

# Smoke Signals

## Newsletter of the Woodley Swim Team, June 2013 No. 3

### Time Trials Saturday, June 15th

Time Trials are rapidly approaching and will be held this Saturday, June 15th. 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 (though for time trials most swimmers will swim all 4 strokes).

The Officials list for time trials will be assigned and e-mailed Tuesday evening or Wednesday.

**NEW FAMILIES** – please be sure to read the officials 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 20<sup>th</sup> or June 21<sup>st</sup>. An e-mail will be sent once those have been received so Tricia (with help from Lesya Yeatman and Carolyn Suarez) can distribute.

### **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 14th at 7PM**, swim team parents are needed to set the pool up for time trials.

### **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](http://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* healthy snacks (bananas, apples, fruit cups, granola bars 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).

\*\*New family folders should be ready by the end of the week.

## **Pep Rally and End of School Party June 21st**

A team pep rally and end of school party will be held Friday, June 21st, from 6:30 -8p.m. to launch the 2013 season. More information on advanced pizza orders and the party itself will be arriving via *e-mail* and in your family folders. We give a big THANKS to Michelle Kline who has graciously agreed to take over social activity organization and planning this year and has some great ideas for fun stuff to do!!!! If you want to help Michelle with planning - she would welcome it - please contact us or Michelle at [waggintailspetsitting@hotmail.com](mailto:waggintailspetsitting@hotmail.com).

## **A Meet vs. Ilda AT ILDA Saturday, June 22nd**

Our first competitive, scored "A" dual meet will be held Saturday, June 22nd. This will be an AWAY meet at ILDA. More information about this meet will be arriving in Smoke Signals #4 and by e-mail.

## **Swim and Dive Team Pictures Monday, June 24th**

Swim and Dive Team pictures will be taken on Monday, June 24th at **8:00 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 7:45 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 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 at Sleepy Hollow Rec - 6:30PM

June 19: MORNING Practices Start

June 19: Stroke & Turn Clinic at Hunt Valley & Sully Station 7PM

June 20: Dive Referee Clinic at Truro 6:30PM

June 21: Pep Rally/End of School Party

June 21: Woodley Set-up for Home meet – 7:30PM

June 22: **FIRST A Meet (AWAY) – Woodley at ILA**, Warm-ups 8:20a.m.

June 24: Woodley Swim/Dive Pictures – 7:30AM

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- \*\*Dive Team Rep - Teri Flach, 703-941-1153, [tpfva@aol.com](mailto:tpfva@aol.com) or [teri.p.flach@irs.gov](mailto:teri.p.flach@irs.gov)
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# Swim Fast Warriors