

# Smoke Signals

Newsletter of the 2009 Woodley Swim Team, June 30, 2009 No. 6

## Oh...So Close!

Woodley at Parklawn was one of the most exciting meets we have had in a long time. The final score was so close, with Parklawn edging Woodley out 207 – 195, only a 12 point difference. The lead seesawed between the two teams throughout freestyle but Woodley maintained a slight lead throughout the backstroke and breaststroke events. Going into the butterfly events, the score was Parklawn - 121 and Woodley – 140. During the butterfly, the lead once again swung between the two teams. Entering into the relays, the score was Parklawn – 167 and Woodley – 166. Despite our best efforts, Parklawn slightly beat us out.

Many of our swimmers displayed the true bravery of a warrior. Due to the flu virus and a skateboarding accident, we had several swimmers that were on the meet sheet, couldn't swim, and were definitely missed. Luckily, in many of the events, there were people, yes, real, physical people, that we could substitute in for these missing swimmers. These substitutes did not complain for one second and met the challenge face-on. Substituting into individual events were Madeline Harbin and Gelsey Ledezma. Substituting into the relays were Juliana Iglesias, Cora Pototsky, Christopher Pardo (who at age 10, swam as a 13-14 boy), and Tessa Iglesias.

Also showing bravery, were those swimmers who raced as a lone Woodley Warrior against all Parklawn competitors. In these instances, we jokingly tell the swimmers “no pressure” but I know that these three individuals are so competitive; they put the pressure on themselves. Congratulations to James Sturges who placed first in 13-14 backstroke beating out three Parklawn boys and second by only .01 of a second in breaststroke in which he was again, the only Warrior swimmer. Congratulations to Sam Palencia who placed second in 13-14 butterfly against two Parklawn swimmers as well as Marisa Sims who placed second in 13-14 butterfly competing against three Parklawn girls.

Speaking of close races, did you notice how many came down to the timers? There were 10 individual races in which the differences between either first and second or second and third were less than .5 seconds. There were many more that were separated by .5 to 1 second. It was noted that several of our swimmers executed that final touch in the same manner that they were taught at the York racing clinic on Friday by lunging their body forwards in a slightly sideways position with arms and fingers extended. Indeed, these close races made it impossible for anyone to predict the final outcome.

Woodley had five sweeps at the meet. Our 8 and under girls, emulated the 15-18 girls by sweeping two events – Nejev Polo, Madison Banks, and Sarah Haynes in 25m Backstroke and Samantha Banks, Kate Burgess, and Magdalena Iglesias in 25m Breaststroke. The 15-18 girls once again dominated their age group obtaining sweeps in three events. Our speedsters in 50m Freestyle were Catherine Prahm, Caroline Hendrick, and Katie Flach, in 50m Breaststroke – Elena Marsilii, Caroline Hendrick, and Erin Wald, and in 50m Butterfly – Elena Marsilii, Emily Sturges, and Helen Landon.

For the second A meet in a row, both our boys and girls in the 8 and Under age group, swam breaststroke without anyone disqualifying. This is definitely a tremendous feat as breaststroke has the most rules of all four strokes and many swimmers have trouble when first learning it.

Saturday's meet was probably one of the best meets for Woodley swimmers as individuals. Lacking the room to identify by name all of those swimmers who had personal bests in their individual events this season, I will simply supply the statistic – of all the events we swam, there were 58 personal best times achieved by Woodley at the Parklawn meet!

There was tremendous support from the Warrior parents. Thank you to all of you who turned out, worked the meet as assigned volunteers and for those of you not working, cheering on our swimmers. There was an excitement in the air that could be felt and a great deal of smiles to go around. A special thank you goes out to one of our families who has attended our Saturday “A” meets even though their son has not yet swum in one. Thank you to the Schmidt family for supporting and being such a part of this team and for putting up with my very limited sign language!

The next meet on July 4, will be at home against the undefeated team of Cottontail. This will be a tough meet for the Warriors as we have several families that will be out of town. Let's work hard this week at practice and continue to step up our performance. This team, at its full capacity, has a depth that we haven't had in quite a long time. One of these weeks, it is my hope that we can have everyone in attendance to see just exactly what we are capable of.

