

Smoke Signals

Newsletter of the Woodley Swim Team, July 9, 2012 No. 7

Woodley Wins First Meet of the Season – Woodley 212/Daventry 203

WOW – what an exciting and close meet this was and I would say it truly reflects what Woodley is all about!!

First a BIG shout-out and thanks to all the parents, coaches and swimmers (and family members and friends!!) who braved this crazy heat. We could not run a successful meet (which this was) without everyone pitching in.

ALSO we had some great swims (with many Woodley warriors achieving their personal best times since 2011 detailed below) and some examples of swimmers persevering through tough moments and showing true team spirit!!! Mia Velasquez had goggle problems and swallowed a lot of the pool during the girl's 9&10 50M freestyle race. With some motivating words from Coach David, Katie and Kara she pulled herself together and swam the freestyle leg of the 9&10 girls medley relay – helping her teammates Sophie Maginniss, Amalia Gladys and Lucinda Olson pull off an exciting win.

Macie Williams who is new to the team this year also had some goggle issues during her 8& Under 25M butterfly swim but she demonstrated the Woodley Warrior spirit and helped her relay team of Elise McDonald, Abby McCall and Sara Giroux win big!!!

First place finishers included Austin Byrd in 9 & 10 Boys 50 free, Rylan Yeatman in 8 & Under Boys 25M Back, John Cascella in Boys 9&10 50M Back, Erick Samayoa in Boys 13 & 14 50M Back, Austin Schmidt in Boys 8 & Under 25M Breaststroke, Jason Giroux in Boys 9 & 10 50M Breaststroke, Amalia Gladys in Girls 9&10 50M Breaststroke, Henry Lewis in Boys 13&14 50M Breaststroke, Tyler Byrd in Boys 8&Under 25M Butterfly, Gabriel Hain in Boys 9&10 25M Butterfly and Sara Giroux (who swam up) in Girls 9&10 25M Butterfly.

DOUBLE WINNERS included Elise McDonald in Girls 8 & Under 25M Freestyle and 25M Breaststroke, Abby McCall in Girls 8 & Under 25M Backstroke and 25M Butterfly, Aaron Tingley (who swam up) in Boys 11 & 12 50M Back and 50M Breaststroke and Marilisa Morales in 15-18 Girls 50M free and 50M back.

Woodley Warriors achieving *personal best times* (so far) for 2011 & 2012 included:

- **8 & Under Girls:** Samantha Dell and Macie Williams in 25 Free and Eliza Harrington in 25 Breast – SEE ALSO BELOW!!!
- **8 & Under Boys:** Tyler Byrd in 25 fly, John Paul Gonsalves in 25 Breast and Patrick Tingley in 25 Free (and SEE BELOW)
- **9 & 10 Girls:** Frankie Iglesias in 50 Free and Amalia Gladys in 50 Breast and SEE BELOW
- **9 & 10 Boys:** Oliver Gladys (50 Free), Aaron Tingley (50 Breast) and Connor Yeatman (25 FLY) and SEE BELOW
- **11 & 12 Girls:** Jane Chichester (50 Back), Jenna Chichester (50 Breast) and Lena Iglesias (50 Breast) and SEE BELOW
- **11 & 12 Boys:** Christopher Rodriguez (50 Breast) and Jake Wald (50 Back) and SEE BELOW
- **13 & 14 Girls:** Camila Buendia (50 Breast), Erin Dubas (50 Breast), Madelyn Palencia (50 Fly) and Helen Van Wijngaarden (50 Free).
- **13 & 14 Boys:** Erick Samayoa (50 Free), Mynor Barraza (50 Breast) AND SEE BELOW
- **15-18 Girls:** Tessa Iglesias (50 Breast) and Marissa Sims (50 Fly) AND SEE BELOW
- **15-18 Boys:** Jonathan Burgess (50 Back), Evan Massaro (50 Back) and Frank Mazza (50 Free) and James Sturges only off his best time in 50 free by .02 seconds.

And CONGRATULATIONS to a few swimmers who achieved *best times* (so far) in **BOTH events** they swam including:

GIRLS: Abby McCall (8 & Under) in 25 back and 25 fly, Elise McDonald in (8& Under) 25 Free and 25 Breast, Lucinda Olson (9&10) in 50 Back and 25 Fly, Naomi Antezana (11 & 12) in 50 free and 50 Fly, Ella Kline (11&12) in 50 Back and 50 Breast, Erika Ford (11 & 12) in 50 Free and 50 Fly and Kara Sims (15-18) in 50 Back and 50 Fly.

