



Vienna Woods



Swim and Dive Team Newsletter

Volume 2009, Issue 1

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Welcome to 2009 in the Woods!

Ellen and Michael Land
VW Newsletter Editors

We hope that everyone is ready for a great 2009 season for our swim and dive teams at Vienna Woods!

In order to save paper and ink, this newsletter will be emailed out every week throughout the season as well as posted on the swim and dive team sections of the Vienna Woods website:

<http://www.viennawoods.org>.

Please email any newsletter submissions to vswimnews@msn.com by Tuesday evening each week (in Word format or in the context of an email).

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Swim Coach's Corner

Good Work so Far!



Quyên Nichols
VW Swim Team Assistant Coach

Time trials this past weekend went very smoothly. We had some great times despite the inclement weather during prior weeks which unfortunately took away a lot of water time. We're looking forward to some incredible time drops as the season progresses. All of us coaches are working very hard every day to encourage and help the swimmers get better and faster. All we ask is that the swimmers have the same attitude and come to practice ready to swim and ready to have fun.

We had a few swimmers who weren't able to make it to time trials. Even though these absences did not harm the team's performance as a whole, I cannot stress enough how important it is for every swimmer to be able to make it to all the meets. As a Vienna Woods swimmer since 1997, I have seen many meets in the past end up in a loss simply because we had one or two swimmers absent for whatever reasons. There was a time when the swimmers didn't even think of missing a meet because Vienna Woods swimming was the most important thing to us.

Vienna Woods is a swim team, with an emphasis on team. If one person decides to skip out on a meet in order to go play soccer or softball, it hurts the team. Whatever record we end up with at the end of the season, the numbers aren't attributed to a single person, but the team as a whole. With that said, if you absolutely have to miss a meet, please make sure to send an email to viennawoods@cox.net explaining when your child will be absent and for what reason.

As Dick Vermeil, the former head coach for the Philadelphia Eagles, said, "If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting." It doesn't matter if you're in the water swimming or on the fence cheering, when the team wins everyone wins.

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...*"Swim Coach's Corner"*, continued from page 1

This weekend we have our first A meet and we're going up against a strong South Run team. Even though they're coming up from Division 4, there's no doubt that they want to show Division 3 that they deserve to be here. This year, Vienna Woods is seeded first in this division because we have moved down from Division 2. All the teams are going to be after us, so we need to show them that we are still on top.

I'm looking forward to an outstanding season. Beginning with this weekend's meet, let's get off to a great start. The theme is going to be '80s/Jazzercise so get creative with these outfits and make sure to get ready for some fun dance parties. Parents- don't think that you aren't included in these themes. If you want, bring out some of your old jumpsuits or colorful clothing that you have in the back of your closets and wear them proudly on Saturday. As always, get ready for some audience-participation cheers.

Mini Star News

Maureen Plombon

Beth Schneider

Mini Star Reps

Welcome to Mini-Stars 2009! We're looking forward to our first practice this Monday, June 22 at 8:15 AM. Please be sure that your child has attended one of the evaluation sessions **prior** to the first practice. Our coaches are ready and excited to meet their swimmers. Our goal for each Mini-Star is to provide a fun and positive first experience with the Vienna Woods Swim Team. Each Mini-Star will progress through a series of swimming benchmarks as they learn the proper mechanics to swim the freestyle with proper rhythmic breathing and then on to the backstroke and perhaps even the breaststroke, as well as building some endurance and speed! This, along with swim team cheers, a craft and snack on Fridays, and hopefully a Monday night swim meet or two will complete our season!

We'll have a parent meeting at 9:15 AM on Monday, following the first practice. Our attention will be with the swimmers and their coaches during the 8:15 - 9:15 practice, so please try to hold any questions until the meeting. We'll have a sign up list on Monday for the Friday morning craft and snack volunteers, so try to plan ahead with a friend for one of those dates (June 26, July 3, July 10, July 17). A fairly complete listing of FAQ's is posted on the Vienna Woods website, <http://www.viennawoods.org>, click on SWIM, then SWIM TEAM, then scroll down to "General Information" and under "Team Eligibility" look to the right and click the **HERE** in the Mini-Stars paragraph. See you Monday!

Swim Team Pasta Blast-Off Dinner

Tonight in the Grove!

Please join us for the first Pep Rally of the season in the Grove to be followed by the Pasta Blast-Off Potluck Dinner. Each family should bring a pasta dish and salad/fruit side dish. We will provide all paper products, sodas and ice. Please bring your dishes to the Grove by 6 PM. Come get pumped with excitement and carbs as we prepare for our first meet against South Run.

Swim Team Movie Day

Mark your calendars!

Next Friday, June 26, join us for a cool afternoon at the movies at AMC Tysons Corner 16 theaters inside Tysons Corner and then meet back at the Grove for a pep rally at 5:30 PM. Visit http://www.movietickets.com/house_detail.asp?house_id=9803 for details.

Swim Team Laser Tag

Sign up now!

