



Vienna Woods



Swim and Dive Team Newsletter

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Over Halfway Through?

Ellen and Michael Land
VW Newsletter Editors

It is hard to believe the swim and dive teams at VW are already more than halfway through our seasons! Good luck this week!

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

Wakefield Chapel Awaits Us

Kevin Greene and Matt Keaney
VW Swim Team Coaches



Tomorrow we face Wakefield Chapel. A wise man was once asked *what is best in life?* Without a moment's hesitation he replied: *To crush your enemies, see them driven before you, and to revel in their lamentations.* This division is waiting to be taken; all that remains is for you to claim what you already own. Omega.

Now, please enjoy some reflections on last week's meet from another Chapel alum who is eagerly awaiting tomorrow morning.

--Matt

Fourteen hundredths of a second. . .that's what this meet came down to this past weekend against Crosspointe. Fourteen hundredths of a second is how much Vienna Woods' own Sidney Owens out touched her competitor as she came from behind to win the 11-12 Girls Medley Relay. Every time you face a challenge, you make a decision. You either accept the challenge knowing you can and will do well, or you respond to the challenge as most people do with a sense of doubt and hesitation. While the challenge our team had this weekend was unexpected, it was on the shoulders of leaders like Sidney, our 13-14 ladies and our mixed age boys relay team that we accepted the formidable challenge Crosspointe presented us and responded with a crushing force at the end of the meet.

When the excitement of the meet passed and the July 4th fireworks ended, I found myself reflecting on a quote one of my former coaches once shared with me, "Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability." I thought of that quote and thought about winning against Crosspointe by only 14 hundredths of a second and it made me wonder...should we have accomplished more with the ability of our team?

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

This Saturday we face the Wakefield Chapel Wahoos, a rivalry going back decades in NSVL history. Derek Smith, one of my former swimmers, is in his 1st year as head coach. To Derek, this meet is the only meet of the year (if not his life) that matters. And why wouldn't it be? I asked my wife to marry me in the chapel up the street. Coach Matt and I still hold over 5 Wakefield Chapel team records on a record board that's dedicated to my own mother's life. Wakefield Chapel is going to be coming at us with everything they've got, but Derek cannot even begin to comprehend what kind of team he is about to face...what began in a chapel, now calls it's home Vienna Woods. And nobody and I mean nobody, comes into our house without paying the price.

This Saturday is what the season will come down to and what competing is all about! You are one team and have been working hard every day for the past two months. This team can really have everything it wants if it goes after it. But you will have to want it from the first race. You have to want it at every turn. You have to own the finish. You are trained and ready. Now it's time to compete. But don't compete this weekend for the coaches. Don't compete for your parents. Win this meet for your team and yourself. And if you do that, I promise you, it's a day you will proudly remember the rest of your life as you talk about what you and your Vienna Woods team accomplished that day.

--Kevin

B Meet News

Shannon Sieff

Chrissy Smith

B Meet Reps

On Monday our team swam at Cardinal Hill and had tons of fun. The weather was perfect, the pool was fast and the kids were energized.

Now that our season is half over we can really see that everyone is up to the challenge of doing their best and many are popping their times.

Please continue to encourage your kids to swim in the B meets, they serve as a great way to develop the kids competitively and they also allow them to experiment with different strokes. The competition is always high and the kids are relaxed but focused.

We have two more remaining B Meets, both of which are home. Please come out and cheer on all the kids, let's make our home meets a loud and family oriented occasion. Just think how fun the intra-squad meet was; let's recreate that passion and excitement.

Happy Swimming!

A Meet News

Lindsay Throm

A Meet Rep

While it may have been an exciting finish and we were all relieved how those last relays went, the expression "Too Close For Comfort" was too clearly illustrated at the meet with Crosspointe. The excitement of Relay Carnival is behind us and the big meet with Wakefield Chapel is tomorrow. Competing in our home pool should help our swimmers get focused and our parents pumped to cheer. Matt's drive to beat his "Home Pool" should be contagious. Let's all get psyched, parents and swimmers, and make this a fun and victorious meet!

