

# Smoke Signals

## Newsletter of the Woodley Swim Team, July 25, 2011 No. 9

### Last Woodley A Meet Against Stratford

Once again, the Woodley Warriors fought hard but didn't quite overcome the lead of an opponent. We had some great swims but in the end the Stratford Sharks won the meet (230 to 172). Congratulations to Stratford as the Division Champs (5-0).

We did have some great swims with two McFlurry Sweeps – Marlisa Morales, Katie Flach and Marisa Sims in the 15-18 girls 50M Free and Elena Marsilii, Emily Sturges and Katie Flach in the 15-18 girls 50M fly. Congratulations!!!

First place Woodley Warriors included Daniel Schmidt (Boys 9 & 10 50M Free), Meaghan Wheeler (Girls 11 & 12 50M Back), Serena Morales (Girls 13 & 14 50M Back), Jason Giroux (Boys 9 & 10 50M Breast), Bobby Dubas (Boys 13 & 14 50M Fly) and Nicole Drucker (Girls 13 & 14 50M Fly).

Double first place winners included Sara Giroux (Girls 8 & Under 25M Breast and 25M Back), Aaron Tingley (Boys 9 & 10 50M Back and 25M Fly), Anna Flach (Girls 13 & 14 50M Free and Breast), Marilisa Morales (Girls 15-18 50M Free and Back), Elena Marsilii (Girls 15-18 50M Breast and Fly) and James Sturges (Boys 15-18 50M Free and Fly).

Even with a strong showing from Stratford in many age groups we still had Woodley Warriors that placed second or third in their events including:

8 & Unders: Abby McCall in 25M free and George Lewis in 25M back & 25M Breast

9 & 10's: Ella Kline and Daniel Schmidt in 50M Back and Samantha Banks and Noah Morales in 50M Breast and 50M Fly

11 & 12's: Lydia Suarez in 50M Free, Christopher Pardo in 50M Back and Fly, Josh Sims in 50M Free, Henry Lewis in 50M Breast and Meaghan Wheeler in 50M Fly

13 & 14's: Bobby Dubas in 50M Free, Nicole Drucker in 50M Back, Jonathan Burgess in 50M Breast, Serena Morales in 50 Breast and Mynor Barraza in 50M Fly.

15-18: Gabriel Iglesias in 50M Free, Frank Mazza and Chris Bednar in 50M Back, Evan Massaro in 50M Breast, Katie Flach in 50M Free and 50M Fly, Marisa Sims in 50M Free and 50M Back, and Emily Sturges in 50M Fly.

And quoting again from Janet Sims "Despite our third loss, We had two great wins and many successes. We also have many Woodley Warriors who are good in other sports/activities besides swimming AND we have GREAT parent volunteers that have commitments and schedules outside of swimming. As a result, we had only 1 meet with every swimmer available and the meet sheet was adjusted weekly to reflect this. So, please do not be discouraged because of our record but instead be encouraged that everyone on the team gives 100% effort when they are available and that despite the record, our swimmers are winners in every way!!!"

### Congratulations and Good Luck To Our Five Seniors!

*Chris Bednar* graduated from Falls Church High School and will be attending George Mason University. Chris has been a member of the Woodley Swim Team for many years. After taking one year off to work full time as a lifeguard at another pool, he realized how much he missed it and returned to the team. He participated in high school track and is both a competitive swimmer and wrestler. Chris sets the example when it comes to working hard and is one of the most pleasant, polite teenagers around.

*Katie Flach* is a recent graduate of O'Connell High School and will be attending Virginia Tech. This is her second year as our Assistant Swim Coach and she has also coached Woodley Winter Swim for the past three years. To supplement these jobs, Katie is also in her fourth year as a lifeguard at Woodley. Throughout high school, she played basketball and lacrosse. Katie is an easy going, fun loving teenager unless you are competing against her in one of her sports – when her domineering athletic ability takes over.

*Kara Sims* graduated from Falls Church High School and will be attending Bridgewater College, majoring in Biology. She has been a member of the swim team since she was seven years old. Kara has coached both Woodley Winter Swim and Nadar Por Vida for the past three years and has been a member of York Swim Club for six years. In high school, Kara played field hockey, swam, and ran track as well as volunteering at Inova Fairfax Hospital. Although asked to swim for Bridgewater, she has committed to try Equestrian as a sport instead.

