



# Woodley Warriors Swim and Dive Handbook

Philosophy, Policies, and Guidelines

March, 2026

## Welcome to the Warriors Swim & Dive Team!

We are thrilled to have you here. Whether your child is jumping off the board for the first time or looking to shave a second off their personal best, they are a vital part of the Warrior family.

### Our Roots

The Warriors are proud to be one of the nine original "Founding Teams" of the **Northern Virginia Swim League (NVSL)**. Established in 1956, the NVSL was created to foster a love for the water and a spirit of community throughout Northern Virginia.

Today, the NVSL has grown into the largest summer competition league in the United States, with 102 swim teams and 53 dive teams. When you join the Warriors, you aren't just joining a local swim and dive team; you're becoming part of a massive, vibrant tradition.

### What We Stand For

Our team operates on four core principles designed to help every child thrive, both in and out of the water:

- **Love for the Sport:** We focus on the "Personal Best." While some meets are scored competitively, our primary goal is to ensure every athlete has the opportunity to grow.
- **Advanced Aquatic Skills:** Our experienced coaching staff provides high-quality training for all levels. Beyond the technique, regular practice is where the magic happens—it's where "practice groups" become lifelong friend groups.
- **Teamwork:** We win together and we grow together. Every kick, dive, and breath contributes to our collective success. We believe that **T.E.A.M.** stands for **T**ogether **E**veryone **A**chieves **M**ore.
- **Sportsmanship:** In our lanes, respect is mandatory. We cheer for the swimmer struggling to finish just as loudly as the one who touches first. We celebrate great dives, even from our opponents. To us, being a "Warrior" means being a leader in kindness and character.

### Our Simple Goals

We measure a successful season by these five benchmarks:

- **Love what you do**
- **Challenge yourself** to be the best you can
- **Show heart** through sportsmanship and team spirit
- **Build community** by making new friends and reconnecting with old ones.
- **Have fun!** (This is the most important one.)

## Our Programs & Eligibility

To dive or swim with the Warriors, athletes must first be members of the **Woodley Recreation Association**. This is a requirement for league insurance and ensures everyone on the deck is part of our community.

Since we are a member of the NVSL, the age group an athlete competes in is determined by their age on July 1.

Being a Warrior—whether you are a Diver, a Competitive Swimmer, or a Mini Warrior—means you are a full member of the team! You are invited to every pep rally, team photo, and social event on the calendar.

## Which Program is Right for My Child?

<i>Program</i>	<i>Best For...</i>	<i>Key Requirements</i>
<b>Dive Team</b>	Kids who love to jump, flip, and challenge themselves on the boards.	Ages 5–18; must be able to swim across the pool and have a desire to learn.
<b>Competitive Swim Team</b>	Kids ready to master all four strokes and compete in a team environment.	Ages 5–18; must be able to swim 25 meters (one full length) unassisted.
<b>Mini Warriors</b>	Younger children (typically K–1st grade) transitioning from lessons to the team.	Ages 5–6; must be comfortable in deep water but not yet ready for a full 25m lap.

### Dive Team

Our dive program focuses on safety, technique, and confidence. Under the guidance of experienced coaches, divers learn the proper way to use the board and execute dives suited for their age group. We compete against other teams in Northern Virginia in a fun, supportive environment.

- **Experience:** None required! We love teaching beginners.
- **Safety Note:** Divers must be able to swim across the pool comfortably to ensure they can safely exit after a dive. If necessary, the coaching staff will administer a swim safety test in the deep end of the pool during the first week of practice.

### Competitive Swim Team

This program is designed to refine the four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly) and build endurance.

- **The Goal:** To swim efficiently and improve personal times throughout the season.
- **Skill Level:** Swimmers should be able to complete one full length of the pool (25 meters) using a legal stroke without needing to stop or hold onto the lane lines.

### Mini Warriors (Transitional Team)

Think of this as the "bridge" between swim lessons and the big team. We focus on improving freestyle, building the strength to finish a full lap, and learning how to dive off the start blocks.

- **The Experience:** Mini Warriors get a taste of competition with a special 25-meter freestyle race at the end of the season. They can also participate in home "B" meets in fun kickboard races!
- **A Note on Readiness:** Because this is a group setting, we recommend that children have completed Kindergarten and possess the social focus to follow instructions in a large, busy environment.
- **The Basic Skills Assessment:** *Required for all new swimmers on the first day of practice.* Safety is our #1 priority. To ensure every child is ready for a team environment, our coaches will look for the following
  - **Water Confidence:** Ability to swim halfway across the pool (12.5 meters) in deep water.
  - **Comfort:** Ability to float on the stomach with their face in the water.
  - **Brave Entry:** A willingness to jump or dive into the deep end unassisted.

