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# Fox Mill Woods Gazette

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## FINTASTICS SWIM TEAM NEWS

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### Team Rep Corner

The FMW Fintastics swim season is now officially underway. On Saturday, June 15 we started the 2002 season off with time trials. The sun was shining bright and our swimmers were swimming fast. Time trials are done to get baseline times for all swimmers in all strokes. The times are entered into an NVSL program and the coaches get a ladder for each age group boys and girls.

The coaches use time trial results to create a roster for the first "A" (Saturday) Meet. Each Thursday morning at practice, the coaches will notify the swimmers that are expected to swim at the A-meet on the following Saturday. Please have your child listen carefully for this information. We would hate to have them signed up to swim on a Saturday and not have them show up for the meet. The coaches will also post a draft meet sheet each Friday.

Those who were unable to attend the Time Trials or the Monday night make-up should contact the coaches to schedule an individual trial.

Now that we have started morning practices, we would like to remind you that only swimmers and coaches are allowed on the pool deck during practices. This is mandated by the NVSL for insurance purposes. The lovely picnic area next to the tennis courts is a great place to watch your child practice.

For folks that are new to FMW, please note that time trial ribbons are only given to the 8

and under swimmers. These ribbons and any DQ's (disqualification slips) can be found in your mailbox. Older swimmers wishing to know their time trial times can check with the coaches or swim team reps.

Thanks to all who helped out to make the Time Trials a success!

### Pep Rally



Getting ready for the first pep rally of the season is easy because you don't have to do anything! Just show up this Friday at 6 p.m. in the picnic table area with your appetite and artistic skills. We'll be eating pizza and making posters to hang at the McLean meet the next day as well as at the different pools we'll be competing against throughout the season. Head Coach Shelley Gesker will introduce her assistant coaches, set up the mentoring groups and talk about the upcoming season.

Future pep rallies: June 28<sup>th</sup>—treasure hunt; July 5<sup>th</sup>—water balloon fight; July 12<sup>th</sup>—lip-syncing contest; July 19<sup>th</sup>—games, Progressive Dinner (13 year olds and up) and fun!

Questions about the pep rallies? Call Carol Byrne at 703 860-3134.

## **Saturday Meet: FMW at McLean**

FMW will travel to McLean for the first meet of the season on Saturday, June 22<sup>nd</sup>. Team warm ups begin promptly at 8:20 a.m.

Each week, the Meet Sheet listing the swimmers selected for the upcoming Saturday meet is posted on the team bulletin board after the 8-and-under Thursday practice. The coaches also will inform swimmers at Thursday's practice as to who will compete in which event for our first Saturday meet. Parents, please check the Meet Sheet each week to see if your child is swimming! Note: Meet Sheets are derived from the Swimmer Availability forms. If you haven't yet turned in this form, please hurry up and get those in to the team reps.

## **Monday Night Meet v. Pinecrest**

The first Monday night meet of the season kicks off on June 24<sup>th</sup> at home against Pinecrest. Plan to be at the pool, ready for warm-ups at 5:00 p.m. The meet starts at 6:00 p.m.

For Monday night meets, the swimmers inform coaches of the events they want to swim at practice on Monday. If you cannot attend practice on Monday and want to swim Monday night, please inform the coaches, in writing, of the events you want to swim. Please check your Parent Handbook for eligibility criteria for swimming at the Monday Night meet.

## **Volunteer News**

Thanks to all of our volunteers who pitched in to make the Time Trials run smoothly.

We are still in need of volunteers to work the tables and concessions at the meets. We also need meet timers. Please contact Jane Leeds at (703/264-0067 or [jelpta@aol.com](mailto:jelpta@aol.com)) to choose your volunteer assignment.

If you volunteer at a meet, please don't forget to sign the Volunteer Sheet located near the Announcer's table at each meet. Jane uses these sheets to track the volunteer shifts and will return your volunteer fee check (collected at registration) as soon as you have completed your required service.

Thank you in advance for your support of the Fintastics program!

## **Evening Make-up Practice**

The coaches will hold evening practices from 5:00 to 6:00 p.m. on Tuesdays and Thursdays, beginning June 25th, for those swimmers unable to attend morning practice due to summer school, work or camp commitments.

## **The DQ Corner**

Mark Hubal is our officials coordinator this year, and is available to answer questions about DQ's.

