

Smoke Signals

Newsletter of the Woodley Swim Team, April 2014 No. 1

Swim and Dive Team INFORMATION/Potluck on Sunday, May 18th, 4:30-6:30pm

Woodley's Swim and Dive Team's (<http://www.woodleypool.org>) pot luck/information party will take place on Sunday, May 18th, from 4:30-6:30p.m. Please note below paragraph about registration procedures!! The teams will provide hot dogs, lemonade, water, and paper goods. Those with last names beginning A-N please bring a side dish and those with last names from O-Z, please bring a dessert. We are asking that each family donate *one case of bottled water and one pack of Gatorade* for our concession stand.

ON-LINE REGISTRATION: For a second year, the swim & dive teams will be using an on-line registration system called Active/Thrive. You can sign up through the Woodley web page or through the link (<https://thrive.activenetwork.com/Reg4>). ** We will also have limited availability for on-line registration at the pool at the potluck/information party. You can start online registration on May 1st (when 2014 forms will be available).

**Returning families will have accounts already.

Registration costs will be \$80 per child to join either the swim or dive team, or \$105 per child to join both with a "price cap" of \$275 per family allowing larger families (more than 3 children) to participate in one or both teams without breaking the bank. See the registration forms for more details. Registration fees help pay for coaches' salaries, team t-shirts, swim caps, trophies, ribbons, league registration fees, and insurance.

Woodley Swim Team moves up to Division 13 and Woodley Dive Team stays in Division 6

Each year, the NVSL analyzes and reorganizes over 100 swim teams into divisions dependent upon a number of factors such as their previous season record, team size, swimmer statistics, etc. At the annual NVSL seeding meeting in February, the division placement is revealed. Woodley moved up two Divisions and will be in Division 13. Woodley will swim against Annandale (A), Lakeview (LV), Old Keene Mill (OKM), Parliament (PAR - also a B meet team) and Sleepy Hollow Rec (SHR). A schedule was then created and we will swim against each of these teams in a Saturday "A" meet – two of which will be home meets. The Divisional meet will be held at Parliament on Saturday – July 26th

2014 Divisional RELAY CARNIVAL will be held at WOODLEY:

Woodley volunteered and was picked to host the divisional relay carnival for second year in a row. That will be held on Wednesday, July 9th. We are very pleased to have this opportunity to show off the grounds and pool but as the host pool we will have a lot of responsibilities and need to make sure that we have all parent volunteers on-deck to help out as needed. We will need volunteers in every position but most critical will be concessions, set-up, clean-up, adult runners, and parking attendants/general meet assistance.

PLEASE let us know as soon as you can if you or your child (children) will not be available for this meet!!!!

Please also let us know what volunteer position you might be interested in and there will be a sign-up sheet as well.

The Woodley Dive team will remain in Division 6 and will dive against Great Falls (GF), Ilda (IC), Kent Gardens (KG), Rolling Hills (RV) and Villa Aquatic (VA). The dive team will host 2 meets this year. Divisionals will be held at Rolling Hills.

Swim & Dive Practice Schedules

Last year the board has asked that the Swim & Dive teams end their practices 15 minutes early (for morning practices) so that lifeguards can get the pool ready for 11AM opening. This information will be available in the 2014 Woodley Swim & Dive Handbook (which be e-mailed separately and also on the web site). We have also included below.

SWIM TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY

TUESDAY, MAY 28 – WEDNESDAY, JUNE 25**

4:00 – 4:30 PM 8 & UNDER WITH LAST NAMES A-L
4:30 – 5:00 PM 8 & UNDER WITH LAST NAMES M-Z
5:00 – 5:30 PM 9-10 YEAR OLDS
5:30 – 6:00 PM 11-12 YEAR OLDS
6:00 – 6:30 PM 13-18 YEAR OLDS

