

# Smoke Signals

## Newsletter of the Woodley Swim Team, June 21, 2011 No. 4



### Pep Rally and End of School Party June 24<sup>th</sup>

A team pep rally and end of school pizza party will be held Friday, June 24, from 6:30-7:30 p.m. to launch the 2011 season. More information on advanced pizza orders will be arriving in *e-mail* and in your family folders. And **Congratulations** to Woodley swimmers who are graduating seniors this year - Chris Bednar, Katie Flach, Kara Sims, Emily Sturges and Erin Wald!!!

### Last Night's B Meet

A BIG thanks and *round of applause* to the parent volunteers, coaches AND swimmers who participated in last night's B meet against Lake Braddock!! It was a long meet but an important one and fun to see all the new Woodley swimmers in races and to see their parents volunteering on deck (or at Clerk of Course, Concessions, Tables or helping with set-up/tear-down)!!. We did not get to finish the 100IM event but hopefully we can get swimmers times at the June 27<sup>th</sup> B meet (away meet at Burke Station).

While we would like to get 100IM times for swimmers for the Todd Potts IM Carnival (see below for more information) – it is not required (like it is for an A meet) to have current year times so we can use last year's if necessary.

### A Meet vs. Pleasant Valley AT Woodley Saturday, June 25th

Our first competitive, scored "A" dual meet will be held this Saturday, June 25th at Woodley Pool. Based on the results of freestyle times and 6/20 B meet and their availability, swimmers will be selected to swim this meet. Officials will be assigned in a similar manner as the B meet except your name should only appear if your child is swimming but we do sometimes make mistakes. Coaches will notify swimmers on Thursday at practice if they are swimming and what their events will be (a swimmer can only swim 2 events and a relay). Thursday evening, the swim representatives from Division 15 are meeting at Woodley to exchange our final selections in electronic and paper format. *If you are not sure if your child is swimming or they don't remember what they were told, please ask the coaches or the swim reps.* We will also **try** to email the entry lists.

Please arrive at Woodley at 7:45a.m. Woodley's warm-ups will be at 8:00a.m. In other words, swimmers must be ready to get into the pool at 8:00a.m. We will have exactly 20 minutes for warm-ups. After our warm-ups, we may try to shake hands with the opposing swimmers in an attempt to implement some of the new sportsmanship rules. The meet will begin at 9:00a.m.

### Swim and Dive Team Pictures Monday, June 27

Swim and Dive Team pictures will be taken on Monday, June 27 at **7:45 a.m.** (team pictures are taken first) by Splendid Portraits. All members of the swim and dive teams (including coaches) **need to be at the pool at 7:30 a.m.** wearing their *team suits and t-shirts*. Order forms for team, individual, or family pictures will be placed in your mailbox the week before. Please note that the order forms are marked swim or dive team. After pictures, swimmers should see the coaches and help complete B meet time cards for Monday evening's meet at Burke Station (this is AWAY meet).

### B Meet vs. Burke Station at Burke Station June 27th

Everyone can participate in this meet swimming a maximum of 2 events and I.M. (unless they placed first, second, or third in one of those events at the previous Saturday's "A" meet). This is a swimmer's chance to improve their times and bump a teammate for an A Meet slot. In some of our larger age groups, it is expected that this will happen quite often throughout the season. Coaches will fill out the "B" meet time cards after pictures on Monday. **Any swimmers participating in the I.M. Carnival on July 6th, should sign up for I.M. at this meet as entries are due soon.** Warm-ups will be at 5:20 p.m. Instructions and officials assignments will be coming soon to a location near you (e-mail and your mailbox).

### FISH Swim Clinic June 28th

All members of the swim team are asked to make a special effort to attend practice on **Tuesday, June 28th, 9a.m. to 9:45 (or 10AM) for 11 and older, 10a.m. for 10 and under.** In place of the regular practice, there will be a racing and sprint clinic conducted by the FISH Swim Club coaches. This does not affect the Dive Team practice schedule. FISH Swim Club has existed for more than 25 years and is a year-round USA swim club. There are many Woodley swimmers who swam or swim on FISH (along with some of the year-round clubs including YORK, Potomac Marlins, Arlington Aquatic, etc.). Some of FISH swimmers are Elena Marsilii, Ella Kline, Daniel Schmidt and Aaron Tingley. There is no cost for this clinic.

