

# Smoke Signals

## Newsletter of the Woodley Swim Team, June 23rd, 2013 No. 5

### **Woodley Warriors Win First Meet With Ilda - 231 to 188**

**WOW** this was an exciting meet with some close races in both individual and relay events. Marissa Sims swam a great final leg to stay just ahead of the Ilda swimmer in the final relay of the meet (Girls Mixed Age Relay). Ella Kline (11 & 12), Sara Giroux (10 & Under) and Helen Van Wijngaarden (13 & 14) also did a fabulous job in this relay and Woodley overall won 7 out of 12 relays which I am sure helped us win this meet!!!!

While this was a team win and effort - we do want to recognize those Woodley swimmers who placed first, second or third (and a few who were double first place winners).

First though we want to give a big Woodley warrior cheer (and thanks) to Sophie Maginniss, Lena Iglesias, Sophia Urbom (new swimmer to the team and Sophia also placed third in her event!!), Kate Burgess, Noah Morales and Patrick O' Leary (another new swimmer!) who all swam up and did a great job swimming against competitors who were 1, 2 (or sometimes more) years older!!

We also want to thank every swimmer who stepped up to swim a race even when they didn't want to (or feel like they were legal) because while they may not have scored points for Woodley - they showed true team spirit and both teams show good sportsmanship when they try to fill all 6 lanes in every event!!!

First place finishers included Autumn Zeoli (8 & Under Girls 25M Free), Mia Velasquez (9 & 10 Girls 50M Free), Helen Van Wijngaarden (13 & 14 Girls 50M Free), Bradley McCall (8 & Under Boys 25M Back), Christopher Pardo (13 & 14 Boys 50M Back), Eliza Harrington (8 & Under Girls 25M Back), Elise McDonald (9 & 10 Girls 50M Back), Henry Lewis (13 & 14 Boys 50M Breast), Bobby Dubas (15 & 18 Boys 50M Breast), Erin Dubas (13 & 14 Girls 50M Breast), George Lewis (9 & 10 Boys 25M Fly), and Sara Giroux (9 & 10 Girls 25M Fly).

**Double first place finishers** included Austin Schmidt (8 & Under Boys 25M Breast and 25M Fly), Abby McCall (8 & Under Girls 25M Breast and 25M Fly), John Cascella (9 & 10 Boys 50M Back and 50M Breast), Daniel Schmidt (11 & 12 Boys 50M Free and 50M Breast), Aaron Tingley (11 & 12 Boys 50M Back and 50M Fly) and James Sturges (15-18 Boys 50M Back and 50M Fly)!!

We also had great second and/or third place finishes from Bradley McCall (8 & Under 25M Free), Carolina Rosson, Autumn Zeoli, Samantha Dell and Morgan Wilson (8 & Under Girls 25M Free, 25M Back, 25M Breast and 25M Fly), George Lewis and Tyler Byrd (9 & 10 Boys 50M Free and 50M Breast), Macie Williams, Mia Velaquez, Sara Giroux Elise McDonald and Lucinda Olson (9 & 10 Girls 50M Free, 50M Breast, 50M Back and 50M Fly), Joseph Canon (11 & 12 Boys 50M Back and 50M Fly) and Jason Giroux (11 & 12 50M Breast), Ella Kline (11 & 12 Girls 50M Breast and 50M Fly), Sophia Urbom (11 & 12 50M Breast), Chris Pardo (13 & 14 50M Free), Aidan O'Leary (13 & 14 50M Back and new to the team!!), Evan Massaro (15-18 50M Breast), Erick Samayoa (15-18 50M Free and 50M Breast), Frank Mazza (15-18 50M Back), Naomi Antezana (13 & 14 50M Free), Helen Van Wijngaarden and Camila Buendia (13 & 14 50M Back), Camila and Madelyn Palencia (13 & 14 50M Breast), Erin Dubas and Madeline Ivey (13 & 14 50M Fly), Marissa Sims (15-18 50M Free and 50M Fly), Amanda Mazza (15-18 50M Free), Nicole Drucker (15-18 50M Back and 50M Fly), Anna Flach and Cat Iglesias (15-18 50M Breast).

**FINALLY BIG CONGRATS** to our "sweepers" (Woodley swimmers who all placed 1, 2 & 3 in an event) who will be getting McFlurries (after the last morning practice either on Tuesday or Wednesday) including Bobby Dubas, Evan Massaro and Erick Samayoa (Boys 15-18 50M Breast), Erin Dubas, Camila Buendia and Madelyn Palencia (Girls 13 & 14 50M Breast) and Sara Giroux, Elise McDonald and Lucinda Olson (Girls 9 & 10 25M Fly).

### **A Meet vs. Newington Forest AT WOODLEY Saturday, June 29th.**

Our second (HOME) competitive, scored "A" dual meet will be held Saturday, June 29th at Woodley. The Official's list and meet sheet will be e- mailed by Thursday (morning - hopefully!!) and swimmers should be notified about what they are swimming at Thursday morning practice. Hard copies of the Officials list will also be available in front of the swim/dive box and will be posted to the bulletin board.

We would love any and all help with meet set-up Friday night – June 28<sup>th</sup> (starting @ 8PM).\*\* On Saturday morning - please arrive at WOODLEY at 7:45a.m. *Woodley's warm-ups will be at 8a.m.* After our warm-ups, we may shake hands with the opposing swimmers. The meet will begin at 9:00a.m.

