

Smoke Signals

Newsletter of the Woodley Swim Team, April 2015 No. 1

Swim and Dive Team INFORMATION/Potluck on Sunday, May 17th, 4:30-6:30pm

Woodley's Swim and Dive Team's (<http://www.woodleypool.org>) potluck/information party will take place on Sunday, May 17th, from 4:30-6:30p.m. 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: The swim & dive teams will again be using an on-line registration system called ActiveWorks. . Registration will be open and active on **May 1st, 2015**.** We will also have limited availability for on-line registration at the pool at the potluck/information party (see also below).

**This is an updated version of program from last year so returning families will need to register again.

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 form (online) for more details. Registration fees help pay for coaches' salaries, team t-shirts, swim caps, trophies, ribbons, league registration fees, and insurance.

PLEASE ALSO note that you can pay and sign up to register for general membership at the Potluck/Information party on May 17th but that final payment to join the pool is due by **MAY 9th, 2015** in order to receive the \$50 discount.

Woodley Swim Team remains in Division 13 and Woodley Dive Team moves to Division 8

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. There are 17 Divisions in the NVSL. At the annual NVSL seeding meeting in February, the division placement is revealed. Woodley remained in Division 13 and will swim against Annandale (A), Fairfax Club Estates (FCE), Fox Hunt (FX), Long Branch (LBR) and Virginia Hills (VH). 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 Annandale on Saturday – July 25th.

2015 Divisional RELAY CARNIVAL will be held at WOODLEY:

Woodley volunteered and was picked to host the divisional relay carnival for third year in a row. That will be held on Wednesday, July 8th. 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.

NVSL has 8 divisions for dive. The Woodley Dive team moved to Division 8 and will dive against Annandale (A), Parliament (PAR), Rutherford (RFD), Springboard (SB) and Springfield (S). The dive team will host 3 meets this year. Divisionals will be held at Rutherford.

Swim & Dive Practice Schedules

We have created a NEW practice schedule for the swim team for 2015. This information will be available in the 2015 Woodley Swim & Dive Handbook (which be e-mailed separately and is also available on the web site). We have also included below.

SWIM TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY (PLEASE NOTE that this is a NEW schedule for 2015!!)

TUESDAY, MAY 26 – FRIDAY, JUNE 19***#

4:00PM - 4:45PM All 8 & Unders with first 15 minutes dryland***
4:30PM - 5:15PM 9 & 10s with first 15 minutes of dryland
5:15PM - 6:00PM 11 & 12s
6:00PM - 6:45PM 13 & Overs

**This should be last day of school for Fairfax County.

#Woodley's First A meet for swim team is on Saturday - June 20th

***Please see pages 12 of 2015 Swim & Dive Handbook for definition of dryland

BEGINNING MONDAY, JUNE 22 Please note that for swim team - *our first B meet is Monday night - June 22nd*).

7:15AM – 8:15 AM 13-18 YEAR OLDS
8:15AM – 9:15 AM 11-12 YEAR OLDS
9:15AM – 10:15 AM 9-10 YEAR OLDS
10:00AM - 10:45 AM 8 & UNDERS (first 15 minutes dryland).

Evening practice will be made available for swimmers who cannot attend morning practices due to transportation problems or parents' work. **We do ask that swimmers only attend evening practices if they cannot attend morning practices at all!!!** We have asked the coaches to have practices on TUESDAY, WEDNESDAY, THURSDAY and FRIDAY. Practice time is currently 6:30 to 7:30PM but may change as the season starts. *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).*

It should also be noted that due to many scheduling conflicts such as the divisional relay meet and Todd Potts meet, these evening practices may be canceled.

DIVE TEAM – ALL PRACTICES ARE MONDAY THROUGH FRIDAY

TUESDAY, MAY 26 – FRIDAY, JUNE 19**

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 should be last day of school for Fairfax County.

BEGINNING MONDAY, JUNE 22

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 fifth 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 10th year (?) and she & Mike were also swim team reps for few years!!) as dive team representative. Tricia is also shadowing Teri this year as dive team rep so this may be her last year as swim team rep.

ALSO this will be Teri & Mike's last year as swim/dive team parents. Their youngest of 5 (Anna) is a senior this year. We will truly miss them not only because they are nice folks but also because they have been true volunteers and cheerleaders for the Woodley swim and dive teams and community overall.

PLEASE consider helping the teams out by taking on Teri and Mike's spots as volunteers especially for Teri as Dive Team Rep and Mike as Referee/Stroke & Turn Judge and Starter!!

Coaching Staff – Swim & Dive - Please see separate email. This information will also be available in the 2015 Swim & Dive Handbook.

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 2015 swim and dive season, *the Nike Electric Anomaly in Blue*, has been chosen for the females (@\$58.83 – includes sales tax) and the matching jammer for the males (@ \$40.28 or brief @ \$34.19 (also includes 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). The suits will be available for purchase at the May 17th potluck/information event 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.

Woodley's Volunteer Swim Team Reps

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Tricia Herrity - (C) 703-798-4595 prherrity@gmail.com

Woodley Volunteer Dive Team Reps

Teri Flach - 703-941-1153, tpfva@aol.com or teri.p.flach@irs.gov

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