If you are unsure if your child should be placed on the Competition Swim team or Mini Warriors, please speak to the Head Coach before May 31 for a recommendation and to have your child evaluated for a basic skills assessment.

## Registration Fees

Your registration fees are an investment in a great season! They allow us to hire experienced coaches and cover essential costs like league insurance, NVSL registration, trophies, ribbons, and team supplies.

**Bonus:** Every registered athlete receives one official **Warriors Team T-shirt** included with their registration!

### 2026 Season Pricing

<i>Program</i>	<i>Registration Fee</i>
<b>Competition Swim Team</b>	\$199
<b>Dive Team</b>	\$199
<b>Mini Warriors</b>	\$100
<b>Dual Athlete (Swim &amp; Dive)</b>	\$320

## Family Price Caps

We love big families! To keep the sport affordable, we offer the following maximum price caps:

- **Single-Sport Cap: \$900** (e.g., if you have 5 children each doing one sport).
- **Double-Sport Cap: \$1,200** (e.g., if you have 4 children all doing both swim and dive).



**Hitting the Family Cap? Stop!** > Our registration platform (SwimTopia) cannot automatically calculate these family caps. If your total is going to exceed the \$900 or \$1,200 limit, **please email our team representative before you register or pay.** We will handle your payment manually to ensure you aren't overcharged.

## Attendance & Participation

Consistency is the secret to a great season! Whether your child is learning a new stroke or perfecting a dive, being at practice every day helps them build the skills and confidence they need to succeed.

### Daily Practices

We encourage all athletes to attend practice daily. The schedule for the year is posted on the team website. Our coaches follow a specific curriculum to teach the four competitive strokes (Freestyle, Backstroke, Breaststroke, and Butterfly) and safe diving techniques.

**If you have to miss:** Please notify your coaches as soon as possible.

### Understanding Our Meets

Summer swimming and diving can be busy! Here is the breakdown of the different types of events:

Meet Type	When	Who Competes?
<b>"B" Meets (Developmental)</b>	Monday Nights (Swim) / select Thur (Dive)	<b>Everyone!</b> These are fun, low-pressure meets where every swimmer gets a time. Results here help coaches decide who swims on Saturdays.
<b>"A" Meets (Competitive)</b>	Sat (Swim) / Tue (Dive)	<b>Selected Athletes.</b> Based on the fastest times and top scores.
<b>Relay Carnival</b>	Late June	<b>Selected Teams.</b> A fast-paced, relay-only event.
<b>Divisionals</b>	Last Weekend of July	<b>Selected Athletes.</b> The championship finale for our division.
<b>Mini Meet</b>	July 19	<b>10 &amp; Under.</b> A fun, optional fundraiser meet specifically for our younger Warriors!
<b>All Stars</b>	First Weekend of August	<b>Selected Athletes.</b> The best of the entire NVSL come together for final competition. Two very fun meets to come cheer on fellow teammates.

### Important Attendance Rules

Because the NVSL has strict rules regarding substitutions, **communication is key.** A "no-show" doesn't just leave a lane empty; it prevents another teammate from having the chance to compete.

- **Practice Attendance:** Athletes must attend at least 3 practices leading up to that week's "A" meet. If you know your child will not be able to attend the minimum number of practices, please make sure the head coach is made aware as soon as possible.
- **Meet Declarations:** Please use the **SwimTopia app** to "declare" whether your child is available or unavailable for every meet.
- **6-Day Rule:** For Saturday (Swim) and Tuesday (Dive) meets, we begin "seeding" (organizing) the meet on Monday. We need to know **6 days in advance** if your child cannot attend.
- **Emergencies:** For last-minute illnesses or emergencies, please call or text the Team Representative immediately.

### Mark Your Calendar: Key Deadlines

To help our coaches plan for championship events, please notify the Head Coach by these dates if your child **cannot** attend:

- By June 1st: Availability for the Division Relay Carnival.
- By June 20th: Availability for the Individual Divisional Meet (at the end of July).



**Why swim in "B" Meets?** > Regardless of your child's times, "B" meets are essential. They provide the official times our coaches need to track progress and determine eligibility for "A" meets and Championships. Plus, they are a blast!



