

Smoke Signals

Newsletter of the Woodley Swim Team, July 22, 2013 No. 9 (and Final for 2013)

Woodley Wins (258 to 162) in Last A Meet Against Rolling Valley

The Woodley Warriors under the fine leadership of Coaches David Blincoe, Kara Sims and James Sturges won an exciting meet against an undefeated Rolling Valley team. We had some fantastic swims and this win allowed Woodley to tie with Rolling Valley to win the Division 15 championships. Last time we won a Division championship (also a tie) was in the 2010 swim season!!

A big thanks and congratulations goes out to all swimmers for their great swims and to parents, coaches and friends/families who cheered the team on (and for all the volunteers who helped make the home meet a success!!).

Also please note that a number of Woodley swimmers obtained their personal best times at this meet as well!!!

****Please also let me know if I need to correct any information below or missed something****

First place Woodley Warriors included George Lewis (Boys 9 & 10 50M Free), Aaron Tingley (Boys 11 & 12 50M Back), Daniel Schmidt (Boys 11 & 12 50M Breast), Evan Massaro (Boys 15-18 50M Breast), Helen Van wijngaarden (Girls 13 & 15 50M Free), Marisa Sims (Girls 15-18 50M Free), Elise McDonald (Girls 9 & 10 50M Back), Meaghan Wheeler (Girls 13 & 14 50M Back and we thank Meaghan for stepping up and swimming for Woodley in this last meet even though she was not feeling her best - I am sure that helped us win!), Frank "the Tank" Mazza (Boys 15-18 50M Back) and Sophia Urbom (and Sophia had personal best time in this race!!),

DOUBLE FIRST PLACE winners included Austin Schmidt (Boys 8 & Under 25M Free and 25M Breast), John Cascella (Boys 9 & 10 50M Back and Breast), James Sturges (Boys 15-18 50M Free and Fly), Abby McCall (Girls 8 & Under 25M Back and 25M Fly and Abby got her personal best time in the backstroke at this meet), Samantha Dell (Girls 8 & Under 25M Free and 25M Breast and Samantha got personal best times in BOTH of these events!!!) and Marilisa Morales (Girls 15-18 50M Back and Fly and Marilisa also got her best times at this meet!!).

Our strong showing from Woodley Warriors who placed second or third make a big difference in the win I think. These included:

8 & Unders: Brad McCall (25M Back and Fly and Brad got his best time of year in backstroke), Sean Maginniss (25M Back and Fly), Autumn Zeoli (25M free and Fly and she got best times in both these events), Carolina Rosson (25M Free and Fly and Carolina got best times in both events), Eliza Harrington (25M Back), Sophia Hopkins (25M Back and Sophia had her best time), and Morgan Wilson (25M Breast and Morgan had her best time!!) AND SEE BELOW

9 & 10's: Jonah Morales (50M Back) and George Lewis (25M Fly), Sara Giroux (50M Free and 25M Fly and Sara got her best time in freestyle), Lucinda Olson (50M Free), Elise McDonald (50M Breast), Eva Weisert (50M Back and Eva got her best time), Mia Velasquez (50M Back) and Sophie Maginniss (25M Fly and Sophie got her personal best time) and SEE BELOW

11 & 12's: Joseph Canan (50M Back), Daniel Schmidt (50M Free), Aaron Tingley (50M Fly), Jason Giroux (50M Breast), Austin Byrd (50M Free and 50M Fly and Austin got his personal best times in BOTH events!!), Ella Kline 50M Free and 50M Breast and Ella got personal best in breast), Samantha Banks (50M Free), Lily Weisert (50M Back), Isabel Schmitt (50M Breast and Isabel got her best time), Jane Chichester (50 Fly) and Ericka Ford (50 Fly).

13 & 14's: Meaghan Wheeler (50M Free), Erin Dubas (50M Breast), Josh Sims (50 Free and his best time), Chris Pardo (50M Free and 50M Back and Chris got best time in back), Henry Lewis (50M Breast), Chris Rodriquez (50M Fly and Chris got best time in this event).

