

Smoke Signals

Newsletter of the Woodley Swim Team, April 2013 No. 1

Swim and Dive Team INFORMATION/Potluck on Sunday, May 19th, 4:30-6:30pm

Woodley's Swim and Dive Team's (<http://www.woodleypool.org>) pot luck party will take place on Sunday, May 19th, from 4:30-6:30p.m. Please note below paragraph about new registration procedures!! 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.

NEW ON-LINE REGISTRATION: The swim & dive teams are trying out a new on-line registration system called Active/Thrive this year. You can sign up through the Woodley web page or through the link (we will e-mail this information separately but it should be ready to go by May 8th). We will also have limited availability for on-line registration at the pool at the potluck/information party.

Registration costs will be \$80 per child to join either the swim or dive team, or \$105 per child to join both with a "price cap" of \$275 per family allowing larger families (more than 3 children) 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 stays in 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 Hollin Hills (HH), Ilda (IC), Lake Braddock (LB – also in our B meet league), Newington Forest (NF) and Rolling Valley (RV). A schedule was then created and we will swim against each of these teams in a Saturday "A" meet – two of which will be home meets. The Divisional meet will be held at Rolling Valley on Saturday – July 27th.

2013 Divisional RELAY CARNIVAL will be held at WOODLEY:

Woodley volunteered and was picked to host the divisional relay carnival this year. That will be held on Wednesday, July 10th. We are very pleased to have this opportunity to show off the grounds and pool but as the host pool we will have a lot of responsibilities and need to make sure that we have all parent volunteers on-deck to help out as needed. We will need volunteers in every position but most critical will be concessions, set-up, clean-up, adult runners, and parking attendants/general meet assistance.

PLEASE let us know as soon as you can if you or your child (children) will not be available for this meet!!!!

Please also let us know what volunteer position you might be interested in and there will be a sign-up sheet as well.

The Woodley Dive team moved to Division 6 and will dive against Great Falls (GF), Ilda (IC), Lakeview (LV), Sleepy Hollow Rec (SHR) and Villa Aquatic (VA). The dive team will host 3 meets this year.

Change to Morning Practice Schedule

The board has asked that the Swim & Dive teams end their practices 15 minutes early so that lifeguards can get the pool ready for 11AM opening. This information will be available in the 2013 Woodley Swim & Dive Handbook (which be e-mailed separately and also on the web site). We have also included below.

SWIM TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY

TUESDAY, MAY 28 – JUNE 18**

4:00 – 4:30 PM 8 & UNDER WITH LAST NAMES A-L

4:30 – 5:00 PM 8 & UNDER WITH LAST NAMES M-Z

5:00 – 5:30 PM 9-10 YEAR OLDS
5:30 – 6:00 PM 11-12 YEAR OLDS
6:00 – 6:30 PM 13-18 YEAR OLDS

**This is tentative last day of school for Fairfax County.

BEGINNING WEDNESDAY, JUNE 19

7:30 – 8:30 AM 13-18 YEAR OLDS
8:30 – 9:30 AM 11-12 YEAR OLDS
9:30 – 10:15 AM 9-10 YEAR OLDS
10:15-10:45 AM 8 & UNDERS

Evening practice will be made available for swimmers who cannot attend morning practices due to transportation problems or parents' work. We have asked the coaches to have practices on TUESDAY, WEDNESDAY, THURSDAY and FRIDAY. Times will be determined by the coaches. *Please notify the coaches if your swimmer needs an evening practice as space is limited (unlike the morning practices, all lap lanes are not available). Please also note that some evening practices may be cancelled due to meets.*

DIVE TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY

TUESDAY, MAY 28 – JUNE 18**

3:30 – 4:15 PM 11-12 YEAR OLDS
4:15 – 5:15 PM 13-18 YEAR OLDS
5:15 – 6:00 PM 10 & UNDERS

**This is tentative last day of school for Fairfax County.

BEGINNING WEDNESDAY, JUNE 19th

7:45 – 8:45 AM 10 & UNDERS
8:45 – 9:45 AM 13-18 YEAR OLDS
9:45 – 10:45 AM 11-12 YEAR OLDS

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 third 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 is joined again this year by Carolyn Suarez.

New Swim Team Representative

As many of you know, Tricia & I have been helping out the swim team for three years now (actually four for me as I shadowed Janet Sims my first year). Tricia works full-time and I have also started a new job as a Realtor® with Long & Foster (Vienna/Oakton office) and we are both ready to move on to other volunteer positions on the swim team.

We would love if one or two parents would be willing to step up to help out the team for the next (2014) summer season. We now have a Data Coordinator (thank you Mark McCall) and that position should help relieve some of the work load.

This summer would be a good time to shadow us so please let us know if you are interested!!!

Coaching Staff – Swim & Dive - Information about this will be sent in another e-mail.

Hot Dog Dinners and Sundae Sundays

We will have a sign-up sheet at the Information/Potluck on Sunday - May 19th. These are fundraising activities for the swim and dive teams where we need volunteers to help prepare and sell hot dogs/drinks and ice-cream. Please sign up for at least one session each of the Sunday evening Hot Dog Dinners (4:30- 6:30p.m.) , Sunday Sundaes (6:30-8p.m.) and if possible the Friday morning breakfast (see below). *PLEASE NOTE that we ask families to sign up to help out with both hot dog dinners and Sunday Sundaes!!*

We will also be posting the sign-up sheets on the bulletin board at the pool.

Carrie McCall has graciously offered again to take over management of both activities so please contact her (mccallcarrie@gmail.com) if you have questions..

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.. 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 28th and ending July 26th) where Woodley provides the breakfast type foods/drink and we just ask parents to help serve. The sign-up sheet will be at the potluck and also posted on the bulletin board.

New Team Suits

For the 2013 swim and dive season, *Nike Foil Skin in Blue*, has been chosen for the females (@\$55.00 – does not include sales tax) and the matching spliced jammer for the males (@ \$38 not including sales tax. There is also a male brief available for \$32.25 (again without sales tax)). **PLEASE NOTE** that Woodley does not require team suits at meets. Swimmers and Divers are **ONLY** required to wear the team swim cap (which each swimmer/divers receives with the registration fee along with the team t-shirt). **ALSO** the Nike Foil Skin is a 2 YEAR SUIT - which means that based on the quality of suit, it should last for 2 years (depending, of course, on each individual swimmer wear and tear). The suits will be available for purchase at the May 19th potluck/information 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 below 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

Please Note if you arrive more than 10 minutes late – you will not get credit for attending!!

SWIM

- New Referee:** **Thursday, May 30, 7pm**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Saturday, June 1, 8am
NVSL University at Falls Church High School, Jaguar Trail
Falls Church
Tuesday, June 11, 7pm
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, June 1, 8am**
NVSL University at Falls Church High School, Jaguar Trail,
Falls Church
Sunday, June 16, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, June 1, 8am**
NVSL University at Falls Church High School
Sunday, June 16, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 8, 8am**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Sunday, June 16, 9:30am
Hunt Valley (HV), 7100 Sydenstricker Rd. Springfield 22153
Wednesday, June 19, 7pm
Hunt Valley (HV) - 7100 Sydenstricker Rd. Springfield 22153
Sully Station (SS)- 5101 Sequoia Farm Drive Centreville, 20120
- Announcer AND/OR Head Timer:** **Saturday, June 1, 11am**
NVSL University at Falls Church High School
Saturday, June 8, 8am
Annandale Pool, 7600 Little River Turnpike, Annandale
- Clerk of Course AND/OR Table Worker:** **Saturday, June 1, 9am**
NVSL University at Falls Church High School
Saturday, June 8, 8am
Annandale Pool (A), 7530 Little River Turnpike, Annandale
- Food Handler Workshop:** **Saturday, June 1, 10 to 11:30AM**
(Must pre-register; Cost \$25 , Swim/Dive will reimburse; Contact Robin Tingley or
Tricia Herrity for registration form)
NVSL University at Falls Church High School
- DIVE**
- Dive Coaches Clinic:** **Saturday, June 8th 10AM** Arlington Forest (AF), 5401 Carlin Springs Rd Arlington
Dive Officials/Team Reps: **Sunday, June 9th 9:45AM (Team Reps) 9:45AM (Officials & Judges)**
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Dive Referees** **Tuesday, June 11th 6:30PM** Mantua Pool (M), 9330 Pentland Place, Fairfax
Dive Judges **Tuesday, June 18th 6:30PM** Sleepy Hollow Rec (SHA) 3538 Sleepy Hollow Rd Falls
Church
- Dive Referees:** **Thursday, June 20th 6:30PM** Truro (THA) 4146 Elizabeth Lane Annandale
Dive Judges **Wednesday, June 26th 6:30PM** Annandale (A) 7530 Little River Turnpike, Annandale