

Smoke Signals

Newsletter of the Woodley Swim Team, July 2013 No. 6

Woodley Warriors Remain Undefeated - Second big win against Newington Forest -231 to 184

BIG congratulations to all swimmers, parents and coaches who helped make this a great second win for Woodley. It was nice to see everyone work together to pull this victory off!!

And not only did we have some terrific swims from almost every Woodley swimmer, we also had something happen which must be unusual in Woodley's history - 7 Woodley Sweeps (Woodley swimmer place 1, 2 and 3 in event) and in the 9 & 10 girls age group Woodley swept in all FOUR INDIVIDUAL EVENTS!!! That is truly amazing and a great feat.

We also had sweeps in 8 & Under Girls 25 Free, 8 & Under Boys 25M Back, and 8 & Under Girls 25M Back.

McDonald's should be very happy with Woodley as we buy up their McFlurries (and this will keep Coach David quite busy next Friday - (:). Congrats to:

9&10 Girls 50M Free - 1st Place - Mia Velasquez, 2nd Place - Lucinda Olson and 3rd Place - Macie Williams

9&10 Girls 50M Back - 1st Place - Mia Velasquez, 2nd Place - Sophie Maginniss and 3rd Place - Macie Williams

9&10 Girls 50M Breast - 1st Place - Sophia Urbom, 2nd Place - Elise McDonald and 3rd Place - Amalia Gladys

9&10 Girls 25M Fly - 1st Place - Sophie Maginniss, 2nd Place - Lucinda Olson and 3rd Place - Elise McDonald

8& Under Girls 25M Free - 1st Place - Autumn Zeoli, 2nd Place - Carolina Rosson and 3rd Place - Morgan Wilson

8 & Under Boys 25M Back - 1st Place - Brad McCall, 2nd Place - Sean Maginniss and 3rd Place - Cody Yeatman

8& Under Girls 25M Back - 1st Place - Autumn Zeoli, 2nd Place - Eliza Harrington and 3rd Place - Samantha Dell

Other first place winners included Samantha Banks (Girls 11&12 50M Free), Helen Van wijagaarden (Girls 13 &14 50M Free), Henry Lewis (Boys 13&14 50M Breast), Erika Ford (Girls 11 & 12 50m Fly) and Nicole Drucker (Girls 15-18 50M Fly).

Other double first place winners included Abby McCall (Girls 8 & Under 25M Breast and Fly), Austin Schmidt (Boys 8 & Under 25M breast and fly), John Cascella (Boys 9 & 10 50M Back and Breast), Aaron Tingley (Boys 11 & 12 50M Back and Fly) and James Sturges (Boys 15-18 50M Back and Fly).

Other swimmers who contributed points to the win include:

8&Unders - Ezra Morales, Carolina Rosson and Samantha Dell,

9 & 10's - George Lewis and Tyler Byrd

11 & 12's - Madison Banks, Samantha Banks, Ella Kline, Daniel Schmidt, Austin Byrd and Joseph Canan

13 & 14's - Juliana Iglesias, Maddy Palencia, Helen Van Wijngaarden, Camila Buendia, Erin Dubas, Chris Pardo and Josh Sims

15-18's - Marissa Sims, Nicole Drucker, Anna Flach and Bobby Dubas

FINALLY we do as always want to thank those swimmers who bravely swim up an age group or two including Maddy Ivey who swam up in Girls 15-18 50M Free, Jonah Morales who swam up in Boys 11&12 50M Back and Oliver Gladys who swam up in two events!!!! - Boys 13-14 50M Breast and Fly - showing true Warrior Spirit!!!

Do you hate matching socks? Bring white socks to Tie Dye Day – Friday July 5th

This is a very popular and long-time Woodley tradition. Please see e-mail and flyer for more information about Tie Dye Day!!!!

A Meet vs. Hollin Hills (AWAY MEET) AT HOLLIN HILLS- Saturday July 6th

Our third scored "A" dual meet will be held Saturday, July 6th at Hollins Hills. Official's list/Directions will be e-mailed and swimmers should be notified about what they are swimming at Thursday morning practice. A hard copy of the Officials list will also be emailed (Thursday morning or afternoon), posted and a few copies available in front folder (by Thurs or Fri).