15-18: Marisa Sims (50M Back and Marissa got best time), Nicole Drucker (50M Fly and 50M Free), Anna Flach (50M Breast and she got best time in this), Bobby Dubas (50M Breast and 50 Fly and great race for second in Fly - he was seeded behind Rolling Valley swimmer!!), Evan Massaro (50M Fly and he got best time), Mynor Barraza (50M Breast), and Erick Samayoa (50M Back).

We had a few very exciting relay finishes including boys 13 & 14 medley (Aidan O'Leary just out touched Rolling Valley), the Girls 13 & 14 medley (with Helen V. just out touching Rolling Valley) and two races with Marissa Sims as last leg (Girls Mixed Age and 15-18 medley).

And we can't forget the Woodley "SWEEPERS":

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

8 & Under Girls 25M Back - 1st Place - Abby McCall, 2nd Place - Eliza Harrington and 3rd Place - Sophia Hopkins

9 & 10 Girls 50M Back - 1st Place - Elise McDonald 2nd Place - Eva Weisert and 3rd Place - Mia Velasquez

There were other sweeps but these cannot be counted as "official" as there either no or only one swimmer from Rolling Valley. Robin will try and buy McFlurries either today or Wednesday morning around 9:30 to 10AM.

Congratulations one and all!!!

Another HOT and Quite Successful Mini Meet

Under the fantastic leadership of Chris Loeser with help from Janet Mansfield and Deb Haynes, this year's mini meet was another huge success. The dedication of everyone who worked the meet was tremendous. A large number of our 11 and up swimmers helped out in many different ways, displaying a love for this pool and a hard work ethic. As the parents began to wilt in the heat, these kids stepped up as timers, table workers and concessions workers, etc. Thank you very much for raising such great kids (and thanks to these wonderful volunteers too some of whom as part of this meet will have volunteered at a swim or dive event for 4 days in a row (and our Woodley coaches would have done this as well) - showing true Warrior spirit!!!!

There were a few mini meet Woodley records broken including:

**Brad McCall - Boys 6 & Under Freestyle AND 6 & Under 25M Backstroke

**Tatem Kline - Girls 6 & Under Freestyle

Other first place finishers included:

**Caitlin McCall - Girls 6 & Under kickboard race

**Elise McDonald - Girls 9 year old 50M Freestyle

**Tatem Kline - Girls 6 & Under 25M Breaststroke AND 6 & Under Backstroke

Divisional Meet This Saturday

As described in the previous Smoke Signals, the divisional meet this coming Saturday at ROLLING VALLEY is not as much about the team, as about the individual swimmers. It is not a scored meet and there are no relays. It is an individual qualifying meet for NVSL All Stars. Each team within our division receives two lanes in each age group, in each stroke including IM and 8 and under Butterfly. Empty lanes given up by teams are filled with the next fastest swimmer within the division. *The coaches will be discussing divisionals with the swimmers and determining the entries Monday and Tuesday morning of this week as entries must be made in the computer by Tuesday afternoon.*

Wednesday evening from 6:30 p.m. until who knows when (three years ago the meeting went very late but we are crossing fingers it won't last quite as long this year), the Division 15 swim representatives will be meeting at Rolling Valley, merging the entries, and making final selections to fill the empty lanes as well as planning the officials' list.

The meet starts at 9AM with Woodley warm-ups (in Lanes 1,2 and 3) are from 8:40 to 8:50AM. The first half of the meet will be IM, Freestyle and Backstroke followed by second half with Breaststroke and Butterfly.

Progressive Dinner for 13 and Older - Wednesday - July 24th (NO Dinner for 12 & Unders)**

On Wednesday, July 24, 2013 from 5:00 p.m. to 10 p.m., there will be a Progressive Dinner for swimmers and divers ages 13 and older. Dress clothes are worn for this event. Also, bring a bathing suit and towel. More information will be e-mailed about schedule once known. Parents should pick up their teenagers at 10 p.m.

