



**DAC Newsletter 10**

**Thursday, April 17<sup>th</sup>, 2008**

[www.deltaducks.org](http://www.deltaducks.org)

## Attachments/Links sent with this Newsletter



- Attachment (1) – Newsletter 10
- Attachment (2) – Mississippi Makos: Meet Information
- Attachment (3) – Mississippi Makos: DAC Swim Meet Registration Form
- Attachment (4) – Mississippi Makos: Hotel Accommodation Information
- Attachment (5) – "Get Fit" Camp Flyer – Delta State University Cross Country Team



## Quotes For Success

*"Failure is not fatal, but failure to change might be."*

**- John Wooden**

*Legendary UCLA Men's Basketball Coach*



**- Cleveland Location Only -**

### Practice This Week (Apr, 2008)

- Monday (14): Regular Practice Schedule
- Tuesday (15): Regular Practice Schedule
- Wednesday (16): Regular Practice Schedule
- Thursday (17): Regular Practice Schedule
- Friday (18): Regular Practice Schedule
- Saturday (19): **Molly's Mile Meet Fund...Details on p. 8**  
*Jr/Sr ~ Practice will run from 8:30 to 10:30am*  
*Mighty Duck ~ Practice will run from 9:00 to 10:30am*

### Practice Next Week (Apr, 2008)

- Monday (21): Regular Practice Schedule
- Tuesday (22): Regular Practice Schedule
- Wednesday (23): Regular Practice Schedule
- Thursday (24): Regular Practice Schedule
- Friday (25): Regular Practice Schedule
- Saturday (26): TBA



# Upcoming Swim Meets

## Mississippi Makos Swim Team Summer Invitational Meet



**Date:** May 9-11<sup>th</sup>, 2008 (Friday, Saturday, Sunday)

**Location:** Flowood, MS (Courthouse Fitness Center)

**Deadline:** Tuesday, April 29<sup>th</sup>

**Lodging Info:** Available on the Event Page for this Meet

This meet is open to all swimmers. 3 day meet.

You will find the Meet Info and DAC Swimmer Registration attached to this email. Also, check the website frequently for this information. Go to the following link to check for these attachments.

[Visit this event under the "EVENTS" tab on the HOME PAGE!](#)

## Vicksburg Swimming Association Summer Invitational Meet (2 meets)



**Date:** May 30 - June 1<sup>st</sup> (Friday, Saturday, Sunday)

**Location:** Vicksburg, MS (Vicksburg City Pool & Sports Complex)

**Deadline:** Tuesday, May 20<sup>th</sup>

**Lodging Info:** TBA

This meet is open to all swimmers. 3 day meet. There will be a short course competition for 10 & Unders only (Friday AM), the Long Course will be open to all swimmers (Fri PM – Sun PM).

[Visit this event under the "EVENTS" tab on the HOME PAGE!](#)

## Mississippi Shockwave (SWAT @ Tupelo) "Splash for Cash" Meet (2 meets)



**Date:** June 20 - June 22<sup>nd</sup> (Friday, Saturday, Sunday)

**Location:** Tupelo, MS (Rob Leake City Pool)

**Deadline:** Tuesday, June 10<sup>th</sup>

**Lodging Info:** TBA

This meet is open to all swimmers. 3 day meet. There will be a short course competition for 10 & Unders only (Friday AM), the Long Course will be open to all swimmers (Fri PM – Sun PM).

[Visit this event under the "EVENTS" tab on the HOME PAGE!](#)

**Swim Fast DAC Swimmers!!**

# Upcoming Social Events

## The Molly's (Bates) Mile Fund Emergency Fund Meet



**Date:** April 19<sup>th</sup>, 2008 (Saturday)

**Location:** Cleveland, MS (DSU Aquatics Center)

**Deadline:** through Tuesday, May 15<sup>th</sup>

**More Information on Page 8 of this Newsletter!!!**

**This event is open to ALL swimmers and families.**

You will not find any formal Meet Info and DAC Swimmer Registration attached to this email. You will have a full month to complete the MILE swim.

