

# Smoke Signals

## Newsletter of the Woodley Swim Team, May 2010 No. 1

### **Swim and Dive Team Registration/Potluck on Sunday, May 23, 4-6pm**

Woodley's Swim and Dive Team registration/potluck party will take place on Sunday, May 23, from 4-6 p.m. The teams will provide hot dogs, lemonade, water, and paper goods. Those with last names beginning A-N please bring a side dish and those with last names from O-Z, please bring a dessert. We are asking that each family donate *one case of bottled water and one pack of Gatorade* for our concession stand.

At this time, families can turn in their completed registration paperwork, emergency medical form, purchase team swim suits, and receive a complete schedule, swim and dive team handbook, and other pertinent information. If you are unavailable, please complete the enclosed form and mail it with your payment to Janet Sims, 3221 Kenney Drive, Falls Church, VA 22042. Registration costs will be the same as last year, \$75 per child to join either the swim or dive team, or \$100 per child to join both with a "price cap" of \$275 per family allowing larger families to participate in one or both teams without breaking the bank. See the registration forms for more details. Registration fees help pay for coaches' salaries, team t-shirts, swim caps, trophies, ribbons, league registration fees, and insurance.

### **Woodley Drops To Division 16**

Each year, the NVSL analyzes and reorganizes over 100 swim teams into divisions dependent upon a number of factors such as their previous season record, team size, swimmer statistics, etc. At the annual NVSL seeding meeting in February, the division placement is revealed. We have dropped one division this year placing us in Division 16 with Annandale, Hollin Hills, North Springfield, Springfield, and Stratford. A schedule was then created and we will swim against each of these teams in a Saturday "A" meet – three of which will be home meets. The Division Relay Carnival will be held at Springfield and Divisionals will be held at Stratford.

### **B League Teams Stay the Same**

The Monday night "B" meets are scheduled separately within a small group of swim teams, known as the B League. These teams do not have to be within the same division. As tradition precedes us, Woodley will once again join Burke Station, Camelot, Holmes Run, Lake Braddock, and Parliament in this B League. A schedule has been created and we will swim against each of these teams in a Monday night "B" meet – two of which will be at home.

### **New Swim Representative**

I am very excited to announce that Robin Tingley has already begun learning the swim rep job. After meeting with me to discuss the hiring of coaches, she received her first major "dunking" at the February seed meeting. The swim reps must attend this meeting as it is how our division and schedule is determined as previously discussed. It is also where the team receives the order forms for supplies such as ribbons, time cards, DQ slips, and even more vital, the bill for NVSL membership and insurance. These are all considered pre-season tasks and costs that must be completed before the April 1 deadline.

### **Coaching Staff - Swim**

We are pleased to announce that Catherine Prahm has accepted the position as head coach and Katie Flach as our assistant coach.

Catherine is just completing her freshman year at Longwood University where she is majoring in Exercise Science with a minor in Coaching. She swam for the Longwood Club Team and was a member of the

O'Connell High School Swim Team for four years as well as a member of the crew team. Catherine has been a lead winter coach for Woodley in past years. Catherine has been a swimmer on the Woodley team for many years and also swam for FISH and York Swim Clubs, both USS swim teams in Northern Virginia. She is a certified lifeguard and has worked at Woodley Pool, Lake Barcroft, and Providence Recreation Center.

Katie Flach is beginning her first year as our summer swim team's assistant coach but is not new to coaching. She has been instrumental in keeping our youngest swim team members in the pool and practicing during this year's winter program and has been a substitute coach for the Woodley dive team. Katie is just completing her junior year at O'Connell High School, has been a member of the Woodley Swim Team for many years and is a certified lifeguard.

### **Coaching Staff – Dive**

Sean McKinney will be returning as our head dive coach for the 2010 season. Sean is a 2010 graduate of Annandale High School. He was also the assistant coach for the North Springfield Swim Club from 2005-2008 as well as the Assistant Coach for Wakefield Chapel Swim Club in 2008. Sean has been diving in the NVSL since he was 6 years old. He was the NVSL All Star Champion in 2003, 2004 & 2006. He has been a member of the Patriot District Dive Club since 2000 where he has won numerous Awards including being a National Finalist in 2009, a Junior National Finalist in 2005, 2006, 2008 & 2009 and the AAU National Champion in 2006. He has experience in teaching basic diving skills to young divers as well as teaching more advanced skills to more experienced divers. Sean plans for Woodley are to continue to inspire and motivate children of all ages to HAVE FUN diving in a safe and fun environment.