*Emily Sturges* is a recent graduate of Falls Church High school and will be attending Virginia Commonwealth University with a major in art education. Emily has been a member of both the Woodley Swim and Dive Teams from a very young age. She is currently Woodley's head dive coach and was the assistant coach for two years prior. In high school, Emily played field hockey, was a lead diver and swimmer, plus a member of the softball team. She is considering playing a sport in college as well.

*Erin Wald* graduated from O'Connell High School and will be attending Old Dominion University this fall. Erin was destined to be a Woodley Warrior even before she was born. She is the first of the second generation of Stevens' swimmers to age out of the Warrior team. Erin joined the swim team when she was five years old and her uncle was still a member. She was also a member of the dive team for a few seasons. Erin helps out with the younger swimmers, has been a substitute winter coach, babysits, is an excellent basketball player, but most important of all, is a great source of strength and support to her family.

### **A Hot, Successful Mini Meet**

Under the fantastic leadership of Janet Mansfield and Deb Haynes, this year's mini meet was a huge success (and last year's was very successful as well). The dedication of everyone who worked the meet in the dangerous heat was tremendous. A large number of our 11 and up swimmers helped out in many different ways, displaying a love for this pool and a hard work ethic. As the parents began to wilt in the heat, these kids stepped up as timers, concessions workers, etc. Thank you very much for raising such great kids.

Also as many of you know – Janet & Deb have been the Mini Meet chairs for 3 years and are ready for a well-deserved rest. They will be looking for interested parents\*\* to take over so please consider helping out the Woodley Community.

\*\* AND this can include any parents at Woodley pool – not just those on the swim/dive teams. Some of you may not know but the Mini Meet is actually a fundraiser for the whole pool and membership (not just the swim/dive teams) but in past years – the Woodley pool board has donated some of the money to the teams (which we have greatly appreciated – (:!!)

**Successful Movie Day** – Many thanks to Glenda Giroux who hosted Movie Day for the 10 & Under set at her house. She also had lots of help from Holly Maginniss and Marissa Sims.

### **Divisional Meet This Saturday**

As described in the previous Smoke Signals, the divisional meet this coming Saturday at Ilda is not as much about the team, as about the individual swimmers. It is not a scored meet and there are no relays. It is an individual qualifying meet for NVSL All Stars (and e-mail was sent Sunday about this meet). Each team within our division receives two lanes in each age group, in each stroke including IM and 8 and under Butterfly. Empty lanes given up by teams are filled with the next fastest swimmer within the division. *The coaches will be discussing divisionals with the swimmers and determining the entries Monday and Tuesday of this week as entries must be made in the computer by Wednesday morning.* Wednesday evening from 6 p.m. until who knows when (last year the meeting went very late but we are crossing fingers it won't last quite as long this year), while you are all enjoying a quiet evening at home, the Division 15 swim representatives will be meeting at Ilda, merging the entries, and making final selections to fill the empty lanes as well as planning the officials' list.

### **Progressive Dinner for 13 and Older**

On Thursday, July 28, 2011 from 5:00 p.m. to 10 p.m., there will be a Progressive Dinner for swimmers and divers ages 13 and older. Dress clothes are worn for this event. Also, bring a bathing suit and towel.

We will meet at Woodley Pool for pictures at 5:00 p.m., Walk to the Phelp's house for appetizers, then to the Sim's house for salads, the Massaro house for your main dish and walk back to the pool for a late swim, movie, and dessert. Parents should pick up their teenagers at 10 p.m.

All of the younger families are strongly encouraged to come to the pool at 5:00 p.m. to witness our teenage Woodley Warriors in clothes and wide awake. Most of the time we see them at 7:30 a.m. in bathing suits and pajamas! These are the swimmers who help your children learn their strokes and encourage them. Many of the young swimmers look up to these teenagers and before you know it, your young swimmer will be one of *them*.



### **End of Season Party, Sunday, Sunday July 31<sup>st</sup>!!**

The 2011 End of Swim and Dive Season Party will be held on Sunday, July 31st, from 5-10 p.m.\*\*. This includes a potluck dinner. Those with last names beginning with an A-L should bring a main dish and a side dish to share. Those with last names beginning with an M-Z should bring a main dish and a dessert to share. Drinks, plates, napkins and utensils will be provided.