Woodley's warm-ups will be at 8:20a.m. The meet will begin at 9:00a.m.

*We know this is a weekend after the 4th of July and some Woodley families will be missing the meet. This means this is a meet where it is **VERY LIKELY** that your child will be swimming so please do check E-MAIL, and with David, the assistant coaches or Tricia/Robin.*

Reminder - Todd Potts I.M. Carnival July 3rd at Forest Hollow Pool - The Todd Potts I.M. Carnival will be held Wednesday, July 3rd at Forest Hollow Pool.

B Meet vs. Parliament at PARLIAMENT (AWAY MEET) – July 8th 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.

Woodley warm-ups will be at 5:20 p.m. Meet starts at 6PM. Instructions and officials assignments will be coming soon to a location near you (e-mail).

Why does it always storm during the Divisional Relay Carnival?

The Divisional Relay Carnival is a "special" meet held on Wednesday, July 10th at WOODLEY. More information will be e-mailed but each of the six teams within our division selects their fastest swimmers for relays and swimmers *must swim in their own age group, no swimming up*. There are two relays in each age group – freestyle and a medley relay (composed of all four strokes including the 8 & Unders who will swim the medley relay). Dependent upon their finishing place, points are awarded to that swim team. **This relay meet has to be completed on this night as the results directly tie into the seeding for the NVSL All Star Relay Meet held the week after.** If it storms, the swimmers MUST wait the storm out. For many years, this meet has encountered a storm tempting parents to leave, and then finished after dark.

Swimmers, it is very important that if you are selected to be on a relay team, that you stay until that relay race has been swum!!!! It is very disappointing if one swimmer leaves early and the other three swimmers are unable to race.

Please let the coaches and Trica /I know if you (as a volunteer) or your child (children) is **NOT available** to participate in this meet by **Monday (MORNING) – July 8th (and preferably earlier).**

PLEASE EMAIL ROBIN/TRICIA or COACHES if you are not available for relay carnival even if you put something in the registration system.

Learned from experience, it is very stressful for the swim reps and the coaches to find a last minute substitute. Our goal last year was to field a relay in every event. The goal this year is to do the same and avoid last minute substitutions.

The fastest 18 relay teams from all 17 divisional relays (more than 100 teams) will be asked to swim in the NVSL All Star Relay Meet held at Hayfield on Wednesday, July 17th!. Making it to this level is quite an honor. Last year Woodley sent both of the 11&12 Boys relays which included Austin Byrd, Jason Giroux, Gabriel Hain (his family moved to Alabama), Daniel Schdmit and Aaron Tingley. We have also sent 2 other relays over the last 5 to 10 years from Woodley.

Woodley warm-ups are tentatively scheduled for 6 to 6:15PM (Lanes 4-6) and the meet starts at 6:30PM. This is a Wednesday night and Officials meet from 6PM to 6:20PM. NO DIVING DURING WARM-UPS.

Team Breakfast – July 5th

Reminder that this will be the second team breakfast on Friday – July 5th!!!. Carrie will notify volunteers and Bagels & Juice will be served to coaches and 8 & Unders before practice and the older age groups after their practices.

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 the pool and/or swim/dive teams. Please see Janet Mansfield or Deb Haynes (who are transitioning out of managing the meet this year) in interested in volunteering or participating.

Upcoming Dates

July 3: Todd Potts IM Carnival at Forest Hollow, Woodley Warm-ups 4:50PM to 5:10PM and meet start time – 6PM

July 4: Happy 4th of July!!!

July 5: **Swim Team Breakfast** – Juice & Bagels

July 5: Tie Dye Day after practice

July 6: Swim Team A Meet vs. Hollin Hills AT HOLLIN HILLS. Woodley warm-ups 8:20AM. Meet start time – 9AM

July 7: **Hot Dog Dinner and Sunday Sundaes:** TBD

July 8: Swim Team B Meet vs. Parliament AT PARLIAMENT Warm-ups 5:20PM. Meet start 6PM

July 9: Home Dive meet at WOODLEY (versus Lakeview) – Set-up 4PM

July 10: Swim Team Divisional Relay Carnival at WOODLEY, Woodley warm-ups (tentatively 6 to 6:15PM) and Meet start 6:30PM. POOL will close at approximately 3PM for set up.

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**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