

Smoke Signals

Newsletter of the Woodley Swim Team, June 2015 No. 3

The 2015 Swim Roster

There are currently 114 registered swimmers from around 65 families making this bigger than last year's team and a good size for Woodley. However even though the team is moderately large - we do have some age groups that could use more swimmers (i.e. 9 & 10 boys, 13 & 14 girls and 15-18 boys) so hopefully we don't have to move up a lot of younger swimmers into these age groups to help us fill lanes and relays. Please encourage friends/family to join the team (deadline is Friday - June 12th at 9AM). The groups are as follows:

8 & Under: Boys – 24 swimmers, Girls – 15 swimmers
9-10: Boys – 4 swimmers, Girls – 19 swimmers
11-12: Boys – 9 swimmers, Girls – 10 swimmers
13-14: Boys – 11 swimmers, Girls – 6 swimmers
15-18: Boys – 6 swimmers, Girls – 10 swimmers
Total: Boys – 54 swimmers, Girls – 60 swimmers

Why are Navy Blue Shorts and White Shirts are So Popular?

Every parent should own a pair of navy blue shorts and a white shirt. Why? NVSL rules require that all meet officials wear white shirts and blue shorts/pants while they are on deck during a meet.

*With a small to medium size team like Woodley - **Every parent will at some time be an official at a swim meet.!!!** While some positions require training, others do not including timers, table workers and concession workers. These positions will be assigned at every meet. If you are unable to attend a meet in which you are assigned, please try to find your own substitute.*

Time Trials Saturday, June 13th

Time Trials are rapidly approaching and will be held this Saturday, June 13, 2015.

ALSO apologies again this year but tracking who will be at the meet and who will not is hard to do. ***PLEASE EMAIL ROBIN (!)*** if you (or your swimmer) will not be able to attend the Time Trials. I would like to get this information before I put together the Officials list which hopefully will be assigned and emailed by Wednesday (possibly Thursday morning).

The coaches would also like to know which swimmers will NOT be at time trials so they can obtain times of swimmers during practices.

THANK YOU IN ADVANCE!!!!

The **TIME TRIALS** meet is a practice meet in which all of our swimmers race in every stroke that he/she can swim legally. There is not a kickboard event. Traditionally, we swim Time Trials with Holmes Run Pool at Woodley (Holmes Run is a 25 yard pool whereas Woodley is a 25 meter pool) to create as close a setting as possible to an "A" or "B" meet. *Woodley swimmers need to be at the pool in their designated team area at 7:45a.m. Warm-ups begin promptly in the pool at 8a.m. and end at 8:15a.m.* The meet will begin around 8:45AM. The coaches will discuss with the swimmers at practice on Friday what strokes they will swim by filling out "B" meet style time cards.

Parents of 8 and Unders should check with the coaches when they pick their children up from practice. It is quite common that the young swimmers do not always remember what they are swimming (though for time trials most swimmers will swim all 4 strokes. Coaches will decide for the youngest/newest swimmers).

NEW FAMILIES – please be sure to read the officials e-mail as there will be a mix of new and returning families assigned to work as officials – especially as timers!!!! Time Trials provides new officials a chance to practice. Please arrive on time as instructional briefings are usually held during the last warm-up session.

If you are unable to volunteer at time trials – AGAIN - please let Robin know as soon as possible so we can make sure we have the coverage that we need to host the meet and keep it running smoothly!!!

All swimmers should stay in their team area throughout the meet. Coaches should not have to search for swimmers when it is time to go to the clerk of course for their event. Since the coaches will be handling time cards, getting kids ready to swim, and watching the swimmers in the pool, it is requested that the experienced swimmers help with the new swimmers. Remember the new swimmers will not know what or where clerk of course is – for many of them, this is their first meet. *All parents should avoid visiting the team area during the meet unless an older swimmer or coach seeks you out.* It is some parents' experience that a nervous swimmer upon seeing their parent, might crumple and decide not to swim.

Why do we set the pool up the night before a morning meet?

