



## *Mosby Woods Raiders* 2018 Weekly Digest

Thursday, July 19, 2018

### **Coaches Corner**

Coach Danny: [coachdanny.raiders@gmail.com](mailto:coachdanny.raiders@gmail.com)

It's Thursday, July 19th and we are about to head into our final meet against Sully Station. Yes, many of our swimmers will be competing in divisionals next week, but this Saturday will be our final meet of the 2018 season.

We started this week with a great attitude in practice. At 1-3, it's easy to fall into a "what are we doing wrong" mentality. I told the swimmers on Monday that we are not going to start beating ourselves up! I take a lot of pride when I talk to friends, family and other coaches and tell them about the progress and personal bests we are achieving this season. We are competing in a tough division and could not be performing better as a team. Our momentum is strong going into our last meet!

Speaking of momentum, I'd like to recognize our All Star Relay swimmers. When you see them, please congratulate our 9-10 girls (Simone Ernst, Sasha Zykova, Gloria Kuang, Ella Hogan and Graham Glaze) on achieving 13th and 15th place in the 100 Meter Freestyle and Medley Relays. Please also congratulate our 15-18 girls (Ellie Monnig, Lexy Martschenko, Sara Tuo and Leaya Ma) who were seeded 10th in the 100 meter medley relay and achieved 6th place! The girls also held 5th place in the 100 meter free relay. Lastly, congrats to our mixed age girls (Alicia Ernst, Gloria Kuang, Ruby Fan Chiang and Leaya Ma) who were seeded 6th and placed 5th. Mosby Woods finished 28th overall (among 63 total teams) and scored 114 total points!

As we head into our final meet, I'd like swimmers and parents to keep a few things in mind:

-Divisionals is next week and it will sneak up on us fast! If you have any questions about what you should swim or what you are eligible to swim, please see coach Nick after the Pep Rally *tomorrow night*. If you can't see Nick at the Pep Rally, try to catch up with him after the meet on Saturday or before morning practice on Tuesday.

-This Saturday, we will meet for our final caravan at Mosby Woods pool. The caravan will leave for Sully Station promptly at 7:30 AM.

Again, please be sure to avoid the sun for long periods of time on Friday and drink PLENTY of water. See you all Saturday!

*We are the Raiders... the Mighty Mighty Raiders... everywhere we go... people want to know... who we are... so we tell them... WE ARE THE RAIDERS!*

## **Developmental Meet News**

Ann Siemering: [a.siemering@att.net](mailto:a.siemering@att.net) and Dawn-Marie Singleton: [oaktonumcpast@gmail.com](mailto:oaktonumcpast@gmail.com)

We're in the home stretch of Developmental Meets! Many thanks to those parents who fulfill their volunteer slots week-after-week, step up to help at the last minute and come prepared to fill-in by coming dressed in their blues and whites to meets. We couldn't do it without you. Please dig deep and help us get through the the rest of our Developmental Meets.

**Because the Developmental Relay Carnival @ Mosby Woods on 7/19 should be underway by the time you receive and read through this newsletter, we will cover only our two remaining developmental meets this season:**

1. Sunday, 7/22 @9AM: Lollipop Meet ("fun meet") @ Mosby Woods and
2. Monday, 7/23 @6PM: IM Carnival @ Country Club Hills

Each will be addressed below in chronological order.

### **Sunday, July 22, 2018: Lollipop & Pancake Breakfast ("fun meet") @ Mosby Woods**

- The Lollipop Meet was started several years ago to celebrate our Guppies and developing 8 & under swimmers so the cuteness factor is very high. If your swimmer is routinely invited to a competitive meet on Saturday, please be aware that the Lollipop meet is not the right fit for a more advanced swimmer even if 8 years & under; they are welcome to attend and cheer on their teammates.
- Swimmers should **arrive by 8:30AM on Sunday, 7/22** so that warmups can begin promptly and the meet can start at 9AM.
- Swimmer registration closes at 5PM on Thursday 7/19. Late registrations are difficult to process so please meet this deadline.
- Guppy coaches will be in the water with the swimmers to ensure safety and provide support if needed.
- The meet should conclude around 10am with an awards ceremony and pancake breakfast (for all swimmers, families and friends) to follow.

