

Smoke Signals

Newsletter of the Woodley Swim Team, June 13, 2011 No. 3

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 24, at 7:30 p.m.**, swim team parents are needed to set the pool up for our first A meet 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 (and big thanks to the families who have done this already).

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.

Freestyle Times – Week of 6/13/11

Starting at Tuesday practice this week, Catherine, Cat & Katie will be timing swimmers for freestyle events. We want to do this so we don't have to do freestyle events at the June 20th B meet which hopefully will limit the time the B meet lasts. Younger kids will go first and then older kids. 8 & Unders will be timed for 25M freestyle and 9 & Above for 50M freestyle. This is a great opportunity for new/young swimmers to also learn how to dive with the starter. Please see/e-mail the coaches/swim reps with any questions.

Pep Rally and End of School Party June 24

A team pep rally and end of school pizza party will be held Friday, June 24, from 6-7 p.m. to launch the 2011 season. More information on advanced pizza orders will be arriving in *e-mail* and in your family folders.

Upcoming Dates

June 14th, 15th, 16th, & 17th: Times for free events during practice
June 19: Swim Referee & NEW Starter Clinic at Mantua 9:30AM
June 19: Stroke & Turn Clinic at Sleepy Hollow Rec 9:30AM
June 19: Hot Dog Dinners & Sunday Sundaes (Wilson/Hunt families)
June 20: **First B Meet (HOME) – Lake Braddock at Woodley**. SET-UP 4PM Woodley warm-ups 5PM
June 21: Dive Judges Clinic at Annandale 6:30p.m.
June 21: Last day of school for Fairfax County
June 22: Stroke and Turn Clinic at Sleepy Hollow Rec & Sully Station pools 7p.m.
June 22: Morning Swim/Dive practices start (see page 6 of Swim/Dive team handbook for schedule).
June 24: Pep Rally/End of School Pizza Party – 6PM
June 25: **FIRST A Meet (HOME) - Pleasant Valley at Woodley**. Warm-ups 8a.m.

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