

Smoke Signals

Newsletter of the Woodley Swim Team, July 17, 2011 No. 8

Woodley Only twelve Points Shy of First at Divisional 15 Relay Carnival!!!

Only twelve points separated first and second place at Wednesday's Divisional Relay Carnival. Stratford scored 192 points, Woodley 180, and Ilda 170. Even with the traffic nightmare Woodley Team Reps and Coaches (for the second year) were NOT scrambling to make substitutions and we were only calling swimmers/families and Officials to see where they were on Route 50. It was a real joy to see Woodley fill every event with an official relay.

Woodley had 4 relay teams that placed first: the Girl's 8 & Under 100M freestyle (Abby McCall, Sophie Maginniss, Elise McDonald and Sara Giroux), the Boy's 9 & 10 100M freestyle (Daniel Schmidt, Anthony Suarez, Noah Morales and Aaron Tingley) and the 15 & 18 Girls placed first in both of their relays 200M Medley (Marilisa Morales, Erin Wald, Elena Marsilii and Katie Flach) and 200M Free (Marilisa Morales, Marissa Sims, Katie Flach and Elena Marsilii). Stephen Wallin (Division 15 Coordinator) said that the 9 & 10 boy's free relay missed the cut for All Star Relays by less than 2 seconds!!

Three (3) teams placed second: Boys 18 & Under 200M free (Joshua Sims, Aaron Tingley, Bobby Dubas and James Sturges), Girls 8 & Under 100M free (Elise McDonald, Frankie Iglesias, Abby McCall and Sara Giroux) and 9 & 10 Girls 100 free (Samantha Banks, Jane Chichester, Ella Kline and Madison Banks).

We had 10 teams (!) place third: 18 & Under Girls 200M Free (Meaghan Wheeler, Madison Banks, Anna Flach, and Elena Marsilii). 9 & 10 Girls 100M Medley (Jane Chichester, Samantha & Madison Banks and Ella Kline). Girls 11 & 12 100M Medley (Meaghan Wheeler, Madelyn Palencia, Lyda Suarez and Camila Buendia). Boys 11 & 12 100M Medley (Joshua Sims, Henry Lewis, Chris Pardo and Jake Wald). Girls 13 & 14 200M Medley (Serena Morales, Anna Flach, Nicole Drucker and Gelsey Ledezma), Boys 15-18 200M Medley (Sam Palencia, Evan Massaro, James Sturges and Frank Mazza), Girl's 11 & 12 100M Free (Lyda Suarez, Helen Van Wijngaarden, Camila Buendia and Meaghan Wheeler), Boys 11 & 12M 100 Free (Jake Wald, Henry Lewis, Chris Pardo and Joshua Sims), Girls 13 & 14 200M Free (Nicole Drucker, Gelsey Ledezma, Serena Morales and Anna Flach), and last but not least (!) – Boys 15-18 200M Free (Sam Palencia, Frank Mazza, Evan Massaro and James Sturges).

Congratulations to **ALL Woodley swimmers** who swam at the relay carnival and a *big thanks* to parents, who volunteered as officials, drove swimmers to the meet and cheered!!! Thank you also to Michelle Kline for planning and other Woodley parents for chaperoning (and to the lifeguards that worked overtime during pool party) after the relay carnival ended. This year things did not get out of hand and I am sure all had fun and let off some steam.

Woodley Goes To 2 – 2

After a big win over Herndon this past Saturday, Woodley's record is now 2 to 2 in Division 15. The ultimate test is going to be this Saturday's last dual A meet against Stratford at Woodley. Stratford is the largest team in the division and is currently in first place. If we can beat Stratford, we will have a winning record at 3 to 2. In order to do this, we need to stay healthy and have every athlete available to swim in order to create a challenging and competitive meet. I strongly encourage everyone to attend this meet even if you are not on the meet sheet in order to show support for our team!!!!

In fact, this will mark the beginning of a busy weekend at Woodley. We have home meet on Saturday and the Mini Meet on Sunday (our last B meet is away at Parliament). Please offer any assistance you can to Janet Mansfield & Deb Haynes so we can make this weekend a big success!! This is our chance to show the Northern Virginia Swim League and its teams what kind of swimmers and volunteers we are.

McFlurry Sweeps

Congrats also to our "sweepers" who will be getting McFlurries at Monday am practice including Aaron Tingley, Anthony Suarez and Jason Giroux (for 9 & 10 50M boys back), Samantha Banks, Lily Weisert and Ella Kline (for 9 & 10 girls 25M fly), and Katie Flach, Marisa Sims and Debbie Ledezma (for girls 15 & 18 50M free).

Last Home Meet for Our Senior (s)

This Saturday's home meet vs. Stratford will also be known as Senior's Day. It will be Chris Bednar's, Katie Flach's, Kara Sim's, Emily Sturges and Kara Sim's last home meet in their illustrious Woodley careers.

All have been part of the Woodley Warrior Swim & Dive family for many years. Good luck to our seniors and thank you to their families for allowing your children to grow up at Woodley.

Nadar Por Vida Goggle Drive

Nadar Por Vida (which in Spanish means “swimming for life”), is a nonprofit corporation committed to providing at-risk, minority and low-income children an introduction to the world of competitive swimming (web address: www.nadarporvida.org). Nadar Por Vida is holding a goggle drive to support its members. If interested in donating NEW goggles or monetary equivalent – please see Robin or Tricia.

