

# Smoke Signals

## Newsletter of the Woodley Swim Team, July 6, 2010 No. 6

### A Close and Competitive Meet – Woodley 188, Annandale 204

It is human nature to play the “If Only” game in sports as well as other situations. In this year’s World Cup Soccer, it has been played by millions as each goal and the referee calls are over analyzed by the media and fans. It has been my experience that historically, this has not changed. In the early 1990’s, if only the Buffalo Bills had made that last winning field goal in their first Super Bowl, it might have changed their performance in subsequent Super Bowls.

Swimming is no different. I found myself running through several “if only” scenarios regarding Saturday’s A meet against Annandale. The bottom line is that the meet could have gone either way. Although there was a 16 point difference in the final score, in reality, it was only an 8 point difference because if we had obtained 8 more points, Annandale would have had 8 less. This is the type of meet that shows that each individual swimmer’s efforts can change the whole team’s outcome.

After spending more than six hours with the computer, out of town swimmers’ list, both Annandale’s and our time ladders, and our knowledge of each individual’s abilities, your coaches and swim reps put together the best meet sheet possible. Statistically, after the Thursday night exchange, we should have lost the meet by more than 16 points as Annandale is a very good team. However, the swimmers entered into this meet displayed a strong desire to obtain personal goals and by doing so, achieved an outcome that surprised everyone involved. It showed that Woodley has a depth to its team that has not existed in a very long time.

There were several situations that stood out in particular. Annandale’s missing time cards early on in the meet caused a time delay in our favor as it allowed Destiny who had just left her house, to arrive in time for her event which was actually lined up and ready to start. Matt Bednar, after canceling his vacation plans just before the exchange on Thursday night, not only enabled us to fill what would have been No Swimmer lanes but also earned points for the team. Meaghan Wheeler ignored her swimmers’ ear and placed first in her events. Joshua Sims with a slower seed time than Annandale, produced a great upset just beating out Annandale for first place. Joey Kammerer anxious to make it to his baseball game on time, swam a personal best in backstroke while his teammate, Jonathan Burgess also had a personal best by four seconds in the same event allowing them to finish first and second. Even though we know that backstroke is Nicole Drucker’s least favorite stroke, we entered her into this event for a very specific reason and not only did she have a personal best, she and Anna Flach finished first and second yanking points from Annandale. Eighteen seconds faster in a 50? Is that possible? Kate Burgess proved that it was with a personal best by more than eighteen seconds in 50m breaststroke giving her a third place finish. Besides that, she obtained her first legal butterfly giving her a second place finish in that event. Practice and perseverance is Kate’s philosophy and it has paid off! Likewise, Christopher Pardo placed second in butterfly beating his personal best by more than five seconds.

We had many other point winning swims that enabled us to go into the relays with a score of Woodley 168 and Annandale 169. The relays provided both teams with emotional up and down swings. Bobby Dubas had an incredible breaststroke making up a half lap lead enabling his teammates to win by three seconds. Less than .9 of a second separated the final mixed age boys relay and an amazing .06 seconds separated the final mixed age girls relay causing everyone to have a dose of adrenaline and excitement in the final moments.

As previously mentioned, this meet showed that every swimmer counts towards that team effort and both attitude and practice can go a long way. One of our youngest A Meet swimmers from Saturday summed it up better than anyone I know. Five year old Morgan Wilson, although impressed by her sixth place finish, was more proud by the simple fact that her name was announced for everyone present to hear that she is a swimmer representing the Woodley Warrior Swim Team.

### Pry Those Melted Letters

Congratulations to Aaron Tingley who has been breaking a Woodley Pool record at each A Meet. In the A Meet on July 26 vs. North Springfield, Aaron posted a time of 21.32 in the 8 and Under Boys 25m Backstroke breaking a record previously held by Chris Edwards in 1996. This past A Meet held at Annandale Pool, Aaron swam the 25m Butterfly in the 9-10 event. Knowing that he was close to breaking a record, a discussion was initiated with other team reps and our division coordinator as to whether or not swimming up as a 9-10 in this particular event would qualify as breaking the 8 and under record since the only time an official 8 and under butterfly event is run is at divisionals. It was determined that because the length of the race is the same, it would count as a broken record by his age, not the event he swam it in. Therefore, Aaron did break the 8 and Under Boys 25m Butterfly record at Annandale with a time of 19.11. This record was previously held by Michael Flach.

