

Smoke Signals

Newsletter of the Woodley Swim Team, June 11th, 2012 No. 3

Time Trials Saturday, June 16th

Time Trials are rapidly approaching and will be held this Saturday, June 16. The Time Trials meet is a practice meet in which all of our swimmers race in every stroke that he/she can swim legally. There is not a kickboard event. Traditionally, we swim Time Trials with Holmes Run Pool at Woodley (Holmes Run is a 25 yard pool whereas Woodley is a 25 meter pool) to create as close a setting as possible to an "A" or "B" meet. *Woodley swimmers need to be at the pool in their designated team area at 7:45a.m. Warm-ups begin promptly in the pool at 8a.m. and end at 8:15a.m.* The meet will begin at 8:30a.m. The coaches will discuss with the swimmers at practice on Friday what strokes they will swim by filling out "B" meet style time cards. **Parents of 8 and Unders** should check with the coaches when they pick their children up from practice. It is quite common that the young swimmers do not always remember what they are swimming!!

The Officials list for time trials will be assigned and e-mailed later this week (*hopefully by tomorrow – Tuesday!!*). **NEW FAMILIES** – please be sure to read this e-mail as there will be a mix of new and returning families assigned to work as officials – especially as timers!!!! Time Trials provides new officials a chance to practice. Please arrive on time as instructional briefings are usually held during the last warm-up session.

If you are unable to volunteer at time trials – please let the swim team reps know as soon as possible so we can make sure we have the coverage that we need to host the meet and keep it running smoothly!!!

All swimmers should stay in their team area throughout the meet. Coaches should not have to search for swimmers when it is time to go to the clerk of course for their event. Since the coaches will be handling time cards, getting kids ready to swim, and watching the swimmers in the pool, it is requested that the experienced swimmers help with the new swimmers. Remember the new swimmers will not know what or where clerk of course is – for many of them, this is their first meet. *All parents should avoid visiting the team area during the meet unless an older swimmer or coach seeks you out.* It is some parents' experience that a nervous swimmer upon seeing their parent, might crumple and decide not to swim.

Team T-Shirts

Team t-shirts have been ordered and we should be receiving those by June 20th or June 21st. An e-mail will be sent once those have been received so Tricia & I can distribute shirts at morning practices.

Why do we set the pool up the night before a morning meet?

We set the pool up the night before a morning meet because *very few people are interested in arriving earlier than 7a.m. on a Saturday morning.* Some meet preparations can be done the night before such as setting up the awnings, moving benches to the clerk of course area, moving tables and chairs to create viewing areas, and removing the basketball hoop among other things. Items that can only be done on Saturday morning are setting up the food for concessions, putting in the lane lines, the backstroke flags, inserting the lane line blocks, setting up the computer area, setting up the Colorado starting unit, and the microphone. Therefore, this **Friday, June 15th at 7PM and next Friday, June 22nd, at 7:30PM** (after most of the Pep Rally/Pizza Party is done – see below), swim team parents are needed to set the pool up for time trials and for our first A meet on Saturday morning.

What are Warm-ups?

Warm-ups are done prior to the start of a meet to allow the swimmer to stretch their muscles, wake up, and get ready to race hard. For younger kids, warm-ups introduce them to the team aspect and swimming with all of the age groups. It is the best way to overcome any nervousness that they may be experiencing. Like other aspects of a meet, there are NVSL rules that govern warm-ups. At a morning ("A") meet, the home team warm-ups begin at 8:00a.m and end at 8:20a.m. Everyone on the home team must then exit the pool. The visitor team warm-ups begin at 8:20a.m., end at 8:40a.m., and then they must also exit the pool. Swimmers arriving late will miss their designated warm-ups ... as there are no exceptions to this schedule. For Monday night B meets when Woodley is the home team warm-ups start at 5PM and end at 5:20PM. When we are Away team – warm-ups start at 5:20PM.

Social Media

Thanks to Pim Van Wijngaarden (who updates and maintains Woodley web site including swim & dive) Woodley members now have access to twitter (@woodleypool) and Facebook (please visit the Woodley web page at www.woodleypool.org for how to get connected). The Woodley web site also has the pool calendar that can be linked to electronic devices.

Concession Stand Donations

If you have not yet done so, please donate 1 case of water and 1 Gatorade pack to the concessions stand (and big thanks to the families who have done this already).

At every home meet, please *donate* baked goods or other snack items for the concessions stand. Items should be bagged or individually wrapped. The profits made at the concessions stand are vital to the swim and dive team budget. These profits help pay for coaches, supplies (for example, you'd be surprised at how much backstroke flags cost or new wheels for the lane line holders), ribbons, Friday team breakfasts, etc.

Swim/Dive Box

A file folder has been created for each Swim & Dive family and has been placed in the Swim/Dive box located at the front desk. Next week (once morning practices have started) family folders will have picture information as well as forms for ordering pizzas for the Pep Rally and End of School Party (see next section).

Pep Rally and End of School Party June 22nd

A team pep rally and end of school pizza party will be held Friday, June 22, from 6:30 -8p.m. to launch the 2012 season. More information on advanced pizza orders will be arriving via *e-mail* and in your family folders.

A Meet vs. Rolling Valley AT Woodley Saturday, June 23rd

Our first competitive, scored "A" dual meet will be held Saturday, June 23rd at Woodley Pool. More information about this meet will be arriving in Smoke Signals #4 and by e-mail.

Swim and Dive Team Pictures Monday, June 25th

Swim and Dive Team pictures will be taken on Monday, June 25 at **7:45 a.m.** (team pictures are taken first) by Splendid Portraits. All members of the swim and dive teams (including coaches) **need to be at the pool at 7:30 a.m.** wearing their *team suits and t-shirts*. Order forms for team, individual, or family pictures will be placed in your mailbox the week before. Please note that the order forms are marked swim or dive team. After pictures, swimmers should see the coaches and help complete B meet time cards for Monday evening's meet at Lake Braddock (this is AWAY meet).

Upcoming Dates

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 17: Hot Dog Dinners (Iglesias family) & Sunday Sundaes (Gladys & Maginniss families)
June 18: MORNING Practices Start
June 19: Dive Judges Clinic at Sleepy Hollow Rec 6:30PM
June 20: Stroke & Turn Clinic at Hunt Valley & Sully Station 7PM
June 21: Dive Referee Clinic at Truro 6:30PM
June 22: Pep Rally/End of School Pizza Party – 6PM
June 22: Woodley Set-up for Home meet – 7:30PM
June 23: **FIRST A Meet (HOME) – Rolling Valley AT WOODLEY**, Warm-ups 8a.m.
June 25: Woodley Swim/Dive Pictures – 7:30AM

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**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