We set the pool up the night before a morning meet because *very few people are interested in arriving earlier than 7a.m. on a Saturday morning.* Some meet preparations can be done the night before such as setting up the awnings, moving benches to the clerk of course area, moving tables and chairs to create viewing areas, and removing the basketball hoop among other things. Items that can only be done on Saturday morning are setting up the food for concessions, putting in the lane lines, the backstroke flags, inserting the lane line blocks, setting up the computer area, setting up the Colorado starting unit, and the microphone. Therefore, this **Friday, June 12th around 7:30 to 8PM**, swim team parents are needed to set the pool up for time trials.

Set-Up Party - Friday - June 12th - @7PM

Please join other swim team families for get together (bring your own food/drinks) before set-up.

What are Warm-ups?

Warm-ups are done prior to the start of a meet to allow the swimmer to stretch their muscles, wake up, and get ready to race hard. For younger kids, warm-ups introduce them to the team aspect and swimming with all of the age groups. It is the best way to overcome any nervousness that they may be experiencing. Like other aspects of a meet, there are NVSL rules that govern warm-ups. At a morning ("A") meet, the home team warm-ups begin at 8:00a.m and end at 8:20a.m. Everyone on the home team must then exit the pool.

For time trials - Woodley warm-ups will be shortened slightly starting 8AM to 8:15AM.

The visitor team warm-ups begin at 8:20a.m., end at 8:40a.m., and then they must also exit the pool. Swimmers arriving late will miss their designated warm-ups ... as there are no exceptions to this schedule. For Monday night B meets when Woodley is the home team warm-ups start at 5PM and end at 5:20PM. When we are Away team – warm-ups start at 5:20PM.

Swim Team Caps/T-Shirts

The Woodley swim team caps are on order and hopefully will be available for distribution before the first A meet. We do have some leftover from last year so if your swimmer needs a cap - please check with one of the coaches or Robin/Tricia or Teri. All team members will receive a swim cap as part of their registration fee. Please note that while it is not required for a swimmer to wear a team suit – if they are going to wear a swim cap, they do have to wear a team cap.

Team T-shirts are also received as part of registration fee and hopefully will be ready for distribution by the first A meet (Saturday June 20th). As FYI - we also try and have T-shirts ready to pass out for team picture day which this year will be on Monday - June 29th. More information about picture day will be included in newsletter and by email.

Social Media

Thanks to Pim Van Wijngaarden (who updates and maintains Woodley web site including swim & dive) Woodley members have access to twitter (@woodleypool) and Facebook (please visit the Woodley web page at www.woodleypool.org for how to get connected). The Woodley web site also has the pool calendar that can be linked to electronic devices.

Concession Stand Donations

If you have not yet done so, please donate 1 case of water and 1 Gatorade pack to the concessions stand (and big thanks to the families who have done this already).

At every home meet, please donate healthy snacks (bananas, small bags of grapes/carrots, apples, fruit cups, granola bars or other snack items) for the concessions stand. Items should be bagged or individually wrapped.

Concession profits, swim/dive team dues and fundraisers are **vital** to the swim and dive teams!!!. Both teams are not-for-profit organizations and we need the funds to help pay for coach salaries (which is usually the largest budget item), meet supplies, ribbons, NVSL dues and insurance, end of year trophies, Friday team breakfasts and team equipment such as backstroke flags, new wheels for lane line holders and possibly a new starter system. You would probably not be surprised to learn how much those items cost!!!

Check the Upcoming Dates:

June 9: New Referee clinic at Lee Graham - 7PM

June 9: Dive Referee clinic at Mantua - 6:30PM

June 12: Woodley SET-UP for time trials - @ 7PM

June 13: TIME TRIALS at Woodley. Woodley Warm-ups 8 to 8:15AM Meet Starts around 8:40 to 8:45AM

June 14: Swim Referee/New Starter & Starter Clinic at Mantua 9:30AM. Stroke & Turn Clinic at Hunt Valley – 9:30AM

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