Mini Star News

Maureen Plombon

Beth Schneider

Mini Star Reps

Congratulations to all our Mini-Stars who participated in the Kickboard Relay at the Vienna Woods 50th Anniversary Alumni/Family Relay Meet. They did a terrific job kicking across the 25 meter lanes amidst all the cheers from the crowd! It can be nerve wracking to look down the length of the pool and jump in the deep water but everyone there participated, and that's success!! Each Mini-Star participant received a commemorative 50th Anniversary Kickboard Relay Certificate to mark the occasion.

Those strong kicks are helping propel our swimmers as they work to have both arms out of the water with elbows high and begin to breathe properly at the same time. It's a lot to think about, so extra practice outside of the Mini-Star practices would be most helpful. They can practice at home so it begins to be natural for the elbows to reach high (and the hand is at armpit height) and also at the pool during family time. Kicking practice while holding onto the pool wall is a great way to expend some energy and strengthen those legs! If you have any specific questions as to what your swimmer should practice, please feel free to contact Maureen Plombon.

See you at the pool!



Swim Team Bowling Afternoon at Bowl America

This afternoon, as well as a pep rally afterwards!

Get your teams together and meet at Bowl America in Falls Church this afternoon at 1 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 (please be picked up by 3 PM). Don't forget to bring extra money for snacks at the snack bar.

After bowling, meet back in the Grove at 5:30 PM for a pep rally to prepare for tomorrow's bedrock/caveman-themed meet.

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 Pizza/Bingo Night and Parent Hors d'œuvre Party

Next Friday!

Next Friday, July 17, at 6:30 PM, it's the swim team's annual Pizza/Bingo night and Parent Hors d'œuvre Party in the Grove. Our swimmers can enjoy pizza and bingo with the coaches in the main Grove while the parents socialize in the lower part. Pizza and soda are \$3 a person. If you would like pizza, please sign up on the swim team bulletin board by July 16 so we will know how much to order.

While the swimmers play bingo, parents are welcome to munch and mingle at the Parent Hors d'œuvre Party down in the lower Grove. Parents, please bring your favorite appetizer to serve 8-12. Soda will be provided.

Swim Team Bingo Prizes Needed

Drop them off in the pool office!

Please bring donations of new or gently used items to be used as bingo prizes (small toys, books, games, gift cards, etc.) and place them in the box in the pool office.

Swim Team Volunteers

Needed for Pizza/Bingo Night and Parent Hors d'œuvre Party!

Volunteers are needed for Pizza/Bingo Night and the Parent Hors d'œuvre Party. Please email Leanne Shroeder at shroederl@aol.com if you are able to help out with either event.

Swim Team Apparel

Pick yours up ASAP!

All swim team apparel that was ordered is in and awaiting pick-up! Please make arrangements with Maureen Plombon to pick up your t-shirts, shorts, etc. so that she can empty the trunk of her car!

Swim Team Car Magnets, Red Soffee Shorts, and Classic T-Shirts Available!

Pick yours up ASAP!

We have a limited number of Vienna Woods Swim Team Car Magnets (\$5 each) available as well as a few "VW" Red Soffee Shorts (\$12) and a variety of sizes (youth and adult) of our classic 2006 "The Woods Are Alive" t-shirts (\$5 each). See Maureen Plombon if you're interested in purchasing any of these items!



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, 7/10 at 1 PM	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'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



John Appleman
VW Dive Team Head Coach

It was another successful week for the Roll Lizards on the diving end of the pool with a victory against local rival Dunn Loring to put us at 2-1 for the season. The score of the meet was 40-31. I cannot give enough kudos to the kids for their wonderful performance last night. We had countless high scores and several new first place winners! In fact, out of the 8 events there are in a dive meet, Vienna Woods carried 6 of them. If you ask the kids, I was in a very good mood last night, even though I fell off my brand new bicycle on the way to the meet! Thank you so much to all of the parental help last night and of course my wonderful coaches.

We are still in the running for a Division 1 championship so we need your support now more than ever! The meet next Tuesday is against Truro who I believe have won somewhere in the range of 14 of the last 15 Division 1 championships. On paper, we have a good chance to take them down, so keep up the support and encouragement for the Vienna Woods Dive Team!

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, Jill	11:45 AM - 1 PM*

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

Dive Team Upcoming Events

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