BOYS: Diego Flores (8&Under) in 25 Free and 25 Back, Austin Schmidt (8& Under) in 25 Back and 25 Breast, Rylan Yeatman (8 & Under) in 25 Back and 25 Breast, Austin Byrd (9&10) in 50 Free and 50 Breast, John Cascella (9&10) in 50 Back and 50 Breast, Jason Giroux (9&10) in 50 Breast and 25 Fly and Gabriel Hain (9 & 10) in 50 Back and 25 Fly, Joseph Canan (11&12) in 50 Free and 50 Breast, Anthony Suarez (11&12) in 50 Back and 50 Fly, Henry Lewis (13&14) in 50 Back and 50 Breast and Josh Sims (13 & 14) in 50 Free and 50 Fly!!

Congrats also to our “sweepers” (Woodley swimmers who all place 1, 2 & 3 in an event) who will be getting McFlurries (either at Tuesday or Wednesday AM practice) including Austin Byrd, John Cascella, Gabriel Hain, George Lewis, Jason Giroux and Connor Yeatman (for 9 & 10 Boys Backstroke, Breaststroke and Butterfly!!).

FINALLY – we give big thanks and kudos to 8 & Under girls Elizabeth Beuse, Eliza Harrington and Autumn Zeoli who all swam in their first A meet (Autumn actually swam up in Girls 9 & 10 50M Breaststroke) and showed *true team spirit* along with Warriors who swam up to help us fill our lanes and gain points including Sara Giroux, Connor Yeatman, Frankie Iglesias, Aaron Tingley and Christopher Rodriguez (and please let me know if I missed anyone).

BIG Thanks to alumni swimmer (and big sister to Coach David!!) – Sarah Blincoe for making Tie Dye Day lots of fun!! Tie Dye day is a swim team tradition and we couldn’t do it without the efforts of Peggy Marsilii and Sarah. We also wanted to give a big shout-out to Teri Flach, Carrie McCall, Alex Iglesias and Lori Zeoli who helped the swim/dive teams sell 45+ hot dog lunches!!!!

Movie Day - Wednesday - July 11th

The Giroux family has graciously offered to host the 10 & Unders at their house for movie day on Weds - July 11th (after practice at 11AM). Their address is 7503 Brad Street (within walking distance or short drive of the pool). ! *Also from the Byrd family – they live across from the Giroux’s and their backyard backs up to field adjacent to old school that is behind pool. You are welcome to cut through their yard and cross the street to the Giroux’s house.* The Giroux's will pick the movie and may offer popcorn & juice. Please have children bring their own lunches. ALSO any parent volunteers who could help out would be appreciated!!!

The Palencia family has graciously offered to host the 11 & Overs at their house for movie day. Their address is 3501 Delta Place Annandale 22003 and Alex Iglesias and Lynn Morales have also offered to carpool swimmers if needed. Please check with Lynelle Palencia, Alex or Lynn for more information (and swimmers should plan to bring their own lunch).

The Divisional Relay Carnival – Weds – July 11th

All of the divisional relay carnivals within NVSL will be held and completed on Wednesday, July 11. Then, the fastest 18 relay teams overall in the league will qualify and advance to the All Star Relay Carnival on Wednesday, July 18. Our divisional relay will be held at Rolling Valley pool.

Swimmers, even if you are not on the selection list for this meet, we would like to strongly encourage you to attend the meet and wear your bathing suit. At several meets, we have had to make substitutions at the last minute due to a variety of reasons. This meet in particular is difficult to field as each race requires four swimmers in that particular age group – there is no swimming up. For example, we only have four 13-14 year old girls so if one of you is unable to swim, all of you will be unable to swim.

Upon the completion of the divisional relay carnival, swimmers and families can return to the pool for an ice cream party and some much deserved fun (please see Michelle Kline for more information).

A Meet - Woodley vs. Burke Station AT BURKE STATION (Away MEET) - Saturday July 14th

Our third (should be fourth) scored “A” dual meet will be held Saturday, July 14th at Burke Station Pool. Official’s list/Directions will be e- mailed and swimmers should be notified about what they are swimming at Wednesday or Thursday morning practice. Hard copies of the Officials list/directions will also be available in front of the swim/dive box and on bulletin board (by Thurs or Fri).

