
Fox Mill Woods Gazette

Volume 5, Issue 1

June 13, 2001

FINTASTICS SWIM TEAM NEWS

Welcome

The FMW swim team management and coaching staff extend a warm welcome to our new and returning swimmers. We currently have over 100 Fintastic swimmers registered and are looking forward to a fun and exciting season. Our dedicated team of coaches, parents and swimmers are set to kick off a super summer.

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

Team Representatives are Sheree Lopez and Kathy Montgomery. 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: Poplar Tree, Walden Glen, Arlington Forest and Hiddenbrook. As we are one of two divisions to have only five teams, we will swim a dual meet against Riverside Gardens from Division 6.

Our developmental league meets will be with: Franklin Farm, Herndon, Pinecrest, Hiddenbrook, Oakton and Fox Mill Estates

Time Trials

Coaches, team representatives, parents and swimmers are preparing for the first big event of the 2001 season, the Time Trials! Time

Trials will be held at FMW on Saturday, June 16. All swimmers must be at the pool no later than 8:00 a.m., dressed in the new 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. Extra order forms are available from Sheree Lopez, and will also be available at the time pictures are taken. Payment must be made at the time your order is placed.
- 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 Poplar Tree on June 23, 2001. 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 during the developmental meet with Franklin Farm on June 20, 2001. Only those swimmers that miss the June 16 time trials will be allowed to swim all four strokes to get a baseline time. All other swimmers will be limited to two strokes during the

Franklin Farm meet. There will be no Individual Medleys at this meet.

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 and review it carefully as you may be scheduled to work in different positions for different meets. If you have conflicts with the volunteer schedule, please notify our coordinator, Jane Leeds at Jlpta@aol.com.

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

Regular practice on Monday, June 18:

10 and unders: 5:00 – 6:00 p.m.

11 and overs: 6:00 – 7:00 p.m.

There is no team practice on the last day of school: Tuesday, June 19.

Morning practices begin Wednesday, June 20, according to the following schedule:

Ages 13 – 18 7:30 – 8:30 a.m.

Ages 9 – 12 8:30 – 9:30 a.m.

8 and unders: 9:30 – 10:30 a.m.



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 before a meet at 6:00 p.m., beginning June 22nd.

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!

Reminders/Key Dates

Friday, June 15

Swimmer Meet Availability Record forms due back to Sheree Lopez or Kathy Montgomery.

Wednesday, June 13 at 7:30 p.m.

New Referee clinic at Truro

June 17 at 9:30 a.m.

Last Chance Clinic for Ref/Starter at Mantua

Last Chance Clinic Stroke and Turn at Truro

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.