

Smoke Signals

September 2009

HARD TO BELIEVE

This is our 10th year of operation. Over the decade we have become one of the premier “small club” swim teams in Potomac Valley Swimming. This past 2008-2009 campaign was as good as ever, with 6 national qualifiers, 12 sectional qualifiers, multiple summer league champions and an age group program full of developing swimmers at every level. That's impressive production for a team of less than 100 swimmers.

But more than that we have a team full of healthy, dynamic and happy people. That is without question our greatest asset.

Thank you!

IN THIS ISSUE:

- **Temporary practice schedule to begin season**
 - Regular practice schedule corrections
 - Parent Meetings
 - Registration Information and Instructions
 - Meet Schedule and Meet Entry Information
 - Graduating Swimmers
 - New & Notes
-

TEMPORARY PRACTICE SCHEDULE TO START SEASON

We are disappointed to announce that Fairland Aquatic Center has extended their annual close down 2 weeks past the projected opening date of 9/14/09. As a result, we will have the following temporary practice schedule listed below from 9/14 – 9/27. Our regular practice schedule will then begin at Fairland on Monday 9/28.

We apologize for the inconvenience and regret the effect this will have on getting started. Please contact us with any questions, concerns or requests.

NEW MEMBERS - We will conduct swimmers assessments as planned at their first practice attended during the temporary schedule. We also understand if you are more comfortable waiting until the regular schedule begins at Fairland on 9/28.

Level 1

Practice begins Tuesday 9/29/09

Level 2

Friday 9/18 & 9/25 7:00-8:30pm Takoma Aquatic Center
Sunday 9/20 & 9/27 1:00-2:30pm Takoma Aquatic Center

Level 3

Wednesday 9/16 & 9/23 6:00-7:30pm Linson Pool
Friday 9/18 & 9/25 7:00-8:30pm Takoma Aquatic Center
Sunday 9/20 & 9/27 1:00-2:30pm Takoma Aquatic Center

Level 4

Monday-Thursday 5:30-7:30pm* Linson Pool
Sunday 11:30-1:30pm Takoma Aquatic Center

Level 5

Monday-Thursday 5:30-7:30pm* Linson Pool
Sunday 11:30-1:30pm Takoma Aquatic Center

*We're starting half an hour earlier for these two weeks because the days will be growing shorter, but we'll design practices to accommodate swimmer arrival up to 6:00 pm, since it's a difficult commute time.

CORRECTIONS TO REGULAR PRACTICE SCHEDULE (to begin 9/28)

The following are changes to the schedule which was listed in the 2009-2010 Program Announcement:

Level 1

Tuesday 7:00-8:00pm Fairland

Level 2

Tuesday 5:30-7:00pm Fairland
Friday 7:00-8:30pm Takoma Aquatic Center

Level 3

Friday 7:00-8:30pm Takoma Aquatic Center

PARENT MEETINGS

Levels 1-3

Monday October 5th 7:00-8:00pm

Levels 4 & 5

Monday October 12th 7:00-8:00pm

MEET SCHEDULE

See the attached Word file for the 2009-2010 short course season meet schedule.

MEET ENTRY POLICIES & PROCEDURES

- **For entry into all meets, with the exception of team championships and select meets, members are required to fill out an Online Entry Form. Swimmers will not be entered unless we have received an entry form (or a regular email as backup) indicating at least which days they would like to enter.**
- **Entries are due to us 10-14 days prior to the first day of the meet. Although we try to publish entry due dates in advance, we do not promise this in all cases. It is incumbent on swimmers and parents to visit www.pvswim.org in advance and preview the meet announcements once they have been posted.**
- Meet entries are made through FGAC and do not go directly to the meet director.
- Swimmers in Levels 1-4 are encouraged to choose their own events, to take ownership of the process, with variable input from coaches and parents.
- Swimmers in Level 5 are required to compete in all team meets and will be entered automatically.

MEET ENTRY FEE INFORMATION

Remember that meet fees can be paid on a meet by meet basis or with a one-time seasonal fee. Seasonal meet fees for short course and long course seasons are paid separately. Please see the website for one-time seasonal meet fees.

GRADUATING SENIORS

The following graduates of FGAC have gone on to attend and swim for the following colleges:

Valerie Barlow - Wheeling Jesuit University

Jamie Sminkey - West Virginia University

Matt Stevens - Bucknell University

Kevin Vallario - NC State university

NEWS & NOTES

1. All swimmers in Levels 2 – 5 are required to have swim fins. We will begin to use them as of October 5th. Senior level swimmers are allowed to store their fins at Fairland in the equipment room. Swimmers at the age group level will be required to bring them to practice. **Level 5 swimmers who do not have fins will be warned and then suspended from practice until they do.**
2. All swimmers in Levels 4 & 5 are required to have a pull buoy. They may be stored at Fairland in the equipment room.
3. **All swimmers are required to have a solid black suit for competition.** They may be of any brand. Suits which are minimally striped with a second color may be allowed but should be reviewed by a coach first. Swimmers with hair below the ears are required to wear caps during competition.
4. Back billing for outstanding 2008-2009 meet entry fees will begin this coming week.
5. Announcements regarding team suits and apparel will be made shortly.