### **FISH Swim Clinic July 1st**

Swim team members are also asked to make a special effort to attend practice on **Friday, July 1st, 9a.m.** to attend a swim clinic conducted by the YORK Swim Club coaches. 11 & Older will practice first (for probably an hour) and then 10 & Unders (@10AM). YORK (a year-round club) is popular with many of Woodley swimmers including the Sims family, James Sturges and Meaghan Wheeler. Again there is no cost for this clinic.

### **Todd Potts I.M. Carnival July 6th at Forest Hollow Pool**

The Todd Potts I.M. Carnival will be held Wednesday, July 6 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. *Those who are participating should swim the I.M. event at the Monday night “B” meet on June 27 at Lake Braddock to obtain a seed entry time.* **The swim team pays a non-refundable entry fee for each swimmer so please inform the coaches if you are able to swim an IM but will not be available for this meet. Late entries are more expensive and not guaranteed.**

### **Morning Practices Begin Wednesday, June 22 (PLEASE ALSO SEE PAGE 6 of SWIM/DIVE HANDBOOK)**

Swim Team - Beginning June 22, Monday through Friday

13- 18 YEAR OLDS- 7:30 – 8:45 AM 11-12 YEAR-OLDS- 8:45 – 9:45 AM

9-10 YEAR OLDS - 9:45 – 10:30 AM 8 & Under 10:30-11:00 AM

\*\*\**If you need evening swim practice, please inform the coaches.*

Dive Team: 10 & Under 8:00 – 9:00 AM

13-18 YEAR OLDS 9:00 – 10:00 AM

11-12 YEAR OLDS 10:00 – 11:00AM

### **Mystery Volunteer and Swimmers Continues (written by Janet Sims and she will provide answers in next week’s Smoke Signals!)**

Volunteer: This person is beginning their fifth year as a paper pusher for the swim team, handling white paper, carbon paper, a little book of paper and most importantly, green. Without these efforts, swim team would definitely flounder. The team wouldn’t be able to retain their coaches, food for concessions or any of those A and B meet supplies.

Male Swimmer: This swimmer is a terrific bass player in the orchestra and was selected to be part of a quartet at the last concert. He is a very consistent swimmer and has a great attitude but what stands out about this young man is his completely natural ability to dive and what a fantastic relationship he has with his Mom who keeps a very close eye on him!

Female Swimmer: This swimmer plays an instrument in orchestra that is at least twice as large as she is and yes, she is also a bass player. She works very hard every season to improve her swimming and consistently attends practice. She owns a very active and adorable, curly haired dog.

### **Upcoming Dates**

June 22: Stroke and Turn Clinic at Sleepy Hollow Rec 7p.m.

June 23: Dive Referee Clinic at Highlands Swim 6:30p.m.

June 24: Swim/Dive Team Pizza Party and Pep Rally 6:30p.m. & Setup for First A Meet vs. Pleasant Valley, 7p.m.

June 25: A Meet vs. Pleasant Valley at Woodley, Warm-ups 8a.m.

June 26: **Hot Dog Dinner** – Daugherty/Gladys **Sunday Sundaes** – McDonald/Rodman (Hain)/Dimond

**June 27: Woodley Swim/Dive Team Pictures 7:45a.m. Wear team suits and t-shirts**

June 27: Swim Team B Meet vs. Burke Station at Burke Station, Warm-ups 5:20p.m.

June 28: FISH Clinic – 9AM

June 28: First DIVE meet – Tuckahoe at Woodley – set-up 4PM

July 1: YORK Clinic – 9AM

July 2: Swim Team A Meet vs. Ilda at Ilda, Warm-ups 8:20a.m.

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