
Fox Mill Woods Gazette

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FINTASTICS SWIM TEAM NEWS

Welcome

The FMW swim team management and coaching staff extend a warm welcome to our new and returning swim team families! Our new families this year include:

Alison and Jim Bailey
Children: Amanda and Jennifer

Cathy Thompson and Randy Barlow
Children: Dani and Brett

Susan and Richard Bolger
Children: Kevin and Lindsey

Noni and Fran Delgado
Children: Kyle and Allie

Rachael and Rob Dubois
Child: Elizabeth

Linda and Marty Fertal
Child: Chris

Marilynn and Steve Forsyth
Children: Justin and Stacey

Shelley and Marc Fosse
Children: Madison and Katherine

Bonnie and Howard Horowitz
Child: Julia

Phyllis and Jeffrey Humphrey
Children: Paige and Catherine

Pier and John McGrath
Child: Harper

Karen and Ken Muncy
Children: Leeann and Catherine

Bonnie and Jack Nichols
Child: Jonathan

Sue and Stuart Pendleton
Child: Liana

Susan and Stuart Rosenberg
Children: Jacob and Claire

Mona and Dave Savino

Child: Will
Missy and Cliff Toma
Children: Alexandra, Lindsay, Natalie
and Colette

Kimberly and Stephen Trautman
Child: Jackie

Francine and Brant Vitek
Child: Kirby

We have 74 families and 128 swimmers so far this year!

Returning to leading the coaching team this year will be **Shelley Gesker**. Shelley will be assisted by **Brigid Howland** and **Tommy Huycke**, both former members of the FMW Fintastics squad.

Team Representatives are **Kathy Montgomery** and Sheree Lopez. The B team representatives are **Pat Ward** and **Joan Duvall**.

Fox Mill Woods will be in NVSL Division 7 again this season. Other members of the division include: McLean, Herndon, Hiddenbrook, Cottontail and Riverside Gardens.

Our developmental meets will be with Pinecrest, Herndon, Hiddenbrook, Oakton and Fox Mill Estates. This year we are pleased to be hosting the **Lollipop Meet** at our pool on 4th of July morning. It will be a fun start to the holiday for our 8 & under swimmers and their families. Candy and no DQ's!!

And, once again this season, we are inviting adults to swim at the last Monday night meet at home against Fox Mill Estates. If you were here last year you know it was good for some laughs. So, parents, start your training – give Mark Hubal some competition!

Map packs (this is a collection of maps and directions for the away meets we have this year) will be distributed sometime next week. Check your mail folders for this paperwork.

Time Trials

Coaches, team representatives, parents and swimmers are preparing for the first big event of the 2002 season, the Time Trials! Time Trials will be held at FMW on Saturday, June 15. All swimmers must be at the pool no later than 8:00 a.m., dressed in the team swimsuit. It is also recommended that swimmers bring a pair of goggles and a swim cap, if the swimmer normally wears one for racing. The schedule for Time Trials Saturday includes:

- ?? Fintastic Team Photos will be taken. Remember to bring one completed order form per swimmer to Time Trials, with payment enclosed in the envelope.
- ?? Warm-ups begin. Time Trials start promptly at 9:00 a.m. It is important that all swimmers attend. Swimmers will receive their baseline times for all four events. The coaches will use these times to prepare the Meet Sheet for our first meet with McLean on June 22, 2002. Time Trials are also a great way for swimmers and volunteers to experience the excitement of a meet without pressure from an opposing team.

?? Make up time trials will take place at 6 pm on Monday, June 17. Only swimmers that missed Saturday's trials will need to attend the make-up.

If you cannot attend the Time Trials, please notify the coaches in writing as soon as possible.

Volunteer Schedule

The Fintastics need you! We still have many open volunteer slots, including some that are critical to pulling off successful meets.

Please keep an eye on your swim team folders for the first draft of the Volunteer Schedule, which will contain all job assignments for all meets this season. Review it carefully, so that you know when you are working, and what you are doing! If you have conflicts please try to find your own substitute, before calling our volunteer coordinator, Jane Leeds. We will try to post a list of volunteers by the Wednesday before each meet. Be sure to check the board.

Check out the Website!

At: <http://foxmillwoods.tripod/FMW/htm>.
The swim team hotline is: (703) 860-0628, option 4.

For electronic distribution of the newsletter, please send your email address to: janet.osborn@hewitt.com.

Practices

Morning practices begin on Monday, June 17:

13 and overs: 7:30 a.m.
9 - 12 : 8:30 a.m.
8 and unders: 9:30 a.m.

There is no team practice on the last day of school: Friday, June 14.



Weekly Schedule

Following Time Trials, the coaches and parent volunteers will observe a weekly schedule as follows:

Mondays – During practices, swimmers participating in that evening’s Monday night meet sign up for two events and the optional Individual Medley. Monday night meets begin at 6:00 p.m. with warm-ups starting at 5:00 p.m. for home meets and 5:20 for away meets.

Tuesdays and Wednesdays – Ribbons from Monday night meets are placed in the mailbox folders. Newsletters are placed in mailbox folders on Wednesdays. On Wednesdays, the coaches and Team Reps plan the meet sheet for the next Saturday morning meet after reviewing all FMW team meet sheets and the meet sheets from the opposing NVSL team. *Please note:* coaches will place swimmers in events to maximize FMW’s score. For this reason, swimmers may not be assigned to their “favorite” event, but one which best positions each swimmer to score points for our team.

Thursdays- Following practices, coaches post the meet sheet for the Saturday morning meet. Swimmers are responsible for checking the meet sheet to see if they have been placed in a Saturday morning meet event.

Fridays – Practices focus on fine-tuning swimmers to prepare for the meet. A pep rally is held every Friday night at 6:00 p.m., beginning June 21st.

Saturdays – Saturday morning meets begin at 9:00 a.m., with warm-ups starting at 8:00 a.m. for home meets or 8:20 for away meets.

Sundays – Take the day off and enjoy!

Newsletter Submissions

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 or janet.osborn@hewitt.com. Submissions for the newsletter are due in by noon on Tuesdays.

We would love to publish some good jokes, so please pass along highlights from team joke days!

Here’s a goofy one to start us off:

Q: What’s a pirate’s favorite letter of the alphabet?

A. R! (Argh!—get it? :)