

---

# Fox Mill Woods Gazette

---

Volume 7, Issue 1

June 12, 2003

---

## FINTASTICS SWIM TEAM NEWS

---

### Welcome

To our new coaching staff! Our head coach, **Paris Jacobs**, is an experienced swimmer and coach, who brings loads of enthusiasm and great ideas to Fox Mill Woods. Paris will be joined poolside this year by two assistants --- **Rob Burton** (a three year FMW veteran) and **Allison Kendrick** who has been swimming at Fox Mill since she was a 6 and under. Please take time to meet our coaches and thank them for their great work.

And, to our new families! New Fintastics this year include:

The Bhatia Family  
The Clark Family  
The DeRosa Family  
The Edwards Family  
The Gaughan Family  
The Orloff-Laubgross Family  
The Lottchea Family  
The Matthews Family  
The O'Connor Family  
The Rau Family  
The Christenson Family  
The Irwin Family  
The Maguire Family  
The Paddock Family  
The Krulitz-Melton Family  
The Norton Family  
The Zimney Family

Including returning swimmers, we have 81 families and 137 swimmers so far this year!



### Team Reps

Our hard-working Team Representatives are **Kathy Montgomery** and **Marilynn Forsyth**. The long-serving (and also hard-working) B team representatives are **Pat Ward** and **Joan Duvall**. Our swim team board liaison and ace lip-syncer is **Don Huyke**.

### Moving on up....

Thanks to lots of great swimming last year, Fox Mill Woods will compete in NVSL Division 6 this season against Hunt Valley, Sleepy Hollow Rec, Highlands and Daventry. We will also swim one out-of-division meet this year, against Country Club Hills (Division 5).

Our developmental meets will be with Pinecrest, Herndon, Hiddenbrook, Oakton and Fox Mill Estates. Our youngest swimmers will have the chance to compete in a **Lollipop Meet** at Pinecrest at 9:00 a.m. 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!! We will also participate in the Patsy Graham Relays again this year. It is scheduled for July 2, at 6:00pm.

### And looking fine...

This year, we'll be sporting new swimsuits in our traditional colors, but a new design that is sure to take seconds off our times.

### Speaking of looking good....

Once again this season, we are inviting adults to swim at the last Monday night meet at Fox

Mill Estates. This non-competitive (ahem!) individual medley shows our kids what good sports we are, too. Get in shape and get ready to swim!

**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 2003 season, the Time Trials! Time Trials will be held at FMW on Saturday, June 14. 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. Remember to bring one completed order form per swimmer to Time Trials, with payment enclosed in the envelope that was put in your family folders. Team T-shirts and NVSL handbooks will be distributed at Time Trials.

?? Warm-ups and Time Trials. 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 Hunt Valley on June 21, 2003. 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 p.m. on Monday, June 16. Only swimmers that missed Saturday's trials will need to attend the make-up. There will be no practice that evening.

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!**

For pictures, news and information, Click on: [www.fmwst.com](http://www.fmwst.com). The swim team hotline is: (703) 860-0628, option 2.

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

### **Practices**

Morning practices begin on Monday, June 23:

13 and overs:	7:15 a.m.
9 - 12 year olds:	8:15 a.m.
8 and unders:	9:15 a.m.

There is no team practice on the last day of school: Friday, June 20. (But we will have a pep rally!)

### **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.

By 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. We will have one Thursday night pep rally, due to a Fri being 4<sup>th</sup> of July holiday.

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!

### **Pep Rallies**

We have lots of fun pep rallies planned for this season. Beginning Friday, June 20 at 6 p.m., we will have a barbeque blow-out to kick off the season. We’ll be making our team banner and celebrating the end of school. Each swimmer is asked to contribute \$20 to

cover all five pep rallies. Make checks payable to FMW Swim Team and leave them in Carol Byrne’s mail file.

### **Newsletter Submissions**

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/629-8479 or [janet.osborn@hewitt.com](mailto:janet.osborn@hewitt.com).

Submissions for the newsletter are due in by noon on Tuesdays.