**This is last day of school for Fairfax County.

BEGINNING THURSDAY, JUNE 26

7:30 – 8:30 AM 13-18 YEAR OLDS
8:30 – 9:30 AM 11-12 YEAR OLDS
9:30 – 10:15 AM 9-10 YEAR OLDS
10:15-10:45 AM 8 & UNDERS

Evening practice will be made available for swimmers who cannot attend morning practices due to transportation problems or parents' work. We have asked the coaches to have practices on TUESDAY, WEDNESDAY, THURSDAY and FRIDAY. The time will be 6:30 to 7:30PM. *Please notify the coaches if your swimmer needs an evening practice as space is limited (unlike the morning practices, all lap lanes are not available). Please also note that some evening practices may be cancelled due to meets.*

DIVE TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY

TUESDAY, MAY 28 – WEDNESDAY, JUNE 25**

3:30 – 4:15 PM 11-12 YEAR OLDS
4:15 – 5:15 PM 13-18 YEAR OLDS
5:15 – 6:00 PM 10 & UNDERS

**This is last day of school for Fairfax County.

BEGINNING THURSDAY, JUNE 26

7:45 – 8:45 AM 10 & UNDERS
8:45 – 9:45 AM 13-18 YEAR OLDS
9:45 – 10:45 AM 11-12 YEAR OLDS

B League Teams Stay the Same

The Monday night "B" meets are scheduled separately within a small group of swim teams, known as the B League. These teams do not have to be within the same division. As tradition precedes us, Woodley will once again join Burke Station, Camelot, Holmes Run, Lake Braddock, and Parliament in this B League. A schedule has been created and we will swim against each of these teams in a Monday night "B" meet – two of which will be at home.

Swim & Dive Representatives (contact information is listed below)

Tricia & I are pleased to again serve as Woodley's swim team representatives for a fourth year. Though it can be a lot of work, we greatly enjoy it and feel honored to be helping out the Woodley community. Running a volunteer swim team is really a team effort and we thank all the wonderful swimmers, parents and coaches who offer their time and energy to make the season run smoothly!!!

Teri Flach will continue her fantastic run (I think this might be her 9th year and she & Mike were also swim team reps for few years!!) as dive team representative and is joined again this year by Carolyn Suarez.

New Swim Team Representative

This may be Tricia's last year's team rep so we would love to have one or two folks who might be willing to step in as the new team reps. We had great assistance from Mark McCall last year as data rep and Michelle Kline with social events and planning but would welcome any parent who would like to also volunteer as the main team rep (or co-reps). The 2014 summer is a great time to train and shadow a team rep for the following summer. Please just let us know.

Coaching Staff – Swim & Dive - Please see separate email. This information will also be available in the 2014 Swim & Dive Handbook which should be ready to view on the web site by April 15th.

Hot Dog Dinners and Sundae Sundays (Information will be sent in separate email).

Friday Morning Team Breakfast (Same as above)

New Team Suits

For the 2014 swim and dive season, *Nike Foil Skin in Blue*, has been chosen for the females (@\$55.00 – does not include sales tax) and the matching spliced jammer for the males (@ \$38 not including sales tax. There is also a male brief available for \$32.25 (again without sales tax)). PLEASE NOTE that Woodley does not require team suits at meets. Swimmers and Divers are ONLY required to wear the team swim cap (which each swimmer/divers receives with the registration fee along with the team t-shirt). ALSO the Nike Foil Skin is a 2 YEAR SUIT - which means that based on the quality of suit, it should last for 2 years (depending, of course, on each individual swimmer wear and tear). The suits will be available for purchase at the May 18th potluck/information and can also be purchased at Sports Fair, 5010 Lee Highway, Arlington, Virginia, 703-524-9500. Simply tell the salesperson that you need a Woodley Pool team suit.