Emily Sturges is our assistant coach for the 2010 season. Emily has just completed her junior year at Falls Church High School. She has been a member of the Falls Church Dive team for three years. She has been a member of the Woodley dive team since 2003. She has participated in Divisionals and All Stars for many of those years. This is also Emily's third year as a lifeguard for Woodley Pool. Emily did a great job last year with our Dive Team and this year we are excited to have her back as a part of our coaching staff.

### **New Team Suits**

For the 2010 swim and dive season, Speedo's Digital Evolution in blue, an endurance suit, has been chosen for the females (\$49.75) and the matching spliced jammer for the males (\$35.25). The suits will be available for purchase at the May 23 registration and can also 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.

### **Volunteers Needed To Attend Training**

In order to run organized and successful swim and dive meets, the NVSL requires and trains many volunteer officials. The Woodley Swim and Dive teams need new people to attend this training and to become swim/dive officials. Why? Our largest age group last year was the 15-18 year olds and many of them are the youngest siblings. Unfortunately, aging out is a natural progression and many volunteers leave when their youngest child graduates. Within the next four years, we will be losing our referee, some stroke and turn judges, chief timer, 4 chief table workers, dive judges, dive announcer, and the list goes on. Some of these positions such as stroke and turn judge, starter, and referee require a season in the "B" meets prior to working the "A" meets. This means there must be some overlap. The future of the teams is dependent on a few people each year being trained. Please check the training schedule on the next page and attend the area that would suit you the best.

### **Woodley's Volunteer Swim and Dive Team Reps**

Janet Sims, 703-207-3098, [simshouse@cox.net](mailto:simshouse@cox.net)

Robin Tingley, [arktingley@msn.com](mailto:arktingley@msn.com)

Teri Flach, 703-941-1153, [tpfva@verizon.net](mailto:tpfva@verizon.net)

## NVSL Training Schedule

- New Referee:** **Thursday, June 3, 7pm**  
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, June 5, 8am**  
NVSL University at Falls Church High School, Jaguar Trail,  
Falls Church  
**Sunday, June 20, 9:30am**  
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, June 5, 8am**  
NVSL University at Falls Church High School  
**Sunday, June 20, 9:30am**  
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 12, 8am**  
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church  
**Sunday, June 20, 9:30am**  
Sleepy Hollow Recreation Pool (SHR), 538 Sleepy Hollow Road, Falls Church  
**Wednesday, June 23, 7pm**  
Sleepy Hollow Recreation Pool (SHR)
- Announcer or Head Timer:** **Saturday, June 5, 11am**  
NVSL University at Falls Church High School  
**Saturday, June 12, 8am**  
Annandale Pool, 7600 Little River Turnpike, Annandale
- Clerk of Course or Table Worker:** **Saturday, June 5, 9am**  
NVSL University at Falls Church High School  
**Saturday, June 12, 8am**  
Annandale Pool (A), 7530 Little River Turnpike
- Food Handler Workshop:** **Saturday, June 5, 10am**  
(Must pre-register; Cost \$25 , Swim/Dive will reimburse; Contact Janet Sims  
or Robin Tingley for registration form)  
NVSL University at Falls Church High School
- Dive Judges/Tables Clinic:** **Sunday, June 18, 9:30am**  
Woodley Pool (W), 7421 Camp Alger Avenue, Falls Church
- Dive Referees Clinic:** **Tuesday, June 15, 6:30pm**  
Mantua Pool (M), 9330 Pentland Place, Fairfax  
**Thursday, June 24, 6:30pm**  
Highlands Swim (HS), 1515 Bryan Branch Road, McLean
- Dive Judges Clinic:** **Tuesday, June 22, 6:30pm**  
Oakton Pool (OAK), 11417 Flemish Mill Court, Oakton  
**Wednesday, June 30, 6:30pm**  
Old Keene Mill (OKM), 9534 Orion Court, Burke