

# Smoke Signals

## Newsletter of the Woodley Swim Team, April 2011 No. 1

### **Swim and Dive Team Registration/Potluck on Sunday, May 22, 4:30-6:30pm**

Woodley's Swim and Dive Team (<http://www.woodleypool.org>) registration/potluck party will take place on Sunday, May 22, from 4:30-6:30p.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 practice/meet 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 Robin Tingley, 2324 Malraux Drive Vienna, VA. 22182.* 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 Moves Up To Division 15**

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 moved up one division this year placing us in Division 15 with Annandale (A), Herndon (H), Ilda Community (IC), Pleasant Valley (PV), and Stratford (SRA). 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 Pleasant Valley and Divisionals will be held at Ilda Community.

### **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 – three of which will be at home. PLEASE NOTE that due to the 4<sup>th</sup> of July falling on a Monday – the league has agreed to hold the first B meet on **Monday – June 20<sup>th</sup>**. This is before our first A meet. This will be a home meet against Lake Braddock.

### **New Swim Representative**

I am very excited to announce that Patricia Herrity has already begun learning the swim rep job. Patricia 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 returned as head coach and Katie Flach as our assistant coach.

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Catherine is just completing her sophomore 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. Besides being our head coach last year, Catherine has also been a lead winter coach for Woodley in past years. She was 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 as a guard at Lake Barcroft, and Providence Recreation Center and a guard and assistant manager at Woodley.

Katie Flach is beginning her second 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 will be graduating from O'Connell High School this year, has been a member of the Woodley Swim Team for many years and is a certified lifeguard.

### **Coaching Staff – Dive**

Our head dive coach this year will be Emily Sturges. Emily graduated from Falls Church High School this past June. She has been the assistant coach for the Woodley Dive team for the last 2 years. Emily was a member of the Falls Church Dive team for 4 years and has been a member of the Woodley Swim & Dive team since 2003. Emily has participated in Diving Divisionals and All Stars for many of those years. In addition to coaching, this will be Emily's 4<sup>th</sup> year as a life guard for Woodley Pool. She has been a great asset to our team the last 2 years as Assistant Dive Coach and as a hard working teammate. In addition to being a vital part of our Woodley Winter Swim program, Emily continues to help our team by always being willing to volunteer her time to help her teammates and this year we are excited to have her as our head coach.

Laura Massaro is our assistant coach for the 2011 season. Laura is a rising senior at Falls Church High School. She has been a member of the Woodley swim and dive team since she was 5 years old. She has also participated in Diving Divisionals and All Stars for many of those years. This is Laura's third year as a life guard for Woodley Pool. Last year Laura was called upon to volunteer her time to help our Dive coaches when needed. Her willingness to step up to help her teammates when needed made her the easy choice for this year's Diving Assistant. We are thrilled to have her as a part of our coaching staff.

### **New Team Suits**

For the 2011 swim and dive season, *Speedo's Blue Sound Waves*, an endurance suit, has been chosen for the females (@\$47.80 with tax) and the matching spliced jammer for the males (@ \$34.40 with tax). The suits will be available for purchase at the May 22 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 Team Reps**

Robin Tingley, (H) 571-405-6459 (C) 703-963-1092 [arktingley@msn.com](mailto:arktingley@msn.com)

Tricia Herrity, (H) 703-641-0097 (C) 703-798-4595 [patricia.herrity@fairfaxcounty.gov](mailto:patricia.herrity@fairfaxcounty.gov)

**NVSL Training Schedule**

- New Referee:** **Thursday, June 2, 7pm**  
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church  
**Tuesday, June 14, 7pm**  
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, June 4, 8am**  
NVSL University at Falls Church High School, Jaguar Trail, Falls Church  
**Sunday, June 19, 9:30am**  
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, June 4, 8am**  
NVSL University at Falls Church High School  
**Sunday, June 19, 9:30am**  
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 11, 8am**  
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church  
**Sunday, June 19, 9:30am**  
Sleepy Hollow Recreation Pool (SHR), 538 Sleepy Hollow Road, Falls Church  
**Wednesday, June 22, 7pm**  
Sleepy Hollow Recreation Pool (SHR) and Sully Station (SS)- 5101 Sequoia Farm Drive Centreville, 20120
- Announcer or Head Timer:** **Saturday, June 4, 11am**  
NVSL University at Falls Church High School  
**Saturday, June 11, 8am**  
Annandale Pool, 7600 Little River Turnpike, Annandale
- Clerk of Course or Table Worker:** **Saturday, June 4, 9am**  
NVSL University at Falls Church High School  
**Saturday, June 11, 8am**  
Annandale Pool (A), 7530 Little River Turnpike, Annandale
- Food Handler Workshop:** **Saturday, June 4, 10am**  
(Must pre-register; Cost \$25 , Swim/Dive will reimburse; Contact Robin Tingley or Tricia Herrity for registration form)  
NVSL University at Falls Church High School
- Dive Judges/Tables Clinic:** **Sunday, June 12**  
Sideburn Run (SR), 10601 Zion Rd., Fairfax
- Dive Referees Clinic:** **Tuesday, June 14**  
Truro (THA), 4146 Elizabeth Lane, Annandale  
**Thursday, June 23**  
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Dive Judges Clinic:** **Tuesday, June 21**  
Annandale Pool (A), 7530 Little River Turnpike, Annandale  
**Wednesday, June 29**  
Old Keene Mill (OKM), 9534 Orion Court, Burke