstroke flags in our team colors, black and yellow, with letters printed on them instead of stickers that fall off!

If you have suggestions for next year's improvements, please submit them to director@ulmsteadswimteam.org.





SWIM EASY ★ FIGHT HARD ★

THE SWIM IS THE EASY PART

FINS FOR A CURE POOL SWIM
SUNDAY, JUNE 29TH, 8:30 - 11:00 AM
Bay Hills Swim Club

HELP US FIGHT CANCER IN ANNAPOLIS THIS JUNE
Join the Swim Across America family for the annual Fins for a Cure Pool Swim. At Swim Across America, our swimmers know the impact their efforts are having on the fight against cancer. Join us and make a tangible impact in your community today!

SWIM. DONATE. VOLUNTEER.
WWW.SWIMACROSSAMERICA.ORG/FINS

SWIM
ACROSS AMERICA
★ MAKING WAVES TO FIGHT CANCER ★

Spirit Leaders

Our new team of Spirit Leaders had their first meeting this past week! They shared dinner and LOTS of laughs! They are so excited to meet their new families! All new families have been contacted via email to let them know who their special Spirit Leader is. If you are new to swim team this year and you have not received an email telling you who your Spirit Leader is, please contact me so that we can be sure to assign someone to you.

These Spirit Leaders will answer your questions and help acclimate you to the swim team life! They are looking forward to cheering your children on and supporting them as they become better swimmers and



competitors. As one Spirit Leader put it, "There are so many stories to tell from my (swim team) experiences along with several memories that will last a life time. Over the years, being a part of this team has shaped me into being a better person, supporter, and teammate in any circumstance."

They are there to help so please reach out to them when you see them around the pool if there is anything you need or if your little swimmer needs a hand!

Spirit Leaders will be handing out some things to the older kids at every meet to encourage them to visit with at least 2 or 3 younger kids during the course of the meet.

BIG THANKS to Christine Vaaler, Ella Wallace, Malory Snodgrass, Milo Rue and Maddie Rue for your time and energy investment in this program. You truly are leaders and motivators!

If you missed the deadline to apply for a Spirit Leader (formerly Big Duck Leader) position, please email c.vaaler@aol.com to see how you can help.

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 an even greater showing in 2014 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!!!

Date:
Sunday, June 29, 2014
8:30 - 11:00 AM
See flyer on opposite page!



BIG DUCK/little duck COMMUNITY EVENTS

Volume 2

These events are for our Big Ducks and Little Ducks to hang together! We will need our BIG DUCKS (all swimmers ages 12 and older) to help out at these events and participate as mentors for all of our little ducks! Here are the events we have scheduled so far:

PANCAKE BREAKFAST and TEAM PICTURES on June 23rd

PEP RALLY on July 18th

We will need our ALL of our BIG DUCKS to help make the pancakes as well as participate in relay races with our little ducks. During the pep rally we will offer polish for BIG DUCKS to use on little ducks, markers for making posters, as well as other activities. Please be present and make a difference in the experience of a little duck! It feels good to help make wonderful memories!



Team Pictures on June 23rd!!

During the pancake breakfast we are hoping to take pictures of the groups as well as one large team photo. Please make every effort to attend this event so that we capture as many of our swimmers as possible!!

This will be a wonderful memory for your family to have! The cost of the pictures will be low enough to make this affordable for everyone. It is not designed to be a big fundraiser, rather a way to provide a memory!



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

Team Suits and Gear -- UPDATE

Volume 2

SUITS

If you still do not know what our team suit looks like, then please go to the first issue of the team newsletter to read the details of the suit.

SWIM SUIT TRY-ON

When: June 5th from 3:30-6pm

Metro Swim Shop will have team suits, practice suits, fins, goggles, swim bags, pool care shampoo & conditioner, etc. Metro accepts cash, check, and credit cards (NOT AmEx).

Susie will also have some items for sale from past years!

If you cannot come to the try on date, you can still order your suit by calling Metro Swimshop or by going there to get it. Simply tell them what team and they will help you with the right suit.

