

Smoke Signals

Newsletter of the Woodley Swim Team, June 14, 2010 No. 3

Time Trials Saturday, June 19

Time Trials are rapidly approaching and will be held this Saturday, June 19. The Time Trials meet is a practice meet in which all of our swimmers race in every stroke that he/she can swim legally. There is not a kickboard event. Traditionally, we swim Time Trials with Holmes Run Pool at Woodley (Holmes Run is a 25 yard pool whereas Woodley is a 25 meter pool) to create as close a setting as possible to an "A" or "B" meet. *Woodley swimmers need to be at the pool in their designated team area at 7:50a.m. Warm-ups begin promptly in the pool at 8a.m. and end at 8:20a.m.* The meet will begin at 9a.m. The coaches will discuss with the swimmers at practice on Friday what strokes they will swim by filling out "B" meet style time cards. Parents of 8 and unders should check with the coaches when they pick their children up from practice. It is this mom's experience that the young swimmers do not always remember what they are swimming.

Officials will be assigned in a separate communication. Time Trials provides new officials a chance to practice. Please arrive on time as instructional briefings are usually held during the last warm-up session.

All swimmers should stay in their team area throughout the meet. Coaches should not have to search for swimmers when it is time to go to the clerk of course for their event. Since the coaches will be handling time cards, getting kids ready to swim, and watching the swimmers in the pool, it is requested that the experienced swimmers help with the new swimmers. Remember the new swimmers will not know what or where clerk of course is – for many of them, this is their first meet. *All parents should avoid visiting the team area during the meet unless an older swimmer or coach seeks you out.* It is this mom's experience that a nervous swimmer upon seeing their parent, might crumple and decide not to swim.

Why do we set the pool up the night before a morning meet?

We set the pool up the night before a morning meet because *very few people are interested in arriving earlier than 7a.m. on a Saturday morning.* Some meet preparations can be done the night before such as setting up the awnings, moving benches to the clerk of course area, moving tables and chairs to create viewing areas, and removing the basketball hoop among other things. Items that can only be done on Saturday morning are setting up the food for concessions, putting in the lane lines, the backstroke flags, inserting the lane line blocks, setting up the computer area, setting up the Colorado starting unit, and the microphone.

Therefore, on **Friday, June 18, at 7:30 p.m.**, swim team parents are needed to set the pool up for Time Trials on Saturday morning.

What are Warm-ups?

Warm-ups are done prior to the start of a meet to allow the swimmer to stretch their muscles, wake up, and get ready to race hard. For younger kids, warm-ups introduce them to the team aspect and swimming with all of the age groups. It is the best way to overcome any nervousness that they may be experiencing. Like other aspects of a meet, there are NVSL rules that govern warm-ups. At a morning meet, the home team warm-ups begin at 8:00a.m and end at 8:20a.m. Everyone on the home team must then exit the pool. The visitor team warm-ups begin at 8:20a.m., end at 8:40a.m., and then they must also exit the pool. Swimmers arriving late and missing their designated warm-ups are... as there are no exceptions to this schedule.

Concession Stand Donations

If you have not yet done so, please donate 1 case of water and 1 Gatorade pack to the concessions stand.

At every home meet, please donate baked goods or other snack items for the concessions stand. Items should be bagged or individually wrapped.

The profits made at the concessions stand are vital to the swim and dive team budget. These profits help pay for coaches, supplies (for example, you'd be surprised at how much backstroke flags cost or new wheels for the lane line holders), ribbons, Friday team breakfasts, etc.

Volunteer Dilemma

There are three very dedicated mothers who have volunteered to set up both our A meet and B meet concessions. The problem is that two of them no longer have swimmers on the team and the third has a senior on the team. We are looking for someone to step forward and learn from these women so that they may be relieved of their volunteer positions. If you are interested, please let us know.

Why do coaches sometimes get in the water and sometimes don't?

This very topic has been an ongoing debate in my family's swimming experience. I always liked to see the coaches in the water working one on one with swimmers especially in regards to breathing techniques and the breaststroke kick. What I didn't realize is that if the coaches are in the water, they have less sight distance and are unable to watch multiple swimmers at one time. While working with one swimmer on a breathing technique, they might miss a swimmer in trouble a few yards behind them. My family discovered after joining York Swim Club when the kids were ages 5, 9, and 10 that they could learn stroke techniques through the use of drills while in a practice group with a coach to swimmer ratio of 1:20. The York coach never got into the water.

Therefore, yes, there will be times when the coaches get in the water, ask older teens to get into the water, or someone to demonstrate a particular skill however, most of the time, the practices will involve swimming drills with the coaches watching from outside of the pool.

Mystery Volunteer and Swimmers

Last week's answers: Mary Wheeler, Jason Giroux, Alice Hunt

Volunteer: This person works full time, takes college courses, is constantly inventorying food and related items, and buys more aluminum foil, food gloves, plates, bowls, napkins, plastic silverware, soda, hot dogs, hamburgers, buns, candy and chips than you can imagine for the swim team concessions. Yes, this is an easy one!

Male Swimmer: Once upon a time there was a young swimmer that swam a fast butterfly but just couldn't get that kick. Every stroke and turn judge would catch just a glimpse of a flutter and write a disqualification slip. This young man practiced every single day (yes Patrick and Brendan, every day), asked questions about his kick, and working with the coaches and drills, is now one of our strongest in the butterfly event.

Female Swimmer: This swimmer is very competitive in the pool and on the field. Throughout this past year, she was on three swim teams, two soccer teams, and played field hockey. This was the swimmer referenced above in the Time Trials discussion. I know this one is easy too!

Upcoming Dates

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.)

June 20: Swim Referee, Starter, New Starter at Mantua 9:30a.m.

June 20: Stroke and Turn Judge Clinic at Sleepy Hollow Rec 9:30a.m.

June 22: Dive Judges Clinic at Oakton 6:30p.m.

June 23: Stroke and Turn Clinic at Sleepy Hollow Rec 7p.m.

June 24: Dive Referee Clinic at Highlands Swim 6:30p.m.

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