## Meet Entries & Deadlines

To ensure our coaches can organize the meets effectively, we use **SwimTopia** for all meet sign-ups and availability.

## How to "Declare" Availability

Think of this as your RSVP. Coaches need to know if your child is **Available** or **Unavailable** for every meet on the schedule.

- **Where:** Go to the "Schedule" tab on our SwimTopia website/app.
- **When:** Ideally, mark your availability for the **entire season** now!
- **Firm Deadline:** No later than the **Sunday before** the meet (for both Saturday Swim and Tuesday Dive).

## Signing Up for "B" Meets

Unlike "A" meets (where coaches select the swimmers), **you and your child** choose which events your child swims in for Monday Night "B" meets!

- **Deadline:** You must sign your child up by **Sunday at 12:00 PM** for the following Monday's meet.
- **Coach's Tip:** Not sure which stroke your child should try? Chat with the Head Coach after practice for a recommendation!
- **Eligibility:** Please check the "B Meet Eligibility" rules below to ensure your child is eligible for their chosen events.

## B-Meet Eligibility & Sign-Up Rules

Monday night "B" Meets are the heart of our developmental program. They provide the times coaches need to plan for Saturday "A" Meets and help every swimmer build confidence.

### The Two-Event Rule

- **Standard Entry:** Every swimmer is encouraged to enter **two (2) individual events** of their choice.
- **The Bonus Event:** A swimmer may enter a **third event** only if that third event is the **Individual Medley (IM)**.

### The "A-Meet" Restriction

To keep B-Meets fair and developmental, we have restrictions for swimmers who performed well in the most recent Saturday "A" Meet:

- If your child placed **1st, 2nd, or 3rd** in an event on Saturday, they **cannot** swim that same event on the following Monday.
- They are encouraged to use the Monday meet to try their other strokes or the IM!
- *Note: If you sign up for a restricted event on SwimTopia, the Data Coordinator will remove the entry.*

### Special Categories

- **6 & Under (Freestyle & Backstroke):** To make racing less intimidating, we offer specific "6 & Under" heats for freestyle and backstroke. This keeps our youngest Warriors competing against kids their own age!
- **Mini Warriors & Kickboards:** If a child is capable of swimming 25 meters of freestyle unassisted, they are ready for the "real" race! Once a child can swim the full lap, they are no longer eligible for kickboard races.
- **No "Swimming Up":** At B-Meets, all athletes must compete within their own age group.

### Order of Events

While the home team always sets the schedule, when a meet is held at **Woodley**, the order is:

- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Individual Medley (IM)



**Not sure what to sign up for?** If you aren't sure which stroke your child should try this week, ask the Head Coach! They can recommend an event that will help your child reach their next goal or qualify for a Saturday meet.

### How to Sign Up

- Log into **SwimTopia**.
- Click the **"Schedule"** tab.
- Select the upcoming B-Meet and choose your child's events.
- **Deadline:** Remember to complete this by **12:00 PM on Sunday!**

### When are Entries Announced?

Once the coaches finalize who is swimming or diving in which event, we will announce the "Entries List." Please check these weekly, as events often change!

<i>Event Type</i>	<i>When Announced</i>	<i>How Announced</i>
"A" Meets (Saturday)	Wednesday	At practice & via email
Dive Meets (Tuesday)	Tuesday	At practice
Division Relay Carnival	July 1st	At practice & via email
Swim Divisionals	July 17th	At practice & via email
Dive Divisionals	July 18th	At practice

### Post-Meet Results

After every meet, the full results will be emailed to all team members. It's a great way to celebrate our progress and see how much the Warriors have improved!



### Why are deadlines so early?

Seeding a meet (assigning lanes and heats) is a complex process involving multiple teams. Missing a deadline can mean a child misses their chance to participate that week.

## Code of Conduct

The Warriors thrive when we maintain a positive, respectful, and safe environment. As a member of the NVSL, we adhere to the standards of respect, fairness, and sportsmanship that are found in the NVSL Standards of Conduct

All Athletes, Coaches, Team Representatives, Officials, Parents/Spectators, and NVSL Leadership shall:

Abide by the established rules of the NVSL. (<https://www.mynvsl.com/advertisers.pdf> - currently still 2025, 2026 should be available soon)

## The Warrior Way (For Everyone)

Whether you are a swimmer, parent, or coach, we expect everyone to:

- **Be Respectful:** Treat officials, coaches, and opponents with courtesy.
- **Use Positive Language:** Profanity or intimidating behavior is never allowed.
- **Show Class:** Demonstrate humility in victory and grace in defeat.
- **Follow Facility Rules:** Respect our pool and the pools we visit.