## **How Is A Dual Meet Scored?**

There are 50 events in a Saturday A Meet – 38 individual and 12 relays. In the individual events, each team is given three lanes for swimmers. Points are awarded to the top three in each event with first receiving 5 points, second receiving 3 points, and third receiving 1 point. Both teams enter one relay each with the first place relay receiving 5 points and the second place relay receiving 0 points. This means that if we had won one more relay in last Saturday's meet, it would have been a final score with only two points difference as we would have added 5 points and Parklawn would have subtracted 5 points.

## **Why does it always storm during the Divisional Relay Carnival?**

The Divisional Relay Carnival is a “special” meet held on Wednesday, July 8 at Springfield Pool. Each of the six teams within our division selects their fastest swimmers for relays and swimmers must swim in their own age group, no swimming up. There are two relays in each age group – freestyle and a medley relay (composed of all four strokes except for the under 8's who have a modified medley relay). Dependent upon their finishing place, points are awarded to that swim team. *This relay meet has to be completed on this night as the results directly tie into the seeding for the NVSL All Star Relay Meet held the week after.* If it storms, the swimmers wait the storm out. For many years, this meet has encountered a storm tempting parents to leave, and then finished after dark. Swimmers, it is very important that if you are selected to be on a relay team, that you stay until that relay race has been swum. It is very disappointing if one swimmer leaves early and the other three swimmers are unable to race. Please let the coaches and myself know if you are NOT available to participate in this meet as selections will be made by this coming Tuesday, July 7.

## **Monday's B Meet at Burke Station**

Once again we had a decent turnout at Monday's B Meet at Burke Station. There were several swimmers that significantly improved their times and created a large shift in the top times ladder. These fast recorded times will definitely be altering the A meet selections and develops a healthy competition within our team. Results from the past few meets as well as an updated time ladder will soon be made available through email. Meet results are also posted on the bulletin board once they have been photocopied. Time ladders are not always posted on the board as some swimmers do not want to compare themselves to the rest of the team, but it is very exciting to see how much everyone is improving.

## **People Behind the Scenes Who Make Things Happen**

A successful swim season requires a great deal of effort from many people that are not always in the spotlight for example, did you know that several swimmers take turns helping Coach Clare put the lane lines in everyday at 7:20a.m. and remove them at 11:00a.m.? Did you know that Mary van Wijngaarden took all of the lost and found clothes, towels, etc. home last week, washed, dried, folded, and returned them? Did you hear that at the June 20 A home meet, the Palencia family won the 50/50 drawing and donated all of the money back to the swim team? Did you know that Kara and Josh Sims have taken turns sitting at the computer printing blank B meet time cards and Wes Wheeler and Lois Cascella have helped separate them as they are printed 6 per sheet? Did you know that Julia Hendrick filed the B meet ribbons last week when I had the flu and lacked the energy? Did you know that Jill Sturges continues to purchase our food supplies for concessions and hot dog dinners besides making delicious chicken soup? Did you know that Amy Pototsky has been managing Sunday Sundaes, t-shirt and sweatshirt orders, and the pizza party we had? Did you know that Ron Massaro has created new parking signs for the visiting team officials? Did you know that Mike Hayden is the tent man – setting up, moving, and taking down our man-made shade? Did you know that Erin Dubas created a “Baby Pool Is Closed During the Swim Meet” sign? As you can see, there is much more to swim team than the officials' list. I wanted to point out how much each and every person is needed and how lucky we are to have so many willing hands whether it be the assigned positions or the behind the scenes work. At every NVSL or division meeting I have attended this season, I am asked, “Are you the only swim rep doing it all?” My reply has been, “No, I have 51 families with at least 80 parents helping me. We're all doing it together.

## **Upcoming Dates**

July 1: IM Carnival at Forest Hollow, Woodley Warm-ups 5:20p.m.

July 3: Woodley Setup 7:30p.m.

July 4: Swim Team A Meet vs. Cottontail at Woodley, Woodley Warm-ups 8:00a.m.

July 6: Swim Team B Meet vs. Camelot at Woodley, Woodley Setup 4:00p.m., Warm-ups 5:00p.m.

July 8: Swim Team Divisional Relay Carnival at Springfield, 4:00p.m.