**Visit this event under the "EVENTS" tab on the HOME PAGE!**

## Bowling @ Marke Lanes All Mighty Duck Swimmers



**Date:** Saturday, May 24<sup>th</sup>, 2008...Time TBA (early PM)

**Location:** Marke Lanes on HWY 8 East in Cleveland, MS

**Deadline:** Tuesday, May 20<sup>th</sup>

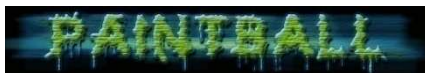
**Amount Needed:** \$5 to be paid by Tuesday, May 20<sup>th</sup>

**This Event is open to All Mighty Duck Level swimmers.**

The cost of the event will include renting equipment shoes, to bowl for 90 minutes, plus a drink. Hope to see all MD's there!!!

**Visit this event under the "EVENTS" tab on the HOME PAGE!**

## Delta Paintball Park Weekend Junior Level + 12 & Over Only Social Event



**Date:** Saturday, May 17<sup>th</sup>, 2008 @ 5:00pm - 8:00pm

**Location:** Delta Paintball Park in Leland, MS

**Deadline:** Tuesday, May 13<sup>th</sup>

**Amount Needed:** \$15 to be paid by Tuesday, May 13<sup>th</sup>

**This event is open to swimmers in Jr Group + 12 & older.**

The cost of the event will include renting equipment, paintballs. We will plan a late lunch before we go to the field, which is not included in the overall total.

**Visit this event under the "EVENTS" tab on the HOME PAGE!**

**Swim Fast DAC Swimmers!!**

## Countdown to...



### Future Meets:

85 days until Southern Senior Sectionals, *Atlanta, GA*.....July 10-13  
92 days until 8 & Under State Meet, *Cleveland, MS*.....July 17<sup>th</sup>  
92 days until MSI Long Course State Meet, *Cleveland, MS*.....July 17-20  
104 days until Southern Zones, *Atlanta, GA*.....July 29-3<sup>rd</sup>  
104 days until US OPEN (Sr. Nationals), *Minneapolis, MN*.....July 29-4<sup>th</sup>  
110 days until US Speedo Junior Nationals, *Minneapolis, MN*.....Aug 4-11

*\*as of Thursday, April, 17<sup>th</sup>, 2008*

## DAC Store Hours

The DAC Store will be open from **4:30 pm - 6:30 pm** on **Monday, May 19<sup>th</sup>** upstairs in the Natatorium.

Merchandise to be sold will include:

**Just Arrived!!! New T-Shirts (white) \$10.00**



**Bungee Cords Goggle Straps**

**Silicone Swim Caps**

**Latex Swim Caps**

**Jr. Snorkel**

**T-Shirts**

**Decals**

**Tattoos**

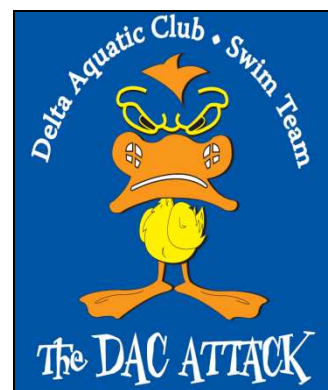
**Goggles**

**Anorak with DAC Logo**

**Blue Hoodie with DAC Logo**

**Full Zip-Lined Jacket with DAC Logo**

**Sweatshirts with DAC Logo**



## Going on Vacation This Summer

Attention Swimmers and Parents...Are you going on vacation over the next 3 months? Here are some tips or suggestions if you are looking to have your swimmer stay in shape during the Long Course Season...



See if there might be a year round swim team in the area you are visiting. Many times they will allow your swimmer(s) to participate with their team, free of charge. Ask Coach Dan'l, to locate a team and how to contact the teams Head Coach to contact for more info.