All of the younger families are strongly encouraged to come to the pool at 5:00 p.m. to witness our teenage Woodley Warriors in clothes and wide awake. Most of the time we see them at 7:30 a.m. in bathing suits and pajamas! These are the swimmers who help your children learn their strokes and encourage them. Many of the young swimmers look up to these teenagers and before you know it, your young swimmer will be one of *them*.

**Many years ago - the swim/dive teams also had pasta dinner for 12 & Unders at the pool. We have not done that in recent years and thought to revive that for 2013 but there is just too much going on so will cancel for this summer and maybe try and again in 2014!!!!



End of Season Party, Sunday, July 28th!

The 2013 End of Swim and Dive Season Party will be held on Sunday, July 28th, from 5-10 p.m. This is a well deserved party/celebration for all swim/dive team members and families!!! The party includes a potluck dinner. Those with last names beginning with an A-L should bring a main dish and a side dish to share. Those with last names beginning with an M-Z should bring a main dish and a dessert to share. Drinks, plates, napkins and utensils will be provided.

Volunteers may be needed to plan any games such as a mixed age relays and volleyball tournament. We will eat from 5-6 p.m., have the awards ceremony from 6-7:30 p.m (possibly 8PM with our larger teams but will do our best to get through quickly) and have hired a D.J. from 8PM or so to 10 p.m.

Pictures and final ladder times for each swimmer/family will be distributed. More information will follow in emails.

Woodley Winter Swim

Even though it seems too hot to be thinking about winter swim, it's really not. Planning for this year's Woodley winter swim program began in July 1 when a contract was submitted to Providence Recreation Center for four lanes every Sunday evening from 7-8p.m.**. The Woodley winter program is designed to keep our children, especially the younger swimmers, in the water over the winter so that they will not lose any skills developed over the summer. It will begin in September and run through the summer swim team registration picnic held the third weekend in May 2014. Practices will be held each Sunday evening for one hour and the time will be confirmed when the contract is accepted.

The cost will be based upon the number of swimmers enrolled and this year, we will be **asking for a non-refundable deposit of \$75 prior to September 1** (the total cost usually does not exceed \$130 as we do not run this program for profit, using the formula lane rental + coaches' salary divided by #swimmers). A signup sheet will be placed on the bulletin board and the \$75 deposit per swimmer may be give to Janet Sims, Robin Tingley or Tricia Herrity, checks payable to Woodley Swim Team.

**This time may change but we will e-mail if that is the case.

Other Winter Swim Programs

Besides Woodley winter swim, there are several other winter programs for example, and some of our swimmers join the Potomac Marlins, FISH, or York. These are all USS teams within PVS (Potomac Valley Swimming). There is also a program held on Saturday evenings at Providence Recreation Center called Nadar Por Vida (and Competition Swim Clinics - please check their web site for more information).

Our best advice for those seeking additional training beyond Woodley winter swim, is to look on each program's web-site, view the cost, practice locations and times, the goals/philosophies of each, and talk to your teammates.

Woodley Record Board

Tricia & I know we need to work on this so please be patient with us. It takes some time to take off the previous names/numbers (which are stuck to the board) and then put on new ones (especially relay names!!). This may not get done until mid to end of August (apologies ahead of time!!).

ALSO our long term goal is to replace this record board -hopefully by summer 2015. Please let us know if you want to help us research or have recommendations/suggestions!!!

Individual All-Stars (Will be held Saturday - 8/3/13 at Annandale - 9AM start). The eighteen fastest times swum in each event across the entire NVSL qualify for Individual All-Stars. All-Stars can be overwhelming for a first time swimmer. Approximately 600 swimmers, plus parents, coaches, and officials gather for a meet that takes about six hours. If your swimmer is fast enough to be named an All-Star, it is a thrill he or she will never forget. Swimmers have to swim in Divisionals on Saturday to see if they qualify as top 18 for All Stars.