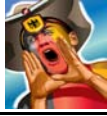


Smoke Signals

Newsletter of the Woodley Swim Team, June 19, 2012 No. 4



Pep Rally and End of School Party June 22th

A team pep rally and end of school pizza party will be held Friday, June 22nd, from 6:30-8 p.m. to launch the 2012 season. More information on advanced pizza orders will be arriving in *e-mail* and in your family folders. And **Congratulations** to current (and past) Woodley swimmers who are graduating seniors this year - Joe Dubas, Vincent Hayden, Gabe Igelsias, Laura Massaro, Elena Marsilii, and Grace Wald. New families would not know this but Vincent Hayden and Elena Marsilii are the youngest siblings in their families so we will also be saying good-bye to Julie & Mike Hayden and Peggy & Joe Marsilii this summer. We cannot express how much these families have meant to the Woodley community and we will miss them (though of course we will see them at the pool and may even ask for their volunteer help in an emergency situation – (:!!)).

Wishing Michael Flach and Family Good Luck for Olympic Trials – starting June 25th

I know all the Woodley community would like to wish Michael Flach good luck for the start of the Olympic trials next Monday. The whole Flach family will be heading out to Omaha on Monday so please look for them on TV – they are planning to wear Woodley shirts for at least one of Michael's races.

Michael qualified in 5 events (200 free, 400 free, 200 fly, 100 free and 100 fly though he decided to scratch the 100 free because it would be too close to 200 fly event). He is seeded the highest in 200 fly (11th) and 400 free (20th). The top 2 finishers make the team in each event (except in 100M and 200M free when the top 4 qualify). The broadcast schedule** and other information about the trials can be found on the home page of Potomac Valley Swimming (<http://www.pvswim.org>). Go Michael and Go USA!!!!!!

**Michael will swim 400 free on Monday, 200 free on Tuesday, 200 fly on Wednesday and 100 fly on Saturday.

Saturday's Time Trials

A BIG thanks and *round of applause* to the parent volunteers, coaches AND swimmers who participated in last Saturday's time trials!! It was a long meet but an important one and fun to see all the new Woodley swimmers in races and to see their parents volunteering on deck (or at Clerk of Course, Concessions, Tables or helping with set-up/tear-down)!!

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

Our first competitive, scored "A" dual meet will be held this Saturday, June 23rd at Woodley Pool. Based on the results of time trials and their availability, swimmers will be selected to swim this meet. Officials will be assigned in a similar manner as the time trials except your name should only appear if your child is swimming but we do sometimes make mistakes. Robin's goal is e-mail the official's list (and swimmer entry lists) to parents by Wednesday evening or Thursday morning!!. Coaches will notify swimmers on Thursday at practice if they are swimming and what their events will be (a swimmer can only swim 2 events and one or two relays).

Thursday evening, the swim representatives from Division 15 are meeting at Woodley to exchange our final selections in electronic and paper format. *If you are not sure if your child is swimming or they don't remember what they were told, please ask the coaches or the swim reps!*

Please also note as stated in previous e-mails that there is a good possibility that your swimmer will be entered in the Saturday morning meet because the team reps and Coaches try to fill every lane and relay. Substitutions are allowed and are not as strict at the first A meet (after first A meet you cannot substitute a faster swimmer). **PLEASE MAKE SURE to read the e-mails and/or talk to coaches to see if your child is swimming!!!** Also all the team would love it if teammates came out to cheer even if they are not swimming!!!

Please arrive at Woodley at 7:45a.m. Woodley's warm-ups will be at 8:00a.m. In other words, swimmers must be ready to get into the pool at 8:00a.m. We will have exactly 20 minutes for warm-ups. After our warm-ups, we may try to shake hands with the opposing swimmers in an attempt to continue the NVSL sportsmanship rules. The meet will begin at 9:00a.m.

Swim and Dive Team Pictures Monday, June 25th

Swim and Dive Team pictures will be taken on Monday, June 25th 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 FIRST B meet at Lake Braddock (this is AWAY meet).

FIRST B MEET (Away) vs. Lake Braddock at Lake Braddock June 25th

Everyone can participate in this meet swimming a maximum of 2 events and I.M. (unless they placed first, second, or third in one of those events at the previous Saturday's "A" meet). This is a swimmer's chance to improve their times and bump a teammate for an A Meet slot. In some of our larger age groups, it is expected that this will happen quite often throughout the season. Coaches will fill out the "B" meet time cards after pictures on Monday. **Any swimmers participating in the I.M. Carnival on July 8th, should sign up for I.M. at this meet as entries are due soon.** Warm-ups will be at 5:20 p.m. Instructions/Directions and officials assignments will be coming soon to a location near you (e-mail and swim/dive box).

YORK Swim Clinic June 26th

All members of the swim team are asked to make a special effort to attend practice on **Tuesday, June 26th, 9a.m.to 9:45 (or 10AM) for 11 and older, 10a.m. for 10 and under.** YORK (a year-round club) is popular with many of Woodley swimmers including the Sims family, James Sturges, Ella Kline and Meaghan Wheeler. There is no cost for this clinic.

Todd Potts I.M. Carnival July 8th at Forest Hollow Pool

The Todd Potts I.M. Carnival will be held SUNDAY, JULY 8th at Forest Hollow Pool. The I.M. Carnival is an invitational meet in which swimmers only swim one event – the Individual Medley or I.M. This is a 100m race consisting of one lap each in the following order: butterfly, backstroke, breast, and free. The coaches will recommend and sign up the swimmers that should participate. *Those swimmers who are interested in participating in the I.M.meet should swim 100IM at the Monday night "B" meet on June 25th at Lake Braddock to obtain a seed entry time!!!.*

The swim team pays a non-refundable entry fee for each swimmer so please inform the coaches if you are able to swim an IM but will not be available for this meet. Late entries are more expensive and not guaranteed.

Mystery Volunteer and Swimmers #1 (written by Janet Sims and she will provide answers in next week's Smoke Signals!!).

Volunteer: Although rough and gruff with off the wall comments, this volunteer is a softie when it comes to Woodley's youngest swimmers. It might have something to do with the fact that this volunteer's children are all grown up and the young Warriors fill the void.

Male Swimmer: When this young man first joined swim team, Mrs. Sims explained the difference between the A and B meets to his parents and told them that most 6 year olds do not swim in the A meets their first year. At time trials though, this swimmer blew away the competition securing his A meet lanes and hasn't relinquished them yet.

Female Swimmer: This young woman began a very unusual conversation at swim practice when she told Coaches Katie and Kara that she didn't know what cooties were. Much to the coaches' surprise, many of the young swimmers joined in the discussion adding that they've learned a lot about bacteria at school but nothing about cooties!

Upcoming Dates

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 – 7PM

June 23: **FIRST A Meet (HOME) – Rolling Valley at Woodley,** Warm-ups 8a.m.

June 24: Hot Dog Dinners & Sunday Sundaes (Payne & Haynes families)

June 25: Woodley Swim/Dive Pictures – 7:30AM

June 25: FIRST B MEET (AWAY) – Woodley at Lake Braddock Warm-ups 5:20PM

June 26: YORK Clinic – 9AM

June 26: First DIVE meet – Woodley @ Ravensworth Farm

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