



Vienna Woods



Swim and Dive Team Newsletter

Volume 2009, Issue 3

July 3, 2009

Good Work, VW!

Ellen and Michael Land
VW Newsletter Editors

Both the swim and dive teams at VW should be congratulated for winning their meets this week. Keep up the good work!

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

No Sacrifice, No Victory



Dan Nichols
VW Swim Team Assistant Coach

Total Domination is the phrase that comes to mind when thinking of the A-meet this past weekend. Sporting fisherman attire, we sailed into Dunn Loring hungry for dolphin and another win, and we got just that. The swimmers raced out of control, dropping times left and right despite the lack of competition. Evan Owens received the "W" Banner of the meet which stands for win and represents the team's victory. Evan swam up an age group to take on Dunn Loring's top swimmer, even though he could have had two easy wins in his own age group. He ended up getting two wins anyways shutting down his Dunn Loring competitor. Congratulations, Evan. Our 242 to 160 victory sent a message out to the rest of Division 3 that we are not here to stay. Let's keep up the hard work and dedication.

The road back to Division 2 will not be an easy one. This Saturday we swim against the Crosspointe Cruisers. While this meet will not be the closest of competitions, we need to score as many points as possible in order to assure the top spot in the division if a tie occurs. Because the meet falls on the fourth of July, this week's theme will be "America-1776, a Land of Freedom and Opportunity established by our Founding Fathers." Come decked out in your most patriotic clothing or as your favorite founding father.

The Red versus Black Inter-squad Meet also brought many outstanding swims. While the black team came away as the clear victor, the red team put up a good fight and fast times were had by all. Keep up the good work everyone. The coaches are very proud and impressed with the hard work and team spirit.

As we approach the halfway point of the season, we must all be reminded of the importance of commitment and dedication to achieving the team goal of a 5-0 season and returning to Division 2. While it is easy to get overly confident after our success in the first two meets, the last two meets against Wakefield Chapel and Highlands will be extremely close and are guaranteed to come down to the last few relays.

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

Therefore it is absolutely critical that we have as few swimmers as possible absent from these two meets. Plan accordingly. What it comes down to is commitment and dedication to the team as a whole. So postpone that trip to Grandma's and wait a week to take that trip to the beach. No sacrifice, no victory.

A Meet News

Lindsay Throm

A Meet Rep

Under a bright, shimmering sun, with ample shade for the swimmers and the spectators, Vienna Woods dominated Dunn Loring last Saturday. Vienna Woods swimmers won many races and boasted many double winners. There were quite a few excitingly close races where we all had to wait for the timers to post before we were certain who had won. Emma Carolan's tie for second place in backstroke reminded us all that races are often decided by hard finishes, so keep moving full speed until you hit the wall. Two Vienna Woods team records were broken. Zach Risseeuw set a new 8 and under backstroke record of 19.65 and Evan Owens set a new 13 - 14 butterfly record of 28.40.

Tomorrow, we venture to Crosspointe, yet another new pool in Division 3, where parents can cheer and support our swimmers as they work to keep their winning streak rolling! See you there.

B Meet News

Shannon Sieff

Chrissy Smith

B Meet Reps

The Woods were alive on Monday night at the dual inter-squad meet! Thank you to all of our wonderful parent volunteers who made our inter-squad meet such a success! The sign-up sheet for the Monday B Meet at Cardinal Hill will be posted on the swim board Thursday through Monday for swimmers to sign up. Sign-ups need to be done on this sheet or via email (chrissysmith@cox.net or ssieff@verizon.net) by Monday morning. If you would like to swim a breaststroke or butterfly event, you must receive approval from a coach. Cards will be printed Monday morning and only children with cards will swim Monday night. So, please sign up!

Thank you again to all our great parent volunteers – without you these meets would not happen!

Mini Star News

Maureen Plombon

Beth Schneider

Mini Star Reps

We've had a terrific second week of practices with our Mini Stars! Everyone is working on their strong kicks, breath control, and proper arm strokes. Parents, you can help your Mini Star by watching them practice their arm strokes and seeing that those elbows come out high — above the head so that fingers are at the armpits — and that their reaches are long extensions in front of their bodies. They're also working hard on their head movements . . . we pretend that they're "sleeping on a pillow with just their cheek and ear in the water," and then they take a breath and turn their nose down to the bottom of the pool and blow out all of those bubbles! It's a very gentle head turn, no lifting or swinging. This, too, is something they can practice at home so that when they're in the water the motions feel more familiar.

Our Mini Stars will be participating in the 50th Anniversary Alumni Relay Meet on Friday and hopefully a number of them will have achieved the minimum requirements in order to swim in the upcoming B Meet at Cardinal Hill. Our senior swimmer coaches are doing a wonderful job teaching the swimming skills, as well as having fun in the water and teaching some Vienna Woods cheers! Keep up the great work!

Letter from the VW Swim and Tennis Club President Regarding Pool Depth

Dear Parents,

Some of you may be aware that USA Swimming passed new rules in January regarding the minimum safe pool depth for executing a competition swim start. Even though the new USA Swimming rules apply to "platform" starts (i.e., starts from a starting block which is usually 2' above the deck), the new rules have generated a lot of discussion. We wanted you to be aware of what Vienna Woods is doing about this.

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...“ Letter from the VW Swim and Tennis Club President
Regarding Pool Depth”, continued from page 2

Vienna Woods is a dues-paying member of the Northern Virginia Swimming League (“NVSL”). However, there is no current guidance in the NVSL rules for minimum pool depths. In the absence of an NVSL policy or rule, the Executive Committee of the Board adopted its own guideline for safe competition swim starts for Vienna Woods swimmers. Our guideline is reprinted below. In addition, the Board has established a special subcommittee to study the pool depth issue on an ongoing basis and to determine best practices for implementing either its own guideline or any subsequent policy or rule issued by the NVSL.

