

Smoke Signals

Newsletter of the Woodley Swim Team, July 9, 2013 No. 7

Woodley is 3-0 after big win against Hollin Hills - 236 to 184

Given this busy week - this will be a shortened version of Smoke Signals.

Woodley had another great meet on Saturday with more fantastic swims. We especially want to congratulate the Boys Mixed Aged Free Relay who broke the Woodley record with a time of 2:05.92. Congrats to Aaron Tingley (swimming as 11 & 12), John Cascella (swimming as 10 & Under), Christopher Pardo (swimming as 13 & 14) and James Sturges (swimming as 15-18)!!!

Meet results are posted on the bulletin board.

We did have some sweeps including 9 & 10 Girls 50M back (1st Elise McDonald, 2nd Lucinda Olson and 3rd Mia Velasquez), 15-18 Girls 50M Back (1st Marilisa Morales, 2nd Nicole Drucker and 3rd Anna Flach), and 9 & 10 Girls 25M Fly (1st Sara Giroux, 2nd Sophie Maginniss and 3rd Lucinda Olson).

We also had a sweep in Girls 9 & 10 50M Breast and almost all events of 11 & 12 Boys BUT these are not being counted because Hollin Hills had either only 1 swimmer or no swimmers.

David will try to get those above McFlurries on Friday but it is an extremely busy week (Robin will be at FISH meet with Aaron on Thursday and Friday mornings) so if it doesn't happen this week - we will get those next week.

Relay Carnival on Wednesday - July 10th.

Multiple emails have gone out about this including officials list and entries. Please see David, Kara, James, Robin or Tricia with questions.

PASTA AND PEP RALLY - Friday Night - July 12th.

We are looking forward to this new (old) event (Woodley swim/dive teams have done this in past but not for a few years!!). Michelle Kline has sent out emails and please contact her for more information if needed.

A Meet - Woodley vs. Lake Braddock AT LAKE BRADDOCK (Away MEET) - Saturday July 13th

Our fourth scored "A" dual meet will be held Saturday, July 13th at Lake Braddock Pool. Official's list/Directions will be e- mailed and swimmers should be notified about what they are swimming at Thursday morning practice. Hard copies of the Officials list/directions will also be available in front of the swim/dive box and on bulletin board (by Thurs or Fri).

Woodley's warm-ups will be at 8:20a.m. The meet will begin at 9:00a.m. Please talk to David/Katie or Kara or some of the families who live near the pool (Marsili's, Sims, Morales, etc.) if anyone wants to caravan or needs a ride. You can also contact Robin or Tricia with questions.

Lake Braddock is same pool that we swim against in our B meet and we do have our first B meet at this pool.

Team Breakfast – Friday - July 12th

Reminder that this will be the third team breakfast on Friday – July 12th!!!. Juice and muffins will be served. Please contact Carrie with any questions.

B Meet vs. Burke Station at BURKE STATION (Away MEET) – Monday Night July 15th 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 are 5:20PM with meet starting at 6PM.

Officials Lists and directions will be e-mailed and posted on bulletin board by Thursday or Friday.

Upcoming Dates –

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

July 10: Swim Team Divisional Relay Carnival at WOODLEY, Woodley warm-ups 5:20 to 5:35PM. Swim Team Area 1. Meet starts at 6:30PM.

July 12: Friday Breakfast – Muffins & Juice

July 12: Friday Night Pasta and Pep Rally

July 13: Swim Team A meet vs. Lake Braddock at LAKE BRADDOCK, Warm-ups 8:20am.

July 15: B Meet vs. Burke Station AT BURKE STATION (Away meet). Woodley warm-ups 5:20PM

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