## For Athletes

- **Focus:** Listen to your coaches. Attentiveness ensures you stay safe and improve.
- **Stay with the Team:** During meets, stay in the designated "Team Area." This ensures you don't miss your event and allows you to cheer for your teammates!
- **Practice Etiquette:**
  - **Ages 12 & Under:** You must be supervised by a parent or designated adult if you are at the pool outside of your practice time.
  - **Ages 13 & Over:** If you have a gap between swim and dive practice, please stay in the seating area and choose a quiet activity.
  - **Morning Rules:** The baby pool, games (ping pong/basketball/foosball), shed, and grills are **closed** during morning practices.



**Why stay in the Team Area?** Meets move fast! Events will not be delayed searching for a missing swimmer or diver. By staying in the team area, you stay "meet-ready" and keep the energy high for your teammates.

## For Parents & Spectators

- **Let Coaches Coach:** During practice, please watch from a distance. Interjecting can distract the athletes and the coaches.
- **Respect the "Quiet" Signs:**
  - **Swim Meets:** Silence is required at the start of every race so swimmers can hear the horn.
  - **Dive Meets:** Silence is required throughout the dive so the athlete can concentrate and stay safe.
- **Chain of Command:** If you have a concern during a meet or practice, *please talk to a Team Representative or the Coach Liaison*. Do not approach an official or a coach while they are working. **Only Team Reps are authorized to speak with the Meet Referee.**

## Facility Reminder

During morning practices, the pool is not yet open to the general membership. We share this space respectfully by:

- Staying out of restricted areas, including
  - Front desk, guard room, ping pong tables, foosball tables, basketball, volleyball, baby pool, soda machines, snack machines, refrigerators, grills, and ice makers
- Keeping noise levels low at the tables while waiting for practice
- Ensuring children are not unsupervised on the pool deck

## Communication & Staying Informed

- **Family File Folders:** Each family has a folder in the "Coaches' Closet." Check this at every practice for ribbons, awards, and printed notes.
- **Woodley Warrior Weekly:** Our digital newsletter is emailed every Wednesday morning and posted on SwimTopia. It contains the "A" Meet and Dive results from the weekend.
- **Questions?** Reach out to our **Team Reps** via email/phone anytime. To keep our coaches focused on the kids, please wait until *after* all daily practices are finished to speak with them directly.

## Social Events & Traditions

We aren't just a team; we're a community! Mark your calendars for these Warrior traditions:

- **Pep Rally:** A high-energy night of cheers, games, and music to kick off the season.
- **Tie-Dye Day:** Bring a white T-shirt, socks, or pillowcase to the pool after morning practice! We provide the dye; you provide the spirit.
- **Team Breakfast & Pictures:** A professional photographer will take team and individual photos in June. Stay for a fun team breakfast afterward!
- **Progressive Dinner (7th Grade+):** A special night out for our older athletes ending with a late-night swim at the pool.
- **Awards Banquet:** Our season finale! We celebrate every athlete with participation awards, plus special trophies for Most Improved, High Point, and the Coaches' Award.

## Gear & Team Merchandise

<i>Item</i>	<i>Details</i>
Team T-Shirt	Included with registration! Wear it to every meet and for team photos.
Team Suit	Solid navy with the Warrior logo. Available via our online store, Making Waves. (Optional, but encouraged!)
Practice Suit	We recommend using an older suit for daily practice to save your team suit from chlorine wear and tear.
Goggles & Caps	A must-have! Pro Tip: NVSL rules state you cannot wear a cap from another team (like a year-round club team) during meets.

Important: Please put your child's name on *everything*. Our lost-and-found (located by the baby pool) fills up fast!

## Parent Involvement: The Hot Dog Fundraiser

Our Sunday Night Hot Dog Dinners are a team tradition and our biggest fundraiser!

- **Requirement:** Each family is required to sign up for at least **one (1) shift** (4:30 PM – 6:30 PM) during the season.
- **How to help:** You'll receive a sign-up link from our Volunteer Coordinator at the start of the season.

## Weather & Safety

### Practice

We practice in the rain! We only cancel if the pool management determines conditions (like lightning or heavy wind) are unsafe. Assume practice is **ON** unless you receive a notification via SwimTopia.

