

# Smoke Signals

Newsletter of the 2009 Woodley Swim Team, June 3, 2009 No. 2

## **The 2009 Swim Roster**

You may have noticed there are many new faces on this year's swim team. As of today, there are 25 new swimmers ranging in age from 4 to 13 from 18 new families. This is a terrific boost to the swim team and will allow us to fill lanes in every age group for both girls and boys. It also means that there are 18 new families being overloaded with swim team information. The rest of us have memories and stories of our first year on the swim team and can remember how lost we felt at times. I ask that every returning family meet at least one new family and help them learn the ropes.

## **Swim Caps, Handbooks, and the Woodley Member Newsletter**

If you have completed a swim team registration form and have not received your children's swim caps, a Woodley Swim and Dive Team Handbook/Schedule, or the Woodley Member Newsletter/Schedule, please contact me (Janet Sims) and I will get them for you.

## **Why does it storm during afternoon swim practice?**

The beginning of swim team is always a challenge with final exams, SOL testing, the end of school, graduation, spring sports, and those afternoon thunderstorms not to mention a few chilly, windy days thrown in. We will have swim and dive practices unless there is a heavy downpour or thunder/lightning. You can call the pool at 703-573-9852 to be sure and even then, we are sometimes not sure. Just be patient, it will get better.

## **Why are navy blue shorts and white shirts are so popular?**

Every parent should own a pair of navy blue shorts and a white shirt. Why? NVSL rules require that all meet officials wear white shirts and blue shorts/pants while they are on deck during a meet. *Every parent will at some time be an official at a swim meet.* While some positions require training, others do not. Timers, table workers, and concessions workers will be assigned at every meet. If you are unable to attend a meet in which you are assigned, please try to find your own substitute or let me know.

## **What are Time Trials?**

Time Trials is the name of the first Saturday morning meet held on June 13 with Holmes Run beginning at 9 a.m. Woodley swimmers will need to be there by 8 a.m. for warm-ups. It is a practice meet designed to give the swimmers a chance to post an official time in each stroke that they can successfully swim. The coaches and swim representatives use this official time as a basis in planning subsequent meets. The coaches will inform the swimmers at practice that week what strokes they should swim.

Time Trials also provides new officials a chance to practice their new positions. New parents will be assigned as timers or concessions workers. Table workers will be limited to the computers as ribbons are not given at Time Trials. All of our parents are providing an important service and giving up their valuable personal time to help. Please encourage each other.

Lastly, since Time Trials are at Woodley, we will need volunteers to help set up the awnings for clerk of course and timers, as well as move furniture on Friday evening beginning at 7:30 p.m.

### **Swim Team Suits Still Available**

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. Suits may 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.

### **Hot Dog Dinners and Sundaes Sundays**

We are still in need of families to sign up on the bulletin board and help with Hot Dog Dinners and Sunday Sundaes. Each family needs to sign up and help once with Hot Dog Dinners and once with Sunday Sundaes. Two families are needed each Sunday to prepare and sell these food items. The profits help pay for our swim and dive coaches. If you have not signed up yet, please do so as soon as possible. The lists are on the bulletin board across from the front desk.

### **Check the Upcoming Dates**

June 6: Stroke and Turn Clinic at Lee Graham 8a.m.  
June 6: Announcer, Head Timer, Clerk of Course, Table Worker Clinic at Annandale 8a.m.  
June 7: Dive Judges Clinic at Woodley 9:00a.m.  
June 9: New Swim Referee Clinic at Lee Graham 7p.m.  
June 9: Dive Referee Clinic at Mantua 6:30p.m.  
June 12: Woodley Setup for Time Trials 7:30p.m.  
June 13: Time Trials with Holmes Run at Woodley 8 a.m. (officials/coaches 7:30 a.m.)  
June 14: Swim Referee, Starter, New Starter at Mantua 9:30a.m.  
June 14: Stroke and Turn Clinic at Sleepy Hollow Rec 9:30a.m.  
June 16: Dive Judges Clinic at Fairfax 6:30p.m.  
June 17: Stroke and Turn Clinic at Sleepy Hollow Rec 7p.m.  
June 18: Dive Referee Clinic at Mansion House 6:30p.m.  
June 18: Last Day of School  
June 19: Morning Practices Begin

- Janet Sims, 703-207-3098