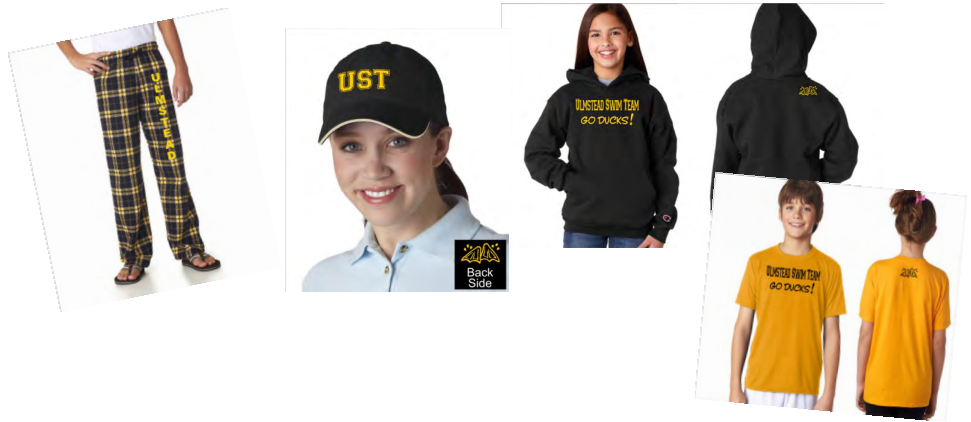
CAPS

Personalized caps have been ordered and they will be delivered to you during swimsuit try on. We cannot get anymore personalized caps, so if you missed this order you will have to wait until next year to buy your swimmer a cap with their name on it. If you lose or break your cap, Susie will still have available the non-personalized version of our caps which you may purchase for \$10.00. Wow - won't it be great this year to know who you are cheering for? How about filming the correct swimmer? :)

TEAM GEAR - A NOTE FROM SUSIE SMARGISSI

We had over \$700 of merchandise sold during the pre-sale!! If you didn't get a chance to buy anything through the pre-sale, don't worry...beginning May 31st we will have the store back online. Some of the items you saw during the pre-sale might not be available, however, there will still be a wide variety from which to choose.

Believe me...once you see the shirts, tanks and shorts in person you will want to order your own!!



PRE-OWNED ITEMS FOR SALE!!

We will be assisting families once again in the sale of pre-owned items. Maybe you can get a pair of fins for \$5.00, or a suit that is in really good shape for \$5-10??

Here's how it works: if you HAVE swim gear items that no longer fit (fins, suit, goggles, etc.), bring them to swimsuit try on. Put an envelope with your family name on it with \$5.00 written on the envelope (we're suggesting \$5.00 if you want them to sell, but if you think more or less, go for it!). Band the envelope to the fins and place on the merchandising table that we will have available. If you NEED fins, check out what people are selling, and if they fit put the amount they are asking in their envelope and give the envelope to merchandising

or place directly into the Family Folder Box. (Family Folder Box will be available at practices and will hold any communication and/or ribbons so please check it periodically)

Enjoy your fins and put the money you saved into some extra food and drink at concessions!! :)



VOLUNTEER CORNER

Volume 2

It takes **MANY** volunteers to run a meet efficiently and make it a successful event! We have been very busy trying to fill volunteer slots before the season begins. All families are required to fulfill approximately 2 or more volunteer slots for the season. Once slots have been assigned, if your plans change and you cannot fulfill your slot, it is your responsibility to find your own replacement and notify the Volunteer Coordinator prior to the meet.

At HOME meets, if you are assigned a volunteer assignment, please arrive at the meet at least 30 minutes prior to the meet to check in and begin your assignment. PLEASE do not wait until 8:00AM to arrive because others will have to step in and help set your things up if you are not there! Volunteer assignments will be posted Friday May 30th on the Ulmstead Swim Team website under the "Parents Tab" (Volunteer Assignments).

Our Special Events Coordinators are also busy planning and coordinating some fun events for our swimmers. There will be a **Pancake Breakfast** on June 23rd during swim practice. There will also be a **Pep Rally** on July 18th, the night before our frenemesis (friend and nemesis of course!) meet against Bay Hills.

We are still looking for a few brave people to be Stroke and Turn Judges. This position does require GASL training prior to the season. If you are planning to attend a GASL training, please email Julie Grignon (djgrignon@gmail.com) the date you plan to attend. We need to provide GASL with a list.

There are several GASL Trainings being offered prior to the season. You only have to attend one.