\*\*Please note that we will also be having our team pep rally/pizza party this night

Once again this is a meet where we may have a fair amount of swimmers/families not available so it is **POSSIBLE** that your child will be swimming so please do check e-mail and/or with David, Kara, James, Robin or Tricia.

We do want to try and swim as competitively as possible, fill relays and fill all Official positions.

### **BIG THANKS to Michelle Kline and Swim/Dive Pizza Party - Pep Rally**

Thanks Michelle for planning a great kick-off to the season with car painting, poster drawing and popsicles - I think all that cheering/car painting did help Woodley win!!!!

Michelle is also coordinating our next big social event which will be a pizza party and another pep rally before our first home meet next Friday night from 6:30PM to 8PM (or so!!). Advanced pizza orders form will be arriving via email and in the swim/dive box. Please see Michelle for questions (and if you would like to volunteer to help out).

### **AVAILABILITY at Swim Meets (for both parents and swimmers!!!)**

We had some problems with this last week. PLEASE check your account in the on-line registration to make sure that you have correctly put in whether you and your child/children will be available for the June 29th A meet (and really rest of meets for the season). There are two sections for this - one for parents and one for swimmers.

As a back-up - you can also email Robin (and copy Tricia & coaches) about whether you and your swimmer (s) will NOT be able to make the A meet.

We want to make Woodley as competitive as possible and put in our top swimmers so please (please!!) do make sure to update this on the registration or email Team Reps/Coaches!!!!

### **Team Breakfast – Friday - June 28th – 8:30AM to 10:30AM**

Reminder that our first team breakfast will be this Friday – June 28<sup>th</sup>!!!. Carrie McCall (thanks Carrie!!) is also coordinating this so please see her with questions. Juice & Donuts will be served to coaches and 8 & Unders before practice and the older age groups after their practices.

### **Second B MEET (Home) vs. Camelot AT WOODLEY Monday Night - July 1st**

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 pictures on Monday. Warm-ups will be at 5PM. Official's assignments will be coming soon to a location near you (e-mail, in front of swim/dive box and 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 –WEDNESDAY JULY 3rd at Forest Hollow Pool**

The 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. Tentative warm-up time for Woodley is 4:50PM (lanes 4 to 6) with meet start time of 6PM.

The coaches will recommend and sign up the swimmers that should participate. *Those who are participating should swim the I.M. event at the Monday night “B” meet on June 24th (at Lake Braddock) to obtain a seed entry time.* **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.**

### **PLEASE NOTE THESE important dates for Todd Potts:**

\*\*Official list due to Todd Potts meet officials by Sunday - June 30th

\*\*Meet Entries due by Sunday - June 30th

\*\*Scratches or Substitutions due by Noon on Tuesday - July 2nd

### **The Divisional Relay Carnival – Weds – July 10th**

All of the divisional relay carnivals within NVSL will be held and completed on Wednesday, July 10. Division 15 Relay Carnival will be held and HOSTED by WOODLEY!!! We do ask and strongly encourage all swim team members, even if you are not on the selection list for this meet, to attend the meet and wear your bathing suit/team cap. At several past relay carnivals, 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, if we only have four 13-14 year old girls – if one person is not able to swim, none of you will be unable to swim.

More information about this will be coming out in next Smoke Signals and in emails (and PARENTS - please let us know if you can volunteer at this event as we will need a lot of volunteers to make this meet a success!!!).

### **Mark Your Calendars Now - Woodley Annual Mini Meet - Sunday, July 21st**

All Woodley families, please mark your calendars now for the Annual Woodley Invitational Mini Meet. This is a special meet we run each year, with six local pools, for our 10 and under swimmers only. This meet is a fundraiser for Woodley Pool (and the general membership) - All proceeds, including concessions, goes to either the swim/dive teams or to the pool/board.

Deb Haynes and Janet Mansfield have done a terrific job managing this meet for the last 3 years and are turning the reins over to a long-time Woodley member, swim team parent, former Woodley team rep and founder of the mini-meet - Chris Loeser. Chris was also President of NVSL from 2009-2010 and has been involved with NVSL for many years. Woodley needs many, many volunteers for this event. Chris may be in touch with you or please see Deb Haynes or Janet Mansfield if you can help.

**Upcoming Dates –**

- June 24: First B Meet - At Lake Braddock - Woodley warm-up 5:20PM  
June 26: FISH Swim Clinic 9AM Start - approximately 1 hour. 11 & Older first, then 10 & Under  
June 27: YORK Swim Clinic 9AM Start - approximately 1 hour. 11 & Older first, then 10 & Under  
June 28: Juice & Donut Breakfast 8:30AM to 10:30AM - Families already notified - See Carrie with questions.  
June 28: Friday Night Pep Rally and Pizza Party - WOODLEY SET UP 8PM  
June 29: Swim Team A Meet - Newington Forest AT WOODLEY - Warm-ups 8AM.  
June 30 : **Hot Dog Dinner & Sunday Sundaes:** Families already notified - see Carrie with questions  
June 30: Todd Potts IM meet deadline for entries  
July 1: Second B Meet – HOME Meet AT WOODLEY (swimming against Camelot). WOODLEY SET-UP 4PM. Woodley warm-ups 5PM.

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

\*\*Swim Team Rep - Tricia Herrity, (H) 703-641-0097 (C) 703-798-4595 [patricia.herrity@fairfaxcounty.gov](mailto:patricia.herrity@fairfaxcounty.gov)

\*\*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)