



Vienna Woods



Swim and Dive Team Newsletter

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Two Meets: One Won, One Completed

Ellen and Michael Land
VW Newsletter Editors

This week, our swim team won its meet but didn't finish (due to rain) while our dive team finished its meet but didn't win.

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

Swim Coach's Corner

One win down, four to go!



Lauren Bryan
VW Swim Team Assistant Coach

Congrats, Vienna Woods, on a weekend of fast times, team spirit, and rainy dance parties! During FCPS' last week of school, the swimmers came to practice in full force, preparing for our first meets of the season versus South Run and Vienna Aquatic.

On Saturday morning, the swimmers donned their best spandex and sweatbands for our jazzercise themed A Meet. The swimmers cheered and danced through the rain leading our team to a 217-160 victory over South Run, making a statement of how determined we are to win in Division 3.

With that first "W" of the season, the coaches have started a new tradition. Each week that we win there will be a "W" flag to boast our accomplishment and our pride in our team. Following the results, the coaches will pick a Swimmer of the Meet whose name will be written on the banner for everyone to see. This week's Swimmer of the Meet is Reilly Rourke, whose individual races not only gave the team points but also gained on a huge South Run lead in order to win the girls 9-10 medley relay and secure a victory for Vienna Woods. Congratulations, Reilly!

There were huge time drops from Time Trials in both Saturday's and Monday's meets. On Monday night, we saw a tremendous amount of competition in our swimmers with amazing swims and times. We are working hard to shave down times by focusing on stroke and sprint technique, and I believe it has really paid off during race time.

The coaches are extremely proud of the effort all of the swimmers have put forth and the enthusiasm they bring outside of the water. This Friday, do just that and join us for Movie Day in the early afternoon and for a Pep Rally at 5:30 PM to show your spirit and enjoy the team on dry land.

Saturday, we have tough competition in a determined Dunn Loring team. Let's get ready to bring our strong team spirit and best times to this meet. I am confident that Dunn Loring knows we are ready for a big meet. Show them that Vienna Woods is ready for our second Division 3 win!



A Meet News

Lindsay Throm

A Meet Rep

The weather was definitely not the best it could have been on Saturday, but that didn't stop Vienna Woods coaches from cheering and encouraging our swimmers to do their best in the water despite the rain pounding onto their heads and backs. While we wish you all could have enjoyed a victory cheer in the team area together, beginning the season with such a strong victory is still the best possible start. We're looking forward to a repeat, sans the rain, this Saturday morning at Dunn Loring.

The parents enjoyed seeing their children in attire we'd like to forget we ever wore. And we're wondering what we'll see the swimmers outfitted in this weekend. How deep some of our closets must be!

The swimmers will have a full week of practice to concentrate on fine tuning their technique and the coaches are busy working out strategy, so it's up to the parents to come ready to cheer in nice, dry, sunny weather!

Mini Star News

Maureen Plombon

Beth Schneider

Mini Star Reps

We have had our first week of Mini-Star practices and our swimmers are looking great! Our eight coaches fill the main pool with their practice groups and we have lots of enthusiasm and excitement. We are concentrating on the freestyle now – learning how to breathe properly with the right head positioning and good arm strokes. The all important kick is being practiced every chance we get because we know that's the secret to a good freestyle. It's a lot to put together – face in the water, blowing out bubbles, turning our heads for a breath, kicking from the hips, moving our arms with high elbows and good extended reaches for a full pull . . . all while doing a superman float! But our Mini-Stars are working hard on these stroke components.

Parents, you may hear that your Mini-Star has "homework" to practice these components on dry land or when they're at the pool. The repetition and practice certainly will help so that each part becomes a natural action and it's easier to put all those natural parts together. We'll spend a good amount of time on these basic components, because they are used somehow in each of the four competitive strokes. It will be fun to watch their strokes develop.

Swim Team Social Calendar: Save the Dates



Thursday, July 9: Team Pictures and Bagel Breakfast



Friday, July 10: Bowling Afternoon at Bowl America



Sunday, July 12: Laser Tag in the Grove

Swim Team Afternoon at the Movies Today!

Today, 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. Afternoon shows begin as early as 12:30 PM with features like *Up*, *Night at the Museum*, *Year One*, *Star Trek*, and many more. Visit

http://www.movietickets.com/house_detail.asp?house_id=9803&rate=6%2F26%2F2009 for details on showtimes. See you there!

Pep Rally after the Movies

Bring supplies!

