
Fox Mill Woods Gazette

Volume 5, Issue 2

June 20, 2001

FINTASTICS SWIM TEAM NEWS

Time Trials

The swimming season got officially underway with the Time Trials and team photos on Saturday. The coaches saw strong efforts being made by all of the swimmers, many of whom were sporting the new team swim caps. Those who were unable to attend the Time Trials or the Monday night make-up should contact the coaches to schedule an individual trial.

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



On the eve of our first meet of the season (against Poplar Tree), we will hold a Fintastics Pep Rally. The rally will take place at Fox Mill Woods Friday, June 22nd from 6:00 to 7:00 p.m. Everyone is encouraged to attend. This will be a fun event and a good opportunity to get to know more members of the Fintastics squad. Check your mailboxes

for more details or contact Carol Byrne (703/860-3134).

Saturday Meet: FMW at Poplar Tree

FMW will travel to Poplar Tree for the first meet of the season on Saturday, June 23rd. 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 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 at Pinecrest

The first Monday night meet of the season kicks off on June 25th at Pinecrest. Plan to be at the pool, ready for warm-ups at 5: 20 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 can not 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 very much in need of volunteers to work the tables and concessions at the meets. We also need meet timers and a person to be our “reporter” for the B meets. 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 27, 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; no kicking or gliding independent of the turning action is allowed. Swimmer must be past vertical towards back when he/she leaves the wall. Swimmer must remain on back, but not submerged, before touch at 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, both hands must touch simultaneously, but do not have to be at the same vertical level. The shoulder may dip before the turn, but must be past vertical toward the breast when swimmer leaves the wall.

Butterfly: Forward start. Shoulders must be in line with water surface at first arm pull.

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. Arm 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 at the same vertical level. The shoulder may dip before the turn, but 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. 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

Please be sure to check your mailboxes regularly as we will be distributing more detailed *Maps to Pools*. Maps and directions to all away meets are included in a single packet for your convenience.

Team t-shirts will be distributed to swim team members at the June 22nd Pep Rally.

Questions and comments about the newsletter may be addressed to Janet Osborn at 703/758-9150 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.

Volunteers of the Week

Our hard working team reps, Sheree Lopez, Pat Ward, Kathy Montgomery 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!

Swim Team Celebrities

Happy Birthday to: