

**SMOKE SIGNALS - June/July
6/30/2010**

SWIM-A-THON

The spring Swim-A-Thon was a success. Ninety-five percent of our swimmers completed their targeted goal. Senior swimmers made nice work of the 10,000 yard swim, won overall by Spencer Sterling. The age group division was highlighted by the brother and sister duo of Jake and Sophia Ryan. Jake won the division overall and Sophia was the only 8 & under to complete the swim.

The inter-team competition was close, with earning honors going to the Grey team, captained by Eric Brothman, Alejandro Chavez, Morgan Dailey, Sean Gallagher and Colin Schwartz. Winning the Leadership Award was the Orange team captained by Adrienne Bush, Jenny Hinkle, Matt Thomas and Spencer Sterling.

Individual earning winners were as follows:

8 & under: Sophia Ryan

9-10: Callie Collins

11-12: Emily Stutzman

13-14: Madi Kalen & Helen Castelli

15-18: Jake Kalen & Joey Devlin

We thank the parents who stayed to count and appreciate the volunteer contributions of the DeVore and Markel families, who pitched in with post swim refreshments. Fist bumps all around!

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SENIOR TRAINING TRIP

Our recent senior level training trip to Blacksburg, VA from June 18th - 25th was awesome. Partnering up with the H2okie Aquatic Club, FGAC swimmers put in anywhere from 1-3 practices per day, training mostly in a beautiful, expansive rock quarry. A few short course practices were held at an outdoor, 25 meter community pool.

Travel day was Friday, so training began Saturday morning and rarely let up. By mid week the kids were competing in an inter-squad 5k swim race at the quarry. They endured a spirited pilates session at a local gym and ran the grueling stadium steps at Virginia Tech's vaunted Lane Stadium in one day. One practice consisted of a couple miles of running then playing an entire 18 holes of disc golf at Golden Hills Golf Course in nearby Christiansburg. They polished the week off with a team Biathlon, held on campus at War Memorial Pool and around the iconic drill field.

Swimmers from both teams also got together for a number of other activities, including tubing down the New River, touring the campus of VA Tech and downtown Blacksburg and cheering on the H2okies in a local summer league meet. We shared dinner one evening at the home of one of the host swimmers, where the yard was promptly used to exercise some World Cup soccer fever.

A good time was had by all.

FGAC 'WELCOME TO SUMMER' SWIM CLINIC @ Tanterra Swim Club

Tanterra Swim Club invited FGAC coaches to conduct a two day swim clinic for their swimmers at the outset of the summer season. Approximately 30 swimmer ages 9-17 came out to jump start the season. The weather held up, the sessions were productive and the kids had fun. Proceeds were split between clubs as a small fund raiser for each.

SPECIAL OPEN WATER PRACTICE

FGAC Levels 4 & 5 will host Olney-RMSC's National Training Group for an open water practice on Monday July 5th 8:30-11:00 am at Sandy Point State Park. Water and weather conditions will be closely monitored over the preceding days. Cancellation due to one or the other will be made by the Sunday evening prior.

There is a \$5.00 fee per person to enter the park. Follow the main driveway straight ahead toward the bay. Just before the beach front parking lot, make a left toward the small craft boat ramp. Park in the small lot adjacent to the ramp. Here's their website for more info:

<http://www.dnr.state.md.us/publiclands/Southern/sandypoint.asp>

TERRAPIN ADVENTURE DAY!

Swimmers in Levels 3-5 are invited to take part in some fun at Terrapin Adventure in Savage, MD on Sunday July 11th from 2:00-6:00 pm. It looks like a blast, with our Gravity Independence package including all 32 extreme elements. Check out their website below.

We need a fairly accurate head count for contract purposes, so please notify us ASAP if you intend to go. A waiver must be signed by parents before participating. It can be downloaded from their website or is available on-site the day of the adventure. The cost is normally \$80.00 per person, but FGAC will cover half, so **the cost to you is \$40.00. Checks payable to FGAC.**

Website: <http://www.terrapinadventures.com/>

Waiver form: <http://www.terrapinadventures.com/legal/waiver.pdf>

PRACTICE SCHEDULE

No practice

Sunday July 4th, Levels 2-5

Monday July 5th, Levels 2-5

Thursday July 22nd, Levels 2-5 (Age Group Champs @ Fairland)

Sunday July 25th Levels 2-5 (Age Group Champs @ Fairland)

Last practice of season (excluding Sectional, National or Zone Qualifiers)

Levels 2 & 3

Levels 4 & 5

MEET SCHEDULE

Junior Champs 7/15-18 @ UMD, 13 & up only, ***Entries due by Tuesday 7/6***

Senior Champs 7/15-18 @ UMD, *Coaches select*

Age Group Champs 7/22-25 @ Fairland, *Coaches select*

Speedo Sectionals 8/5-8 @ Buffalo, NY, *Coaches select*

Eastern Zone Champs 8/11-14 @ MAC/Rockville, *Coaches select*

2010 PROGRAM ANNOUNCEMENT

The 2010 program announcement will be issued by week's end. There are a few minor changes to the practice schedule, designed to provide better times for our youngest swimmers and to offer a little more time to Level 3. Once you've had a chance to review the information and confirm your intent to return, please fill out a registration renewal form from the members section of the website. Please note that you will be asked to list a t-shirt size as well.

We're happy to announce that fees will not be increased for a third straight season. However, we are requiring that meet fees be paid automatically as a part of program fees for Levels 1 and 5, so increases in the program fees for these two groups will reflect this change. Levels 2-4 will still have the option to pay for meet fees with a one-time seasonal fee or on a meet by meet basis.