

Smoke Signals

Newsletter of the Woodley Swim Team, May 2009 No. 1

Swim and Dive Team Registration/Potluck on Sunday, May 17

Woodley's Swim and Dive Team registration/potluck party will take place on Sunday, May 17, from 4-6 p.m. The teams will provide hot dogs, lemonade, water, and paper goods. Those with last names beginning A-N please bring a side dish and those with last names from O-Z, please bring a dessert. We are asking that each family donate two cases of bottled water for our concession stand.

At this time, families can turn in their completed registration paperwork, emergency medical form, purchase team swim suits, and receive a complete schedule, swim and dive team handbook, and other pertinent information. If you are unavailable, please complete the enclosed form and mail it with your payment to Janet Sims, 3221 Kenney Drive, Falls Church, VA 22042. With one exception, registration costs will be the same as last year, \$75 per child to join either the swim or dive team, or \$100 per child to join both. The exception being that a "price cap" has been created of \$275 per family allowing larger families to participate in one or both teams without breaking the bank. See the registration forms for more details. Registration fees help pay for coaches' salaries, team t-shirts, swim caps, trophies, ribbons, league registration fees, and insurance.

Woodley Drops To Division 15

Each year, the NVSL analyzes and reorganizes over 100 swim teams into divisions dependent upon a number of factors such as their previous season record, team size, swimmer statistics, etc. At the annual NVSL seeding meeting, the division placement is revealed. We have dropped one division this year placing us in Division 15 with Brandywine, Cottontail, Parklawn, Springfield, and Stratford. A schedule was then created and we will swim against each of these teams in a Saturday "A" meet – three of which will be home meets. The Division Relay Carnival will be held at Springfield and Divisionals will be held at Cottontail.

B League Teams Stay the Same

The Monday night "B" meets are scheduled separately within a small group of swim teams, known as the B League. These teams do not have to be within the same division. As tradition precedes us, Woodley will once again join Burke Station, Camelot, Holmes Run, Lake Braddock, and Parliament in this B League. A schedule has been created and we will swim against each of these teams in a Monday night "B" meet – two of which will be at home.

Coaching Staff - Swim

I am pleased to announce the return of last year's coaches, Clare Flach and Catherine Prahm, as well as a new assistant coach, Caitlin Marsilii.

Clare Flach has recently graduated from James Madison University with a degree in Health Sciences, Public Health Education. Clare was Woodley's head coach last year and the assistant coach for the three years prior. Clare is a certified USS coach for the Valley Area Swim Team in Harrisonburg, Virginia. She has worked with all ages of swimmers, instructing them through drills in daily practices on how to swim each of the four strokes legally and to further improve their speed. Clare is very good at communicating with the swimmers and their parents to ensure that everyone is aware of what is going on. She has also been a head coach for Woodley's winter swim program in the past. During this time, she was able to work with each child on a more individual basis such as one at a time, teaching them correct flip turns, starts, and finishes. Clare is a confident and successful young woman with a determination to succeed in her work. She will continue to be a positive influence on our swimmers, getting them to enjoy swimming as a sport while improving their skills.

Catherine Prahm is returning as our assistant swim coach. Catherine has just graduated from O'Connell High School and plans to study athletic training in college. She has been a member of the O'Connell Swim Team for four years as well as a member of the crew team. Catherine has been one of the lead coaches for our winter program this year, planning practices for the oldest group of swimmers. Catherine has been a swimmer on the Woodley team for many years and also swam for FISH and York Swim Clubs, USS swim teams in Northern Virginia. She is a certified lifeguard and has worked at Woodley Pool, Lake Barcroft, and Providence Recreation Center. She is well acquainted with many of the swimmers in all of the age groups, along with their strengths and abilities.

This season, the swim team has also hired Caitlin Marsilii as a second assistant coach. Caitlin has just completed her freshman year at East Carolina University where she is studying recreational therapy and swimming there on a scholarship. Caitlin grew up swimming for Woodley Pool and FISH, a USS swim team in Northern Virginia. She has competed on a national level in swimming traveling to many different places across the country, such as Minnesota, California, and Texas. Caitlin has also been a lead coach for Woodley's winter swim program from 2006 – 2008. She is a certified lifeguard and has worked at Woodley Pool and like Catherine, is well acquainted with many of the Woodley swimmers.

Coaching Staff – Dive

Our head dive coach this year will be Sean McKinney. Sean is a rising senior at Annandale High School. He was the assistant coach for the North Springfield Swim Club from 2005-2008 as well as the Assistant Coach for Wakefield Chapel Swim Club in 2008. Sean has been diving for the North Springfield Swim Club since he was 6 years old. He was the NVSL All Star Champion in 2003, 2004 & 2006. He has been a member of the Patriot District Dive Club since 2000 where he has won numerous Awards including being a Junior National Finalist in 2005, 2006, 2008 & 2009 and the AAU National Champion in 2006. He has experience in teaching basic diving skills to young divers as well as teaching more advanced skills to more experienced divers. Sean's goals for Woodley are to inspire and motivate children of all ages to HAVE FUN diving in a safe and fun environment.

