

**Smoke Signals**  
**Newsletter of the 2009 Woodley Swim Team, June 15, 2009 No. 4**

**Time Trials**

Time Trials are now a distant memory. They were very successful in large part to the combined efforts of everyone involved. A special thank you goes out to Janet Mansfield, Joe Marsilii and Ken Sims who volunteered extra time at last Thursday's practice and aided the coaches in practicing racing starts complete with an explanation of clerk of course, the whistle, hand signals, and starter machine. I strongly believe this helped our swimmers especially those that are new, to understand the whole meet process.

Time Trials in a sense, is like a dress rehearsal. There is now a better understanding of how officiating is assigned and what is needed to run a swim meet. Our timers were on target producing several doubles and even a triple which is very rare at any meet. Our clerks of course in training did a very nice job and learned how to be efficient very quickly. Our announcers were able to work together and with all of the officials, maintained a very organized and timely meet. Our stroke and turn judges in conjunction with the referee and starter were very efficient and professional much to the dislike of many of our swimmers! The two marshals, Bill and Mary, received a gold star in their attempts to keep the swimmers off of the volleyball poles and ropes. The concessions workers once again showed their dedication to this team. Sarah Nash (who had no swimmers at time trials) and Jill Sturges (who had a major paper to write) were at the pool by 6:30 a.m. to make the coffee while Deirdre Prahm did the famous last minute donut run. As they caught their breath, our grillers and sellers sold a large amount of food and drinks. Parents who were not placed on the "working the meet" list, still worked the meet. They provided the cheering and encouragement that our swimmers needed especially because deck officials are not allowed to cheer. I personally think this is what the kids enjoy the most – hearing people yell at them in a good way!

Lastly, Time Trials would not be possible without our swimmers and coaches. Everyone should be proud of themselves for trying so hard and doing their best.

**Morning Practices Begin Friday, June 19**

Swim Team - Beginning June 19 Monday through Friday

7:30 – 8:45 AM	13-18 YEAR OLDS
8:45 – 9:45 AM	11-12 YEAR OLDS
9:45 – 10:30 AM	9-10 YEAR OLDS
10:30-11:00 AM	8 & UNDERS

If you need evening swim practice between 6:30-7:30p.m., please inform the coaches.

**DIVE TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY**

Dive Team – Beginning June 19 Monday through Friday

8:00 – 9:00 AM	10 & UNDERS
9:00 – 10:00 AM	13-18 YEAR OLDS
10:00 – 11:00 AM	11-12 YEAR OLDS

**School's Out Pep Rally and Pizza Party Friday, June 19**

A team pep rally and end of school pizza party will be held Friday, June 19, from 6-7 p.m. to launch the 2009 season. More information will be available soon regarding the pizza. Parents please stay after the pizza party to help set the pool up for our first home meet.

**A Meet vs. Brandywine at Woodley Saturday, June 20**

Our first competitive, scored "A" dual meet will be held this Saturday, July 20 at Woodley Pool. Based on the results of time trials and their availability, swimmers will be selected to swim this meet. Officials will be assigned in a similar manner as time trials except that the meet will not be split into a first and second half and your name should only appear if your child is swimming. Coaches will notify swimmers on Thursday at practice if they are swimming and what their events will be (a swimmer can only swim 2 events and a relay). Thursday evening, the swim representatives from Division 15 are meeting at Woodley to exchange our final selections in electronic and paper format. *If you are not sure if your child is swimming or they don't remember what they were told, please ask the coaches or the swim reps.*

Please arrive at Woodley at 7:45a.m. Woodley's warm-ups will be at 8:00a.m. In other words, swimmers must be ready to get into the pool at 8:00a.m. We will have exactly 20 minutes for warm-ups. The meet will begin at 9:00a.m.

### **Car Wash Sunday, June 21 Is Postponed**

The swim and dive teams' car wash scheduled for this Sunday, June 21, from 9am-Noon has been postponed to a date to be announced later.

### **B Meet vs. Holmes Run Acres at Holmes Run June 22**

Everyone can participate in this meet swimming a maximum of 2 events and I.M. (unless they placed first, second, or third in one of those events at the previous Saturday's "A" meet). Coaches will fill out the "B" meet time cards at Monday's practice. Any swimmers participating in the I.M. Carnival on July 1, should sign up for I.M. at this meet. Warm-ups will be at 5:20 p.m. Instructions and officials assignments will be coming soon to a location near you (your mailbox).

### **York Racing and Sprint Clinic Friday, June 26**

All members of the swim team are asked to make a special effort to attend practice on **Friday, June 26, 8-9a.m. for 11 and older, 9-10a.m. for 10 and under**. In place of the regular practice, there will be a racing and sprint clinic conducted by the York Swim Club coaches. *This does not affect the Dive Team practice schedule.*

### **Swim and Dive Team Pictures Monday, June 29**

Swim and Dive Team pictures will be taken on Monday, June 29 at **7:45 a.m.** (team pictures are taken first) by Splendid Portraits. All members of the swim and dive teams (including coaches) **need to be at the pool at 7:30 a.m.** wearing their team suits and t-shirts. Order forms for team, individual, or family pictures will be placed in your mailbox the week before.

### **FISH Stroke Clinic June 29**

All members of the swim team are asked to make a special effort to attend practice on **Monday, June 29, 9-10a.m. for 11 and older, 10-11a.m. for 10 and under**. In place of the regular practice, there will be a stroke clinic conducted by the FISH Swim Club coaches. *This may affect the Dive Team practice schedule.*

### **Todd Potts I.M. Carnival July 1 at Forest Hollow Pool**

The Todd Potts I.M. Carnival will be held Wednesday, July 1 at Forest Hollow Pool. The I.M. Carnival is an invitational meet in which swimmers only swim one event – the Individual Medley or I.M. This is a 100m race consisting of one lap each in the following order: butterfly, backstroke, breast, and free. The coaches will recommend and sign up the swimmers that should participate. *Those who are participating must swim the I.M. event at the Monday night "B" meet on June 22 at Holmes Run to obtain a seed entry time.*

### **Upcoming Dates**

June 16: Dive Judges Clinic at Fairfax 6:30p.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, Warm-ups 8 a.m.

June 21: **Hot Dog Dinner** –Matheson and Wheeler **Sunday Sundaes** – Hendrick and Sturges

June 22: Swim Team B Meet vs. Holmes Run at Holmes Run, Warm-ups 5:20p.m.

June 25: Swim/Dive Team Tie Dye Day 11a.m.

June 26: York Racing and Sprint Clinic in place of regular practice

June 27: Swim Team A Meet vs. Parklawn at Parklawn, Warm-ups 8:20a.m.