### McFlurry Sweeps

The close meet with Annandale resulted in both teams only having one sweep. Congratulations to Woodley’s 15-18 girls – Elena Marsilii, Katie Flach, and Kara Sims as they placed first, second, and third in 50m Backstroke.

## The Time Ladder

It has been brought to my attention that several of our swimmers are questioning about who swims what in an A meet. Parents need to share with their children the time ladders that are emailed. There are several swimmers on our team whose times are separated by *less than half a second* in a particular stroke. **At every single A and B meet, this time ladder changes.** If you don't swim a B meet or someone has a terrific A meet swim for example, you just might get bumped by a teammate. Each race counts and does affect the time ladder. Again, several hours goes into the strategic planning of each and every meet by the swim reps and coaches to make the team as a whole successful in the dual meets. Also, it should be noted that the B Meet times obtained at Holmes Run on July 5 are YARD times not meters and will be converted to meter times within the time ladder.

## How Is A Dual Meet Scored?

There are 50 events in a Saturday A Meet – 38 individual and 12 relays. In the individual events, each team is given three lanes for swimmers. Points are awarded to the top three in each event with first receiving 5 points, second receiving 3 points, and third receiving 1 point. Both teams enter one relay each with the first place relay receiving 5 points and the second place relay receiving 0 points.

## Why does it always storm during the Divisional Relay Carnival?

The Divisional Relay Carnival is a “special” meet held on Wednesday, July 14 at Springfield. Each of the six teams within our division selects their fastest swimmers for relays and swimmers *must swim in their own age group, no swimming up*. There are two relays in each age group – freestyle and a medley relay (composed of all four strokes except for the under 8's who have a modified medley relay). Dependent upon their finishing place, points are awarded to that swim team. **This relay meet has to be completed on this night as the results directly tie into the seeding for the NVSL All Star Relay Meet held the week after.** If it storms, the swimmers MUST wait the storm out. For many years, this meet has encountered a storm tempting parents to leave, and then finished after dark. Swimmers, it is very important that if you are selected to be on a relay team, that you stay until that relay race has been swum. It is very disappointing if one swimmer leaves early and the other three swimmers are unable to race. Please let the coaches and myself know if you are **NOT available** to participate in this meet by Friday, July 9. Learned from experience, it is very stressful for the swim reps and the coaches to find a last minute substitute. Our goal last year was to field a relay in every event. The goal this year is to do the same and avoid last minute substitutions. The fastest 18 relay teams from all 17 divisional relays (more than 100 teams) will be asked to swim in the NVSL All Star Relay Meet held at Hayfield on Wednesday, July 21. Making it to this level is quite an honor. In the past eight years, Woodley has sent two relays to this event.

## Mystery Volunteer and Swimmers

Last week's answers: Tom Bills, Daniel Schmidt, and Grace Wald

**Volunteer:** This person loves shade and will do anything it takes to make shade in a timely fashion. This person also quietly reminds the swim rep to charge the starter before every meet and has become the set-up king on Friday nights. This carpenter constructed the Olympic podium that is used at the annual Mini Meet.

**Male Swimmer:** This relatively quiet young man is a hard worker both on and off season. He has been on the team for years and is a consistent swimmer with rarely a complaint to anyone except maybe his relatives. He swims each of the strokes and exerts his best effort in each meet. He is a very talented singer but most definitely is not a morning person!

**Female Swimmer:** This young lady has improved leaps and bounds in just a few weeks, receiving lots of cheers from the crowd as she navigates that very long 25m. She starred in a high school musical last year and showed Dorothy that she is a talented actress. Somewhat quiet and shy, I'm not sure how many swimmers have actually met her even though she consistently attends practice.

## Upcoming Dates

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 9: **Team Breakfast:** Hunt and Iglesias

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

July 11: **Hot Dog Lunch:** Michelle Kline and Carolyn Suarez **Sunday Sundaes:** Canan and Iglesias

July 12: Swim Team B Meet vs. Parliament at Woodley, Set-Up 4:00 Warm-ups 5:00p.m.

July 14: Swim Team Divisional Relay Carnival at Springfield, 4:00p.m.

- Janet Sims, 703-207-3098, [simbaugh@gmail.com](mailto:simbaugh@gmail.com)

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