

# Smoke Signals

## Newsletter of the Woodley Swim Team, July 13, 2014 No. 8

### Woodley – Placed 3rd at Division 13 Relay Carnival

Well in the middle of a long (and very busy!!) week – Woodley Warriors had a good showing at the Division 13 relay carnival held at Woodley. Our team placed 3rd (LakeView was first and Sleepy Hollow Rec was second) which was great after moving up two divisions and we got lots of compliments about the pool and grounds (and thanks to NV Pools for their hard work on this).

The swim team thanks all parents/coaches and swimmers who helped make this event a success even with the delayed start due to thunderstorms!!

We also want to send BIG CONGRATS to the **Boys 11 & 12 Medley and Freestyle Relays** (Austin Byrd, Jason Giroux, Daniel Schmidt and Aaron Tingley) who broke both Woodley records in these events AND were selected to swim both relays at the All Star Relay Carnival which will be held on Wednesday - July 16th. Only the top 18 fastest relays in all of NVSL (17 divisions - over 100 teams) get to swim. We wish the boys good luck on Wednesday.

The other Woodley Relay who placed first in an exciting and close race (and also see below about Relay Championship meet) was the Girls 9 & 10 Free Relay (Sophia Urbom, Elise McDonald, Abby McCall and Sara Giroux)!!

Woodley relays that placed second included Girls 8 & Under Medley\*\* (Eliza Harrington - Back, Senya Urbom - Tatem Kline - Fly and Petra Folkedal - Free), Boys 8 & Under Medley\*\* (Brad McCall - Back, Wesley Sturgill - Breast, Sean Maginniss - Fly and Walker Hartge - Free), Girls 9 & 10 Medley\*\* (Elise McDonald - Back, Sara Giroux - Breast, Macie Williams - Fly and Abby McCall - Free), Boys 15-18 200 Medley Relay (James Sturges- Back, Evan Massaro - Breast, Bobby Dubas - Fly and Chris Pardo - Free), Girls 8 & Under Free Relay\*\* (Shannon Herrity (who subbed for Sophia Rodas), Eliza Harrington, Petra Folkedal and Tatem Kline), Boys 8 & Under Free Relay (Brad McCall - Back, Wesley Sturgill - Breast, Sean Maginniss - Fly and Walker Hartge - Free), Boys 13 & 14 Free Relay (Omar Zamora, Chris Rodriguez, Joseph Canan and Aiden O'Leary) and Boys 15-18 200 Free Relay (Chris Pardo, Evan Massaro, Bobby Dubas and James Sturges).

\*\*These 5 relays were also invited to the Relay Championship Meet which will be held today - Sunday - July 13th at Broyhill Crest in Annandale. The purpose of the Relay Championship Meet is to offer a competitive, championship-level meet for those individual relay teams from Divisions 8 – 17 who place first (or sometimes second or third and also have one of the fastest overall times) at Relay Carnival but do not qualify by time for a seeded slot for the All-Star Relay Carnival. This meet was started in 2008. We wish these relays good luck as well!!!!

### Saturday A Meet - Woodley 163 and Lake View 257

This was a tough meet against a very good opponent and we had some missing swimmers as well as swimmers who I think were fighting the mysterious Woodley virus that hits the team sometime during the season.\*\*

\*\*We had swimmers who swam and battled through not feeling well including Evan Massaro who had some moments with the Clerk of Course trash can before winning the boys 15-18 50M Breast, Ella Kline and Lucinda Olson who placed third in girls 11-12 breaststroke.

Tricia & I also wanted to give shout-out/thanks to our table workers/ribbon folks (Teri Flach, Ericka McDonald, Michelle Kline, Jane Messmer, Joy Folkedal and Laura O'Leary) who not only finished all our ribbons/computer work in record time but also alphabetized the ribbons making it super easy to put in folders for the kids - greatly appreciated!!!

Though Woodley did not have as many first and second places (as well as sweeps) - we did have some great swims and a number of swimmers who achieved their personal best times (some that were significant)!! I will write in more detail about those after Monday night B meet (at Camelot) and the new times ladder has been completed (thanks in advance again to Mark McCall for his help with that).

Double First Place Winners included:

**Sara Giroux** - Girls 9 & 10 50M Free and 50M Breast (and I believed Sara achieved her personal best times in both events).

**Jason Giroux** - Boys 11 & 12 50M Breast and 50M Fly (and Jason got best times too - dropping 2 seconds in his butterfly).

**Daniel Schmidt** - Boys 11 & 12 50M Back and swimming up in Boys 13 & 14 50M Breast (and in breaststroke - Daniel is very close to the All Star cut and breaking Woodley record for 11 & 12 boys).

**Aaron Tingley** - Boys 11 & 12 50M Free and swimming up in Boys 13 & 14 50M Back (and Aaron got his best time as well and broke his old record)

**James Sturges** - Boys 15-18 50M Free and 50M Fly

First Place Winners included:

**Wesley Sturgill** - Boys 8 & Under 25M Freestyle (with best time)

**Tatem Kline** - Girls 8 & Under 25M Freestyle (Tatem also placed 3rd in fly)

**Brad McCall** - Boys 8 & Under 25M Backstroke

**Senya Urbom** - Girls 8 & Under 25M Breaststroke (with best time)

**Sean Maginniss** - Boys 8 & Under 25M Fly

**Elise McDonald** - Girls 9 & 10 50M Backstroke (and Elise placed second in fly)

**Erick Samayoa** - Boys 15-18 50M Back (this was Erick's best time by 2 seconds AND one of only two Woodley sweeps (see below)!!!