Movie Day - Wednesday - July 20th

The Giroux family has graciously offered to host the 10 & Unders at their house for movie day on Weds - July 20th (after practice at 11AM). Their address is 7503 Brad Street (within walking distance or short drive of the pool). ! *Also from the Byrd family – they live across from the Giroux’s and their backyard backs up to field adjacent to old school that is behind pool. You are welcome to cut through their yard and cross the street to the Giroux’s house.* The Giroux's will pick the movie and may offer popcorn & juice. Please have children bring their own lunches.

We did not have family offer to host movie day for the 11 & Overs so we think the best option is to plan a group movie outing (probably to Tyson’s Corner). We will need volunteers to drive. More information will be e-mailed and sign-up sheet posted.

Putt-Putt- Thursday – July 21st

Peggy Marsilii has graciously offered to help organize this. Swimmers meet after practice (eating lunch at the pool first so bring a bag lunch) and then carpool (@12:30PM or so) to Jefferson District Golf Course at Lee Highway & Fairview Drive. COST is \$6 for Adults 13 & Over and \$5 for Children ages 3-12. If there is a larger group (more than 15) – prices can be reduced by \$1. Please look out for more information (flyer and e-mail) and sign-up sheets for those going and those willing to drive/carpool from pool.

What Exactly Are Divisionals?

The swim team divisionals meet that will be held Saturday, July 30 at Ilda Pool is different than a dual meet or a “B” meet. Similar to the relay carnival, divisionals involves all six teams within Division 16. Each team is guaranteed two lanes in each event therefore creating a meet with two heats in every stroke (6 teams x 2 lanes = 12 lanes). This means that for each age group, boys and girls, Woodley will have a total of 10 lanes to fill – two each for freestyle, backstroke, breaststroke, butterfly, and IM. All of the entries are based upon the time ladder printed after the last “B” meet against Parliament on Monday, July 25. Each swimmer can be entered in no more than two events and must swim in their age group. For example, if Janet Mansfield is the fastest 9-10 female for the Woodley Warriors in all 4 strokes and the IM, she must choose with the help of the Coaches, which two events she should enter. Then, the next person in the time ladder will have the next choice. Of course not everyone is located on the same ladder rung in each event which makes the process just a bit more complex. Once the time ladders are analyzed and the entries are made, there is yet another step. Some of the teams within our division may not have enough swimmers to fill their 10 lanes for example, Team X has only four 13-14 girls so it will only use 8 of its 10 lanes. In this case, Team X gives up its empty lanes to the other five pools. The next fastest alternate swimmer from the 5 pools combined, is placed in that available lane. The seeding meeting when we merge our entries with those of the other pools is held on Wednesday evening. Therefore, by Wednesday morning (7/27) the decisions for Woodley’s entries must be final. At this time, selections are also made among the five teams as to who the officials will be.

If you are not available for this meet, please inform the coaches and swim representatives no later than **Monday morning, July 25.** Divisionals is the only meet for the individual swimmer to qualify for the Individual All Stars meet held the following weekend. For more information on the NVSL rules regarding the Divisionals meet, please consult your handbook. For information on how your swimmer is seeded within the division or league, go to <http://nvsl.nvblu.com/plasma/core/site/nvsl> .

Mystery Volunteer and Swimmers (by Janet Sims) Last week’s answers: Josh Byrd, Josh Sims, Sarah Giroux

Volunteer: This person helps out at almost every single home meet even though he/she does not have any children on the swim team. Without this particular volunteer, many of these meets would most likely start late and as a result, would end late.

This person completes his/her particular job with accuracy, talent and in a timely manner. The task accomplished is required at every single home meet and brings everyone present to their feet.

Male Swimmer: This swimmer has been on swim team for most of his young life but does not always have the best practice attendance. It is interesting to note that this swimmer has an extremely smooth stroke and has improved his speed each and every season. This season, he has proven that longevity on the team can and does pay off, earning points in both of his individual events. It is my hope that this young man continues with swimming and tries out for the high school team.

Female Swimmer: On Saturday nights during the winter, you will not find this swimmer watching television but instead, will find her in a pool practicing her strokes. Although very friendly and pleasant to be around, she is kind of quiet and a bit shy when meeting new teammates. She is still most comfortable sitting with her family and hasn't yet moved herself and her friends to a table in the distance (a stage that almost every Woodley parent has or will experience). This swimmer displayed a competitive spirit and never gave up in her most recent relay race in which her team out touched the opponent by less than .4 of a second making the whole pool go wild with cheering.

Upcoming Dates

July 18: B Meet HOME – Woodley vs. Camelot AT WOODLEY Set-up 4PM Woodley warm-ups 5PM. Meet starts 6PM

July 20: Movie Day After Practice and Bring Your Own Lunch: 10 and Under at Giroux House

July 21: Putt Putt Day After Practice, More Information Coming

July 22: **Team Breakfast (Cereal & Milk):** Hunt & Iglesias families

July 22: Pool Set Up Approximately 8:00p.m.

July 23: LAST A MEET – HOME – Woodley vs. Stratford at WOODLEY, Warm-ups at 8:00a.m.

July 23: Graduating Seniors Day

July 24: Woodley Mini Meet, See Bulletin Board/E-mails or Janet Mansfield or Deb Haynes for Details

July 24: **Hot Dog Dinners:** Dimond and Wald Families **Sunday Sundaes:** Daugherty & Haynes families.

July 25: LAST B MEET – AWAY Swim Team B Meet vs. Parliament at Parliament, Warm-ups 5:20p.m.

July 28: Swim and Dive 13 and Older Progressive Dinner, Will need volunteer homes for each course

July 30: Divisionals at Ilda – more information to follow

July 31: End of Year Swim Team Party – more information to follow

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