Don't forget to head back to the pool around 5:30 PM today after the movies to get ready for tomorrow's fishermen-themed meet. Please bring markers (not your best), scissors, red and black poster boards, and any long broomsticks, poles, etc. you may have for crafting a fishing rod! If you have your own fishing pole that you would like to make red and black fish for attachment to the end of the rod, you may bring it. **No hooks though**, please.

Also, for fisherman clothes, you may wish to check out Unique Thrift Store located at 2950 Gallows Rd in Merrifield. Unique offers a vast array of clothing and other accessories for extremely low prices. It also is a good store for clothes for any meet theme!

Swim Team Dive-In Movie Night

This Sunday after hours!

Dive-In Movie Night is this Sunday, June 28. Enjoy a movie under the stars starting at 8:45 PM from the cool comfort of your raft in the pool. We'll be featuring *Night at the Museum*, rated PG. The movie is about a newly recruited night security guard, who, at the Museum of Natural History, discovers that an ancient curse causes the animals and exhibits on display to come to life and wreak havoc. You must be 11 years old or older to attend this event. Pick-up time is no later than 10:30 PM.



Swim Team Inter-squad Meet

Red vs. Black!

Are you ready for a throwdown? It's Red vs. Black in the pool this Monday night, June 29, at Vienna Woods. Watch our superstars compete against each other in a team inter-squad meet. Sign-up sheets are posted on the swim team bulletin board. Pick your best two events and come prepared to swim — all team members may participate. Teams will be announced on Monday morning.

Flash your color, show your team pride and let your spirit blaze in red or black! Families are encouraged to pick up carry-out or stop by the snack bar for dinner in the Grove. Warm-ups begin at 5:45 PM and the meet begins at 6:30 PM.

Swim Team Food Drive

VW gives back!

It's time to give back. From July 11 - 13, please bring donations of non-perishable food to the box in the pool office to benefit the National Capital Area Food Bank. Visit <http://www.capitalareafoodbank.org/support/donatefood.cfm> for a complete list of accepted items. Please donate!

Swim Team Laser Tag

Sign up now!

The coaches have laid out their challenge: four coaches, four teams. 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 per person and must be **paid in advance**. See Leanne Shroeder or Alison Galbraith for sign up and payment at any swim team practice or meet or email Maureen Plombon at msplombon@erols.com if you plan to attending and lead your team to victory!

Swim Team T-Shirts

Late order arriving soon!

If you placed an order before June 1, your swim team apparel is in and ready for pick-up. Maureen Plombon will have your items at morning practices. The second late order for t-shirts is due to arrive by July 3. We'll send a notice out when those shirts are in.

Swim Team 50th Anniversary Relay Meet

Friday, July 3!

VW Swim Team is 50! Alumni, current swim team members, and parents are invited to make some waves at the Anniversary Relay Meet! Warm-ups at 8:30 am and the meet begins at 9 am. Events will include: parent-kid relay, rubber duck relay, crescendo relay, t-shirt relay, and many more!

Swimmers will be divided into age groups and parents and alumni will swim in the 15 & up division. Relay teams will be chosen at random the day of the event. The snack bar will be open and have bagels, donuts, egg sandwiches, coffee, and juice available for purchase. Stay after and show your Vienna Woods spirit at the pep rally immediately following the meet.

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	9:15 - 10 AM*

*Parents of 8 & unders: the coaches appreciate your having your swimmers at practice early, but remind you to please drop off your swimmers no earlier than 9:05 AM to allow the coaches to finish instructing swimmers in the previous practice.

Afternoon Clinics (Tuesday and Thursday)

Ages 11 - 18	4 - 5 PM
Ages 10 & under	5 - 6 PM

Mini Stars (Monday, Wednesday, Friday)

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

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 at 8:45 PM	Dive in Movie Night
Monday, 6/29 at 6:30 PM	Inter-squad Meet at VW
Friday, 7/3 at 9 AM	50th Anniversary Relay Meet 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	Divisional Relays at Wakefield Chapel
Thursday, 7/9	Team Pictures and Bagel Breakfast
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 Friday, 7/17	All-Star Relays at Springboard Pool 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 Upcoming Events

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

Dive Team Practice Schedule

Mornings (Monday-Friday)

Freshman Girls	9:45 - 11 AM
Freshman Boys, Juniors, Megan, Jane, Tierney, Katie	10:45 AM - 12 PM
Intermediates and Seniors plus Jill	11:45 AM - 1 PM*

*For the last practice, the dive well will also be open to the rest of the pool.