### Meets & Lightning

If thunder or lightning occurs during a meet:

- **Clear the Deck:** Everyone must head to their cars immediately.
- **Wait for Word:** Do not leave the parking lot until the Team Rep officially cancels or resumes the meet.
- **30-Minute Rule:** We must wait 30 minutes after the last strike before returning to the water.

## Insurance

The NVSL provides accident and liability insurance for all sanctioned events. To be covered, all athletes must be registered Woodley members with a signed participation waiver on file.

## Our Season at a Glance

The NVSL organizes 102 teams into 17 divisions based on size and speed. Woodley's division placement is announced each spring. Throughout the season, we participate in several types of events:

### Time Trials

- **Purpose:** To get "benchmark" times for every swimmer in every stroke. This helps coaches set the lineup for the first "A" Meet.
- **Who:** All Competitive Team members (Mini Warriors do not participate).
- **Note:** If you miss Time Trials, you won't have official times until the first "B" Meet.

### Saturday "A" Meets (Competitive)

- **The Vibe:** These are official, scored NVSL Dual Meets. Boys and girls compete separately in five age groups (8&U up to 15-18).
- **The Lineup:** The Head Coach selects three swimmers per individual event and one relay team based on the fastest legal times.
- **Scoring:** 1st Place = 5 points; 2nd = 3 points; 3rd = 1 point. Relays = 5 points.
- **Selection:** Being the fastest is the main factor, but coaches also consider attendance, sportsmanship, and recent health/injury.

### Monday "B" Meets (Developmental)

- **The Vibe:** Fun, low-pressure meets that do not count toward our season record.
- **The Lineup:** **You sign your child up!** Use the SwimTopia app by Sunday at 12:00 PM.
- **The Goal:** Every swimmer is encouraged to swim at least two events. It's the perfect place to try a new stroke.
- **Special Age Groups:** We offer 6 & Under events in Free and Back to help our youngest swimmers feel comfortable.

### Championship & Specialty Meets

- **Relay Carnival:** A fast-paced meet featuring only relay events.
- **Individual Divisionals:** The end-of-season championship for our division. Each team enters its top two swimmers per event.
- **All-Stars:** If a swimmer or relay team is among the top 18 in the *entire league*, they advance to All-Stars.
- **The Mini Meet (July 19):** An optional, fun Woodley tradition for swimmers 10 & under.

### Meet Rules & Etiquette

- **Disqualifications (DQs):** It happens to everyone! A DQ is just a learning tool to help a swimmer perfect their technique. Coaches will use the DQ slips to focus on skills during practice.
- **The Team Area:** Swimmers must stay in the designated "Warrior Area" to hear the Clerk of Course and cheer for teammates. **Parents, please stay in spectator areas** to keep the deck clear for officials.
- **Respect the Whistle:** When the Referee whistles, absolute silence is required for a fair start.
- **Clean Up:** We leave every deck (ours or our opponent's) spotless. No one leaves until the team area is clean!

### Records & Ribbons

- **Records:** We track the fastest times in Woodley history. Records can be broken at both "A" and "B" meets.
- **Ribbons:**
  - **"A" Meets:** 1st–6th place.
  - **"B" Meets:** 12&U receive ribbons by heat; 13–18 receive them by event.
  - **Divisionals:** Medals for 1st–6th; ribbons for all participants.

### Volunteer Participation (Required)

Summer swim is "Parent Powered." It takes 45+ volunteers to run a single Saturday meet.

- **Commitment:** Every family is expected to volunteer for **at least one position** at every meet their child participates in.

- **Sign-Ups:** Use SwimTopia to claim your spot. If you don't sign up 48 hours before a meet, we will assign you a role based on the team's needs.
- **Attire:** For "A" Meets, officials are asked to wear **white shirts and blue shorts** (no team logos or denim).
- **Training:** Roles like Referee, Starter, and Stroke & Turn Judge require NVSL certification. Roles like Timer, Runner, and Concessions require zero experience—we'll train you on the spot!

# Swim Team Glossary

## The Four Competitive Strokes

- **Freestyle:** The fastest stroke. While any style is allowed, most use the "front crawl." **Rule:** You cannot walk on the bottom or pull on the lane lines.
- **Backstroke:** Swum on the back. Swimmers use the overhead flags to count their strokes to the wall. **The "Legs" Rule:** At the start, a teammate (not a coach or official) can stand on the deck so the swimmer can hold their ankles for leverage.
- **Breaststroke:** Uses a "frog kick" and a specific arm pull. **Rule:** You must touch the wall with **two hands simultaneously** at the turn and the finish.
- **Butterfly:** A powerful stroke using a "dolphin kick" (legs together). Like breaststroke, the turn and finish require a **simultaneous two-hand touch**.
- **Individual Medley (IM):** A single swimmer performs all four strokes in this specific order: **Butterfly, Backstroke, Breaststroke, Freestyle**.

