

Smoke Signals

Newsletter of the Woodley Swim Team, July 4, 2011 No. 6

A Close and Competitive Meet – Woodley 183, Ilda 219

The final score at the meet doesn't reflect it (Ilda - 219/Woodley - 183) but **WOW** - Woodley swimmers swam great on Saturday!! There were some close, exciting races and **41** swimmers achieved their personal best times (including meets this year and from the 2010 season!!!).

Congratulations (and please let me know if I have missed anyone/made mistakes because there are a lot of name/times to go through.....) to the following swimmers: Naomi Antezana (for 50 back), Mynor Barraza (for 50 breast), Chris Bednar (for 50 back), Jonathan Burgess (50 free), Kate Burgess (50 free), Austin Byrd (50 fly), Tyler Byrd (25 free), Katie Flach (50 free), Jason Giroux (50 breast – Jason is currently listed as the top 9 & 10 boy in 50 breast in Division 15), Amalia Gladys (25 free – more about her below!!), Sabine Hussein (50 back), Tarik Hussein (50 fly), Gabe Igelsias (50 breast), Juliana Iglesias (50 breast), Evan Massaro (50 breast), Serena Morales (50 fly), Madelyn Palencia (50 breast), Sam Palencia (50 back), Peter Phelps (25 free), Joshua Sims (50 back), James Sturges (50 free – James is currently listed as the top 15 & 18 boy in 50 free in Division 15), Lydia Suarez (50 free) and Patrick Tingley (25 back – first time in A meet!).

We also had **19** swimmers that achieved personal best times in 2 events including Camila Buendia (for 50 breast and 50 fly), Bobby Dubas (50 free and 50 fly), Anna Flach (50 free and 50 back), Sara Giroux (25 back and 25 breast), Gabriel Hain (50 free and 50 back), Cat Iglesias (50 free and 50 breast), Adam Kippenhan (first time in an A meet - 50 back and 50 breast), Ella Kline (50 back and 25 fly), Gelsey Ledezma (50 breast and 50 fly), Frank Mazza (50 back and 50 fly), Abigail McCall (25 free and 25 back), Elise McDonald (25 back and 25 breast), Christopher Pardo (50 back and 50 fly), Daniel Schmidt (50 free and 25 fly – Daniel is currently listed as the top 9 & 10 boy in 50 free in Division 15), Marisa Sims (50 back and 50 breast), Aaron Tingley (50 back and 25 fly – Aaron is currently listed as the top 9 & 10 boy in 25 fly (followed by Daniel) and 50 back), Helen Van Wijngaarden (50 free and 50 back), Jake Wald (50 back and 50 breast) and Lily Weisert (50 free and 25 fly – also first time in Woodley A meet!).

We would like to give a special shout-out to Amalia Gladys (and family) who swam 25 free and then hurried back to the pool after being called to fill in for Frankie Iglesias (who had an eye infection) for 25 breast and the 8 & Under girls relay (which won!!). Kudo's also to swimmers who bravely swam up (and as previously stated were younger than their counterparts by 2 or even 3 years) including Naomi Antezana, Kate Burgess, Austin Byrd, Adam Kippenhan and Noah Morales.

Congrats also to our “sweepers” who will be getting McFlurries (either at Tuesday or Wednesday AM practice) including Ella Kline, Sabine Hussein and Jane Chichester (for 9 & 10 girls back), Sam Palencia, Chris Bednar and Frank Mazza (for boys 15 & 18 back) and Elena Marsilii, Katie Flach and Marisa Sims (for girls 15 & 18 back).

Finally – we wanted to say Happy Birthday to John Cascella as he turned 9 on the day of the meet and swam 50 breast stroke for the first time!!

Reminder - 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. Please see e-mail sent Sunday for more information.

Do you hate matching socks? Bring white socks to Tie Dye Day – Friday July 8th

Please see e-mail and flyer for more information!!

A Meet vs. Annandale AT WOODLEY (HOME MEET) - Saturday July 9th

Our third scored “A” dual meet will be held Saturday, July 9th at Woodley. Official's list/Directions will be e- mailed and swimmers should be notified about what they are swimming ideally at Wednesday but more likely Thursday morning practice. Hard copies of the Officials list/directions will also be available in your folders (by Thurs or Fri).

We would love any and all help with meet set-up Friday night – July 8th (starting @ 8PM). On Saturday morning - please arrive at WOODLEY at 7:45a.m. Woodley's warm-ups will be at 8a.m. 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.

B Meet vs. Holmes Run at WOODLEY (HOME MEET) – July 11th

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 practice on Monday.

Meet set-up at 4PM – Woodley warm-ups will be at 5 p.m. Meet starts at 6PM. Instructions and officials assignments will be coming soon to a location near you (e-mail and your mailbox).

Why does it always storm during the Divisional Relay Carnival?

The Divisional Relay Carnival is a "special" meet held on Wednesday, July 13 at Pleasant Valley pool in Chantilly, VA. More information will be e-mailed but 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 Trica /I know if you (as a volunteer) or your child (children) are **NOT available** to participate in this meet by this next Friday, July 8!!!!. 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 20th!. Making it to this level is quite an honor. In the past nine years, Woodley has sent two relays to this event.

Woodley warm-ups are 6 to 6:15PM and the meet starts at 6:30PM. This is a Wednesday night and Pleasant Valley is located at 4347 Cub Run Drive in Chantilly, VA. Officials briefing will take place 6 to 6:20PM!!

Mystery Volunteer and Swimmers (by Janet Sims) – Last week's answers: Peggy Marsilii, George Lewis, Lucinda Olson

Volunteer: This person trained in a position two years ago and thoroughly enjoyed it. Last season however, while the rest of us were toiling away on deck, this volunteer was behind the wheel exploring the United States, having a blast and logging more miles in a vehicle than most of us do in a year. Thankfully, this did not become an annual tradition and this volunteer is back on deck giving us four fully trained individuals in this position – one that is required at both away and home meets.

Male Swimmer: This young man has spent much of his life as the youngest member of the swim team, being protected and encouraged by his teammates. His parents had to explain to him this year that he is no longer the youngest and he has the responsibility now to help with the younger kids and be a good example at practice and at meets. Although this swimmer is not yet a teenager, this is his 9th season of Woodley Swim and 8th season of York Swim Club.

Female Swimmer: This young lady is very competitive in the pool and has always displayed a natural talent in all four strokes. She is one of the youngest and strongest in her age group swimming the IM Carnival this week and possesses one of the biggest, brightest smiles at the pool. Her summer best friend is Morgan Wilson.

Upcoming Dates

July 4: Happy 4th of July!!

July 6: July 7: Todd Potts IM Carnival at Forest Hollow, Woodley Warm-ups 4:50p.m

July 8: Tie Dye Day after practice

July 9: **Team Breakfast (Bagels & Juice):** Kippenhan & (please check sign-up for other family)

July 9: Swim Team A Meet vs. Annandale at WOODLEY, Warm-ups 8a.m.

July 10: **Hot Dog Dinner:** (Please contact Carrie McCall or check sign-up sheet) **Sunday Sundaes:** Canan and Iglesias

July 11: Swim Team B Meet vs. Holmes Run at Woodley, Set-Up 4:00 Warm-ups 5:00p.m.

July 13: Swim Team Divisional Relay Carnival at Pleasant Valley, Woodley warm-ups 6 to 6:15PM, Meet starts 6:30PM (weather permitting).

July 16: Swim Team A meet vs. Herndon at HERNDON, Warm-ups 8:20am.

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