**Volunteer Jobs: Sunday MORNING, 7/22 @ Mosby Woods**

Position	Volunteer	Time	Notes
Referee	James Walter	8:30 to 10:30	
Pancake Breakfast Helpers	Debbie Reinsel Colleen Al Mukhtar Brooke Hardin Rebecca Velez	9:00 to 10:30	
Table Worker	Deborah Hill	8:30 to 10:30	

Most of jobs typically filled by adults at developmental meets (e.g., starters, clerks of course, marshall, timers, etc.) are filled by our Raiders who are **11 years and older**. We still need help with Set-Up, Marshall and Table Workers. If your swimmer meets the age criteria and is available Sunday, 7/22 from 8:30am to 11:00am, please sign up on the attached link and identify your child's name in the comment section:  
<https://www.signupgenius.com/go/20f044baaaa22a46-lollipop1>

**All volunteers should do their best to wear a white top and dark blue bottoms.** If there are questions about the Lollipop meet, please be in touch with Ann Siemering at [a.siemering@att.net](mailto:a.siemering@att.net) or 703-965-9362.

### **Monday, July 23, 2018: IM Carnival (AWAY) @ Country Club Hills**

- Address: 3622 Old Post Road, Fairfax, VA 22030 (also see [www.mosbywoods.swimtopia.com/maps](http://www.mosbywoods.swimtopia.com/maps))
- Arrival: Swimmers should **arrive by 4:45 on Monday, 7/23** so that warmups can begin promptly at 5:10
- Swimmer registration
  - Now open at [www.mosbywoods.swimtopia.com/swim\\_meets](http://www.mosbywoods.swimtopia.com/swim_meets). Select the green meet entry button for July 16 and indicate whether or not your swimmer will attend.
  - Registration **closes at 5PM on Sunday, 7/22**. Late registrations are difficult and time-consuming to process so please meet this deadline.
- Parking: Because this is a multi-team event, unless you receive a parking pass from Dawn-Marie, you must park on the street in the surrounding neighborhood.
- **VOLUNTEERS NEEDED:** We still need an Assistant Chief Timer.

If you have any questions or can volunteer on 7/23, please contact **Dawn-Marie Singleton** at [oaktonumcpastor@gmail.com](mailto:oaktonumcpastor@gmail.com) or **540-560-6432**.

### **Volunteer Jobs: Monday Night AWAY @ Country Club Hills on Monday, 7/23**

If you are unable to fulfill your obligation (see table below), please be in touch with Dawn-Marie Singleton at [oaktonumcpastor@gmail.com](mailto:oaktonumcpastor@gmail.com) or 540-560-6432 so she can make suggestions

about how you can find a substitute. At CCH, all volunteers should check in with Dawn-Marie to obtain a name tag.

Position	Volunteer	Time	Notes
Assistant Chief Timer	????	5:30 to 9:00	
Clerk of Course	Meg Burnside	5:30 to 9:00	
Marshall	Trinh Lieu	5:00 to 7:00	Report to Dawn-Marie Singleton, B meet rep, to acquire vest
Stroke & Turn	James Walter	5:30 to 9:00	Report to Referee
Table Workers	Bruce Burnside Toyin Martschenko	5:30 to 9:30	
Timers	Colleen Al Mukhtar Patricia Courtney Eli Tohmeh Emi Yoshizaki Christine Burke	5:30 to 9:00	Report to Asst. Chief Timer,

