

# Smoke Signals

## Newsletter of the 2009 Woodley Swim Team, July 14, 2009 No. 8

### Goals Accomplished At Division 15 Relay Carnival

A special thank you to several young swimmers who aided us in achieving our main goal – to fill every one of the 22 events with a relay composed of four swimmers. This meet is the most challenging of all in that regard. An event can not be swum unless there are four swimmers in that age group – no substitutions outside of the age group are allowed. Luckily, with only a few hours notice, George Lewis, Jenna Chichester, Sarah Haynes, Jane Chichester, and Ella Kline made themselves available as substitutes. With less than 30 minutes notice, Vincent Hayden arrived on the scene as a substitute and lastly, completing our roster of events, Kate Burgess was met in the parking lot only a few minutes prior to the meet start and calmly stated, “Yes, I will swim, here’s my towel and shirt, where do I go?” These kids displayed a remarkable sense of calm and should give lessons to their swim representative!

Another goal Woodley was hoping to achieve at the relay carnival was never voiced out loud. Remarkably, we swam all 22 events without a single disqualification (DQ). We were the only team besides Brandywine to accomplish this feat. Congratulations to all of our coaches who have been working with the kids, demonstrating legal strokes and especially to Head Coach Clare who diligently paces back and forth while the kids practice under her watchful eye.

Congratulations also goes out to our 15-18 ladies’ relay team consisting of Catherine Prahm, Caroline Hendrick, Katie Flach, and Elena Marsilii for not only winning both relays – the medley by an impressive 8 seconds and the free by almost 6 seconds, but also for breaking team records in both events. It will be a few weeks before the records board is updated as we are currently out of stock in the plastic letters and numbers department. Trivia Question: How many A, E, I, M, R, and S’s are there on the record board?

### Woodley’s Additional Talents

At the Division 15 relay carnival planning meeting, everyone present requested that Woodley ask their talented young man if he would sing the National Anthem at the meet. Congratulations to Evan Massaro for accepting their request and delivering a well sung anthem. Likewise, we should thank Julia Hendrick, Madeline Palencia, and the other singers who have continually displayed their talents either in singing or playing the national anthem.

### Woodley Triumphs Over Springfield 246 – 155

Despite several strong challenges from the Springfield team, Woodley persevered and won their first meet this past Saturday. There were an impressive 41 personal best times in the individual events and **39 different swimmers** obtained points making the win a true team effort. Detailed results are posted on the bulletin board.

### B Meet at Parliament Brings Back Memories

Just the other day, the Sims’s kids were watching old home movies taken at swim meets six years ago. Watching them reminded me of our first B meets when they could barely swim and how excited Ken and I were when they made it all the way across their first time. Sitting among the parents at Monday night’s B meet had a similar affect. Even though the younger kids are no longer mine, it is still very exciting to watch them swim and I love seeing and hearing how proud their parents are. Thank you for reminding me.

### People Behind the Scenes Who Make Things Happen

Every Friday morning, there have been some terrific volunteers who not only purchase the breakfast items but also server our swimmers and divers at the end of each practice session. Please thank Melisa Banks, Lois Cascella, Alex Iglesias, Michelle Kline, Susan Hunt, Deirdre Prahm, Mitzi Hendrick, Catherine Dubas, Julie Hayden, and Mike Matheson for their efforts in feeding our children.

Yet another big job on the swim team that often goes unnoticed, is the pre-meet set up held on Friday evenings at approximately 7:30 p.m. when our Saturday A meet is at home or on Mondays, at 4 p.m. when our B meets are at home. Unfortunately, Woodley’s lounge chairs, tables, and benches do not have legs of their own and magically move, transforming the pool into meet readiness. Instead, we have been lucky to have several families show up and help get this accomplished such as John and Deirdre Prahm, Mary and Wes Wheeler, Roxana and Reddy Ledezma, Demetrio Pardo, Gretchen Maxwell, the Giroux family, and many others. The largest meet that we will host this season is the mini-meet to be held this Sunday, July 19. Approximately 200 swimmers, ages 10 and younger, will be competing. Please contact and make yourselves available to Janet Mansfield and Deb Haynes when it comes time to set up. It is a very good way to get your weight lifting in without going to the gym.

