

Smoke Signals

Newsletter of the Woodley Swim Team, June 2015, No. 5

Swimmers of the Week

New this year - the coaches are choosing one boy and one girl from the swim team as Swimmer of the Week. The recipients of this award are chosen by the coaches because of their good attitude, team work, team spirit and excellent practice attendance.

These winners will receive a silicone swim cap (which is bit heavier/nicer than yellow latex caps).

We are proud to announce that the first Swimmers of the Week awards go to:

Isiah Minix (boys) and Helen Frankovich (girls).

Congratulations Isiah & Helen (and Isiah & Helen also represented Woodley at our first A meet on Saturday as team captains).

First A Meet - Virginia Hills Rec vs. Woodley - 236 to 184

This was a tough first meet against a team that we have not swam against before. However I think the Woodley Warriors did a fine job holding our own against the VH Tidal Wave who have moved up 5 divisions since 2012!!!

FIRST - I want to give shout out to coaches and swimmers because the cheering was fantastic (especially for last relay of the Girls Mixed Age) and there was also a good amount of shaking hands after each race. FINALLY we did not have a single substitution or scratch. Very impressive.

BIG THANKS also goes to Woodley parents who helped us out as timers, clerk of course, at tables and as officials on deck. It was an exciting meet with lots of close races (AND we realize we are not the WOODSON swim team - ha! ha!). The announcer did come up and apologize to me after the meet).

We also want to thank every swimmer who stepped up to swim a race even when they didn't want to (or feel like they were legal) because while they may not have scored points for Woodley - they showed true team spirit and both teams show good sportsmanship when we try to fill **all 6 lanes** in every event!!!

We do want to recognize those Woodley swimmers who placed first, second or third (and a few who were double first place winners)

I also believe there were a number of Warriors who improved their times (compared to time trials) or may even have achieved personal best times. I will try and send another email later in the week detailing this information.

ALSO as FYI a new ladder will be emailed to the team on Tuesday after Monday night's B meet. The coaches use this ladder and availability to determine swimmers for the next A meet.

Double first place winners at this meet included Austin Schmidt (9 & 10 Boys 50M Free and 50M Breast), Elise McDonald (11 & 12 Girls 50M Free and 50M Back), Sara Giroux (11 & 12 Girls 50M Breast and 50M Butterfly), John Cascella (11 & 12 Boys 50M Back and 50M Breast) and Bobby Dubas (15-18 Boys 50M Breast and 50M Butterfly).

Other *first place finishers* included Brad McCall (8 & Under 25M Free), Abby McCall (9 & 10 Girls 50M Back), Eliot Frankovich (Boys 11-12 50M Free), George Lewis (11 & 12 Boys 50M Fly), Austin Byrd (Boys 13-14 50M Free), Aaron Tingley (Boys 13-14 50M Back) and Marie Van Beek (13-14 Girls 50M Breast).

Woodley Warriors who won second place included Sam Beuse, Nicholas Hopkins, Sean Maginniss, Brad McCall, Samantha Dell, Abby McCall, Helen Frankovich, Tyler Byrd, Lucinda Olson, Jason Giroux, Samantha Banks, Madison Banks, Aaron Tingley, Nicole Drucker (in 2 events), Josh Sims, Anna Flach, Erick Samayoa and Evan Massaro.

Third place swimmers included Tyler Byrd, Mia Velasquez, Joseph Canan, Samantha Banks, Caitlyn McCall (who is 6!!!! - (:), Josh Sims, Samantha Dell, George Lewis, Daniel Schmidt (who swam quite well even after becoming very sick after the meet!!!. Daniel is recovering at home and hopefully will be swimming in our next A meet), Evan Massaro, Anna Flach, Austin Byrd, Eliza Harrington, new swimmer to the team - Patrick Hort-Ly and Walker Hartge.

We do want to thank and recognize those swimmers who bravely swim up an age group or two (and also those who swim in events they really don't want to or might not be their best event!). This includes Sophie Maginniss (Girls 11 & 12) who swam up in Girls 13& 14 50M Freestyle and new to the team - Jaiden Johnson (also 11& 12) who swam up in Girls 13& 14 50M Butterfly!!!! Thank you Sophie & Jaiden for showing true Warrior spirit!!.