## Meet Types & Events

- **Time Trials:** Our "practice" meet at the start of the season. It's essential for getting baseline times used to set the first "A" Meet lineup.
- **Relays:** A team of four swimmers. In a **Freestyle Relay**, everyone swims free. In a **Medley Relay**, the order is Back, Breast, Fly, Free.
- **Mixed Age Relay:** A unique NVSL race where the team must swim in this order: 11-12, 10&U, 13-14, and 15-18.
- **Divisionals:** The championship meet for our specific division. Only the top two swimmers per event from each pool compete.
- **All-Stars:** The "best of the best" season finale. Only the fastest 18 performers in the entire 102-team league qualify to compete.
- **Mini Meet:** An invitational for swimmers age 10 and younger, founded and hosted by Woodley!

## Important Terms to Know

- **DQ (Disqualification):** When a swimmer performs a stroke incorrectly. It's not a punishment—it's a signal to the coaches that the swimmer needs help with their technique.
- **SwimTopia:** Our team website and mobile app. Use this for registration, meet sign-ups, and volunteer shifts.
- **Folder in the Box:** Located in the coaches' closet. Check your family folder at every practice for ribbons and notes.
- **Dryland:** Exercises done on the pool deck (core work, stretching, games) to build strength outside of the water.
- **Swimming Up:** When a swimmer competes in an age group older than their own (usually to fill a relay spot).
- **Scratch:** Withdrawing a swimmer from an event before it starts.

## Who's Who: Officials & Volunteers

- **Referee:** The "Head Official" in charge of the entire meet. They ensure all rules are followed.
- **Stroke & Turn Judge:** Officials who observe the swimmers to ensure their strokes, turns, and finishes are legal.
- **Starter:** The person who says "Take your mark" and triggers the starting horn/strobe.
- **Clerk of Course:** The "Organizers." They gather the kids and line them up in the correct heat and lane before they swim.
- **Timers:** Three people per lane who time the races. **Chief Timer** manages them and keeps back-up watches.
- **Marshals:** Safety officials who monitor the deck and warm-ups.
- **Table Workers:** The team behind the scenes who score the meet, enter data, and prepare the ribbons.
- **Announcer:** The voice on the speaker providing event updates and keeping the energy high!

## Dive Team Overview

The NVSL consists of 8 dive divisions. This year, the Woodley Warriors are proud to compete in **Division 1**.

## Eligibility & Age Groups

To compete in a meet, divers must be able to perform a specific number of dives based on their age. Every diver must be able to perform a **Front Dive** and a **Back Dive**, plus their choice of "optional" dives.

<i>Category</i>	<i>Age Group</i>	<i>Number of Dives Required</i>
<b>Freshmen</b>	10 & Under	3 Dives
<b>Juniors</b>	11–12	4 Dives
<b>Intermediates</b>	13–14	5 Dives
<b>Seniors</b>	15–18	6 Dives

---

## The Meet Schedule

- **Tuesday Dual Meets:** These are our primary competitive meets held on Tuesday evenings.
- **Warm-Ups:** These are vital because every diving board feels different!
  - **Home Meets:** Arrive by 3:30 PM (Warm-ups start at 4:00 PM).
  - **Away Meets:** Arrive at Woodley by 3:00 PM (Warm-ups start at 5:00 PM at the host pool).
- **Crackerjack Meet:** A fun, developmental meet for divers who are not competing at Divisionals. It's the perfect end-of-season event for many of our athletes!
- **Divisionals & All-Stars:** Championship meets held at the end of July and early August for top-scoring divers. To qualify for Divisionals, a diver must have competed in at least two regular-season meets.

## How Diving is Scored

The Dive Sheet

Before a meet, the diver fills out a "Dive Sheet" listing their dives in order.

- **Changes:** You cannot change the *order* of dives or *replace* a dive once the meet starts.
- **Position:** You *can* change your position (e.g., from a "tuck" to a "pike") when the announcer calls your name.

What the Judges are Looking For

Five judges award points (up to 10 per dive) based on five main areas:

- **The Approach:** The walk and the hurdle step.
- **The Take-Off:** The height and power off the board.
- **Technique in the Air:** Control, grace, and body position (pointed toes!).
- **The Entry:** A vertical entry with as little splash as possible.
- **Distance:** The diver should be safe—ideally within 2 feet of the board.

