

Smoke Signals

Newsletter of the Woodley Swim Team, April 2012 No. 1

Swim and Dive Team Registration/Potluck on Sunday, May 20, 4:30-6:30pm

Woodley's Swim and Dive Team (<http://www.woodleypool.org>) registration/potluck party will take place on Sunday, May 20, from 4:30-6:30p.m. The teams will provide hot dogs, lemonade, water, and paper goods. Those with last names beginning A-N please bring a side dish and those with last names from O-Z, please bring a dessert. We are asking that each family donate *one case of bottled water and one pack of Gatorade* for our concession stand.

At this time, families can turn in their completed registration paperwork, emergency medical form, purchase team swim suits, and receive a complete practice/meet schedule, swim and dive team handbook, and other pertinent information. *If you are unavailable, please complete the enclosed form and mail it with your payment to Robin Tingley, 2324 Malraux Drive Vienna, VA. 22182.* Registration costs will be the same as last year, \$75 per child to join either the swim or dive team, or \$100 per child to join both with a "price cap" of \$275 per family allowing larger families to participate in one or both teams without breaking the bank. See the registration forms for more details. Registration fees help pay for coaches' salaries, team t-shirts, swim caps, trophies, ribbons, league registration fees, and insurance.

Woodley Swim Team Stays in Division 15 and Woodley Dive Team Moves to Division 6

Each year, the NVSL analyzes and reorganizes over 100 swim teams into divisions dependent upon a number of factors such as their previous season record, team size, swimmer statistics, etc. At the annual NVSL seeding meeting in February, the division placement is revealed. Woodley remained in Division 15 and will swim against Burke Station (BKS), Daventry (DV), Lakeview (LV), Parklawn (PL) and Rolling Valley (RV). A schedule was then created and we will swim against each of these teams in a Saturday "A" meet – three of which will be home meets. The Division Relay Carnival will be held at Rolling Valley and Divisionals will be held at Burke Station.

The Woodley Dive team moved to Division 6 and will dive against Greenbriar (G), Highland Park (HP), Ilda Community (IC), Orange Hunt (OH) and Ravensworth Farm (R).

B League Teams Stay the Same

The Monday night "B" meets are scheduled separately within a small group of swim teams, known as the B League. These teams do not have to be within the same division. As tradition precedes us, Woodley will once again join Burke Station, Camelot, Holmes Run, Lake Braddock, and Parliament in this B League. A schedule has been created and we will swim against each of these teams in a Monday night "B" meet – two of which will be at home.

Swim & Dive Representatives (contact information is listed below)

Tricia & I are pleased to again serve as Woodley's swim team representatives for a second year. Though it can be a lot of work, we greatly enjoy it and feel honored to be helping out the Woodley community. Running a volunteer swim team is really a team effort and we thank all the wonderful swimmers, parents and coaches who offer their time and energy to make the season run smoothly!!!

Teri Flach will continue her fantastic run as dive team representative and will be joined this year by Carolyn Suarez.

Coaching Staff – Swim

We are pleased to welcome David Blincoe as our new head coach. David is just completing his sophomore year at Old Dominion University where he is majoring in Criminal Justice. David is the youngest of 3 Blincoe siblings who have all swam on Woodley. He joined the Woodley Warriors when he was 6 years old and was known for being a fast freestyle sprinter (he won the gold medal in 50 free at the Virginia high school National District meet). David was also a varsity member of the Falls Church High School Swim Team for four years and was captain of the team in his senior year. David was a substitute coach for the Woodley winter swim program, worked with the Joey Pizzano Make-A-Splash foundation (that helps special needs children become comfortable with the water and swimming) and was a member of the Victory Lane Aquatics club.

Katie Flach will be starting her third year as our summer swim team's assistant coach. Katie has also coached Woodley winter swim for three years, was a substitute coach for the dive team and worked as a Woodley lifeguard for the last five years. She is completing her freshman year at Virginia Tech (and will be majoring in marketing) and along with her 3 sisters and brother was a member of the Woodley Swim & Dive Teams for many years while also competing in basketball and lacrosse for four years at Bishop O'Connell high school.

If our roster is large enough after May registration we also hope to add Kara Sims and Elena Marsilii as our third and fourth assistant coaches.

Coaching Staff – Dive

Our head dive coach this year will be Emily Sturges. Emily has just completed her first year at VCU in Richmond. This is Emily's 2nd year as head coach and 4th year on our coaching staff. She was our assistant dive coach for the 2009 & 2010 Dive Seasons. Emily was also a member of both the Woodley Swim & Dive teams from 2003 – 2011. She participated in Diving Divisionals and All Stars for many of those years. She has experience in teaching basic diving skills to young divers as well as teaching more advanced skills to more experienced divers. In addition to coaching; Emily will also once again be a life guard for Woodley Pool. With the experience, knowledge and dedication she brings to our program, we are once again grateful to her for choosing to come back to coach our team.