FINALLY BIG CONGRATS to our “sweepers” (Woodley swimmers who all placed 1, 2 & 3 in an event when 5 to 6 lanes are filled) who will be getting McDonald McFlurries (will try and do this after morning practices on Tuesday or Wednesday). Woodley had one sweep - Boys 11 & 12 50M Breast - First - John Cascella, Second - Tyler Byrd and Third - George Lewis!!!!

Communication

A file folder (swim/dive box) has been created for each swim family. The swim/dive box is at the end of the lifeguard desk. Ribbons earned will be placed in the family folders a day or two after each meet.

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>.

Ribbons from the first A meet will be placed in the swim/dive box by Monday after practices. Please let Robin know if you don't see your family folder and/or are missing a ribbon (4th, 5th, and 6th place ribbons are awarded though those points don't count and a competitor ribbon is given to those that DQ).

A Meet vs. Fairfax Club Estates AT WOODLEY Saturday, June 27th.

Our second (HOME) competitive, scored “A” dual meet will be held Saturday, June 27th at Woodley. The Official's list and meet sheet will be e- mailed by Thursday morning and swimmers should be notified about what they are swimming at Wednesday or Thursday morning practice. The Officials list will also be posted to the bulletin board.

Again as with Monday meet - we would love any and all help with meet set-up Friday night – June 26^h (starting @ 8PM). On Saturday morning - please arrive at WOODLEY at 7:45a.m. **Woodley's warm-ups will be at 8a.m.** The meet will begin at 9:00a.m.

Please note that it is **POSSIBLE** that your child will be swimming so please do check e-mail and/or with Robin, Marissa, Evan or James.

I already know of at least SEVEN families that will be gone for this meet. Unfortunately this may affect the outcome of the meet and hopefully we will be able to fill every relay (and not disappoint the other 3 swimmers in a relay) but it is what it is... PLEASE EMAIL ROBIN if you or your child will not be in town and/or otherwise will not be at this meet!!!!

We also ask that all Warriors come out to cheer for your team and everyone bring a suit in case we need you to swim at the last minute.

BIG THANKS to McCall family for Popsicles - Pep Rally

Thanks Carrie (with help from Mark McCall and Lisa Frankovich) for planning a great kick-off to the season with car painting and popsicles. Thanks also to the coaches for teaching the cheers!!!

Second B MEET (AWAY) vs. Lake Braddock AT LAKE BRADDOCK Monday Night - June 29th

This is AWAY meet. Official's assignments and directions will be coming soon to a location near you (e-mail and on bulletin board).

Todd Potts I.M. Carnival –WEDNESDAY JULY 1st at Forest Hollow Pool

The Todd Potts I.M. Carnival will be held Wednesday, July 1st at Forest Hollow Pool. The I.M. Carnival is an invitational meet in which swimmers only swim one event – the Individual Medley or I.M. This is a 100M race consisting of one lap each in the following order: butterfly, backstroke, breast, and free.

The coaches will recommend and sign up the swimmers that should participate. *Those who are participating should swim the I.M. event at the Monday night "B" meets on June 22nd and June 29th.* **The swim team pays a non-refundable entry fee for each swimmer so please inform the coaches if you are able to swim an IM but will not be available for this meet. Late entries are more expensive and not guaranteed.**

PLEASE NOTE THESE important dates for Todd Potts:

**Official list due to Todd Potts meet officials by Sunday - June 28th

**Meet Entries due by Sunday - June 28th

**Scratches or Substitutions due by Noon on Tuesday - June 30th

Upcoming Dates –

June 22: First B Meet - At WOODLEY - 4PM Set Up 5PM Warm-ups 5PM Start

June 22: First morning practice starts

June 23: Afternoon practices start (if you have not already talked to team reps or coaches about afternoon practice - please do so. We need to limit attendance at afternoon practice to only those who have camp, transportation issues or parents work!!).

June 26: Friday breakfast - more information to come

June 26: Friday Night Pasta Party/Pep Rally - WOODLEY SET UP 8PM

June 27: First HOME A Meet - Fairfax Club Estates AT WOODLEY - Warm-ups 8AM.

June 28: Todd Potts IM meet deadline for entries

June 29: Picture Day (and second breakfast) - more information to come

June 29: Second B Meet – AWAY Meet AT Lake Braddock