If there isn't a swim team...maybe there is a hotel pool, public pool, or even a YMCA. We can give your swimmer a couple of workouts to complete while on vacation.

Let the Coaches know if you are interested...





# - Age Group Sectional Meet Review -



**March 13-16<sup>th</sup>**

**Charlotte, NC**

DAC had **2 swimmers** travel and participate at the Age Group Sectionals in Charlotte, NC. **Shelby Cox** (10) and **Patrick Lane** (12) swam very well in some fast waters. The best 14 & Under swimmers from Georgia, South Carolina, North Carolina, Tennessee, Florida, Alabama, and Mississippi were in attendance. Our DAC athletes held their own in a very competitive environment. Collectively both Shelby and Patrick dropped **over 96 seconds** between 6 events. They had a combined **4 personal best times**. Also, both won a heat in at least one event, which a great accomplishment at the next level. Keeping up the hard work and we hope to have many more DAC athletes next year!



## **2 NEW Time Standard Achievers**

### **2 "AA" Times**

Patrick Lane (12): 1000 Free, 1650 Free

### **Time Droppers**

**Shelby Cox (10)** dropped 0.88 seconds in 1 event

**Patrick Lane (12)** dropped 95.59 seconds in 5 events

*Pictured Above: Shelby and Patrick with Olympic Champion Mark Gangloff.. He won a GOLD MEDAL at the 2004 Athens Olympics!*

## **2 Broken DAC Records**



**Patrick Lane** (12) smashed 2 team records in the distance Freestyle events. For the 11-12 Boys age group he set the 1000 yard Freestyle record by over 22 seconds and the 1650 yard Freestyle records by over 73 seconds.

*Congratulations, keep up the good efforts!!!*

**Go DAC !!!**

# Collierville Swim Spring Meet Review



**April 5<sup>th</sup>**

**Tunica, MS**

DAC had **50 swimmers** travel up the street to the Henderson Aquatic Center in Tunica, MS. We had exactly **110 best times** including multiple best times from the older swimmers and had collectively over **1062 seconds** dropped as a team. As a team, we placed 2nd overall, with our Boys team placing first and the Girls placing 4<sup>th</sup> out of 14 teams. Fantastic start to the Season! Outstanding turn out from our athletes! Keeping up the hard work and consistency is the key leading up to the upcoming first few stops along the long course season schedule. Attendance is vital to your success!!!

## Top Time Droppers of the Meet



Girl Swimmer	Time		Time	Boy Swimmers
Mary M. Weeks (8)	107.49	<b>1</b>	60.63	Austin Shepard (7)
Amber Bonner (11)	70.88	<b>2</b>	44.13	Josh Waldbieser (9)
Mary Jayson Rogers (9)	67.59	<b>3</b>	32.51	Kelvin Williams (12)
Kalyn Robinson (9)	64.83	<b>4</b>	32.31	Allen Williams (6)
Hart Rogers (9)	61.27	<b>5</b>	32.12	Connor King (11)
Wesley Warrington (6)	56.95	<b>6</b>	31.01	William King (9)
Brooke Bradford (10)	33.66	<b>7</b>	27.37	Patrick Lane (12)

## 55 NEW Time Standard Achievers

### 28 "B" Times

Daylen Bills (11): 50 Free  
 Allie Blackwood (10): 100 Free, 50 Back  
 Brittany Bradford (16): 200 IM  
 Skyler deRegt (13): 100 Brst  
 Jonathan Haynes (11): 100 Free  
 Nat Jones (10): 100 Free, 50 Fly  
 Connor King(11): 100 Fr, 50 Bk, 100 Brst  
 William King (9): 50 Brst  
 MM Lamastus (11): 50 Free  
 Drew Lambre (10): 200 IM  
 Sarah Lane (9): 50 Free, 50 Brst  
 Hart Rogers (9): 50 Back...**1<sup>st</sup> State Time !!!**  
 Caitlin Shepard (9): 50 Free, 50 Brst  
 Kaci Simpson (13): 100 Brst  
 Anna Smith (11): 50 Back  
 Josh Waldbieser (9): 50 Back, 50 Brst  
 Kingsley Warrington(10): 50 Fly, 200 IM