**Evan Massaro** - Boys 15-18 50M Breast (and second of Woodley sweeps!!). Evan also placed second in 50M Back.

Other Point Winners for Woodley included:

Abby McCall (Girls 9 & 10 50M Free and 25M Fly), Tyler Byrd (Boys 9 & 10 50M Free), Eliza Harrington (Girls 8 & Under 25M Back and Breast), Lydia Sturgill (Girls 8 & Under 25M Back), Sophia Urbom (Girls 9 & 10 50M Breast), Austin Byrd (Boys 11 & 12 50M Breast and Fly (and achieved personal best time), Lucinda Olson (Girls 9 & 10 50M Breast), Joseph Canan (Boys 13 & 14 50M Breast and personal best time), Christopher Rodriguez (Boys 13 & 14 50M Fly), Josh Sims (Boys 15-18 50M Free), Chris Pardo (Boys 15-18 50M Back), Nicole Drucker (Girls 15-18 50M Back and 50M Fly), Bobby Dubas (Boys 15-18 50M Breast and Fly) and Henry Lewis (Boys 15-18 50M Breast).

SWEEPS: Woodley had only 2 sweeps - both in Boys 15-18 group (Robin will try and get McFlurries at Tuesday or Wednesday morning practices after I get to the pool and sometime between 9:30 to 10AM. For those boys not there - I will put in freezer behind lifeguard desk).

**Boys 15-18 50M Back** - 1st - Erick Samayoa, 2nd - Evan Massaro and 3rd - Chris Pardo

**Boys 15-18 50M Breast** - 1st - Evan Massaro, 2nd - Bobby Dubas and 3rd - Henry Lewis

FINALLY we don't want to forget to thank other Woodley swimmers who swam up an age group or two to help out the team including Carolina Rosson (swam in 11 & 12 50 Back and in the 11 & 12 girls relay!!) and Morgan Wilson (in Girls 11 & 12 50M Breast and Fly!!!).

**LAST A MEET (Away) vs. Annandale (AT ANNANDALE) – Saturday – July 19th – Warm-ups 8:20AM**

OKAY FAMILIES- this is the last meet of a season and one that should be the most exciting and competitive for Woodley. We have a very good chance of ending our season with a winning record (3 to 2) SO .....

We really need to have all swimmers/parents to come out to swim and cheer the team on!!!

Please be at Annandale by 8AM and Woodley warm-ups will start at 8:20AM. The meet will start at 9AM.

As usual Official's list and directions will be emailed.

**Woodley Mini-Meet – Sunday – July 20th**

Annual Woodley Invitational Mini Meet will be held on Sunday – July 20th. Lots of emails have gone out about this - please see Carrie McCall and LeddyAnn Dell for more information.

**LAST B Meet vs. Holmes Run AT HOLMES RUN (Away MEET) – Monday Night July 21st** 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 see where they stand for Divisionals. 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 Friday

**What Exactly Are Divisionals?**

The swim team divisionals meet that will be held *Saturday, July 26th at Parliament pool* is different than a dual meet or a "B" meet. Similar to the relay carnival, divisionals involves all six teams within Division 13. Each team is guaranteed two lanes in each event therefore creating a meet with two heats in every stroke (6 teams x 2 lanes = 12 lanes). This means that for each age group, boys and girls, Woodley will have a total of 10 lanes to fill – two each for freestyle, backstroke, breaststroke, butterfly, and IM. All of the entries are based upon the time ladder printed after the last "B" meet against Holmes Run on Monday, July 21st.

Each swimmer can be entered in no more than two events and must swim in their age group. For example, if Janet Mansfield is the fastest 9-10 female for the Woodley Warriors in all 4 strokes and the IM, she must choose with the help of the Coaches, which two events she should enter. Then, the next person in the time ladder will have the next choice. Of course not everyone is located on the same ladder rung in each event which makes the process just a bit more complex. Once the time ladders are analyzed and the entries are made, there is yet another step.

Some of the teams within our division may not have enough swimmers to fill their 10 lanes for example, Team X has only four 13-14 girls so it will only use 8 of its 10 lanes. In this case, Team X gives up its empty lanes to the other five pools. The next fastest alternate swimmer from the 5 pools combined, is placed in that available lane. The seeding meeting when we merge our entries with those of the other pools is held on Wednesday evening. Therefore, by Wednesday morning (7/23) the decisions for Woodley's entries must be final. At this time, selections are also made among the five teams as to who the officials will be.

If you are not available for this meet, please inform the coaches and swim representatives no later than **TUESDAY morning, July 22nd!!**. Divisionals is the only meet for the individual swimmer to qualify for the Individual All Stars meet held the following weekend. For more information on the NVSL rules regarding the

Divisionals meet, please consult your handbook. For information on how your swimmer is seeded within the division or league as a whole go to NVSL web site: <http://www.mynvsl.com>

**Upcoming Dates**

July 19: LAST A MEET (AWAY) vs. Annandale at ANNANDALE. Woodley warm-ups 8:20AM.

July 20: Woodley MINI-MEET

July 21: LAST B MEET – (AWAY) – at HOLMES RUN – Warm-ups 5:20PM.

July 22: Let Reps/Coaches know what you want to swim in divisionals

July 23: Entries due to NVSL for divisionals

\*\*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, (C) 703-798-4595 [pherrity@gmail.com](mailto:pherrity@gmail.com)

\*\*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)