

# Smoke Signals

## Newsletter of the Woodley Swim Team, June 2015 No. 4



### **Pep Rally and Popsicles!! - Friday June 19th**

A team pep rally and end of school (for Fairfax County) popsicle party will be held Friday, June 19th, from 7PM (after swim practice) until 7:30pm or so. This will be a great time to celebrate the end of school and learn some cheers for the 2015 swim season.

And **Congratulations** to Woodley swimmers who are graduating seniors this year - Bobby Dubas, Nicole Drucker, Anna Flach and Cat Iglesias. PLEASE also let me know if I am missing any seniors so we can be sure to recognize their time and contributions to the team!!

### **Saturday's Time Trials**

Tricia and I wanted to give a BIG THANKS and *round of applause* to the parent volunteers, coaches AND swimmers who participated in Saturday's time trials!! It was a long (and hot) meet but an important one and fun to see all the new Woodley swimmers in races and to see their parents volunteering on deck (or at Clerk of Course, Timing, Concessions, and Tables).

We cannot run a meet (or have a successful) meet without parent volunteers!!. Special shout-out to the walking wounded - (: - who toughed it out and volunteered through injuries/pain including Leddyanne Dell in concessions, Holly Maginniss as head Clerk of Course, Brian Dubas as announcer, Joan Canan as second half timer and Ericka McDonald at tables. Go Warrior parents!!!

### **A Meet vs. Virginia Hills (VH) AT Virginia Hills on Saturday, June 20th**

Our first competitive, scored "A" dual meet will be held this Saturday, June 20th at Virginia Hills. Based on the results of time trials, meet strategy and their availability, swimmers will be selected to swim this meet. Officials will be assigned in a similar manner as the time trials except your name should only appear if your child is swimming but be patient as we do sometimes make mistakes!!!

Robin's goal is e-mail the official's list (and swimmer entry lists) to parents by Wednesday evening or Thursday morning!!. This will also be posted on bulletin board. Coaches will notify swimmers on Thursday at practice if they are swimming and what their events will be (a swimmer can only swim 2 events and one or two relays).

The official's list will also have address/location of Virginia Hills and directions (via map quest). Woodley does not have any official "caravans" set up for away meets BUT we encourage families that live near each other to coordinate if you want.

Thursday evening, the swim representatives from Division 13 exchange our final selections in electronic and paper format. *If you are not sure if your child is swimming or they don't remember what they were told, please ask the coaches or the swim reps!*

PLEASE ALSO NOTE that there is a good possibility that your swimmer will be entered in the Saturday morning meet because the team reps and Coaches try to fill every lane and relay. I already know of at least one swimmer that will be on vacation for this meet. Substitutions are allowed and are not as strict at the first A meet (after first A meet you cannot substitute a faster swimmer). ***PLEASE MAKE SURE to read the e-mails and/or talk to coaches to see if your child is swimming!!!*** Also all the team would love it if teammates came out to cheer even if they are not swimming!!!

Woodley's warm-ups will be at 8:20AM. In other words, swimmers must be ready to get into the pool at 8:20AM. We will have exactly 20 minutes for warm-ups. The meet will begin at 9:00AM.

### **FIRST B MEET (HOME) vs. Camelot (AT WOODLEY!!) -Monday June 22nd**

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 bump a teammate for an A Meet slot. In some of our larger age groups, it is expected that this will happen quite often throughout the season. Woodley warm-ups will be at 5PM.

**Any swimmers who want to participate in the I.M. Carnival on July 1st, should sign up for I.M. at this meet as most likely preliminary entries will be due by SUNDAY - June 28th.** There will also be more information about Todd Potts IM Carnival in the next newsletter.

Robin's goal for the official assignments for B meets is to email those Friday afternoon or evening. This will also be posted on bulletin board.

### **B MEET SET-UP and SET UP/TEAR DOWN in GENERAL**

As with time trials - we will need families to help set up the pool as well as clean up/close after the meet.

We start setting up the pool at 4PM for home B meets (and 7:30 to 8PM the night before a home A meet).

No one really wants to do this especially at the close of a meet as we are all tired/hot and cranky BUT this has to get done and it always seems like it is the same families that do this time and time again. One of these families (the Sims) will have a graduating senior (their third and last child) next year and after many years of volunteering for the swim & dive teams - they will be done and ready to move on.

To make this more fair to these families that always seem to help out- we have decided to assign families to help with set up and clean up/tear-down. Please look out for this on officials list (and it will only be for home A & B meets)!!!

More information will also be emailed about this.

### **Vacation Plans**

We understand that summer is almost here and family plans are important however we do ask that you try and not schedule vacations during the swim season. It is really only a short 5 to 6 weeks once the meets start!!!

HOWEVER if either parents or swimmers will not be at meets (especially A meets) - PLEASE EMAIL ROBIN by Monday or Tuesday of the week of A meet.

### **Communication (Swim/Dive Folders)**

A file folder will be created for each swim and dive family and will be put out at the front desk by end of this week. Ribbons earned will be placed in the family folders a day or two after each meet. Limited hard copies of information about upcoming meets (including times of meets and directions to away meet pools) and social events will be put in a file in front of the box and also emailed and posted on the bulletin board.

All notes for the Team Representatives or Coaches should be placed in the appropriate folder as well.

As FYI - you can find your swimmer's "A" meet event times, meet results, divisional and league standings at the NVSL web site (this a NEW web site) which is: <http://www.mynvsl.com>.

### **Upcoming Dates**

June 16: Dive Judges clinic at Sleepy Hollow Rec (SHR) - 6:30PM

June 17: Stroke & Turn Clinic at Hunt Valley & Sully Station 7PM

June 18: Dive Referee Clinic at Truro 6:30PM

June 19: Pep Rally/End of School Party

June 19: **FIRST A Meet (Away) – Woodley at VH**, Warm-ups 8:20AM

June 19: LAST DAY of SCHOOL - Fairfax County

June 22: FIRST B MEET (HOME) – Camelot (CCC) AT WOODLEY. 4PM Set up 5PM Warm-ups

June 22 - Morning & Afternoon practices start

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