### Movie Day Successful Because of the Kline’s and Marsilii’s

Since the Merrifield Cineplex closed down, movie day was done a bit differently this year. The Kline family hosted the younger swimmers at their house, watched the movie, Hero (at least I think that was it’s name), and ate snacks. It was unbelievably quiet at their house during the

movie and the kids were checked to see if they were sleeping! The Marsilii family hosted the older swimmers and watched the movie, Pride. They too enjoyed drinks and snacks and some actually did fall asleep!

### **Woodley Winter Swim**

Even though it seems too hot to be thinking about winter swim, it's really not. Planning for this year's Woodley winter swim program began last month when a contract was submitted to Providence Recreation Center. The winter program will begin in September and run through the summer swim team registration picnic held the third weekend in May 2010. Practices will be held each Sunday evening for one hour and the exact time will be confirmed before long. The cost will be based upon the number of swimmers enrolled but is usually no more than \$130 per swimmer. Compare this to the \$65 cost of an 8-week class at the recreation center and you will realize what a good deal it is, plus you will be practicing with your Woodley teammates. This program is ideal for swimmers that need additional stroke instruction. More information will be provided in the near future.

### **Mystery Swimmers – How Well Do You Know The Roster?**

Given the clues below, try to identify each swimmer.

1. These two swimmers began training just this past February and at that time, did not know there were four strokes in swimming. Now they are swimming all four very well.
2. These two male swimmers both participated for five years in the 8 and under age group.
3. This swimmer is attending Old Dominion University in the fall.
4. This swimmer has placed in the top three in backstroke at every A meet this season and this is her first year on the team.
5. Believe it or not, this swimmer's number one sport is basketball.
6. These two swimmers are the third generation in their family to be heavily involved with the Woodley swim team.
7. This swimmer is the youngest member of the team this year.
8. This swimmer can't decide between gymnastics and swimming.
9. This swimmer is also a diver and has placed twice in the top three for dive team, placed several times in the top three for swimming, and is a first year member of both teams.
10. Name the three sets of twins that are members of the swim team.
11. This swimmer competes at a high level in wrestling.
12. This swimmer considers soccer their number one sport.
13. These two swimmers competed in Texas prior to competing in Virginia.
14. Name these six siblings on the swim team in alphabetical order, not age order.
15. These four swimmers had mothers who were on swim teams.
16. This swimmer is bilingual in English and French.
17. This swimmer is attending Longwood University in the fall.
18. This swimmer once won the "Most Improved Award".
19. This swimmer has a hairline fracture in her foot.
20. This swimmer is very good with a bow and arrow.
21. These two male swimmers learned how to swim in the Nadar Por Vida program.
22. These swimmers are heavily involved with boy scouts.
23. This swimmer has three older siblings who have all coached either for the Woodley swim or dive teams.
24. This swimmer is attending the University of South Carolina in the fall.
25. This swimmer was young enough to join the swim team this season even though they have completed one year of college.

### **Upcoming Dates**

- July 16: Swim and Dive Team Putt Putt Day, More Information Forthcoming
- July 18: Swim Team A Meet vs. Stratford at Stratford, Woodley Warm-ups 8:20a.m.
- July 18: Mini Meet Setup 8:00p.m.
- July 19: Woodley Invitational Mini Meet, Woodley Warm-ups 8:00a.m.
- July 20: Woodley Setup 4:00p.m.
- July 20: Swim Team B Meet vs. Lake Braddock at Woodley, Woodley Warm-ups 5:20p.m.
- July 21: Woodley Setup 4:00p.m.
- July 21: Woodley Dive Meet at Woodley, Meet Begins 6:00p.m.
- July 23: Swim and Dive Team, 13 and Older Progressive Dinner, More Information Soon
- July 25: Swim Team Divisionals Meet, Division 15 at Cottontail 8:00a.m.
- July 26: Swim and Dive Teams' End of Season Party