



The Wave

Holiday '08 Edition



This Seasons Record Breakers

The season started off with a bang!

The Olympia Otter Plunge Meet, Oct 18-19, saw the following records fall:

Relays:

Girls 200 Free 2:03.30

Chris Beck, Reilly Merryman, Kylie Goss and Makayla Thompson

Girls 200 Medley 2:21.72

Makayla Thompson, Chris Beck, Kylie Goss and Reilly Merryman

Individual:

Girls 100 Back 1:04.84

Makayla Thompson

Girls 200 Back 2:19.74

Makayla Thompson

Boys 200 Back 2:18.74

Tyler Mosier

At the Terre Haute THT Halloween Splash Nov. 1-2:

Relays:

Girls 200 Medley 2:19.82

Makayla Thompson, Chris Beck, Kylie Goss and Reilly Merryman

Girls 200 Medley 2:23.55

Megan Zindel, Becca Pratt Mackenzie Mosier, Brittin Boyer

Girls 200 Free 2:06.60

Brittin Boyer, Becca Pratt,

Mackenzie Mosier, Megan Zindel

Individual:

Girls 200 Back 2:18.37

Makayla Thompson

Girls 200 IM 2:24.78

Makayla Thompson

Girls 200 Free 2:13.87

Makayla Thompson



Highpoint Team Trophy at THT meet

The Sullivan Blue Dolphins collected some more impressive hardware for our display case in the Civic Center at the Halloween Splash Nov. 1-2. Another 1st place team trophy for high points. Right now it

looks like we need a larger display case to display the trophies the team has won. "What a great problem to have", said Kim Drury. You can peek at a picture of the trophy after the team proudly accepted the award

for 1st place at Terre Haute, IN on the next page.

Sullivan Blue Dolphins Newsletter

Volume 1, Issue 1

Winter 2008

Special points of interest:

- ☺ A season for the record books
- ☺ 1st Place at Halloween Splash
- ☺ State and Region Qualifiers
- ☺ What's next—Up Coming Meets
- ☺ Contacts

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Qualifiers

Start your engines! We have a bunch of swimmers all ready qualified for region and state:

Heading to Region:

Brock Bales 50 Free, 100 Breast & 200 Breast

Lily Bales 50 Free & 200 Free

Brittin Boyer 50 Fly, 50 Back, 50 Breast, 50 Free, 100 Fly, 100 Back, 100 Breast, 100 IM, 100 Free & 200 Free

Kailyn Boyer 50 Free, 50 Back, 100 Free & 100 Back

Travis Hanson 50 Free & 50 Fly

Bryce King 100 Fly

Tyler Mosier 50 Free, 100 Free, 100 Free, 200 Free, 200 Back & 200 IM

Bailee Pratt 50 Free, 100 Free, 200 Free, 100 Breast, 50 Fly & 100 IM

Sam Rousser 50 Free, 50 Back, 50 Breast, 100 Breast, 100 Free, 100 Back & 200 IM

Brynna Sentel 50 Back, 100 Back & 100 Fly

Makayla Thompson 50 Free, 100 Free, 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM & 200 Breast,

Megan Zindel 50 Breast, 50 Fly, 50 Free, 50 Back, 100 Free, 100 Back, 100 IM, 100 Fly & 200 Free,

Heading to State:

Brittin Boyer 50 Breast

Sam Rousser 50 Fly, 100 Fly, 100 IM & 200 Free

Makayla Thompson 200 Back

GOOD LUCK!!!!!!!

Three Reminders:

1) Bad weather season is coming.

If Sullivan

Schools close

there is no

practice. At all times parents should use their best judgment on traveling to practice.

2) Cold and flu season is here please remind your swimmers of healthy habits.

3) Holidays make for shorter practice weeks. It makes more important to attend all that you can.

Christmas list

If you are stumped on what to give this season, check with Michelle Zindel for ideas. The website shows several items currently available:

Apparel

T-Shirts

Fleece jackets

Warm-ups

Stocking caps

Gym bags

Sports bag

Sports pack

Towels

The next group order deadline is **December 1st**.

Other gently worn items are posted on the website under Marketplace.



Up Coming Meets

The up coming meets for the Sullivan Blue Dolphins are:

HOLIDAY 5 SPLASH CLASSIC INVITATIONAL

LOCATION:

Five Points Community Center, 360 N. Wilmor Road,

Washington, IL 61571

DATE: December 14, 2008

TIME: 10 & Under, 11 & 12

8 AM Warm ups, 9 AM Meet Start 8 & Under, Open

12:30 PM Warm ups, 1:30 PM Meet Start

SETH DUNSCOMB DSC NEW YEAR OPENER

LOCATION:

Millikin University Griswold Physical Education Center, 1184 W. Main Street, Decatur, IL 62522

DATE: JANUARY 2-4 2009

TIME:

Friday: Warm ups 4-4:45 PM, Meet Start 5 PM

Sat & Sun AM: Warm ups 7:15-8:30 AM, Meet Start 8:45 AM

Sat & Sun PM: Warm ups 12:00, (following AM session no sooner than noon), Meet Start 1:20 PM (1 hr 20 minutes after AM session no sooner than 1:20 PM)

Sullivan Blue Dolphins Newsletter

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Head Coach
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It's about time!!!



Coaches Corner

Let's Talk Accomplishments

Often, all of the attention seems to focus on our State, Regional and record breaking swimmers. These swimmers are at the top of their game and the whole team should be proud of their accomplishments. They represent our team as a whole; and as we continue with the program this is just more confirmation it is working. At the same time I want other swimmers to remember accomplishments at any level are important and these individual improvements are what I am looking for. For the White Group an accomplishment is mastering the starting dive or a stroke. For the Blue Group the accomplishments range from mastering all four strokes and continuing to build endurance. For the Red and Gold Group the accomplishments do become State and Regional times but there are other accomplishments to consider. Individual time drops at this level are also an accomplishment and provides me with insight on how the workouts are progressing. For all swimmers, I am looking for good attendance and the correct work habits. Parents, the best things you can do to help your swimmer meet their goals are to provide positive encouragement, a healthy diet, rest and remind them practice does pay off over time. I have been doing this for several years now, and I can tell you that accomplishments do come with patience and time.

At your service

Board Members are here to help you any way we can. Please feel free to contact us:

Kim Drury, President
217-246-2861

Jim Griffin, Vice President
217-797-6736

Teresa Metzger, Secretary
217-254-5354

Liz White, Treasurer
217-728-2888

Michelle Hanson, Safety Director
217-728-8816

Sara Boyer, Historian Director
217-728-8766

Lori Sentel, Membership Director
Traci Waltz, Fund-Raising Director
217-728-5196

Audrey Mosier, Social Director
217-246-6861

Don Rousser, Publicity Director
217-797-5547

Other important contacts
Michelle Zindel, Hotels & Apparel
217-768-3653

Monte Johnson, Webmaster
217-728-4541 (Civic Center)

Your Coaches

Jason Drury, Head Coach, All Groups
Nichole Sauers, Assistant Coach, All Groups

Chris Salisbury, Assistant Coach,
Red and Gold Groups

Troy Rogers, Assistant Coach, White
and Blue Groups

Jim Griffin, Coach Assistant

Michelle Hanson, Coach Assistant

Tyler Mosier & Makayla Thompson,
Swim Helpers