## **Competitive Meet News**

Betty Hernandez: [bettygonzalezhernandez@gmail.com](mailto:bettygonzalezhernandez@gmail.com) and Julia Hughes: [julia.hughes38@gmail.com](mailto:julia.hughes38@gmail.com)

### **Mosby Woods vs. Sully Station @ Sully Station**

5101 Sequoia Farms Drive, Centerville, VA

**Meet Sign-Up:** Please take the time to review the attached meet sheet entry for your child's name. Some swimmers are aged up, so please don't assume just your age group. If your child is scheduled to swim, and you **do not think** you can come, please let **Coach Danny know ASAP.** It will allow us time to provide that swimming opportunity to another swimmer. Last minute scratching of swimmers causes stress not only for those scrambling to find names, but for our swimmers to jump in unplanned. If you are scheduled to swim the relay, plan to stay.

**Arrival:** All swimmers please plan to arrive at Mosby Woods pool by 7:15 am. We will then caravan to Sully Station promptly at 7:30 am. Warm-up begins promptly at 8:25 am. **Please make sure to remind swimmers to check in with their coaches so we can cross names off the attendance roster prior to warm-up.**

**Parking:** The upper lot (left when you enter) will be reserved for our team to park.

**Team Area:** Our team area will be the concrete adjacent to the pool on the near side. Sully Station will be on the concrete area on the far side of the pool.

**Food:** Sully Station's concessions will be serving hot breakfast and miscellaneous morning items.

**Team Lunch:** As tradition goes, we will be having a team lunch following the away meet. Please stay tuned for a REMIND alert as to where the team will be gathering for lunch.

**Volunteers:** See the volunteer list below. If you have any questions, or if you are unable to volunteer, please contact Diane Monnig ASAP at [dianemonnig@gmail.com](mailto:dianemonnig@gmail.com) or cell 703-622-5667. I will not be at the meet on Saturday, so please see Betty Hernandez who will be checking in volunteers and distributing name tags.

job_name	shift_start	shift_end	volunteer_first_name	volunteer_last_name
Assistant Chief Timer	8:30 AM	12:00 PM	Chuck	Monnig
Clerk of Course	8:30 AM	12:00 PM	Dominique	Deleage
Clerk of Course	8:30 AM	12:00 PM	Laura	Zotian
Marshall	8:15	12:00 PM	Trinh	Lieu
Stroke & Turn	8:30 AM	12:00 PM	Michelle	Liu
Stroke & Turn	8:30 AM	12:00 PM	Prem	Pillai
Table Worker	8:30 AM	12:00 PM	Linda	Bradshaw
Table Worker	8:30 AM	12:00 PM	Debbie	Reinsel
Table Worker	8:30 AM	12:00 PM	Adri	Sandilands
Timer	8:30 AM	12:00 PM	Ben	Baldwin
Timer	8:30 AM	12:00 PM	Stuart	Hindle
Timer	8:30 AM	12:00 PM	Edward	Kuang
Timer	8:30 AM	12:00 PM	Guna	Lasmane
Timer	8:30 AM	12:00 PM	Alexander	Martscenko
Timer	8:30 AM	12:00 PM	Toyin	Martschenko

Timer	8:30 AM	12:00 PM	Huong	Nguyen
Timer	8:30 AM	12:00 PM	Eli	Tohmeh
Timer	8:30 AM	12:00 PM	Vicky	Tseng
Timer	8:30 AM	12:00 PM	Emi	Yoshizaki
Timer	8:30 AM	12:00 PM	Bob	Zotian
Timer	8:30 AM	12:00 PM	Sergey	Zykov

## **Divisional Championship: July 28**

### **All you need to know....**

**On July 28, Mosby Wood Raiders will be hosting our Divisional 7 Championships.**

1. T-shirts can be pre-ordered / purchased through **TODAY** July 19, 2018. After July 19, there will be a handful of t-shirts available to purchase on site.