The Math

We throw out the highest and lowest judge scores. The remaining three scores are added together and multiplied by the **Degree of Difficulty (DD)**. The diver with the highest total points at the end of all rounds wins!

## Ribbons & Records

- **Ribbons:** Awarded for 1st–3rd place. All other divers receive a participation ribbon to celebrate their hard work.
  - **Records:** Woodley tracks the highest overall scores for each age group. Records can be broken during any Tuesday dual meet!
- 

## Dive Team Volunteers

Dive meets are shorter than swim meets and require fewer volunteers, but we still need your help! Each family should plan to work **at least two meets** per season.

### Key Roles:

- Referee & Judges: Require NVSL certification (clinic attendance).
- Announcer: Controls the tempo of the meet and announces scores.
- Meet Secretary: Ensures dive sheets are correct and records results.
- Table Workers: Two scorekeepers (record scores) and two calculators (multiply by the DD).
- Home Meet Support: We also need 2 people for Concessions and 2 for Set-Up/Take-Down.

### Sign Up Early!

Use the **Schedule** tab on SwimTopia to claim your favorite volunteer spot. If you haven't signed up within 48 hours of a meet, we will assign a role to your family to ensure the meet can go on!

# Dive Team Terminology

## The Mechanics of a Dive

- **Approach:** The steps taken toward the end of the board before the hurdle and takeoff.
- **Hurdle:** The final part of the approach. The diver springs from one foot and lands on two feet at the very edge of the board.
- **Takeoff:** The lift off the board. This can be done facing forward (running or standing) or backward.
- **Entry:** How the diver hits the water. Whether head-first or feet-first, the body should be vertical and straight with toes pointed.
- **Balk:** An illegal movement, such as starting the motion and stopping before takeoff, or taking off for the hurdle with two feet instead of one.
- **Degree of Difficulty (DD):** A rating (1.2 to 3.7) based on how hard a dive is to perform. This is used as a "multiplier" for the judges' scores.

## The Five Dive Groups

- **Forward (100 Group):** Facing the water, rotating forward (away from the board).
- **Backward (200 Group):** Back to the water, rotating backward (away from the board).
- **Reverse (300 Group):** Facing the water, but rotating backward (toward the board).
- **Inward (400 Group):** Back to the water, but rotating forward (toward the board).
- **Twisting (500 Group):** Any dive that includes a lateral twist.



**Beginner Dives:** You may also hear about **Fall-ins** (entry without a takeoff) or **Jumps** (feet-first entry with no rotation), which are great building blocks for our younger divers.

## Body Positions

- **Straight (A):** The body is kept perfectly straight with no bending at the knees or hips. (Formerly called "Layout").
- **Pike (B):** The body is bent at the hips, but the legs stay straight at the knees.
- **Tuck (C):** The "compact" position. The knees are drawn to the chest and the body is bunched into a ball.
- **Free (D):** A combination of the above positions, used only in twisting dives.

## How to Read a Dive Number

Dives are listed as a three-digit number followed by a letter (Position).

- **1st Digit:** The Group (e.g., **1** is Forward).
- **2nd Digit:** Usually **0** (unless it's a "flying" version of the dive).
- **3rd Digit:** The number of half-somersaults (e.g., **1** means a dive, **3** means a 1.5 somersault).
- **The Letter:** The position (**A** = Straight, **B** = Pike, **C** = Tuck).

**Example: 101A** = Forward Dive, Straight Position.

## Swim & Dive Officials Clinics

Our meets are powered by parents! To ensure every race and dive is called fairly and accurately, the NVSL provides training clinics for our volunteers. Whether you are a seasoned pro or a first-time parent, these clinics are the best way to learn the "rules of the road."

### Why Attend a Clinic?

- **Ensure Fairness:** Learn the specific NVSL rules so our kids get a consistent experience at every pool.
- **Build Confidence:** You'll feel much more comfortable on the deck when you know exactly what to look for.
- **Mandatory Roles:** To serve as a **Referee, Starter, or Stroke & Turn Judge**, you must attend a clinic at least once every two years.

## Swim Team Clinics

The NVSL holds clinics at various pools throughout the spring and early summer.

NVSL University (NVSL U):

This is a "one-stop shop" for all your training needs! NVSL U is a single-day event held at the Fairfax County Government Center. It offers clinics for both new and recertifying officials in one place.