Will Weeks (12): 100 Brst  
 Glenn Williams (9): 50 Brst  
 Kelvin Williams (12): 200 IM

### 22 "BB" Times

Jonathan Haynes (11): 100 Brst  
 Nat Jones (10): 50 Fr, 50 Bk, 50 Brst  
 Parker King (13): 100 Back, 200 IM  
 Dalton Lambre (10): 200 IM  
 Drew Lambre (10): 50 Brst  
 Patrick Lane (12): 100 Brst, 50 Fly  
 Hallee Pinkerton (8): 50 Fly  
 Manuela Portilla (11): 100 Free,  
 50 Back, 200 IM  
 Caitlin Shepard (9): 50 Back  
 Will Weeks (12): 50 Fly, 200 IM  
 Glenn Williams (9): 50 Fr, 50 Fly, 200IM  
 Kelvin Williams (12): 50 Free,  
 100 Free, 50 Back, 50 Fly

### 4 "A" Times

Shelby Cox (10): 50 Fly, 200 IM  
 Parker King (13): 50 Free  
 Patrick Lane (12): 100 Free

### 1 "AA" Time

Patrick Lane (12): 50 Free

**Go DAC !!!**

# Tunica Meet Review...Continued

## 11 Swimmers with



## ...Improvement



The following swimmers went best times in each event (excluding new events). This is a very difficult act to perform and is quite an incredible accomplishment. We had 11 athletes, the most swimmers ever to accomplish this honor for DAC.

Congratulations to **Allie Blackwood** (10), **MM Lamastus** (11), **Manuela Portilla** (11), **Hart Rogers** (9), **Mary Jayson Rogers** (9), **Caitlin Shepard** (9), **William King** (9), **Connor King** (11), **Parker King** (13), **Drew Lambre** (10), **Patrick Lane** (12) and **Kelvin Williams** (12).

## 3 Broken DAC Records



**Vivian deRegt** (17) broke the 17-18 100m Breaststroke record by 3 full seconds. And on the boys side, **Allen Williams** (6) set a pair of 6 and Under boy records. The first was the 50 Free, dropping over 15 seconds on the previous record and following up with the 50 Backstroke record.

*Congratulations Swimmers, keep up the good efforts!!!*

## Athlete / Parent Tip

### View Swim Meets an Enjoyable Part of the Learning Experience

Swimming is a competitive sport. That is a fact. While we encourage you to emphasize individual growth, development and improvement with your child, it is undeniable that the main means of measurement is a competitive situation, i.e. the swim meet. Swim meets should be enjoyable for you and your child. If the meet is a high pressure, scary experience for your child it would be worth evaluating several factors.

*Is the child...*

- *Ready for competition?*
- *Ready for that particular level of competition?*
- *Feeling undue pressure to perform or "win?"*



The messages that you send before and after competition have a great deal of effect on your child's perception of the competition. When you emphasize fun, skill development and effort you help your child gain a winning perspective. The same is true for comments you make and questions you ask before and after swim practice. Some children are naturally more competitive and are very aware of times, places and outcomes. Others are less interested in such things. The highly competitive child may need to be taught to focus on other aspects of competition so that he or she doesn't become obsessed with winning and afraid of failure. The less competitive child may need more encouragement to recognize personal improvement.

**Go DAC !!!**



**Molly Bates**, a sophomore distance swimmer for the Lady Statesmen, lost her life tragically in a one-car accident on Saturday, March 29. Bates, 19, was a native of Jacksonville, Fla. **Merve Terzioglu** (Istanbul, Turkey), **Caitlin Dudley** (Huntsville, Ala.), and **Regan Niemann** (Oveido, Fla.) were injured in the accident. All three were DSU students and Merve and Caitlin were teammates of Molly's on the Lady Statesmen Swimming and Diving team. Sadly, Merve passed away on April 7 from injuries received in the accident. Dudley and Niemann continue to receive care at area hospitals.

