

# Smoke Signals

## Newsletter of the Woodley Swim Team, July 20, 2014 No. 9 (and Final for 2014!!)

### Woodley Wins (230 to 189) in Last A Meet Against Annandale

The Woodley Warriors under the fine leadership of Coaches John Leber, Kara Sims and James Sturges won an exciting meet against Annandale and finished with a winning season record of 3 to 2. Tricia & I are so proud of the team and this record considering we moved up two divisions and were seeded last in Division 13 at the beginning of the season.

This was definitely a fun meet to watch with some close races, loud cheering and lots of great finishes, starts and turns (as Coach Leber always says "fundamentals do matter"!!!).

A big thanks and congratulations goes out to all swimmers for their great swims and to parents, coaches and friends/families who came out to cheer the team on.

A number of Woodley swimmers obtained their personal best times (PBT) at this meet as well and I have tried to note where this happened. Please also let me know if I need to correct any information below or missed something.

Double First Place Winners included:

Wesley Sturgill - Boys 8 & Under 25M Freestyle and 25M Breast (and PBT in both events - obtained even after losing his tooth!!)

Tatem Kline - Girls 8 & Under 25M Freestyle and 25M Fly (and Tatem got her PBT in butterfly).

Sara Giroux - Girls 9 & 10 50M Breast and 25M Fly (and Sara got her PBT in breaststroke and was part of Woodley sweep - see below).

Jason Giroux - Boys 11 & 12 50M Breast and 50M Fly (and Jason got PBT in breaststroke).

Aaron Tingley - Boys 11 & 12 50M Free and 50M Back (and Aaron got his PBT in 50 Back and broke his old Woodley record for second time this year)

Aidan O'Leary - Boys 13 & 14 50M Free and Back (and in the 50M Free - the boys had an exciting race and unexpected sweep - see below).

James Sturges - Boys 15-18 50M Free and 50M Back (and this was James last NVSL dual meet . We wish him good luck and know he will have a great first year at USC!!).

First Place Winners included (and combined with the double winners above - Woodley won every single race in some age groups including the Girls 8 & Under (had 2 sweeps - see below!!), Girls 9 & 10, Boys 11 & 12 and Boys 13 & 14!!):

Sean "the Shamu" Maginniss - Boys 8 & Under 25M Backstroke

Senya Urbom - Girls 8 & Under 25M Breaststroke (equaled her best time)

Eliza Harrington - Girls 8 & Under 25M Back

Elise McDonald - Girls 9 & 10 50M Freestyle

Abby McCall - Girls 9 & 10 50M Backstroke

Joseph Canan - Boys 13-14 50M Breast

Chris Rodriguez - Boys 13-14 50M Fly

Our strong showing from Woodley Warriors who placed second or third make a big difference in this win especially in the close races!!!! These included:

**8 & Unders:** Sammy Beuse (25M Back AND we give BIG SHOUT OUT to Sam who along with his parents drove to the pool at the last minute to sub in for Brad McCall who we hope is feeling better now. We also THANK Rob Wilson who was on project SAM and helped get the Beuse family to Annandale to win us some points!!)\*\*, Walker Hartge (25M Breast - who I believe swam this for first time!!), Sean Maginniss (25M Fly and got his PBT), Sophia Rodas (25M Free - part of sweep and got her PBT -see below and 25M Breast - also part of second 8 & Under girls sweep - see below), Petra Folkedal (25M Free - also part of sweep), Lydia Sturgill (25M Back), Eliza Harrington (25M Breast and part of sweep), and Shannon Herrity (who got her PBT AND had a great finish and was almost part of a third sweep for 8 & Under girls. But it was not to be Senya Urbom - our fantastic breaststroke forgot for brief moment that she was swimming fly - (:!!).

\*\*We also thank Dominic Rosson who subbed in for Brad on the relay so the boys could have a full team!!

**9 & 10's:** Abby McCall (50M Free), Macie Williams (50M Back and PBT and part of sweep - see below), Sophia Urbom (50M Breast), Elise McDonald (25M Fly - PBT and part of sweep), Austin Schmidt (50M Free with PBT and 50M Breast), Tyler Byrd (25M Fly and PBT), Jake O'Leary (50M Back and PBT by 3 seconds!!), and Patrick Tingley (50M Breast and PBT by 2 seconds!!).