Laura Massaro is our assistant coach for the 2012 season. Laura will be returning this year as our assistant coach and is a graduating senior from Falls Church high school in 2012 and at this time is undecided as to where she will attend college in the fall. She has been a member of the Woodley swim and dive team since she was 5 years old. She too has participated in Diving Divisionals and All Stars for many of those years. She is also returning as a life guard for Woodley Pool. Laura brings experience, patience and leadership to our team especially with new dive team members and we are excited for the season to begin.

New Team Suits

For the 2012 swim and dive season, *Speedo's Speedah Cheetah*, an endurance lite suit, has been chosen for the females (@\$45.00 – does not include tax) and the matching spliced jammer for the males (@ \$35.50 not including tax). The suits will be available for purchase at the May 20th potluck/registration and can also be purchased at Sports Fair, 5010 Lee Highway, Arlington, Virginia, 703-524-9500. Simply tell the salesperson that you need a Woodley Pool team suit.

Volunteers Needed To Attend Training

In order to run organized and successful swim and dive meets, the NVSL requires and trains many volunteer officials. The Woodley Swim and Dive teams need new people to attend this training and to become swim/dive officials. Why? Our largest age group last year was the 15-18 year olds and many of them are the youngest siblings. Unfortunately, aging out is a natural progression and many volunteers leave when their youngest child graduates. Within the next four years, the swim team will be losing our referee, some stroke and turn judges, chief timer, 4 chief table workers, dive judges, dive announcer, and the list goes on. Some of these positions such as stroke and turn judge, starter, and referee require a season in the "B" meets prior to working the "A" meets. This means there must be some overlap. The future of both the dive & swim teams is dependent on a few people each year being trained. Please check the training schedule on the next page and attend the area that would suit you the best.

Woodley's Volunteer Swim Team Reps

Robin Tingley, (H) 571-405-6459 (C) 703-963-1092 arktingley@msn.com
Tricia Herrity, (H) 703-641-0097 (C) 703-798-4595 patricia.herrity@fairfaxcounty.gov

Woodley Volunteer Dive Team Reps

Teri Flach - 703-941-1153, tpfva@verizon.net
Carolyn Suarez – (C) 202-277-2397 carolynsuarez50@msn.com

NVSL Training Schedule

- New Referee:** **Thursday, May 31, 7pm**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Saturday, June 2, 8am
NVSL University at Falls Church High School, Jaguar Trail
Falls Church
Tuesday, June 12, 7pm
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, June 2, 8am**
NVSL University at Falls Church High School, Jaguar Trail,
Falls Church
Sunday, June 17, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, June 2, 8am**
NVSL University at Falls Church High School
Sunday, June 17, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 12, 8am**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Sunday, June 17, 9:30am
Hunt Valley (HV), 7100 Sydenstricker Rd. Springfield 22153
Wednesday, June 20, 7pm
Hunt Valley (HV) and Sully Station (SS)- 5101 Sequoia
Farm Drive Centreville, 20120
- Announcer or Head Timer:** **Saturday, June 2, 11am**
NVSL University at Falls Church High School
Saturday, June 9, 8am
Annandale Pool, 7600 Little River Turnpike, Annandale
- Clerk of Course or Table Worker:** **Saturday, June 2, 9am**
NVSL University at Falls Church High School
Saturday, June 9, 8am
Annandale Pool (A), 7530 Little River Turnpike, Annandale
- Food Handler Workshop:** **Saturday, June 2, 10am**
(Must pre-register; Cost \$25 , Swim/Dive will reimburse; Contact Robin Tingley or
Tricia Herry for registration form)
NVSL University at Falls Church High School
- Dive Coaches Clinic:** **Saturday, June 9 10AM** Arlington Forest (AF), 5401 Carlin Springs Rd Arlington
Dive Officials/Team Reps: **Sunday, June 10 8:30AM (Team Reps) 9:45AM (Officials & Judges)**
Judges Sideburn Run (SR) 10601 Zion Rd. Fairfax
Dive Referees **Tuesday, June 12th 6:30PM** Mantua Pool (M), 9330 Pentland Place, Fairfax
Thursday, June 21st 6:30PM Truro (THA) 4146 Elizabeth Lane Annandale
Dive Judges Clinic: **Tuesday, June 19 6:30PM** Sleepy Hollow Rec (SHA) 3538 Sleepy Hollow Rd Falls
Church
Wednesday, June 27 6:30PM Annandale (A) 7530 Little River Turnpike, Annandale