
Fox Mill Woods Gazette

Volume 7, Issue 2

June 19, 2003

FINTASTICS SWIM TEAM NEWS

Team Rep Corner

Time Trials

The FMW Fintastics swim season is now officially underway. On Saturday, June 14 we started the 2003 season off with time trials. 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.

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

Swimmer Availability Sheets

We are still waiting for **swimmer availability sheets** from about 25 families. Please check the bulletin board to see if yours is outstanding. I need them in no later than Friday, June 20th.

A day off...NOT

Despite a report to the contrary in the last newsletter, swimmers in this Saturday's A-meet **do have practice on Friday, June 20th** from 4:00 to 5:30 p.m.

A Word about Safety

As the season really gets under way, it is critical to remember a few key safety precautions. Please drive through the neighborhood slowly and carefully. Be cautious when backing out of the parking lot spaces. No running on the pool deck and no diving in the shallow end. There will be a marshall on deck at swim meets to monitor for safety...please follow his/her directions.

As morning practices begin on Monday, 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.

Suits and T's

For those that did not get your team suit in time for time trials, thank you for your patience. All suits and T-shirts are in now, so please see Kathy Montgomery if you haven't already gotten yours.

Coach's Corner

by Paris Jacobs

To my wonderfully dedicated swimmers--

Let me start by saying thank you so much for all of your hard work so far!! We really look good. Now if we could just get the rain to stop and the sun to come out!

A couple of reminders for this week: Friday night is our first pep rally and I want EVERYONE there! We will split into our mentoring groups and create our own 2003 FMW team banner. So come ready to have fun, eat, and really get to know your teammates.

Our first A meet is this Saturday against Hunt Valley. It is an away meet in Springfield and I encourage all swimmers- A & B to come and cheer FMW on!

Reminder to all swimmers- NO CANDY BEFORE OR DURING THE MEET! Think healthy- fruit, vegetables, a *little* pasta, and protein. All these things will help you swim better.

A note to parents about team suits... the suits are really for the meets and we discourage the swimmers wearing them to practice or to play. Suits will only last if they are taken care of. Remind your swimmers not to sit on the side of the pool (or they will rip the bottom), make sure NOT to put them in the washing machine (a quick rinse in the shower with anti-bacterial soap is PERFECT! No Detergent or Wool-Lite, please).

Finally, thank you to everyone for being so welcoming to me and I truly love being apart of the FMW family!

See everyone at the pool!

Pep Rally



School's out for the summer! Let's kick off the season with our first pep rally this **Friday, June 20 at 6 p.m.** Meet in the picnic table area for a barbeque with your teammates. We'll be meeting our mentor groups and making our team banner to hang at the meet the next day as well as at the different pools we'll be competing against throughout the season. Coach Paris will give a short talk to charge us up for the season.

Future pep rallies: June 27th—South of the Border Nite; July 3rd—Water balloon event; July 11th—Lip-syncing contest; July 18th—Games, moonbounce, pizza and fun!

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

Saturday Meet: FMW at Hunt Valley

FMW will travel to Hunt Valley for the first meet of the season on Saturday, June 21st. Team warm ups begin promptly at 8:20 a.m. A caravan to Hunt Valley will meet at Navy School at 7:15. We'll decorate cars and get on the road by 7:30. We're traveling to Springfield, so plan on about a half-hour to get there.

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. Hiddenbrook

Our first B-meet is Monday June 23rd at home, against Hiddenbrook. Swimmers decide which events they want to swim at the B-meets. There will be a signup sheet at the pool for this purpose. Swimmers may select two events and the I.M. If your swimmer places first, second or third in an A-meet, they may not be allowed to swim that event in a B-meet. Please refer to the B-meet eligibility rules on page 19 of your Parent Handbook if this applies to your child. Paris will let the swimmers know what time to arrive on Monday for the meet. Official start time: 6 p.m.

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) 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 26th, 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 much 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.

More than following the rules....

We at Fox Mill Woods pride ourselves on outstanding **sportsmanship** among swimmers, parents, coaches, reps and officials. One way we demonstrate this is to have our swimmers stay in the water until the last swimmer finishes, then shake hands with the swimmers in the adjacent lanes. If a swimmer forgets to stay in the water and gets out before the last swimmer finishes, don't get back in-- just shake hands and try to remember the next time.

Reminders

Map packs will be put in folders this week. Note that we will travel to some of the pools more than one time this season, so do not throw out a map until the season is over.

Fun Stuff

All swim team members are invited to a fun afternoon out at the movies on Friday, June 27th. Details about the movie title, time and theatre will be posted at the pool next week. 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 the team reps know if you are interested!

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/629-8479 or 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.

Special thanks....

to **Tommy Huycke** and **Jennifer Leeds** who came back to Fox Mill Woods on Saturday to help out with Time Trials.

And apologies to....

The McNamara family, who were inadvertently omitted from the list of new families in last week's newsletter. Welcome to FMW!

Swimmers and families trying to use our website. It is not yet being updated regularly due to technical difficulties. We'll keep



trying.