Hannah Wilkerson will be returning this year as one of our 2 assistant coaches. Hannah has just completed her junior year at Falls Church High School. She has been a member of the Falls Church Dive team for three years. Hannah was also a member of the Patriot District Dive Team. She has been a member of the Woodley dive team for the last 4 years. She participated in Divisionals three of the four years and has also participated in All Stars two years. Hannah is a hard worker at practice and has been a great role model for the other divers. Her dedication will help make this year another successful one for our divers.

Emily Sturges is our 2nd assistant coach. Emily has just completed her sophomore year at Falls Church High School. She has been a member of the Falls Church Dive team for two years. She has been a member of the Woodley dive team since 2003. She has participated in Divisionals and All Stars for many of those years. This is also Emily's second year as a life guard for Woodley Pool. Emily has always been willing to volunteer her time to help her teammates when asked and this year we are excited to have her as a part of our coaching staff.

New Team Suits

Both Speedo and TYR are switching from the two year suits to a one year suit (guaranteed to be in production and stock for only one year). Therefore, a new team suit has been selected for this season only. For the 2009 swim and dive season, Speedo's Xtra Life Lycra Light Ray Female Flyback in the Multi Color has been chosen for the females and Speedo's Xtra Life Lycra Axcel Jammer (or Brief) in Black/Blue has been chosen for the males. The female suit and male jammer will be available for purchase at the May 17 registration (the brief must be purchased at Sport Fair). They may also be purchased at Sports Fair, 5010 Lee Highway, Arlington, Virginia, 703-524-9500. Simply tell the salesperson that you need a Woodley Pool team suit.

Volunteers Needed To Attend Training

In order to run organized and successful swim and dive meets, the NVSL requires and trains many volunteer officials. The complete training schedule is located on the last page of this newsletter. The Woodley Swim and Dive teams need new people to attend this training and to become swim/dive officials. Why? Our largest age group last year was the 15-18 year olds and many of them are the youngest siblings. Unfortunately, aging out is a natural progression and many volunteers leave when their youngest child graduates. Within the next four years, we will be losing our "A" meet concessions chiefs, referee, some stroke and turn judges, chief timer, 4 chief table workers, dive judges, dive announcer, and the list goes on. Some of these positions such as stroke and turn judge, starter, and referee require a season in the "B" meets prior to working the "A" meets. This means there must be some overlap. The future of the teams is dependent on a few people each year being trained. Please check the training schedule and attend the area that would suit you the best.

Woodley Concessions at NVSL University

Jill Sturges, Janet Mansfield, and Mary Wheeler will be running a concessions table at NVSL University on Sunday, May 30, beginning at 7:30 a.m. Any profits made will go to the Woodley Swim and Dive Teams. To support this fund raiser, please drop off any baked goods or store bought items at their table by 8:00 a.m. This will ensure that their endeavors are a success and that you are all on time for training in one of the following areas: referee, starter, announcer, chief timer, clerk of course, table worker, or food handler.

Aluminum Can Drive

The swim and dive teams will continue the aluminum can drive for fund raising. We will collect the cans at designated locations at Woodley Pool. Lois Leinkram will periodically sell the collected cans to a local scrap metal company.

Swim Team Representative Returns for Third Year

I will continue as the swim team representative for the 2009 season. I have shared this position with Deirdre Prahm the previous two years. She was a tremendous help and handled all supplies, t-shirts, pizza parties, etc. (everything I didn't want to do, she handled). This season, Deirdre will be the swim/dive team treasurer, responsible for the finances. As for the rest, including all of the volunteers needed to run a swim meet, I am slowly reaching out to individuals to divide the responsibilities in order for our swimmers to have a successful season and to keep me from feeling overwhelmed.

- Janet Sims, 703-207-3098, simshouse@cox.net

Dive Team Representative Returns

Teri Flach will continue as the dive team representative for the 2009 season. She has held this position for many years and is looking for a replacement for 2010. The Flach family has created a legacy of hard workers and dedication. Besides dive team rep, Teri and her husband, Mike, have been the swim team rep, announcer for dive meets, dive judge, swim referee, swim stroke/turn judge, data entry for swim, timers, concessions, etc. Their five children have grown up at Woodley – swimming, diving, and coaching.

- Teri Flach, 703-941-1153, tpfva@verizon.net

NVSL Training Schedule

- New Referee:** **Thursday, May 28, 7pm**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, May 30, 8am**
NVSL University at Falls Church High School, Jaguar Trail,
Falls Church
Sunday, June 14, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, May 30, 8am**
NVSL University at Falls Church High School
Sunday, June 14, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 6, 8am**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Sunday, June 14, 9:30am
Sleepy Hollow Recreation Pool (SHR), 538 Sleepy Hollow Road, Falls Church
Wednesday, June 17, 7pm
Sleepy Hollow Recreation Pool (SHR)
- Announcer or Head Timer:** **Saturday, May 30, 11am**
NVSL University at Falls Church High School
Saturday, June 6, 8am
Annandale Pool, 7600 Little River Turnpike, Annandale
- Clerk of Course or Table Worker:** **Saturday, May 30, 9am**
NVSL University at Falls Church High School
Saturday, June 6, 8am
Annandale Pool (A), 7530 Little River Turnpike
- Food Handler Workshop:** **Saturday, May 30, 10am (Must Register By May 20)**
NVSL University at Falls Church High School
- Dive Judges/Tables Clinic:** **Sunday, June 7, 9:00am**
Woodley Pool (W), 7421 Camp Alger Avenue, Falls Church