Volunteers Needed To Attend Training

In order to run organized and successful swim and dive meets, the NVSL requires and trains many volunteer officials. The Woodley Swim and Dive teams need new people to attend this training and to become swim/dive officials. Why? Our largest age group last year was the 15-18 year olds and many of them are the youngest siblings. Unfortunately, aging out is a natural progression and many volunteers leave when their youngest child graduates. Within the next four years, the swim team will be losing our referee, some stroke and turn judges, chief timer, 4 chief table workers, dive judges, dive announcer, and the list goes on. Some of these positions such as stroke and turn judge, starter, and referee require a season in the “B” meets prior to working the “A” meets. This means there must be some overlap. The future of both the dive & swim teams is dependent on a few people each year being trained. **Please check the training schedule below and attend the area that would suit you the best.**

Woodley's Volunteer Swim Team Reps

Robin Tingley, (H) 571-405-6459 (C) 703-963-1092 arktingley@msn.com
Tricia Herrity, (H) 703-641-0097 (C) 703-798-4595 patricia.herrity@fairfaxcounty.gov

Woodley Volunteer Dive Team Reps

Teri Flach - 703-941-1153, tpfva@aol.com or teri.p.flach@irs.gov
Carolyn Suarez – (C) 202-277-2397 carolynsuarez50@msn.com

NVSL Training Schedule

Please Note if you arrive more than 10 minutes late – you will not get credit for attending!!

SWIM

- New Referee:** **Thursday, May 29, 7pm**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Saturday, May 31, 8am
NVSL University at Fairfax County Govt. Center -12000 Government Center Parkway
Fairfax, VA 22035 (Specific building and room number to be emailed later)
PLEASE NOTE THAT THIS IS NEW LOCATION FOR 2014!!!
Tuesday, June 10, 7pm
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
- Referee or Starter:** **Saturday, May 31, 8am**
NVSL University at Fairfax County Govt. Center
Sunday, June 15, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- New Starter:** **Saturday, May 31, 8am**
NVSL University at Fairfax County Govt. Center
Sunday, June 15, 9:30am
Mantua Pool (M), 9330 Pentland Place, Fairfax
- Stroke and Turn Judge:** **Saturday, June 7, 8am**
Lee Graham Pool (LG), 7319 Lee Highway, Falls Church
Sunday, June 15, 9:30am
Hunt Valley (HV), 7100 Sydenstricker Rd. Springfield 22153
Wednesday, June 18, 7pm
Hunt Valley (HV) - 7100 Sydenstricker Rd. Springfield 22153
Sully Station (SS)- 5101 Sequoia Farm Drive Centreville, 20120
- Announcer AND/OR Clerk of Course:** **Saturday, May 31, 11:30am**
NVSL University at FAIRFAXCOUNTY GOVT. CENTER
Saturday, June 7, 8am
Annandale Pool, 7600 Little River Turnpike, Annandale
- Chief Timer:** **Saturday, May 31, 10:30am**
NVSL University at FAIRFAX COUNTY GOVT. CENTER
Saturday, June 7, 8am
Annandale Pool, 7600 Little River Turnpike, Annandale
- Table Worker:** **Saturday, May 31, 9am**
NVSL University at FAIRFAX COUNTY GOVT. CENTER
Saturday, June 7, 8am
Annandale Pool (A), 7530 Little River Turnpike, Annandale
- Food Handler Workshop:** **Saturday, May 31, 10AM**
(Must pre-register; Cost \$25 , Swim/Dive will reimburse; Contact Robin Tingley or Tricia Herrity for registration form)
NVSL University at FAIRFAX COUNTY GOVT. CENTER

DIVE

Dive Officials/Team Reps/Judges: **Sunday, June 8th 8:30AM.** Place - TBD
Dive Referees **Tuesday, June 10th 6:30PM** Mantua Pool (M), 9330 Pentland Place, Fairfax
Dive Judges **Tuesday, June 17th 6:30PM** Sleepy Hollow Rec (SHA) 3538 Sleepy Hollow Rd Falls
 Church
Dive Referees: **Thursday, June 19th 6:30PM** Truro (THA) 4146 Elizabeth Lane Annandale
Dive Judges **Wednesday, June 25th 6:30PM** Sleepy Hollow Bath (SHB) 3516 Sleepy Hollow Rd
 Falls Church