

JULY 7, 2024

Woodley Warriors Weekly

WW vs. Truro (Dive) & Brandywine (Swim)



WARRIOR WINS!!!

There were Warrior wins all around this week and the McFlurry bill is quite large as there was not enough room on page one for all of the swim and dive sweeps! The meets started on Tuesday when the dive team traveled to Truro and improved their record to 3-0 with a 51-20 win. Many kids celebrated with the Truro churros and tacos. The swim team hosted a hot meet at home on Saturday with an extra observer from the NVSL. She came

to observe and ultimately recommend our referee Jose Laboy for a Certified Officials Patch. She also came to observe our pool and see what an amazing swim meet our Team Rep, Carrie McCall puts together! Luckily, it was all capped off with a win and a celebration of our seniors. Way to go Warriors, our record is now 1-3 after our convincing win against Brandywine with a final score of 255-160!



RELAY RACE WINS!

Boys 8&U 100 Free: J. Temme, P. Fernandez, T. Boulter, T. LaMonica
Girls 9-10 100 Medley: P. Erwin, L. Lampton, E. Woods, E. Zueger
Boys 11-12 100 Medley: B. Lum, P. Thiede, M. McCall, M. Whitecar
Girls 11-12 100 Medley: S. Niday, G. Lampton, E. Jones, A. Laboy
Boys 13-14 100 Medley: B. Pollack, J. Thiede, B. Haase, A. Lum
Boys 15-18 200 Medley: B. McCall, T. Clark, C. Hoover, H. Laboy
Boys Mixed Age 200 Free: M. Whitecar, H. Niday, B. Haase, B. McCall
Girls Mixed Age 200 Free: A. Laboy, E. Woods, R. Woods, K. Harrington



EVENT WINNERS

DIVE WINNERS

Emerie Woods, Freshman
Olivia Ahern, Junior
MJ Whitecar, Junior
Eliza Pollack, Intermediate
Alex Lum, Intermediate
Lillie Bell, Senior

SWIM DOUBLE EVENT WINNERS

Eloise Jones (back, breast)
Avery Laboy (free, fly)
Theo LaMonica (free, fly)
Lillian Lampton (back, breast)
Brad McCall (back, fly)
Ben Pollack (free, back)
Emerie Woods (free, fly)

SWIM SINGLE EVENT WINNERS

Peter Fernandez (breast)
Brandon Haase (fly)
Kate Harrington (free)
Meghan Hetmanski (free)
Scarlet Temme (breast)
Joseph Thiede (breast)
Paul Thiede (breast)
MJ Whitecar (back)

Progressive Dinner

This Thursday, all swimmers and divers who are rising 7th grade and older are invited to participate in Progressive Dinner. This is an opportunity for the teens to put away their swimsuit and towels for a few hours and get dressed up in their fancy clothes for an evening out with friends. The cost will be \$25 per person. Please RSVP in Team Unify so that we have a head count for the restaurant. This is open only to Woodley swimmers and divers, no guests or younger siblings allowed. We will meet at the pool for pictures at 5:30. Dinner will be at Guapo's in Falls Church. After dinner, the teens head back to the pool for swimming until 10:00 pm. The extended hour is open only to the teens and adult chaperones,. We are in need of adult drivers to get the kids to and from the restaurant, as well as contributions for evening snacks or desserts at the pool.



SWIM & DIVE SWEEPS

Girls 9-10 Free: E. Woods, E. Zueger, J. Ahern
Boys 13-14 Free: B. Pollack, B. Haase, J. LaMonica
Girls 9-10 Back: L. Lampton, P. Erwin, I. Barnes
Girls 11-12 Back: E. Jones, S. Niday, V. Napoli
Boys 13-14 Back: B. Pollack, O. Bigby, A. Lum
Boys 8&U Breast: L. Fernandez, T. Boulter, J. Temme
Boys 13-14 Breast: J. Thiede, A. Lum, N. Rodas
Boys 13-14 Fly: B. Haase, N. Rodas, J. Thiede
Freshman Girls: E. Woods, E. Erwin, M. Hetmanski
Junior Girls: O. Ahern, S. Niday, E. Jones
Intermediate Girls: E. Pollack, R. Woods, E. Temme

Weekly Warriors Schedule

Monday 7/8: B Meet at Parliament.
2nd Session Mini Warriors begins!

Tie Dye (rescheduled) after practice!

Tuesday 7/9: Dive Meet at Woodley!

Thursday 7/11: Progressive Dinner
and Free Slurpee Day at 7-11!

Saturday 7/13: A Meet at Riverside
Gardens! It's **NEON DAY!!!**

Sunday 7/14: Mini Meet at Woodley!

WOODLEY WARRIOR SHOUTOUTS

- The Northern Virginia Swimming League awarded referee Jose Laboy the Certified Officials Patch!
- Carrie McCall did a great job ensuring our home swim meet went swimmingly and our NVSL pool observation was a success!
- Special thanks to EVERY parent who has volunteered for a swim or dive meet (yep, I'm talking to all of you!)! It literally takes a village to run a meet and we are thankful for our Woodley village!



Mini Meet!

Please join us this Sunday for the 28th Annual Woodley Mini Meet! If you are 10 and under, this meet is just for you! For the older swimmers, now is your chance to come and help run a swim meet! Please reach out to Jenny Erwin at minimeet@gmail.com and see which jobs you are eligible to help out with. We guarantee a fun day for everyone!



28TH
WOODLEY MINI MEET 9 AM

SPECIAL AWARDS WILL BE AWARDED TO EACH SWIMMER IN EVERY EVENT
TOP THREE FINISHERS IN EACH EVENT WILL RECEIVE A MEDAL
SPECIAL RECEPTION EVENT FOR THE YOUNGEST SWIMMERS

SUNDAY
JULY
14

10 AND UNDER

SSA EVENT
3 EVENTS PER SWIMMER
AGE GROUP MATCHUPS

[HTTP://BIT.LY/MINIMEET24](http://bit.ly/minimeet24)

WOODLEY RECREATION
7420 CAMP ALGER AVE.
FALLS CHURCH, VA 22042

CONCESSIONS
TEE SHIRTS
PHOTO BOOTH
KONA ICE TRUCK



Once a Warrior, Always a Warrior!

On Saturday, we had a chance to celebrate our three graduating seniors who have served as such amazing role models to our younger warriors.

EVELYN KEEFER will be attending Hollins University in the fall where she plans to study English and Creative Writing. Her advice to younger warriors: *“Even though you’ve just gotten out of school and it feels like the last thing you want to do is get up early for swim practice, GO ANYWAY! The season is so short and the 12 or however many years you will swim will go by so quickly. Practicing will pay off, not only at Divisionals, but for the rest of your life. You’re learning necessary skills and good habits. Stay for the entire meet and cheer on your friends, swim the IM, and volunteer to walk a 6 & Under at the lollipop race. Make the most of your time as a swimmer!”*

SOPHIA RODAS will attend James Madison University and plans to study Nursing. Sophia’s advice for the younger warriors was simple! *“Always have fun!”*



ANGELA WITT-LEIVA will be attending Virginia Tech and plans to major in Exercise Science. Angela’s said *“My biggest piece of advice to younger members would be to appreciate every moment you live, because none of them will come again. Also, do not let anyone work harder than you, because doubting yourself is normal, but letting yourself stop is a choice—so NEVER GIVE UP!”*