An account, named in honor of Molly, has been established to help defray medical expenses for the injured students. Checks should be made payable to "Molly's Mile Fund" and mailed to: DSU Athletics, ATTN: Molly's Mile Fund, DSU Box A-3, Cleveland, Miss. 38733.

The DSU Swim Team is hosting a Swim Event this **Saturday (19<sup>th</sup>)** where everyone swims a Mile (Molly's main event at competitions) and donates a minimum of \$20 for their efforts towards the "Molly's Mile Fund". This is not a formal or sanctioned meet. The event will last about a month, so anyone may swim a Mile in that timeframe.

For more information about "**Molly's Mile Fund**," please contact Dana George with DSU Athletics at (662) 846-4289 or visit <http://www.gostatesmen.com/sports/swimdiv/mollys-mile.htm>

**Interested in participating...**This meet will not have any formal Meet Information or Meet Registration.

**Date and Time:** Anytime between noon and 3:30pm on Saturday, April 19th

All swimmers can participate by kicking, pulling or swimming a Mile. Any swimmer may use Fins and Kick with a board to complete the Mile distance.

Again, the DSU swim team is asking for a minimum donation of \$20 per (mile) swim.

## - Swimmer's Hair Care Idea -

***To All Swimmers and Moms***

- *From DAC Parent Lori Hoskins...*

***To detox hair of chlorine build-up, lather it with good ole fashion white foamy shaving cream... After the first treatment, no more crunchy, matted up, scary hair! A .97 cent can of Barbasol works like a charm!***



**- Go DAC !!! -**



## Team Website Announcements



# Forgot your Password?

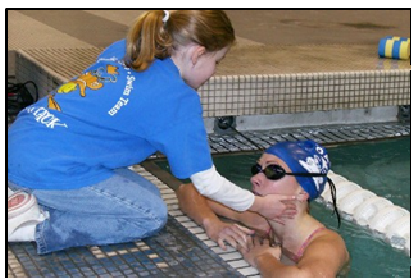
Contact Coach Dan'l if you have **NOT** logged into your Account or if you have **FORGOTTEN** your Password with our new Website Service.

This will help keep you informed and updated with all the new happenings with the Team.

Please Visit.... [www.deltaducks.org](http://www.deltaducks.org)

## Tori Waldbieser's Science Project

Dear Coach Dan'l and the 25 swimmers who were in my project,



Thank you for helping me with my science fair project. I had a very fun time with you. Thanks for letting me check your pulses so many times.

Swim fast...*Tori Waldbieser*



## A Healthy Recipe for Your Swimmers

### Whole Grain Personal Pita Pizza



#### **Ingredients**

2 6½" whole wheat pitas  
¾ cup chunky vegetable spaghetti sauce  
3 oz shredded part-skim mozzarella cheese  
1 cup chopped vegetables (onions, peppers, mushrooms, spinach, olives – your choice)  
drizzle of olive oil

#### **Directions:**

Preheat oven to 350°F. Spread half the sauce on each pita. If you're using chopped fresh spinach, add it at this point, before the cheese to prevent it from drying out. Top with cheese and add vegetables. Drizzle with oil. Bake at 350°F for 15 minutes on a pizza pan or cookie sheet. Serves 2.

#### **Nutrition Information per Serving:**

Total Calories 372 • Carbohydrate (g) 49 • Protein (g) 21 • Fat (g) 12 • Saturated Fat (g) 5 • Sodium (mg) 876 • Fiber (g) 7

**Go DAC !!!**

# - New Swimming Records Broken Last Week -

## 13 New Records...during March

**All-American LC Championships: Hayley McGregor Reportedly Breaks 50 Back World Record**  
AUSTIN, Texas, March 7. ACCORDING to *Swimming World's* sources in Austin at the All-American Long Course Championships, **Hayley McGregor** of Longhorn Aquatics did what Emily Seebohm could not earlier this week and broke the women's 50 back world record as the leadoff of a 200 medley relay race.

