



Vienna Woods



Swim and Dive Team Newsletter

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Have a Great August!

Ellen and Michael Land
VW Newsletter Editors

Thanks to everyone who helped to make this publication a success this season! We hope all swimmers, divers, and your families enjoy the rest of your summer. See you at the pool!

Newsletters from this season and past are posted on the swim and dive team sections of the Vienna Woods website:

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

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Swim Coach's Corner

5-0

Matt Keaney
VW Swim Team Head Coach



I can almost see it, that dream I am dreaming but there's a voice inside my head saying "You'll never reach it." Every step I'm taking, every move I make feels lost with no direction, my faith is shaking. But I gotta keep trying, gotta keep my head held high. There's always gonna be another mountain, and I'm always gonna wanna make it move. It's always gonna be an uphill battle. Sometimes I'm gonna have to lose. It's the climb. The struggles I'm facing, the chances I'm taking sometimes might knock me down. But no, I'm not breaking, I may not know it. But these are the moments that I'm gonna remember most, yeah. Just gotta keep going and I got to be strong, just keep pushing on. Ain't about how fast I get there, ain't about what's waiting on the other side, keep on moving, keep climbing, keep the faith baby. It's all about, it's all about the climb. Keep the faith, keep your faith, whoa. Fantastic work this season, 5-0 is something you can be proud of. Get excited to claim your trophy in your own house this Saturday. Congrats.



B Meet News

Shannon Sieff

B Meet Rep

The sun did set even though it was hard to tell with the raindrops falling on Monday night, but we completed the entire meet including 8 & under butterfly and IM's. We made it through five amazing meets this summer! The only way any of these meets were possible was through the volunteers. These meets would not happen if it were not for you, the parents. So please, give yourselves three cheers! Hip hip, hooray! Hip hip, hooray! Hip hip, hooray!

We hope your kids enjoyed swimming in these meets as much as Chrissy and I enjoyed watching them develop their skills and improve their times over the past five weeks. We hope everyone has a great rest of the summer and hope to see you at the B Meets next summer.

Mini Star News

Maureen Plombon

Beth Schneider

Mini Star Reps

Congratulations to all of our swimmers who competed in the final B meet of the season. We had freestylers and some backstrokers and they were terrific! The coaches are all so proud of your accomplishments. We look forward to seeing you at the Swim Team Awards Dinner this Saturday night. The Mini Stars are recognized and receive their participation awards, and they can see their coaches, play games, and dance with the DJ. It's a fun family evening and we hope you'll each attend.

We would like to extend our thanks to the wonderful senior swimmers who coached our Mini Star swimmers this summer. They are a talented group of dedicated and compassionate swimmers who worked hard to coach their young charges. From up on the deck it was hard to tell who was having a better time . . . the swimmers or the coaches.

Please remember that there are many weeks of warm swimming days ahead of us this summer, and it's incredible to see the strides that your swimmer can continue to make. Mini Star coaches are available for individual swim lessons if you would like to reinforce the techniques which were taught these past 5 weeks. Also, if you have any questions about the Vienna Woods Winter Swim Program please feel free to contact us or look for additional information from the Vienna Woods Swim Team via email.

Enjoy the remainder of Summer 2009 . . . and we'll see you at the pool!

Swim Team Awards Dinner

Tomorrow night, Saturday, July 25!

Tomorrow night, after Divisionals at Vienna Woods, join the team for the annual Swim Team Awards Dinner at 5:30 PM. Tickets are required for the catered meal. If you did not purchase tickets in advance for barbeque from Red Hot and Blue, please feel free to bring your own food from home or purchase dinner at the snack bar. Otherwise, join us after dinner on the front pool deck for the presentation of awards.

Swim Team Winter Swim Program

Stay tuned for more details!

Preparations are being made for the Vienna Woods Winter Swim Program. Coach Matt will return to coach our program and we will again swim from 3 - 4 PM on Sunday afternoons at the Dunn Loring YWCA. Look for information in the near future regarding rates, dates and registration. Sign up early as space will be limited!

Farewell Letter to the VW Swim Team

Hayley Schaefer

VW Senior Swimmer

Hey Vienna Woods!

Wow . . . here I am. I've been on this team for so long . . . 13 years, maybe? I've never skipped a season, and to be honest, I've never wanted to! This team, Vienna Woods, has been one of the greatest things I have been involved with in my life. From Mini Stars to All-Stars and beyond, it's been such a wonderful ride. I've seen my fair share of wonderful coaches, "good swim" handshakes, heart-pounding relays, records broken, amazing Saturday morning meets, tears, and victories. I can't express how much it means to me every Saturday to see the kids cheering on and on like they've done years before. It's powerful, how much of a TEAM we have been every year since far beyond when I can remember. I'm sure you know of my brother, Tyler Schaefer, who swam and coached a few years back. And my parents, Marcie and Scott, have been helping out with the team for years. My family has been involved in a way that has engraved the Vienna Woods swim team in our hearts and minds as something more than just a summer activity, but a life-, body- (so much exercise!), friendship-, and character- building adventure that has been some of the best times of our lives.

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...*“Farewell Letter to the VW Swim Team”, continued from page 2*

I'm so proud of the team this year . . . I truly am. We were thought to have been knocked down, then, all of a sudden, Division Champions? 5-0? That has never happened in all of my years of being here (and even longer!), and I'm so fortunate to have had it happen while I was still on the team. Thank you all so much for helping us to dominate the division! And thank you to all of the coaches, parents, and volunteers that have put in so much time and effort (which I'm sure they've gotten a workout from as well!) to make this such a great team.

I'm excited to see where Vienna Woods goes next year, since we've already shown the NVSL that The Woods should not be messed with! Thanks so much again for all of the memories. I will forever cherish this pool and this team. I may not be (promptly, of course) in the water at 7 AM practices after this year, but I will continue to cheer on Vienna Woods! See you at the pool.

And always remember, “Breast-Stroke is the Best Stroke”!

Love you!

Hayley Schaefer

Swim Team Upcoming Events

Saturday, 7/25 at 9 AM	Individual Divisionals HOME
Saturday, 7/25 at 5:30 PM	Team Dinner and Awards Ceremony
Wednesday, 7/29	All Star Swimmer Lunch
Saturday, 8/1 at 9 AM	Individual All-Stars at Broyhill Crest

Dive Team Upcoming Events

Sunday, 7/26 at 9 AM	Divisionals at Sideburn Run
Friday, 7/31	Team Banquet in the Grove
Sunday, 8/2	All-Stars at Dunn Loring