As a reminder to our experienced swimmers, and to assist our new swimmers, the following general discussion of DQ's is reprinted from last year's newsletter:

A swimmer should be disqualified from an event if a stroke and turn judge, or the referee, raises his/her hand after observing a violation of the technical rules, which are summarized below:

Freestyle: Forward start. Head must surface by 15-meter mark. Some part of swimmer must touch wall at turn and finish. No pulling on lane lines, walking, or pushing forward off bottom of pool.

Backstroke: Head must surface by 15-meter mark. Shoulders must be past vertical toward back throughout race except at turn. Shoulders may turn past vertical as part of a continuous

turning action at the turn only. Continuous single or double arm pull may be used to execute turn; any kicking or gliding must be part of the continuous turning action. Swimmer must be past vertical towards back when he/she leaves the wall. Swimmer must remain on back, but may be submerged, only at actual finish.

**Breaststroke:** Forward start. Swimmer permitted one full arm pull (beyond hipline) and one kick while submerged at start and after turns; head must surface by widest part of second stroke (before hands turn inward). Arm pulls shall be in same horizontal plane (parallel to water surface). Hands shall be pushed forward from the breast on or under the water (elbows must remain in water). Stroke cycle consists of one arm pull and one kick, in that order. The head must break the water surface at least once each cycle. Swimmer's leg motions must be simultaneous; feet must be turned out in downward propulsive part of kick. No flutter or butterfly kick is allowed. On turn and finish, a simultaneous two-hand touch is required. On turn, the shoulders must be past vertical towards the breast when swimmer leaves the wall.

**Butterfly:** Forward start. Shoulders no longer are required to be in line with the water surface. Swimmer is allowed one arm pull and as many kicks as desired at start and turn, but head must surface by the 15-meter mark. The first arm pull must bring the swimmer to the surface. Arms must pull and recover simultaneously, with forward arm motions on or over the water surface. Up and down movement of legs and feet must be simultaneous. Breaststroke or flutter kicks are not allowed. At the turns and finish, both hands must touch simultaneously, but do not have to be on the same level. At the turn, shoulders must be past vertical toward the breast when the swimmer leaves the wall.

**IM:** The Individual Medley consists of butterfly, backstroke, breaststroke and freestyle, in that order. When changing from one stroke to another, the touch must conform to the finish rules for the stroke just completed. Note: IM is only swum in B meets as a qualifier for the Divisional Meet and All Stars.

For more information on rules and common violations, refer to the *FMW Parent Handbook*. Notes identifying specific violations that result in a swimmer's DQ will be placed in the family's mailbox within a few days after each meet this year.

### Reminders

Map packs for all away meets (A and B) will be in your boxes on Friday.

### Fun Stuff

All swim team members are invited to a fun afternoon out at the movies on Thursday, June 20<sup>th</sup>. The movie will be "Scooby Doo," which is showing at Reston Town Center at 2:05 p.m. We will meet at the theater at 1:45 p.m. Kathy and Sheree will not be attending and parents must accompany any child under the age of 13.

Are you musically inclined? Do you enjoy singing? We welcome singers or musicians from the team (solo or in groups) to sing or perform the National Anthem at meets. Just let one of the team reps know if you are interested!

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 or [janet.osborn@hewitt.com](mailto:janet.osborn@hewitt.com). Handwritten submissions should be put in Janet's mailbox at practice on Mondays. Electronic submissions for the newsletter are due by email by noon on Tuesdays.

## **Volunteers of the Week**

### **Linda Fertal**

We grabbed Linda, mother of 8 year old Chris and a brand new swim team parent, removed from her calm timer position and strongly recruited her to train as Clerk of Course. Talk about a trial by fire! On a day of (barely) organized chaos, Linda went along with a smile, was a quick study and may even agree to be Clerk of Course for B meets. Linda, we thank you for your willingness and great attitude!!

### **Kathy, Sheree, Pat and Joan**

Our hard working team reps, Kathy Montgomery, Sheree Lopez, Pat Ward and Joan Duvall are our Volunteers of the Week!

Their hard work has gotten us off to a smooth start this year and will play a crucial role in the upcoming season.

If you see them poolside (and you surely will!), please say “Thank you” to these super volunteers!

## **Jokes of the Week**

Knock, knock.

*Who’s there?*

Alex.

*Alex who?*

Alexplain it to you later....

And our editor’s favorite:

Knock, knock.

*Who’s there?*

Osborn.

*Osborn who?*

Osborn in the hospital, where were you born?

C’mon send me some better ones—  
janet.osborn@hewitt.com!