**11 & 12's:** Daniel Schmidt (50M Free with PBT and 50M Back), Austin Byrd (50M Breast with PBT and 50M Fly), and Mia Velasquez (50M Back and PBT).

**13 & 14's:** Ella Kline (50M Free), Madison Banks (50M Free), Maddy Ivey (50M Back with PBT and 50M Fly), Jane Chichester (50M Back), Samantha Banks (50M Fly), Marie Van Beek (who had great come from behind second place in 50M Breast and drop of 2 seconds for a PBT), Joseph Canan and Omar Zamora (50M Free with PBTs for both and unexpected sweep!!), Chris Rodriguez (50M Back and PBT), and Adam Kippenhan (50M Breast and 50M Fly with a PBT and drop of 2 seconds!!).

**15-18:** Evan Massaro (50M Free with PBT and 50M Breast - Evan is a graduating senior but we hope to see him back at Woodley next year!), Erick Samayoa (50M Back), Bobby Dubas (50M Fly), Nicole Drucker (50M Back and 50M Fly), Helen Van Wijngaarden (50M Free), and Anna Flach (50M Breast).

Other Woodley swimmers who swam but did not place in top 3 also achieved PBT and they should get a record of their achievements for the 2014 season at our End of the Year party.

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

**8& Under Girls 25M Free** - 1st Place - Tatem Kline, 2nd Place - Sophia Rodas and 3rd Place - Petra Folkedal  
**8& Under Girls 25M Breast** - 1st Place - Senya Urbom, 2nd Place - Eliza Harrington and 3rd Place - Sophia Rodas

**9&10 Girls 25M Fly** - 1st Place - Sara Giroux 2nd Place - Elise McDonald and 3rd Place - Macie Williams

**13 & 14 Boys 50M Free** - 1st Place - Aidan O'Leary, 2nd Place - Joseph Canan and 3rd Place - Omar Zamora

Robin will try and buy McFlurries either Tuesday or Wednesday morning around 9:30 to 10AM.

Congratulations one and all!!!

**Mini Meet**

A separate email will be sent about results from this meet which was held this morning (Sunday - 7/20). BIG (BIG!!!) THANKS to Carrie McCall, Leddy Ann Dell and all the parents/coaches who volunteered. Mini Meet always seems to come at the end of a (very!!) long 2 weeks but the Woodley community never fails to amaze me as everyone comes together to make this a fun event for the children and also to help the whole pool (not just swim and dive) raise money!! Please know how appreciative the Woodley community is of your time, dedication and effort!!!

### **Divisional Meet Next Saturday - July 26th**

As described in the previous Smoke Signals, the divisional meet this coming Saturday at PARLIAMENT 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 Tuesday and Wednesday mornings of this week as entries are due by Wednesday afternoon.*

More information will be emailed after the Team Rep meeting on Thursday night.

### **Progressive Dinner for 13 and Older - Thursday - July 24th**

PLEASE NOTE THIS DATE WAS CHANGED DUE TO Dive Meet - An email with information was sent out to families of Woodley teens. Please let Robin know if you did not receive.

All of the younger families are strongly encouraged to come to the pool at 5:30 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*.



### **End of Season Party, Sunday, July 27th!**

The 2014 End of Swim and Dive Season Party will be held on Sunday, July 27th, 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 will be needed to plan any games that want to be played such as a mixed age relays and volleyball tournament. We will eat from 5-6 p.m., have the awards ceremony from approximately 6-8PM (possibly 8PM and will do our best to get through quickly) and have hired a D.J. from 8PM or so to 10PM or little later.

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

### **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 2015. 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, York, NCAP or The Machine. These are all USS teams within PVS (Potomac Valley Swimming). There is also a program called Competition Swim Clinics that Robin will send email on).

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**

This always takes time to update so please be patient with team reps. 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 or 2016. Please let us know if you want to help us research or have recommendations/suggestions!!!

**Individual All-Stars (Will be held Saturday - 8/2/14 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.