

Smoke Signals

Newsletter of the Woodley Swim Team, June 5, 2012 No. 2

The 2012 Swim Roster

There are currently 107 registered swimmers from 67 families making this a bit larger than last year's team of 106 swimmers (and even larger than 2009/2010 team of 92 swimmers which was a good size for Woodley). We had 16 new families last year and 12 of those families returned (YEAH!!) and we have 15 new families this year (WELCOME!!). The groups are as follows:

| | |
|------------|---|
| 8 & Under: | Boys – 13 swimmers (3 new), Girls – 27 swimmers (9 new) |
| 9-10: | Boys – 11 swimmers (1 new), Girls – 9 swimmers (2 new) |
| 11-12: | Boys – 5 swimmers (1 new), Girls – 14 (2 new) swimmers |
| 13-14: | Boys – 5 swimmers, Girls – 6 swimmers |
| 15-18: | Boys – 6 swimmers, Girls - 11 swimmers |
| Total: | Boys – 40 swimmers, Girls – 67 swimmers |

Hot Dog Dinners and Sundae Sundays

We are still in need of families to sign up (thanks to those that have!!) on the bulletin board and help with the Sunday evening Hot Dog Dinners (4:30- 6:30p.m.) and Sunday Sundaes (6:30-8p.m.). *PLEASE NOTE that we ask families to sign up for both activities!!*

Carrie (and Mark) McCall have graciously offered again to take over management of both activities so please contact them (mccallcarrie@gmail.com) if you have questions or they may be in touch with you – (☺!!).

All of the supplies needed to prepare the dinners and sundaes are purchased in advance by our volunteer food purchasers Jill Sturges and McCall family. We are asking for DONATIONS of ice-cream toppings if anyone would like – specifically M&M's, other candies, marshmallows, etc. Families that sign up simply need to prepare and sell these food items. The profits help pay for our coaches and team supplies. The lists are on the bulletin board across from the front desk. If you have not signed up yet, please do so as soon as possible. If you have never done this before, there is usually someone on hand at the pool that can show you what to do.

Friday Morning Team Breakfast

For those new to swim/dive team - this is another fun/team spirit activity that is held for the teams on 5 Friday mornings (starting June 29th and ending July 27th) where Woodley provides the breakfast type foods/drink and we just ask parents to help serve. The sign-up sheet is posted on the bulletin board.

Swim Caps, Handbooks, and the Woodley Member Newsletter

If you have completed a swim team registration form and have not received your children's swim caps or a Woodley Swim and Dive Team Handbook/Schedule, please contact us (Robin Tingley or Tricia Herrity) and we will get them to you.

Update to Calendar

A YORK Swim clinic will be held on Tuesday - June 26th (day after we get team pictures taken). More information will be available about this in the newsletters and through e-mail.

Communication

A file folder will be created for each swim and dive family and will be put out at the front desk next week. Information about upcoming meets (including times of meets and directions to away meet pools), social events, and ribbons earned, etc. will be placed in your folder that will be kept in a file box at the front desk.

(Over →)

Please remember to check the folder at each practice. All notes for the Team Representatives or Coaches should be placed in the appropriate folder as well.

As FYI - you can find your swimmer's "A" meet event times, meet results, divisional and league standings at the NVSL web site which <http://nvsl.nvblu.com>.

Weather during Afternoon Swim Practice?

The beginning of swim team is always a challenge with final exams, SOL testing, the end of school, graduation, spring sports, and those afternoon thunderstorms. We will have swim and dive practices unless there is a heavy downpour or thunder/lightning. You can call the pool at 703-573-9852 to be sure and even then, we are sometimes not sure. Just be patient, it will get better.

Why are Navy Blue Shorts and White Shirts are So Popular?

Every parent should own a pair of navy blue shorts and a white shirt. Why? NVSL rules require that all meet officials wear white shirts and blue shorts/pants while they are on deck during a meet.

*With a smaller team like Woodley - **Every parent will at some time be an official at a swim meet.!!!*** While some positions require training, others do not. Timers, table workers, and concessions workers will be assigned at every meet. If you are unable to attend a meet in which you are assigned, please try to find your own substitute.

To assist us in planning, email both Tricia and myself (Robin) the swim meets that you or your swimmers *are not* available. Keep in mind, we are trying to track more than 67+ family schedules besides our own and there will be the occasional mistake.

What are Time Trials?

We will be having TIME TRIALS this summer on Saturday - June 16th. The start time will be 8:30AM with Woodley warm-ups from 8:00AM to 8:15AM. Please try and arrive 15 minutes early.

Time Trials is a practice meet where we will be swimming with the Holmes Run swim team (so their swimmers can obtain 25 meter versus 25 yard times) that is designed to give swimmers the chance to post an official time in each stroke that they can successfully swim. The coaches and swim representatives use these official times as a basis for planning subsequent meets. The coaches will let each swimmer know before the meet what strokes they should swim.

Time Trials also provides new officials a chance to practice their positions and new parents will be assigned as timers, table workers or helping out concessions.

Since time trials will be held at Woodley, we will need volunteers to help set up the awnings and clerk of course as well as move furniture on Friday night beginning at 7PM.

Swim/Dive Team Suits Still Available

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 can 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.

Check the Upcoming Dates

June 9: Announcer, Head Timer, Clerk of Course, Table Worker Clinic at Annandale 8a.m. Dive Coaches clinic at Arlington Forest 10AM.

June 10: Dive Judges, Team Reps and Officials Clinic at Sideburn Run. Reps 8:30AM Officials/Judges 9:45AM.

June 10: Hot Dog Dinners (Rodas & Long Families) & Sunday Sundaes (McDonald & Kline families)

June 12: New Swim Referee Clinic at Lee Graham 7p.m. Dive Referee Clinic at Mantua 6:30PM

June 15: Woodley SET-UP 7PM

June 16: TIME TRIALS at Woodley. Woodley Warm-ups 8 to 8:15AM

June 17: Swim Referee & New Starter Clinic at Mantua 9:30AM. Stroke & Turn Clinic at Hunt Valley – 9:30AM

June 18: First day of Morning Practices (see Handbook for times!!).

**Swim Team Rep - Robin Tingley, (H) 571-405-6459 (C) 703-963-1092 arktingley@msn.com

**Swim Team Rep - Tricia Herrity, (H) 703-641-0097 (C) 703-798-4595 patricia.herrity@fairfaxcounty.gov

**Dive Team Rep - Teri Flach, 703-941-1153, tpfva@verizon.net

**Dive Team Rep - Carolyn Suarez – (C) 202-277-2397 carolynsuarez50@msn.com

Swim Fast Warriors