GASL Officials & Starter Training: June 3
6:00 PM - 7:30 PM Harting Farms Clubhouse

GASL Officials & Starter Training: June 4
6:00 PM - 7:30 PM Harting Farms Clubhouse

GASL Officials & Starter Training: June 5
6:00 PM - 7:30PM Harting Farms Clubhouse

GASL Officials & Starter Training: June 7
12:00 PM - 1:30 PM Broadneck Library

We are very excited for another great season! See you at the pool!

Cindi and Julie



"So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But it all it takes is imagination. You dream. You plan. You reach. There will be obstacles. There will doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there no limits, "
Michael Phelps



Little Yellow Bags - 2013 Awards

If you did not attend our 2013 end of season party or contact me to pick up your child's 2013 awards bag, then your child's bag

will be at swim practice next week available for pick up! with your child's awards!

SWIMMER PRACTICE SCHEDULE

2014 weekday practice schedule while school is in session:

Starts Tuesday, May 27th after school:

Time	Age Group
3:30-4 pm	6 and under
4:00-4:30pm	7-8
4:30-5:15pm	9-10 and 11-12
5:15-6pm	13 and older



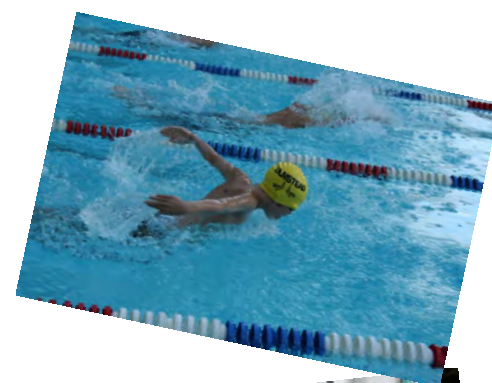
Regular season practice will start when public schools close:

Time	Age Group	Walk-in working teen dedicated lane & workout
7:15-8:00am	9-10	15 and older
8:00-8:45am	7-8	15 and older
8:45-9:15am	6 and under	15 and older
9:15-10:00am	11-12	15 and older
10:00-10:45am	13 and older	15 and older

Meet Schedule!

- Sat. 6/14 - AWAY MEET – Ulmstead @ Bay Ridge
- Sat. 6/21 – **HOME MEET** – Hillsmere @ Ulmstead
- Wed. 6/25 - HOME MEET** – Bay Ridge @ Davidsonville
- Sat. 6/28 - AWAY MEET – Ulmstead @ Indian Hills
- Sat. 7/12 - AWAY MEET – Ulmstead @ Cape St. Claire
- Sat. 7/19 - **HOME MEET** – Bay Hills @ Umlstead
- Wed. 7/23 - **BRONZE** MEET - South River Colony OR Bay Ridge
- Sat. 7/26 - **SILVER** MEET - Truxton Park OR Hunt Meadow
- Sun. 7/27 - **GOLD** MEET - Hillsmere

** NOTE: all swimmers only compete in ONE of the medal meet



Who's Who

Everyone likes a 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!

Director

Suzanne Vaaler

director@ulmsteadswimteam.org

Head Coach

Colleen Winans

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Assistant Coach

Nicole Roberts

Co-Volunteer Coordinators

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Treasurer

Rob Wallace

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Team Webmaster

Pam Bender

webmaster@ulmsteadswimteam.org

GASL League Rep

Jerilyn Deitch

GASL President

leaguerep@ulmsteadswimteam.org

Calendar for upcoming events

May 27 - Swim Team practice begins

June 1 - No more registrations allowed

June 3 - GASL Officials training (Harting Farm Clubhouse)

June 4 - GASL Officials Training (Harting Farm Clubhouse)

June 5 - GASL Officials Training (Harting Farm Clubhouse)
- Swimsuit Try On from 3:30-6pm

June 7 - GASL Officials Training (Broadneck Library)

June 14 - **AWAY** meet at Bay Ridge

June 21 - **HOME** meet - Hillsmere

June 23 - **PANCAKE BREAKFAST - ALL BIG DUCKS NEEDED!**
Team Pictures too!!

June 25 - **HOME** meet - Davidsonville WEDNESDAY NIGHT

June 28 - **AWAY** meet at Indian Hills

June 29 - **FINS FOR A CURE @ Bay Hills Pool**

July 12 - **AWAY** meet at Cape St. Claire

July 18 - Pep Rally

July 19 - **HOME** meet - Bay Hills