When: May 30, 2026

Where: Fairfax County Government Center

## Dive Team Clinics

Diving clinics focus on how to score dives fairly and how to manage the tempo of a meet.

- **Judges:** Clinics are available for all parents interested in judging.
- **Referees:** To become a Dive Referee, you must have at least one year of experience (minimum of one meet) serving as a Dive Judge.



## New to the team?

You don't have to be an expert to attend! Many parents attend clinics just to better understand the sports their children love. Check the **Woodley Warrior Weekly** or the NVSL website for a full list of dates and locations for local clinics.

## 2026 Leadership & Committee Chairs

### Team Leadership

<i>Role</i>	<i>Name</i>	<i>Contact Info</i>
Swim Team Representatives	Michael Woods & Matthew Pollack	<a href="mailto:swimrep@woodleypool.org">swimrep@woodleypool.org</a>
Dive Team Representative	Emily Hoover	<a href="mailto:diverep@woodleypool.org">diverep@woodleypool.org</a>
Head Swim Coach	Rachael Leeds	—
Head Dive Coach	Ginger Richards	—

### Liaisons & Support

- **Parent Liaison:** Simone Rose
- **Swim Data Coordinator:** Carrie Haase
- **Treasurer:** Sabrina Rodas

### Committees & Events

- **Social Coordinator:** Keenan Woods
- **Woodley Warrior Weekly Editor:** Patti Pollack
- **Mini Meet Manager:** Jennifer Erwin
- **Fundraising Chair:** Christine Lusk
- **Concessions Leader:** Megan Laboy
- **Hot Dog & Sundae Volunteer Coordinator:** Cheryl Napoli

### Who should I contact?

- **Registration or League Questions?** Contact your Swim or Dive Team Reps
- **Feedback about a Coach?** Contact any of our Team Reps
- **Questions about Social Events?** Reach out to Keenan Woods
- **Interested in helping with Fundraisers?** Contact Christine Lusk

## Frequently Asked Questions (FAQ)

### The Basics

**Q: My child isn't a "pro" swimmer/diver. Can they still join?**

**A:** Absolutely! We are a developmental league. If your child can meet the safety requirements (swimming 25m for swim team or 12.5m for dive), they are welcome. We focus on personal improvement, not just winning.

**Q: What is the difference between an "A" Meet and a "B" Meet?**

**A:** Think of **"B" Meets (Mondays)** as "everyone plays" games. They are for practice, getting official times, and having fun. **"A" Meets (Saturdays)** are the competitive league matchups where coaches select the fastest swimmers to represent the team.

**Q: Do I really have to volunteer?**

**A:** Yes! It takes about 45 parents to run a swim meet and 10 to run a dive meet. Without volunteers, the meets literally cannot happen. Plus, it's the best way to meet other parents and get a "front-row seat" to the action.

### Preparation & Gear

**Q: Does my child have to wear the team suit?**

**A:** No. While many kids love wearing the team colors, it is not mandatory. Any comfortable, secure athletic swimsuit is fine. However, NVSL rules state you **cannot** wear a swim cap from another team (like a year-round club team) during a meet.

**Q: What should I bring to a meet?**

**A:** More towels than you think! Also: sharpies (to write event numbers on your child's arm), healthy snacks, water, sunscreen, and a folding chair for yourself.

**Q: How do I know if practice is canceled due to weather?**

**A:** We usually swim in the rain! We only stop for thunder, lightning, or unsafe visibility. We will send an alert via the **SwimTopia app** as soon as a decision is made. If you haven't heard anything, assume practice is on.

### The "SwimTopia" App

**Q: What is "Declaring"?**

**A:** "Declaring" is just a fancy way of saying "RSVP." You must go into the app and check **Available** or **Unavailable** for every meet. If you don't declare your child, the coaches won't know to put them in the lineup.

**Q: How do I see my child's times/scores?**

**A:** After each meet, results are uploaded to SwimTopia. You can see your child's history, "Personal Bests" (PBs), and how they are progressing throughout the summer.

### Social & Spirit

**Q: What are the "Folders" people keep mentioning?**

**A:** In the coaches' closet, there is a box with a folder for every family. This is where we put your child's ribbons after a meet and any printed flyers. Check it every day!

**Q: What if my child gets a "DQ" (Disqualification)?**

**A:** Don't panic! DQs are very common, especially for younger kids learning Breaststroke or Butterfly. The official will explain what happened, and the coaches will work on it with your child at the next practice. It's a learning moment, not a "fail."