Volunteers are needed to plan any games such as a mixed age volleyball tournament, relay races, or sack races. We will eat from 5-6 p.m., have the awards ceremony from 6-7 p.m., and have hired a D.J. from 7 or 7:30 to 10 p.m.

\*\*PLEASE NOTE THAT this is a time change from the Calendar which lists the time incorrectly.

### **Woodley Winter Swim**

Even though it seems too hot to be thinking about winter swim, it's really not. Planning for this year's Woodley winter swim program began in July 1 when a contract was submitted to Providence Recreation Center for four lanes every Sunday evening from 7-8p.m.\*\*. The Woodley winter program is designed to keep our children, especially the younger swimmers, in the water over the winter so that they will not lose any skills developed over the summer. It will begin in September and run through the summer swim team registration picnic held the third weekend in May 2012. Practices will be held each Sunday evening for one hour and the time will be confirmed when the contract is accepted. The cost will be based upon the number of swimmers enrolled and this year, we will be **asking for a non-refundable deposit of \$75 prior to September 1** (the total cost usually does not exceed \$130 as we do not run this program for profit, using the formula lane rental + coaches' salary divided by #swimmers). A signup sheet will soon be placed on the bulletin board and the \$75 deposit per swimmer may be give to Janet Sims, Robin Tingley or Tricia Herrity, checks payable to Woodley Swim Team.

\*\*This time may change but we will e-mail if that is the case.

### **Other Winter Swim Programs**

Besides Woodley winter swim, there are several other winter programs for example, some of our swimmers join the Potomac Marlins, FISH, or York. These are all USS teams within PVS (Potomac Valley Swimming). There is also a program held on Saturday evenings at Providence Recreation Center called Nadar Por Vida (and Competition Swim Clinics which I e-mailed about earlier – please check their web site for more information). My best advice for those seeking additional training beyond Woodley winter swim, is to look on each program's web-site, view the cost, practice locations and times, the goals/philosophies of each, and talk to your teammates.

### **Nadar Por Vida Goggle Drive**

This is the last week to collect goggles and/or donations for Nadar Por Vida. Kara & Marissa Sims have volunteered to collect these for Saturday so please bring items to give to them directly at the lifeguard desk. Thanks!!

**Mystery Volunteer and Swimmers (by Janet Sims)** Last week's answers: Claire Dubas, Jonathan Burgess, Camila Buendia

**Volunteer:** This person is a new parent that has only been involved with Woodley swim team for two seasons.

This person has taken on a very important job and is slated to relieve some of the parents that will retire in a few years when their kids age out. This job involves good eye sight and hearing, nimble fingers, can be a great deal of pressure and is usually the very last person to complete a meet.

**Male Swimmer:** This young man in some ways reminds me of our graduating senior Chris Bednar. Like Chris, this swimmer did not join the team until he was in sixth grade. He worked hard at practice and after being on a low rung of the ladder, has moved up and earned a place on the relay team and at A meets in butterfly. This young man practically lives at the pool and helps in many ways, putting up lane line numbers, running the snack bar, marshalling, and just about any other odd job you ask him to do.

**Female Swimmer:** This young swimmer is completing her first year on the swim team. When the season first began, she was unable to float on her back very well and was very nervous about the referee and starter. After some coaxing, she attempted a race at practice. After participating in some B meets, she became a confident swimmer and it really showed at the Woodley Mini Meet.

### **Upcoming Dates**

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.

July 29: **Last Team Breakfast (Pancake breakfast):** Suarez & Iglesias families (with help from anyone if willing)

July 30: Divisionals at Ilda - Woodley Warm-ups 7:45 to 8AM Meet Start 8:30AM

July 31: End of Year Swim Team Party – 5PM to 10PM

July 31: No **Hot Dog Dinners or Sunday Sundaes** because of End of Year Party

August 6: All Star Meet at Waynewood Pool (top 18 swimmers in all of NVSL qualify – Robin, Tricia or Catherine will notify swimmers if they have been selected).

August 7: **Hot Dog Dinners:** Cascella & Burgess Families **Sunday Sundaes:** Cascella & Burgess Families

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