

# Smoke Signals

## Newsletter of the Woodley Swim Team, June 8, 2010 No. 2

### The 2010 Swim Roster

There are currently 92 registered swimmers from more than 50 families making this one of the largest teams Woodley has seen in several years. Of these 92 swimmers, 23 are new. The groups are as follows:

<u>Age Group</u>	<u>Boys</u>	<u>(New)</u>	<u>Girls</u>	<u>(New)</u>
8 and Under	13	6	16	10
9-10	5	0	13	3
11-12	7	2	10	1
13-14	8	0	4	0
15-18	6	1	10	0
Total	39	8	53	15

### Hot Dog Dinners and Sundaes Sundays

We are still in need of families to sign up on the bulletin board and help with the Sunday evening Hot Dog Dinners (4:30-6:30p.m.) and Sunday Sundaes (6:30-8:30p.m.). All of the supplies needed to prepare the dinners and sundaes are purchased in advance by our volunteer food purchasers Jill Sturges and Amy Pototsky. Families that sign up simply need to prepare and sell these food items. The profits help pay for our coaches and team supplies. The lists are on the bulletin board across from the front desk. If you have not signed up yet, please do so as soon as possible. If you have never done this before, there is usually someone on hand at the pool that can show you what to do.

### Swim Caps, Handbooks, and the Woodley Member Newsletter

If you have completed a swim team registration form and have not received your children's swim caps or a Woodley Swim and Dive Team Handbook/Schedule, please contact me (Janet Sims) and I will get them to you.

### Corrections to Handbook and Calendar

The Sims' family has changed their email and what is listed in the handbook on the second page is incorrect. Our new email is [simbaugh@gmail.com](mailto:simbaugh@gmail.com). Two items were inadvertently left off of the calendar. Please note that Tie Dye Day will be Friday, July 2, at 11a.m. after practice. Please bring your own items to tie dye. Hot dog lunch will be served on that day for \$3 per meal. Also, Thursday, July 22, at 11a.m. after practice, the team will go play Putt Putt. The last calendar change will be the location of the after divisional relay party on July 14. More information regarding these changes will be provided as the dates approach.

### Why does it storm during afternoon swim practice?

The beginning of swim team is always a challenge with final exams, SOL testing, the end of school, graduation, spring sports, and those afternoon thunderstorms not to mention a few chilly, windy days thrown in. We will have swim and dive practices unless there is a heavy downpour or thunder/lightning. You can call the pool at 703-573-9852 to be sure and even then, we are sometimes not sure. Just be patient, it will get better.

### Why are navy blue shorts and white shirts are so popular?

Every parent should own a pair of navy blue shorts and a white shirt. Why? NVSL rules require that all meet officials wear white shirts and blue shorts/pants while they are on deck during a meet. *Every parent will at some time be an official at a swim meet.* While some positions require training, others do not. Timers, table workers, and concessions workers will be assigned at every meet. If you are unable to attend a meet in which you are assigned, please try to find your own substitute.

To assist us in planning, email both Robin and myself (Janet) the swim meets that you or your swimmers *are not* available. Keep in mind, we are trying to track more than 50 family schedules besides our own and there will be the occasional mistake.

### **What are Time Trials?**

Time Trials is the name of the first Saturday morning meet held on June 19 with Holmes Run beginning at 9 a.m. Woodley swimmers will need to be there by 8 a.m. for warm-ups. It is a practice meet designed to give the swimmers a chance to post an official time in each stroke that they can successfully swim. The coaches and swim representatives use this official time as a basis in planning subsequent meets (review your Woodley handbook regarding A and B meets). The coaches will inform the swimmers at practice that week what strokes they should swim.

Time Trials also provides new officials a chance to practice their new positions. New parents will be assigned as timers or concessions workers. Table workers will be limited to the computers as ribbons are not given at Time Trials.

Lastly, since Time Trials are at Woodley, we will need volunteers to help set up the two awnings for clerk of course and timers, as well as move furniture on Friday evening beginning at 7:30 p.m.

### **Swim Team Suits Still Available**

Although not a requirement, if your swimmer still wants a team suit 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 are available for purchase at Sports Fair, 5010 Lee Highway, Arlington, Virginia, 703-524-9500. Simply tell the salesperson that you need a Woodley Pool team suit.

### **Mystery Volunteer and Swimmers**

Volunteer: This person spoke to the managers at Giant and Shopper's, compared prices, obtained a letter from the NVSL President, shopped Saturday at 6:30a.m., sat in a parking lot at 6:45a.m., handled sales until 12:30p.m., and unloaded leftovers at Woodley Pool before going home to rest.

Male Swimmer: This young man swims laps at every opportunity, not just at practice, and has no qualms whatsoever about sharing a lane with adults however, the adults sharing the lane do as he sets a fast pace.

Female Swimmer: This pleasant young lady yells hello from her front door to three dogs every morning at 7a.m. and has a Dad who saves families from Calculus homework disasters.

### **Check the Upcoming Dates**

June 12: Stroke and Turn Judge Clinic at Lee Graham 8a.m.

June 12: Announcer, Head Timer, Clerk of Course, Table Worker Clinic at Annandale 8a.m.

**June 13: Hot Dog Dinners: ? and ?**

**June 13: Sunday Sundaes: Drucker and Gianopoulos**

June 13: Dive Judges Clinic at Woodley 9:30a.m.

June 15: New Swim Referee Clinic at Lee Graham 7p.m.

June 15: Dive Referee Clinic at Mantua 6:30p.m.

June 18: Woodley Setup for Time Trials 7:30p.m.

June 19: Time Trials with Holmes Run at Woodley 8 a.m. (officials/coaches 7:30 a.m.)

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

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