

Smoke Signals
11/03/08

OCTOBER OPEN & FALL GATOR MINI MEET

FGAC got off to a solid start this season with good attendance and improved performances from all levels at the first two swim meets. Our age group and senior levels shook off the early season rust with some great racing at Fairland in the October Open. The minis just completed their first meet of the season this past weekend at the Fall Gator Mini Meet, where veterans and rookies alike took to the lanes at Wakefield High School in Alexandria Virginia for two days.

It's good to see that despite the different challenges we've faced this season, of bringing in new coaches, overcoming practice venue changes and managing the limits of our roster, the results are still the same. As always, it's a testament to our mission and our people. Thank you.

FAIRLAND CLOSING NEXT WEEK

Due to renovations to the air circulation system in the natatorium, Fairland Aquatic Center will be closed from 11/10-11/16. Please see our temporary practice schedule listed below in the *Practice Schedule* section.

Low air quality has been a problem in the facility for some time now and we have actively lobbied for its correction over the past two years. So we thank you in advance for adapting best you can to our temporary practice schedule during the repair. Once the work is done, we encourage you to email, call or appear in person to thank MNCPPC and Fairland for their attention to the matter.

TEAM COUNCIL MEETING - TUESDAY 11/11 @ 5:30-7:30 pm

There will be a team council meeting next Tuesday during the dryland-only practice at Fairland.

As we have forecast, the Team Council will now be made up of all swimmers 15 & up only. Those who are not 15 or older and are current members under the old 13 & under guidelines are grandfathered.

MID SEASON PROMOTIONS

The following swimmers in Levels 1 & 2 are now eligible to move up to the next level. They may begin to practice with their new group as soon as it is convenient. We will notify each of them at practice as well. It would be helpful to email or speak with a coach at practice to indicate your plans:

Level 1 swimmers now eligible for Level 2A:

Miles Brown
Donlan Dailey
Dutch Schulden
Alex Toth

Level 2A swimmers now eligible for Level 2B:

Riani Carr
Lindsey Collins
Lindsey Sletten

We understand that the Friday schedule change to Georgetown Prep has not been convenient for some Level 2B swimmers, who have instead been attending Monday Level 2A practice as a substitute. With the attendance numbers so high on Monday night, we appreciate any gradual

transition to Friday night practice that can be made. **In the near future we may have to set a deadline, after which Level 2B swimmers will not be allowed to practice on Monday.**

Level 2B and Level 3 swimmers who were designated for mid-season partial promotion will be handled later in the season, after we have assessed the impact of the high school swim teams on practice space and composition.

DELAWARE STATE MEET 11/28-30

All swimmers 13 & up are eligible for this meet regardless of Level. **All swimmers who enter the meet must sign the attached Code of Conduct Agreement in order to compete.**

SPORT FAIR WINTER CLASSIC TEAM CHAMPIONSHIP

All members 9 & up are expected to enter championship meets. Coaches draft the entry accordingly. Anyone who cannot make this meet should notify us by email. Events will be chosen by the coaches.

Please review the following details for this season's Sport Fair swim meet:

HOTEL: FGAC has a room block at the Comfort Inn, University Center for the Sport Fair Meet, December 11-13. This is the same hotel as last year. The room rate for a room with 2 double beds is \$92.65 per night (including taxes and deluxe continental breakfast). To reserve a room for 1 or more nights during this meet, call Comfort Inn Reservations at 703-591-5900, and tell them you are with the **"Flying Gull Aquatic Club"** and would like a room in the block. If you have any problems, please contact Carol Toth (ctoth01@verizon.net). Room block is on a first come first serve basis.

TEAM DINNER – Our annual team dinner will be held on **Saturday, December 13**, from **7:00 - 10:00 pm** in the University Room at the Comfort Inn, also the same room as last year. It will be a catered affair with Salad, Bread, Lasagna, Baked Ziti, Chicken Fajitas, Chips, Dessert and drinks for \$17.50 per person. Children under 4 are free. Please make checks payable to Carol Toth and let her know how many people are coming. Carol is at the pool Mon. and Wed. evenings from 6:30 – 8:30 or you may send the check via mail to 212 Farmgate Lane, Silver Spring MD 20905. **PAYMENT MUST BE RECEIVED BY NOV. 29th.**

PRACTICE SCHEDULE

During Fairland closing 11/10-11/16: The "dryland-only" sessions at Fairland listed below for Tuesday and Thursday will include workout and meeting activities. Swimmers should come prepared for indoor and outdoor activities, including shoes. Sunday's practice does not include L2 & L3 due to the RMSC Invite swim meet.

Monday 11/10

Level 1 5:00-6:00 pm Prep
Level 2A 5:00-6:00 pm Prep
Level 3 4:00-5:30 pm Prep
Level 4 4:00-6:00 pm PG S&L
Level 5 4:00-6:00 pm PG S&L

Tuesday (11/11)

Level 1 No Practice
Level 2 No Practice
Level 3 5:00-6:30 am Prep
Level 4 5:00-6:30 am Prep
Level 5 5:00-6:30 am Prep
Current Team Council Members 5:30-7:30 pm Fairland

Wednesday (11/12)

Level 1 6:30-7:30 pm PG S&L
Level 2B 7:00-8:30 pm PG S&L
Level 3 7:00-8:30 pm PG S&L
Level 4 4:00-6:00 pm Prep
Level 5 4:00-6:00 pm Prep

Thursday (11/13)

Level 1 No Practice
Level 2A 5:30-7:30 pm Fairland (dryland only)
Level 2B 5:30-7:30 pm Fairland (dryland only)
Level 3 5:30-7:30 pm Fairland (dryland only)
Level 4 5:00-6:30 am Prep
Level 5 5:00-6:30 am Prep / 4:00-6:00 pm Prep (combined w/Aquahoya)

Friday (11/14)

Level 1 No Practice
Level 2A 6:00-7:30 pm Prep
Level 2B 6:00-7:30 pm Prep
Level 3 7:00-8:30 pm Prep
Level 4 5:00-6:30 am Prep
Level 5 5:00-6:30 am Prep

Sunday (11/16)

Level 1 9:00-10:00 Prep
Level 4 8:00-10:00 Prep
Level 5 8:00-10:00 Prep

****NO PRACTICE SUNDAY 11/23 DUE TO FAST QUALIFIER MEET AT FAIRLAND**** An alternate practice site may be announced.

MEET SCHEDULE

- RMSC Invite 11/15-16 @MLK *Entries past due*
- Pilgrim Pentathlon 11/23 @Claude Moore, Sterling VA *Entries due by Sunday 11/9*
- Delaware State Meet 11/28-30 @University of DE, Newark DE *Entries due by Sunday 11/9*
- Sport Fair Winter Classic 12/11-14 @GMU, Fairfax VA *Entries by coach, closed as of Sunday 11/23*

NEWS & NOTES

1. We'd like to thank Christie Latona for organizing the Field of Screams trip again this year!
2. Level 2 - Level 5 swimmers are reminded that they are required to have swim fins.
3. Anyone who has not recieved their team issue Tshirt or swim cap should see Coach Haines.
4. Information will be posted shortly for the annual Holiday Greenery fundraiser.