

Smoke Signals

Newsletter of the 2009 Woodley Swim Team, June 9, 2009 No. 3

Time Trials June 13

Time Trials are rapidly approaching and will be held this Saturday, June 13. The Time Trials meet is a practice meet in which all of our swimmers race in every stroke that he/she can swim legally. Traditionally, we swim Time Trials with Holmes Run Pool at Woodley (Holmes Run is a 25 yard pool whereas Woodley is a 25 meter pool) to create as close a setting as possible to an "A" or "B" meet. *Woodley swimmers need to be at the pool in their designated team area at 7:50a.m. Warm-ups begin promptly in the pool at 8a.m. and end at 8:20a.m.* The meet will begin at 9a.m. The coaches will discuss with the swimmers at practice on Friday what strokes they will swim by filling out "B" meet style time cards. Parents of 8 and unders should check with the coaches when they pick their children up from practice. It is this mom's experience that the young swimmers do not always remember what they are swimming.

Officials will be assigned in a separate communication. Time Trials provides new officials a chance to practice. Please arrive on time as instructional briefings are usually held during the last warm-up session.

All swimmers should stay in their team area throughout the meet. Coaches should not have to search for swimmers when it is time to go to the clerk of course for their event. Since the coaches will be handling time cards, getting kids ready to swim, and watching the swimmers in the pool, it is requested that the experienced swimmers help with the new swimmers. Remember the new swimmers will not know what or where clerk of course is – for many of them, this is their first meet. Please encourage and cheer for all of your team members.

Why do we set the pool up the night before a morning meet?

We set the pool up the night before a morning meet because *very few people are interested in arriving earlier than 7a.m. on a Saturday morning.* Some meet preparations can be done the night before such as setting up the awnings, moving benches to the clerk of course area, moving tables and chairs to create viewing areas, and removing the basketball hoop among other things. Items that can only be done on Saturday morning are setting up the food for concessions, putting in the lane lines, the backstroke flags, inserting the lane line blocks, setting up the computer area, setting up the Colorado starting unit, and the microphone.

Therefore, on **Friday, June 12, at 7:30 p.m.**, swim team parents are needed to set the pool up for Time Trials on Saturday morning. I am unable to be at the pool on Friday evening as I will be chaperoning Luther Jackson's 8th grade dance. Ken will be there to help direct where to place furniture, etc.

What are Warm-ups?

Warm-ups are done prior to the start of a meet to allow the swimmer to stretch their muscles, wake up, and get ready to race hard. For younger kids, warm-ups introduce them to the team aspect and swimming with all of the age groups. It is the best way to overcome any nervousness that they may be experiencing. Like other aspects of a meet, there are NVSL rules that govern warm-ups. At a morning meet, the home team warm-ups begin at 8:00a.m and end at 8:20a.m. Everyone on the home team must then exit the pool. The visitor team warm-ups begin at 8:20a.m., end at 8:40a.m., and then they must also exit the pool. Swimmers arriving late and missing their designated warm-ups are... as there are no exceptions to this schedule.

Concession Stand Donations

If you have not yet done so, please donate 2 cases of water to the concessions stand.

At every home meet, please donate baked goods or other snack items for the concessions stand. Items should be bagged or individually wrapped.

The profits made at the concessions stand are vital to the swim and dive team budget. These profits help pay for coaches, supplies (for example, you'd be surprised at how much backstroke flags cost or new wheels for the lane line holders), ribbons, Friday team breakfasts, etc.

Read Around The World

The Fairfax County Public Library's 2009 Summer Reading Program begins on Thursday, June 18. Located very close to Woodley Pool, in the parking lot of St. Phillips Church, is the temporary location of the Thomas Jefferson Library Branch. I would really appreciate it if everyone could sign up for the reading program and mention at the information desk that you are a member of the Woodley Swim Team. There are books there on just about everything.

I just read a picture book called Make the Team, Baby Duck! written by Amy Hest. It is about a young duck that want to join the swim team but is a little bit nervous and someone very special helps. The following excerpt in the book reminds me sometimes of some of our Woodley swimmers – “Perhaps when you're ready, you'll be on the team. Would you like that?” Grandpa asked. “Oh, yes,” Baby said. “But sometimes my arms are tired. It makes me slow.” “It happens,” Grandpa said. “From time to time, even champions slow down.” “And sometimes I swallow water. It makes me cough.” “It happens,” Grandpa said. “From time to time, even champions have to cough.”

Pep Rally and End of School Party June 19

A team pep rally and end of school pizza party will be held Friday, June 19, beginning at 6 p.m. to launch the 2009 season. More information will be arriving soon in your mailbox.

Upcoming Dates

June 9: New Swim Referee Clinic at Lee Graham 7 p.m.

June 9: Dive Referee Clinic at Mantua 6:30 p.m.

June 12: Woodley Setup for Time Trials 7:30 p.m.

June 13: Time Trials with Holmes Run at Woodley 8 a.m. (officials/coaches 7:30 a.m.)

June 14: Stroke and Turn Clinic at SHR 9:30 a.m.

June 14: Swim Referee and Starter, New Starter Clinic at Mantua 9:30 a.m.

June 14: **Hot Dog Dinner** –Haynes and van Wijngaarden **Sunday Sundaes** – Haynes and Giroux

June 16: Dive Judges Clinic at Fairfax 6:30 p.m.

June 17: Stroke and Turn Clinic at SHR 7p.m.

June 18: Last Day of School

June 19: Morning Practices Begin

June 19: Pep Rally and End of School Party 6 p.m.

June 20: Swim Team A Meet vs. Brandywine at Woodley 8 a.m.

- Janet Sims, 703-207-3098