Additionally, we have asked for help this year from the pools we will visit for “away” Saturday morning or Monday night meets. We have made what we believe is a reasonable effort to validate that each pool we will visit meets the guideline we have established. We also hope to know soon whether the locations for NVSL All-Star Relays and NVSL All-Stars will also meet our guideline.

Finally, we have asked our staff to make sure that the teaching of competition swim starts is done in at least 6 feet of water.

If you have any questions about the guideline set by Vienna Woods, please feel free to contact me at president@viennawoods.org.

Best regards,
Stan Smith

Club Guideline Concerning Competition Swim Starts
Effective June 18, 2009

Earlier this year, USA Swimming passed new legislation to clarify its views on proper pool depths for competition swim starts (from starting platforms or blocks). At the same time, USA Swimming also issued new guidance on proper pool depths for teaching competition swim starts.

However, there is no guidance from the Northern Virginia Swimming League (“NVSL”) on how the safety of competition swim starts should be viewed in the context of practices and meets run by NVSL member clubs. (Vienna Woods (the “Club”) is a dues-paying member of the NVSL.)

In connection with inquiries from Club members, the Club’s Board, acting through its Executive Committee, has recommended that the Club adopt the following guideline (the “Guideline”):

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...“ Letter from the VW Swim and Tennis Club President
Regarding Pool Depth”, continued from first column

Both US Masters Swimming (USMS) and National Federation of State High School Associations (NFHS) rules provide for minimum pool depth of 3’6” in context of non-platform, deck starts. The Board of Directors believes that no Vienna Woods swimmer should be asked or required to execute a competition swim start from the deck into a pool where the swim start (whether for an individual event or a leg of a relay event) would be made into water with less than 3 feet 6 inches of depth measured 1 meter to at least 5 meters from the start wall.

Vienna Woods coaches should utilize water with at least 6 feet of depth when teaching competition swim starts.

The full Board will follow-up on the recommendation of this Guideline by establishing a policy for use of the Guideline and a framework for monitoring further developments concerning the safety of competition swim starts.

If you have any questions, please contact the Club at president@viennawoods.org.

Swim Team 50th Anniversary Relay Meet

Today, with a pep rally immediately afterwards!

This morning, July 3, is the VW Swim Team 50th Anniversary Relay Meet! Warm-ups are at 8:30 AM and the meet begins at 9 AM. Don’t forget to join us immediately following the meet for a pep rally in the Grove. Remember to embrace the Fourth of July/American/Patriotic theme for your costumes at the meet tomorrow! See last week’s newsletter for more details on the meet.

Swim Team Pictures and Bagel Breakfast

Thursday, July 9!

Join us for Bagels and Juice in the snack bar immediately following team pictures. Volunteers are needed — parents, please email Leanne Shroeder at shroederl@aol.com if you are available to assist with set-up, serving, or clean-up.



Bowling Afternoon at Bowl America

Next Friday!

Get your teams together and meet at Bowl America in Falls Church next Friday, July 10, from 1 – 3 PM. The bowling alley is located at 140 S. Maple Avenue, Falls Church. The cost is \$9 per person which includes two hours of play, and shoes. Don't forget to bring extra money for snacks at the snack bar.

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

Several slots still available!

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! Several slots are still available. Keep in mind that the event is for swimmers nine years of age and older. There will be two sessions: first session from 7 to 8:30 PM for younger swimmers, second session from 8:30 to 10 PM for older swimmers. Cost is \$10 per person and must be **paid in advance**. See Leanne Shroeder, Alison Galbraith, or Maureen Plombon 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 leading your team to victory!

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 & under: 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, 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	All-Star Relays at Springboard Pool
Friday, 7/17	Pizza/Bingo Night, Pep Rally, and Parent Hors d'oeuvre 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

John Appleman
VW Dive Team Head Coach



I want, first off, to thank everyone from Vienna Woods for giving me such a warm welcome to your pool as I enter my tenth season as an NVSL dive coach. This will be the fifth team that I have worked with over the years and I must say that I have never had an NVSL team packed with so much talent and dedication as the kids at Vienna Woods. Keep it up!

Yes, we are dealing with the trials and tribulations of Division 1 competition, so we kicked our season off to a bit of a slow start with a narrow first meet loss last weekend against Pinecrest. All of the kids dove great — we were just missing divers in some key spots. The kids spent all week working very hard, though, and came back this week to deliver a strong victory versus the last team that I worked with, Sideburn Run. I must say that it is bittersweet beating the kids that you have worked with for a period of time in the past, but I loved it nonetheless. Good work, divers!

I want to thank all of the parents, divers, and of course my assistant coaches for great meets. I look forward to the rest of the summer!

I have been informed that there is a Vienna Woods tradition that once a diver breaks 200, they get to have a nickname of their choice. In the meet against Pinecrest we had Grayson “G-Money” Campbell break 200 in the Intermediate Boys competition. In our meet against Sideburn Run, we had Ryan “Foxy” Fox break 200 in the Senior Boys competition.

Please join us next week at Dunn Loring for a 6 PM meet. We would love to have everyone’s support as we work towards a Division 1 championship!

Dive Team Upcoming Events

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, 10:45 AM - 12 PM
Tierney, Katie
Intermediates and Seniors, Jill 11:45 AM - 1 PM*

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

