



Welcome to Sea Dog Swimming!

Congratulations on becoming part of the area's most successful age group swimming program and one of the top teams in the Northeast.

While being a swim parent is a lot of fun and can be extremely rewarding, being a new swim parent can sometimes be confusing. We want to make your Sea Dog experience a positive one. Here's where to go if you have questions.

The **New Parent Orientation** on **Wednesday October 13, 2010**, 6:30 at the Cheshire Community Pool. At this session we'll focus on what to expect at the first swim meet (The Sea DOG IMX Meet – Oct 23 and 24th). You'll also get a chance to meet other new parents.

The Sea Dog Web Site www.c-dog.net is a great resource for finding answers to your questions. A few things you'll want to check out before October 13th are:

<p>The TEAM HANDBOOK http://www.c-dog.net/secure/teamhandbook.htm</p>	<table border="1"> <tr> <th>Home</th> <th>Team Info</th> <th>Meet Info</th> <th>Members</th> </tr> <tr> <td>Team Handbook</td> <td></td> <td></td> <td>Team Roster Team Handbook</td> </tr> </table>	Home	Team Info	Meet Info	Members	Team Handbook			Team Roster Team Handbook
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Team Handbook			Team Roster Team Handbook						
<p>FAQ's http://www.c-dog.net/FAQs.htm</p>	<table border="1"> <tr> <th>Home</th> <th>Team Info</th> </tr> <tr> <td>Practice Schedule</td> <td>Practice Schedule STPA Newsletters About the Team About the Coaches FAQs</td> </tr> </table>	Home	Team Info	Practice Schedule	Practice Schedule STPA Newsletters About the Team About the Coaches FAQs				
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<p>The most recent update to the PRACTICE SCHEDULE http://www.c-dog.net/practiceschedule.htm</p>	<table border="1"> <tr> <th>Home</th> <th>Team Info</th> <th>Meet Info</th> </tr> <tr> <td>Team Handbook</td> <td>Practice Schedule STPA Newsletters</td> <td></td> </tr> </table>	Home	Team Info	Meet Info	Team Handbook	Practice Schedule STPA Newsletters			
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The New Families Contact, Chris Leach (mchris@cox.net).

The STPA (Swim Team Parents Association) Board Members – Combined they have over 30 years of Swim Parent Experience – don't hesitate to contact any of them with questions.

Position	Name	E-Mail Address
Co-President	Cheryl Guetens	guetens@cox.net
Co-President	Nancy Erickson	ericksonnle@cox.net
Secretary	Lisa Fitzgerald	lisawfitzgerald@yahoo.com
Treasurer	Jane Barlok	4barloks@att.net
Member	Bill Costello	wjcbc@sbcglobal.net
Member	Patty Keddy	pbkeddy@aol.com
Member	Jim Neri	jneri@estee.com
Member	Amy Straub	straub101@aol.com
Member	Marge Williams	margew1@cox.net

And of course, the Coaches.

Head Coach Sean Farrell

sfarrell@southington-cheshireymca.org 203-272-3150 x313

Head Age Group - Coach Dan Mascolo

dmascolo@southington-cheshireymca.org 203-272-3150 x312

Buccaneers Coach - John Spadafina john.spadafina@yahoo.com (Coach John isn't always able to check his email during the day, if you want to reach him by practice on the same day copy Coach Dan in on the email)

We look forward to making your Swim Parent experience great.
 Chris Leach