<https://www.customink.com/fundraising/nvsl-div-7-championship-shirt-sale>

**When purchasing, please leave a comment with your team name and swimmers name. This will help us expedite availability on the day of the divisional championship.**

Divisionals is a meet that showcases some of the fastest swimmers in our division. There are no relays, only individual strokes (individual medley, freestyle, backstroke, breaststroke, and butterfly). In coming days, our coaches will talk with swimmers to determine who will be swimming and which events they will swim. There are two heats of each event (so a total of twelve swims per age group/stroke, with two entries per team). Swimmers can swim a maximum of two events. Like all of our competitive meets, our entries for divisionals are time-based. More information about this meet will follow in coming days. If your child is unavailable to swim, please log onto Swimtopia NOW and indicate this. If you have questions, please email Julia Hughes at [julia.hughes38@gmail.com](mailto:julia.hughes38@gmail.com).

Hosting our Division 7 Championship meet will take a lot of additional hands! Thanks to Diane Monnig for coordinating our volunteers! If you have a child swimming, please be prepared to help. Thanks in advance!

## **Guppy News**

Eliza Selander: [eliza.selander@gmail.com](mailto:eliza.selander@gmail.com)

Keep up the good work, Guppies! This week is our last week of practice. We WILL have evening practice on Wednesday, July 18 from 5:30-6:15.

And mark your calendars for the Lollipop Meet on Sunday, July 22 @9AM. To register your guppy:

- Now open at [www.mosbywoods.swimtopia.com/swim\\_meets](http://www.mosbywoods.swimtopia.com/swim_meets). Select the green meet entry button for July 22 and indicate whether or not your swimmer will attend.
- Swimmers may register for up to three events: #1: kickboard, #2 freestyle and #3 breast OR backstroke. This meet is not meant for more advanced swimmers who, for example, are invited regularly to competitive meets on Saturday even if 8 years and under.
- Registration **closes at 5PM on Thursday 7/19**. Late registrations are difficult to process so please meet this deadline.
- Guppy coaches will be in the water with the swimmers to ensure safety and provide support if needed.

The Lollipop Meet was created to celebrate our Guppies and the Raider 8 & under developing swimmers. The older swim team members fulfill many of the roles typically held by adults (e.g., timers, clerks, runners and starter) so it is very festive.

Swimmer warmups will start around 8:30am and the meet kicks off at 9am. The meet should conclude around 10am with an awards ceremony and pancake breakfast (for all swimmers, families and friends) to follow.

## Spirit Night: Raider's Blue Luau!

Andrea Harrup: [andrea.n.harrup@gmail.com](mailto:andrea.n.harrup@gmail.com)

Our last Spirit Night for the evening. This week's theme will be **Raider's Blue Luau**. We will not be serving dinner this time around. **Dessert \$1 Ice Cream Float** (Root Beer or Orange Soda)

**Games & Activities: TBA**

**What to Wear?** Raider Gear & anything Raider **BLUE, Luau themed gear**.

\*Remember the theme continues into the Saturday and Monday Meet!!!

## Banquet & After Party

Sarah Larkin: [slarkin1@gmail.com](mailto:slarkin1@gmail.com)

**Banquet:** Thank you to all who have already let us know you're attending the team banquet and after party on Sunday, July 29. If you haven't done so, please log onto your Swimtopia account to RSVP (under the Sign-Ups tab/Meet, Volunteer, Event Sign-Up no

later than **Saturday, July 21**, as I will be finalizing numbers with our vendor this weekend while I'm in town. If you do not RSVP, we may not have enough food for you and your family. Cost is \$10/person; maximum \$40/family. Any questions, please email me. Thank you!

**Awards & After-Party:** Following the banquet and award presentations, the pool will be closed for our Mosby Wood swimmers to celebrate the end of the season. We will have a DJ in place and plenty of activities to end our season. Stay tuned in the next newsletter for details on how the evening will work.