Woodley’s warm-ups will be at 8:20a.m. The meet will begin at 9:00a.m. Please talk to David/Katie or Kara or some of the families who live near the pool (Marsilii’s, Sims, Morales, etc.) if anyone wants to caravan or needs a ride. You can also contact Robin or Tricia with questions.

A Meet Rescheduled - Woodley vs. Lakeview AT WOODLEY (Home MEET) - Sunday July 15th

Our make-up scored "A" dual meet will be held Sunday, July 15th at Woodley. Official's list will be e- mailed and swimmers should be notified about what they are swimming at Wednesday or Thursday morning practice. A hard copy of Officials list will also be posted on the bulletin board Thursday or Friday.

We know this is tough day for a make-up meet but we would appreciate all and any swimmers that can come out!!!

POOL SET-UP: Also this is the night after Adult Night at Woodley so we are not quite sure yet how we will set up the pool for the meet. If you can come earlier than normal on Sunday (a few of us get to all home meets by 6AM) that would be helpful.

Woodley's warm-ups will be at 8AM. The meet will begin at 9:00AM.

Last Home Meet for Our Senior (s)

This Sunday's make-up home meet vs. Lakeview will also be known as Senior's Day. It will be Vincent Hayden, Elena Marsilii, Laura Massaro, and Grace Wald's last home meet in their illustrious Woodley careers. All have been part of the Woodley Warrior Swim & Dive family for many years. Good luck to our seniors and thank you to their families for allowing your children to grow up at Woodley.

Janet Sims wrote a wonderful history/write-up on these swimmers as well as a few others special to Woodley (Joe Dubas, Gabe Iglesias and Kara Sims) and I will be e-mailing that to the team.

Team Breakfast – Friday - July 13th

Reminder that this will be the third team breakfast on Friday – July 13th!!!. The Hain/Rodman and Hunt families have volunteered to help out and Muffins & Juice will be served to coaches and 8 & Unders before practice and the older age groups after their practices.

B Meet vs. Holmes Run at HOLMES RUN (Away MEET) – Monday Night July 16th–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 practice on Monday. Woodley warm-ups are 5:20PM with meet starting at 6PM.

Officials Lists and directions will be e-mailed and posted on bulletin board by Thursday or Friday.

Mystery Volunteer and Swimmers - #4 By Janet Sims - Last week's answers: Mike Flach, Rylan Yeatman, Shannon Herry

Volunteer: This adult has been assigned different positions over the years until finally, a niche was found. This person would much prefer to stand over a hot, smoky grill on a 100 degree day than hold a stopwatch. What you may not know, is that this individual goes beyond the call of duty and spends a great many volunteer hours from the comfort of home, in air conditioning, creating, editing, updating and sprucing up the Woodley Pool web-site.

Male Swimmer: This young man joined swim team one year after his sister, making her very angry. She wanted swim team to be her thing and did not want to share it with her brother. As fate would have it, the young man was a natural at swimming and is on the Woodley record board.

Female Swimmer: The Sims family has been trying to recruit this female swimmer for several years. She finally joined swim team last year, participated in winter swim and this season, swam in her first A meet and was terrific. She comes to practice as often as possible and also obtains private swimming lessons with her brothers to improve her skills. She is the oldest in her family, loves swim team, is very friendly and is going to encourage her brothers to join swim team soon.

Upcoming Dates –

July 9: Swim Team B Meet vs. Parliament at Woodley, Set-Up 4PM Warm-ups 5PM. Meet start 6PM

July 10: Home Dive meet at WOODLEY (versus Greenbriar) – Set-up 4PM

July 11: Swim/Dive Movie Day – see above

July 11: Swim Team Divisional Relay Carnival at Rolling Valley, Woodley warm-ups 6 to 6:15PM. Swim Team Area 5. Meet starts at 6:30PM.

July 13: Friday Breakfast: Hunt & Hain/Rodman families – Muffins & Juice

July 14: Swim Team A meet vs. Burke Station at BURKE STATION, Warm-ups 8:20am.

July 15: Rescheduled A meet vs. Lakeview AT WOODLEY (HOME MEET) – Warm-ups 8AM SET-UP (as much as possible – Saturday night)

July 15: Hot Dog Dinner: Hunt & Gladys families Sundae Sunday: Hunt & Hain/Rodman families

July 16: B Meet vs. Holmes Run AT HOLMES RUN (Away meet). Woodley warm-ups 5:20PM

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