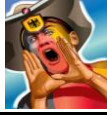


# Smoke Signals

Newsletter of the Woodley Swim Team, June 17 2013 No. 4



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

A team pep rally and end of school popsicle party will be held Friday, June 21st, from 6:30-8 p.m. to launch the 2013 season. More information will be arriving in *e-mail* and posted on the bulletin board. Please contact Michelle Kline with questions at waggintailspetsitting@hotmail.com and I am sure she could use some help as well.

And **Congratulations** to Woodley swimmers who are graduating seniors this year - Tessa Iglesias, Frank Mazza, Marilisa Morales and Marissa Sims.

## 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 (and hot) 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. Ilda AT ILDA on Saturday, June 22nd

Our first competitive, scored "A" dual meet will be held this Saturday, June 22nd at Ilda 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!! The officials list will also include DIRECTIONS to Ilda. 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 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 ILDA at 8a.m.\*\* Woodley's warm-ups will be at 8:20a.m. In other words, swimmers must be ready to get into the pool at 8:20a.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.

\*\*Plans are not set in stone but if anyone is interested in caravanning to the meet - please talk to David and/or Woodley families (like Sims, Flachs, McCalls, Iglesias's, etc.) who live close to the pool.

## 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.\*\*

\*\*Team T-shirts should be ready for distribution by Thursday (6/20 or Friday (6/21).

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 let them know what they want to swim 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 24th**

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. **Any swimmers participating in the I.M. Carnival on July 3rd, 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 posted on bulletin board).

### **FISH Swim Clinic, Wednesday, June 26th**

Swim team members are also asked to make a special effort to attend practice on **Wednesday June 26th, 9a.m.** to attend a swim clinic conducted by the FISH Swim Club coaches. 11 & Older will practice first (for probably 1 hour ) and then 10 & Unders (@10AM). In place of the regular practice, there will be a racing and sprint clinic conducted by the FISH Swim Club coaches. This does not affect the Dive Team practice schedule. FISH Swim Club has existed for more than 25 years and is a year-round USA swim club. There are many Woodley swimmers who swam or swim on FISH (along with some of the year-round clubs including YORK, Potomac Marlins, Arlington Aquatic, etc.). Some of these current (and past) swimmers are Michael Flach, Elena Marsilii, Elise McDonald, Daniel Schmidt and Aaron Tingley. There is no cost for this clinic.

### **YORK Swim Clinic, Thursday , June 27th**

All members of the swim team are asked to make a special effort to attend practice on **Thursday, June 27th, 9AM to 10AM for 11 and older, 10AM to for 10 and under.** YORK (a year-round club) is popular with many of Woodley swimmers (current and past) including the Sims family, James Sturges, Ella Kline and Meaghan Wheeler. There is no cost for this clinic.

### **Todd Potts I.M. Carnival July3rd at Forest Hollow Pool**

The 18th Annual Todd Potts I.M. Carnival will be held WEDNESDAY, JULY 3RD 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 24th at Lake Braddock to obtain a seed entry time!!!* **Entry times are due to Forest Hoolwo by Sunday - June 30th.**

**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.**

### **Upcoming Dates**

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 23: Hot Dog Dinners & Sunday Sundaes (Rosson & TBD families)  
June 24: Woodley Swim/Dive Pictures – 7:45AM  
June 24: FIRST B MEET (AWAY) – Woodley at Lake Braddock Warm-ups 5:20PM  
June 26: FISH swim Clinic – 9 to 11AM  
June 26: First DIVE meet – Woodley @ Ilda  
June 27: YORK swim clinic - 9 to 11AM

\*\*Swim Team Rep - Robin Tingley, (H) 571-405-6459 (C) 703-963-1092 [arktingley@msn.com](mailto:arktingley@msn.com)

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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)

\*\*Dive Team Rep - Carolyn Suarez – (C) 202-277-2397 [carolynsuarez50@msn.com](mailto:carolynsuarez50@msn.com)