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**The Netherlands Blast Women's 400 Free Relay World Record**  
EINDHOVEN, Netherlands, March 18. THE Netherlands's foursome of **Inge Dekker, Ranomi Kormowidjojo, Femke Heemskerk** and **Marleen Veldhuis** blasted the world record in the women's 400 free relay at the European Championships held in Eindhoven.

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**Alain Bernard Downs Hoogie's 100 Free World Record**  
EINDHOVEN, Netherlands, March 21. FRANCE's **Alain Bernard** finally caught up to Pieter van den Hoogenband in the men's 100 free at the European Championships as he shot down the world record.

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**Stephanie Rice, Emily Seebohm Set World Records**  
SYDNEY, Australia, March 22. THE swimmers Down Under weren't playing around as the Australian Trials began in earnest this morning with a pair of world records at the meet held in Sydney. **Stephanie Rice** shot down Katie Hoff's 400 IM world record, while **Emily Seebohm** snatched the 50 back standard away from Hayley McGregor.

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**Alain Bernard Lowers Own 100 Free World Record**  
EINDHOVEN, Netherlands, March 22. A day after wiping out Pieter van den Hoogenband's 100 free global standard of 47.84 set in 2000, France's **Alain Bernard** set the bar even lower heading into Beijing with another world record performance at the European Championships.

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**Sophie Edington Crushes 50 Back World Record**  
SYDNEY, Australia, March 23. **SOPHIE Edington** gave the Australian Trials its third world record in two days when she dropped the women's 50 back standard set yesterday by Emily Seebohm.

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**Alain Bernard Becomes Fastest Swimmer on the Planet, Breaks 50 Free World Record**  
EINDHOVEN, Netherlands, March 23. HAVING already put Pieter van den Hoogenband's 100 free world record into the annals of swimming history, France's **Alain Bernard** captured the 50 free global standard at the European Championships during semifinals.

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**Marleen Veldhuis Clips 50 Free World Record**  
EINDHOVEN, Netherlands, March 24. THE European Championships kept rolling as the Netherlands went 1-2 in the women's 50 free to start the final day of action – including a world-record swim from **Marleen Veldhuis** in the sprint free event.

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**Federica Pellegrini Smashes 400 Free World Record**  
EINDHOVEN, Netherlands, March 24. THE second world record of the day fell at the European Championships as Italy's **Federica Pellegrini** blasted the women's 400 free record shortly after Marleen Veldhuis clipped the women's 50 free.

# - The Mens 50m (1cm) Freestyle World Record -

## 4 New Records

...Remarkable Progression over a 6 week period



**SYDNEY, Australia, March 28.** THE 50 free moved into unfathomable territory today at the Australian Trials as **Eamon Sullivan** dropped his world record even further at the Australian Trials.

Sullivan stunned the swimming world when he clocked a time off 21.28 in the finals of the event at the Australian Trials after first reclaiming the record from **Alain Bernard** with a 21.41 during semifinals just yesterday.

With his three separate progressions of the record, Sullivan tied **Matt Biondi** for second all time. Only **Tom Jager** has dropped the record on more occasions (six times). Should Sullivan follow the same arc as Jager, a time in the 20s should be assured.

"It was great to improve on the semi-final and step up in the final which is obviously what I'm going to have to do come Beijing," Sullivan told *Swimming Australia*. "Just improving every swim I did, I think I've swum faster in every final I've done for the last couple of years so I'm very, very happy to execute what my coach told me to do tonight."

Sullivan's journey is remarkable as only a year ago his best time had been just north of 22.00.

With the likes of Sullivan destroying the 50 free over long course, and **Cesar Cielo** making 18 routine in the 50 free over short course yards, Beijing should see some incredible swimming.