Don't miss out! Sign up today for LASER TAG on Sunday, July 12 in the Grove! Space is limited to 40 kids per session. There will be two sessions: first session from 7 to 8:30 PM, second session from 8:30 to 10 PM. You will be notified as to which session you will play in. You must be 9 years or older to play. Older kids will play in the later session. Cost is \$10.00 per person and must be **paid in advance no later than June 24th**. See Leanne Shroeder or Alison Gailbraith for sign up and payment at any swim team practice or meet.

Swim Team T-Shirts

Pick yours up tonight!

VW Swim Team t-shirts have arrived! We will distribute shirts and apparel at the Pep Rally and Pasta Blast-Off Dinner tonight to those who ordered shirts by June 1.

A final order for t-shirts only will be placed, but you must order and pay online on the Swim Team section of the Vienna Woods website (<http://www.viennawoods.org>) by **the evening of Sunday, June 21 at 7 PM!** This is the very final deadline for a 2009 Swim Team t-shirt! Shirts will then be available by July 3.



Swim Team Practice Schedule

Mornings (Monday-Friday)

Ages 13-18	7 - 8:15 AM
Ages 9-12	8:15 - 9:15 AM
Ages 8 & under	9 - 10 AM

Afternoon Clinics (Tuesday-Thursday)

Ages 7-10	4 - 5 PM
Ages 11-18	5 - 6 PM

Mini Stars (Monday, Wednesday, Friday starting June 25)

All Mini Star Swimmers	8:15-9:15 AM
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Swim Team Upcoming Events

Friday, 6/20 at 9 AM	A Meet HOME vs. South Run
Monday, 6/22 at 6:30 PM	B Meet AWAY at VAC
Friday, 6/26	Movie Afternoon at AMC Tysons Corner 16
Friday, 6/26 at 5:30 PM	Pep Rally in the Grove
Saturday, 6/27 at 9 AM	A Meet AWAY at Dunn Loring
Sunday, 6/28	Dive in Movie Night
Monday, 6/29 at 6:30 PM	B Meet AWAY at Lakevale
Friday, 7/3	50th Anniversary Swim and Pep Rally
Saturday, 7/4 at 9 AM	A Meet AWAY at Crosspointe
Monday, 7/6 at 6:30 PM	B Meet AWAY at Cardinal Hill
Wednesday, 7/8	Team Pictures and Bagel Breakfast
Wednesday, 7/8	Divisional Relays at Wakefield Chapel
Friday, 7/10	Bowling Afternoon at Bowl America
Friday, 7/10 at 5:30 PM	Pep Rally in the Grove
Saturday, 7/11 at 9 AM	A Meet HOME vs. Wakefield Chapel
Saturday, 7/11- 7/13	Food Drive
Sunday, 7/12	Laser Tag in the Grove
Monday, 7/13 at 6:30 PM	B Meet HOME vs. Dunn Loring
Wednesday, 7/15 at	All-Star Relays at Springboard Pool
Friday, 7/17	Pizza/Bingo Night, Pep Rally, and Parent Hors d'œuvre Party in the Grove
Saturday, 7/18 at 9 AM	A Meet AWAY vs. Highlands Swim
Monday, 7/20 at 6:30 PM	B Meet HOME vs. Shouse Village
Monday, 7/20	IM/Fly Carnival at Lee Graham
Tuesday, 7/21	Kings Dominion
Saturday, 7/25	Individual Divisionals HOME
Saturday, 7/25	Team Dinner and Awards Ceremony
Wednesday, 7/29	All Star Swimmer Lunch
Saturday, 8/1	Individual All-Stars (location TBD)

Dive Team News

Lisa Stickel
VW Dive Team Rep



The Vienna Woods dive team is once again in division 1 this season. We are pleased to announce the addition of head coach John Appleman. John was a long-time NVSL diver and was a champion many times on both the one and three meter boards. He dove in college for George Mason and head up the Dominion Dive Club here in Fairfax County. Michelle Carroll and Ryan Fox are back as assistant coaches as well. The dive team will face a challenging season, but with many returning and new divers, and our experienced coaching staff, we hope for the best. Our first meet is Tuesday, June 23, at home vs. Pinecrest. Our warm-up begins at 4 PM and the meet will start at 6 PM.

Dive Team Practice Schedule

Mornings (Monday-Friday)

Ages 10 & under	9:45-11 AM
Ages 11 & older	10:45 AM – 12 PM

Afternoons (Monday, Wednesday, and Thursday BY RESERVATION ONLY 24 hours in advance with one of the coaches)

All Ages	5:45 PM
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Dive Team Upcoming Events

Tuesday, 6/23 at 6 PM	Meet HOME vs. Pinecrest
Tuesday, 6/30 at 6 PM	Meet HOME vs. Sideburn Run
Tuesday, 7/7 at 6 PM	Meet AWAY at Dunn Loring
Sunday, 7/12	Wally Martin 3 Meter Meet (at Oak Marr)
Sunday, 7/19	Team Pictures
Tuesday, 7/14 at 6 PM	Meet HOME vs. Truro
Sunday, 7/19	Crackerjack Meet at Truro
Tuesday, 7/21 at 6 PM	Meet AWAY vs. Cardinal Hill
Sunday, 7/26	Divisionals at Sideburn Run
Friday, 7/31	Team Banquet in the Grove
Sunday, 8/2	All-Stars at Dunn Loring

