

Smoke Signals

Newsletter of the Woodley Swim Team, June 5th 2013 No. 2

The 2013 Swim Roster

There are currently 110 registered swimmers from 65 families making this about the same size as last year's team and a good size for Woodley (Though there is no exact figure - NVSL considers a large team to be around 140+ swimmers). The groups are as follows:

8 & Under: Boys – 11 swimmers, Girls – 27 swimmers
9-10: Boys – 11 swimmers, Girls – 13 swimmers
11-12: Boys – 12 swimmers, Girls – 13 swimmers
13-14: Boys – 4 swimmers, Girls – 7 swimmers
15-18: Boys – 6 swimmers, Girls – 6 swimmers
Total: Boys – 44 swimmers, Girls – 66 swimmers

Hot Dog Dinners and Sundaes Sundays

We are still in need of a few 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 McCall may have been in touch with you already but please contact her (mccallcarrie@gmail.com) if you have questions or she 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 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 is posted on the bulletin board.

Swim Caps, T-Shirts and 2013 Woodley Swim & Dive Handbook

Swim team caps are ordered and we hope will be available for distribution next week. All team members will receive a swim cap as part of their registration fee. Please note that while it is not required for a swimmer to wear a team suit – if they are going to wear a swim cap, they do have to wear a team cap.

Team T-shirts are also received as part of registration fee and should be ready for distribution by June 19th, 20th or 21st. Our goal is to get these to swimmers/divers by Woodley picture day which is Monday – June 24th. More information about picture day will be included in next newsletter and by email.

Please do note that if you have not registered online by June 7th – we cannot guarantee delivery of team t-shirt!!

If you did not receive the 2013 Swim & Dive Team Handbook by email – please let Robin or Tricia know and they will email again. This document is also posted on the Woodley web site.

(Over →)

Communication

A file folder will be created for each swim and dive family and will be put out at the front desk either by end of this week or middle of next. Ribbons earned will be placed in the family folders a day or two after each meet. Information about upcoming meets (including times of meets and directions to away meet pools) and social events will be put in a file in front of the box and also emailed and posted on the bulletin board.

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>.

Swim Coach Contact Information:

Head Coach – David Blincoe – david_blincoe@yahoo.com. Cell – 571-643-4823

Assistant Coach – Kara Sims – kas009@eagles.bridgewater.edu Cell – 571-421-6998

Assistant Coach – 10 & Unders – James Sturges – swimwarrior@yahoo.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.

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 62+ family schedules besides our own and there will be the occasional mistake.

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 our upcoming dates below and attend the area that would suit you the best.**

What are Time Trials?

We will be having TIME TRIALS this summer on Saturday - June 15th. 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 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)). 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 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 8: Announcer, Head Timer, Clerk of Course, Table Worker Clinic at Annandale 8a.m. Dive Coaches clinic at Arlington Forest 10AM.

June 9: Dive Officials, Team Rep and Judges Clinic at Mantua 9:45AM

June 9: Hot Dog Dinners (Rodas & Long Families) & Sunday Sundaes (Verbout (Phelps) and TBD families)

June 11: New Swim Referee Clinic at Mantua 6:30PM

June 14: Woodley SET-UP 7PM

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

June 16: Swim Referee & New Starter Clinic at Mantua 9:30AM. Stroke & Turn Clinic at Hunt Valley – 9:30AM

June 16: Hot Dog Dinners & Sunday Sundaes (Casella & Burgess Families)

June 18: Dive Judges Clinic 6:30PM Sleepy Hollow Rec

June 19: First day of Morning Practices (see Handbook or First Smoke Signals 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@aol.com or teri.p.flach@irs.gov

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

Swim Fast Warriors