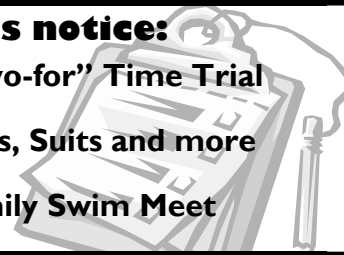


# HDSST

**In this notice:**  
 "Two-for" Time Trial  
 Caps, Suits and more  
 Family Swim Meet



## It's a "two-for" time trial

This month, the Dolphins will be having TWO (that's 2) time trials. The first time trial will be on **November 9th and 10th**. On Saturday there will be one hour break from 10:00am-11:00am to allow for our Fun Club swim program. Meet times are:

**Friday: Warm ups 4:30pm Meet start 5:30pm**  
**Saturday: Warm ups 7:30am Meet start 8:15am**

The next time trial will be only one day on **November 24th**. Meet times are:

**Saturday: Warm ups 7:30am Meet starts 8:15am**

All swimmers are encouraged to participate in these **fun and FREE** events. Coaches will be signing swimmers up for there events.

Timer **volunteers** will be needed for both time trials. Please let Adriane Franks know which days you can help. 766-2076

### Announcements

#### New Team Suits

There are new team suits that arrive late last month. For any swimmer who needs a new suit, please see team manager, Scott Bradford during practice.

#### Personalized Caps

The custom cap order will be sent on November 19th. If you want to have a team cap with your name on it, place get your order in soon. Cost: \$30, see Scott Bradford

#### Get Your Dolphin Gear

Show your team spirit by wearing Dolphin gear - sweatshirts, T's, ball caps, winter caps and more. Available at: Tlinget Ink

### Dolphin's Family Meet

This has been a long awaited event for many of our swimmers. It's their chance to race their parents.

The Dolphin's Family meet is scheduled for **December 14th**. That means you all have about six weeks to get in shape. (This may be a good time to plug the **masters in the morning** fitness swimming every Mon.-Wed.-Fri. at 6:30am)

The meet will include relays, inner tube races and traditional races. Oh, and yes... we will be needing **volunteers**. Contact Adriane Franks to help.

### November 2007

| Sun | Mo | Tue | We | Th | Fri | Sat |
|-----|----|-----|----|----|-----|-----|
|     |    |     |    | 1  | 2   | 3   |
| 4   | 5  | 6   | 7  | 8  | 9   | 10  |
| 11  | 12 | 13  | 14 | 15 | 16  | 17  |
| 18  | 19 | 20  | 21 | 22 | 23  | 24  |
| 25  | 26 | 27  | 28 | 29 | 30  |     |

### Upcoming Events

#### Nov. 3

Saturday swim practice (9:30am-11:00am) and Fun Club (9:15am and 10:15am) begin.

#### Nov. 9-10

Time trial for all swimmers. Free. Start: Fri - 4:30pm, Sat - 7:30am.

#### Nov. 10

Monthly dues turn-in date.

#### Nov. 10

All Fun Club Swimmers are at 10:15am, due to time trial.

#### Nov. 22

No Practice - Thanksgiving

#### Nov. 24

Time Trial. Begins 7:30am.

#### Nov. 26-27

Sign ups for Age Group Champs in Fairbanks.