Parents of Developmental and Competitive swimmers -- We are taking many fun photos of our children competing. To view them, send an email to [Dee.Rutkowski@verizon.net](mailto:Dee.Rutkowski@verizon.net). Include the name and age of your swimmer(s). If you have taken good photos that you want added to our end-of-the-season slideshow, send them to Dee also.

## **Webmaster**

Theresa Houck: [tmhouck@gmail.com](mailto:tmhouck@gmail.com) and Meghan Graham: [meghan.graham@cox.net](mailto:meghan.graham@cox.net)

Can't remember the dates and times of your volunteer shifts? Login at [mosbywoods.swimtopia.com](http://mosbywoods.swimtopia.com) and click on **My Account** (upper right corner) to see your 2018 Job Sign-Ups.

Please don't forget to provide your swimmer's availability for the 2018 competitive meets. Log in at [mosbywoods.swimtopia.com](http://mosbywoods.swimtopia.com). Under **Sign-ups** click on **Meet, Volunteer, Event Sign-up**. For each competitive meet, click the green **Meet Entry** box. From there click the **Edit** button, select either **Not available for this meet** or **Available for this meet** and then click **Save**.

## **Treasurer**

Dena Imbergamo: [denaimbergamo@hotmail.com](mailto:denaimbergamo@hotmail.com)



I have sent out an email to those of you that still owe the team money. I will also follow up with a few of you who owe bits and pieces, maybe for the snack bar fee or a tshirt.

## **Winter Swim**



Dena Imbergamo: [denaimbergamo@hotmail.com](mailto:denaimbergamo@hotmail.com) or [raiderswinterswim@gmail.com](mailto:raiderswinterswim@gmail.com)

The Raiders have a winter swim program every year. We rent lanes at Oak Marr and are able to have a practice most Saturday nights from 7-8pm from September-May. I will send out an email next week for you sign up. I am also always looking for volunteer coaches as well. If you think your older swimmer (13 & Up) might be interested then let me know.

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## **PRIVATE SWIM COACH**

Swim Coaches are available for private lessons. Please contact the coaches directly to coordinate.

**Marin Bronaugh**, 703-713-2025 or [mbronaugh730@gmail.com](mailto:mbronaugh730@gmail.com)

**William Hughes**, 703-727-7057 or [w.soccerpiper@gmail.com](mailto:w.soccerpiper@gmail.com)

**Raine Larkin**, 703-405-1531 or [rainswimrun@gmail.com](mailto:rainswimrun@gmail.com)

**Kate Meade**, 703-597-2451 or [kate@katemeade.com](mailto:kate@katemeade.com)

**Ellie Monnig**, 703-537-6996 or [egmonnig@gmail.com](mailto:egmonnig@gmail.com)

**Samantha Monnig**, 571-732-5191 or [scmonnig@gmail.com](mailto:scmonnig@gmail.com)

**Dhruv Pillai**, 703-628-2888 or [dhruvgpillai@gmail.com](mailto:dhruvgpillai@gmail.com)

**Joe Wong**, 571-265-3007 or [Joejw0307@gmail.com](mailto:Joejw0307@gmail.com)

July 19 Developmental Relay Carnival @ Mosby Woods

July 20 Spirit Night 5 (Raider's Blue Luau)

July 21 Competitive Meet @ Sully Station

July 22 Lolipop Meet @ Mosby Woods

July 23 Developmental IM Carnival @ CCH

July 28 Divisional Championship @ Mosby Woods

July 29 End of the Season Banquet (Rain Date: August 5) @ Mosby Woods

August 4 Individual All Stars

*\*Full Calendar available on team website.*

## **MARK YOUR CALENDARS\***

Weather Updates: Communicated via REMIND  
(To join the swim team group, text 81010 to @eg4317)

**READ MORE ON OUR WEBSITE**

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**Twitter: @mwswim and @mwpool**

**Instagram: gomraiders**  
**Mosbywoods.swimtopia.com**  
**Remind**