

# Smoke Signals

Newsletter of the Woodley Swim Team, June 29, 2010 No. 5

## Woodley Outscores North Springfield 258 - 133

Woodley's increased team size enabled us for the first time in years, to fill every lane in an A Meet with 72 swimmers competing against North Springfield's 36 swimmers. This plus some great swims, allowed Woodley to open this season with a strong win.

A special thank you goes out to Emma Bills, age 8, who literally rolled out of bed after receiving a telephone call begging her to fill in for a missing swimmer. She arrived at the pool just in time to report to clerk of course and finished third in both freestyle and backstroke providing the team with additional points.

Likewise, a special thank you goes out to all of those swimmers who bravely swam up in a different age group. Jenna Chichester, Madelyn Palencia, George Lewis, Lillian Bills, Sam Palencia, and Julianna Iglesias all raced against swimmers older than themselves and were so competitive, it was hard to tell that they were at least two years younger than their counterparts.

Then there were the sweeps. A sweep occurs when the three Woodley swimmers entered in an event place first, second, and third, obtaining all 9 points awarded for that event. A McFlurry sweep occurs when Woodley swimmers obtain all 9 points and there were opponents entered in the same event. These sweepers earned a McFlurry from the coaches at Monday's practice and they were Jake Wald, Matt Bednar, Anthony Suarez, Aaron Tingley, John Cascella, Jason Giroux, Daniel Schmidt, Helen van Wijngaarden, Lyda Suarez, and Gelsey Ledezma. Congratulations!

## B Meet vs. Lake Braddock at Lake Braddock Run June 28

Everyone seemed to enjoy our first B Meet even though it lasted until well after dark. It was exciting to see some of Woodley's youngest swimmers for example, Alena Suziedelis and Faith Weiss, race across the pool by themselves in freestyle and backstroke when just two weeks ago, they couldn't do this. Lake Braddock was very surprised by how much our team has grown and they were very patient as we had several swimmers obtaining IM times for next week's IM carnival.

## Todd Potts I.M. Carnival July 7 at Forest Hollow Pool, Woodley Entries Needed by Thursday, July 1

The Todd Potts I.M. Carnival will be held Wednesday, July 7 at Forest Hollow Pool. The I.M. Carnival is an invitational meet in which swimmers only swim one event – the Individual Medley or I.M. This is a 100m race consisting of one lap each in the following order: butterfly, backstroke, breast, and free. The coaches will recommend and sign up the swimmers that should participate. If you can swim a legal IM, the coaches will ask if you can participate in this meet. **Entries are due by Friday, July 2 to ensure everyone that wants a lane, gets a lane. Please let the coaches know if you can't participate as there is an entry fee per swimmer paid for by the Woodley Team. Deck entries are not guaranteed and are more expensive.**

## York Racing and Sprint Clinic Friday, July 2

All members of the swim team are asked to make a special effort to attend practice on **Friday, July 2, 8-9a.m. for 11 and older, 9-10a.m. for 10 and under.** In place of the regular practice, there will be a racing and sprint clinic conducted by the York Swim Club coaches. *This does not affect the Dive Team practice schedule.*

## Do you hate matching socks? Bring white socks to Tie Dye Day!

Eliminate the need to match socks by bringing a bag of white ones to Tie Dye Day! Or bring a t-shirt, towel, or whatever else you would like to color. Tie Dye Day will be held after practice this Friday, July 2. Questions may be directed to Peggy Marsili.

## A Few Slots Left For Hot Dog Dinner and Sundae Sundays Volunteers

There are still a few slots left that need volunteers to run hot dog dinners or Sunday sundaes. There are 57 families between the swim team and dive team. This means that there are 57 families that could fill a slot. No one should have to do hot dog dinners twice or Sundae Sundays twice and at this point, there are two families that already have. This money helps pay our expenses. If these slots are not filled, we will resort to assigning names. Please check the bulletin board and sign up if you have not already done so.

## FISH Stroke Clinic Tuesday, July 6

All members of the swim team are asked to make a special effort to attend practice on **Tuesday, July 6, 9-10a.m. for 11 and older, 10-11a.m. for 10 and under**. In place of the regular practice, there will be a stroke clinic conducted by the FISH Swim Club coaches. *This may affect the Dive Team practice schedule.*

## Mark Your Calendars Now - Woodley Annual Mini Meet Sunday, July 25th

All Woodley families, please mark your calendars now for the Annual Woodley Invitational Mini Meet. This is a special meet we run each year, with six local pools, for our 10 and under swimmers only. This meet is a fundraiser for Woodley Pool - all proceeds, including concessions, go to the pool. We need many, many volunteers for this event. Right now we are looking for a volunteer to solicit advertising for our program - we need a parent who is willing to ask some local businesses to run an ad or be a sponsor for our meet. Any money we can raise to cover program and award costs would be helpful. Please see Deb Haynes, Janet Mansfield, or Mike Hayden if you can help with this task.

## Mystery Volunteer and Swimmers

Last week's answers: Ann Wald, Matthew Matheson, Gelsey Ledezma

Volunteer: This person is learning to speak Portuguese, lined up all of our swimmers in height order for picture day, sang the National Anthem, and has trained as our announcer (that should give it away).

Male Swimmer: This swimmer is legal in all four strokes and knows sign language just as well as English.

Female Swimmer: This swimmer wears a colorful headdress, comes to practice every day with a cheery disposition, and cheers on her teammates even when she is not swimming.

## Upcoming Dates

July 2: York Racing and Sprint Clinic in place of regular practice

July 2: Team Breakfast: Haynes, Phelps, Iglesias (Serve 9a.m older kids and 10a.m.younger kids)

July 2: Swim/Dive Team Tie Dye Day 11a.m., Bring your own items to dye, Hot Dog Lunch Served (\$3)

July 3: Swim Team A Meet vs. Annandale at Annandale, Warm-ups 8:20a.m., Leave Woodley at 7:45a.m.

July 4: **Hot Dog Lunch (Noon):** Hunt and Sims **Sundae Sundaes (2p.m.):** Hunt and Sims

July 5: Swim Team B Meet vs. Holmes Run Acres at Holmes Run Acres, Warm-ups 5:20p.m., Leave Woodley at 4:55p.m.

July 6: FISH Stroke Clinic and IM instruction in place of regular practice

July 7: Todd Potts IM Carnival at Forest Hollow, Woodley Warm-ups 4:50p.m., Leave Woodley at 4:10p.m.

July 10: Swim Team A Meet vs. Hollin Hills at Hollin Hills, Warm-ups 8:20a.m. Leave Woodley 7:15a.m.

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