



Mosby Woods Raiders 2018 Weekly Digest

Thursday, June 14, 2018

The practice schedule beginning Monday, June 18 2018.

Morning Practice (Monday-Friday)

8:00-9:00 am Ages 11-18

9:00-9:30 am Guppies

9:00-10:00 am Ages 10 & Under

Afternoon Practice (Tuesday-Thursday)

5:30-6:00 pm Guppies

5:30-6:30 pm Ages 10 & Under

6:30-7:30 pm Ages 11-18

Also note, that due to the End-of-the School Year party at the pool, there will **NOT** be practice Friday, June 15.

Coaches Corner

This Saturday we will hold Time Trials at Mosby Woods Pool. Continuing a more than five-decade long tradition, time trials is a day for us to get times for each swimmer and a day for all swimmers to get “meet ready.” Following Saturday’s time trials, we will have our first Monday Night Meet on Monday, June 18th.

This past week was once again marked by remarkable hard work and fun. On Monday, with temperatures below 65 degrees, we still had a good turnout for practice. Moments like Mr. Kevin McGuire conducting starts for all age groups, assistant Head Coach Samantha Monnig leading our younger swimmers and coaches in land breaststroke drills, and our seniors rooting each other on through short course sprints at the end of practice all mark what makes summer swimming at Mosby Woods such a fun experience.

Speaking of Coach Samantha, I want to take a quick moment to recognize her and my other assistant head coach, Nick DeSantis. Samantha is currently entering her sophomore year at UVA and has served as an assistant coach for the past three years. Nick is a graduate of UVA and in his full time job works as an engineer. Nick and I grew up on the team and coached together from 2006-2009, during which time Nick was responsible for crafting meet sheets that resulted in multiple wins and championships for Mosby Woods. We’ve remained good friends over the years and I was so grateful when his wife, Kate, agreed that he could return to the Raiders. Both Nick and

Samantha were also relay record holders and offer remarkable coaching and mentorship to our swimmers and coaches of all age groups. A wise person once told me that good leaders surround themselves with people who are smarter than they are. With these two, I have definitely followed this advice!

Lastly, I just wanted to mention a few things before Saturday meets begin. We will put the fastest swimmers on the meet sheet for Saturday meets. However, if swimmers are training with another club or organization, we ask that you attend one practice per week - preferably Fridays when we are doing starts, turns and relay practice. If your swimmer cannot make it to at least one practice due to an issue of transportation, we ask that you let myself or another coach know beforehand.

I look forward to seeing all of you on Saturday. It's a great time to be a Raider!

Coach Danny: coachdanny.raiders@gmail.com

Time Trials:

Betty Hernandez: bettygonzalezhernandez@gmail.com

THIS Saturday, June 16, 2018

Location: Mosby Woods Pool

Time: Arrive by 8:00 am for warm-ups (beginning promptly at 8:10 am)

By now, you should have registered your swimmer(s) to participate. No worries if you cannot come, as your swimmer(s) will have a chance to have summer start times during Monday's Developmental Meet.

We will have a potluck style morning, as the Snack Bar will not be open for our families to purchase meals.. **A-L Families** please bring fruit cut up and ready to share, and **M-Z Families**, please bring baked goods to share (doughnuts, bagels/cream cheese, muffins, kind bars...)

Time Trial Volunteers: Do not forget to wear your blue navy shorts and your bright white shirt. This is an NVSL (Northern Virginia Swim League) requirement and is non-negotiable.

job_name	shift_start	shift_end	volunteer_first_name	
Announcer	8:30 AM	12:00 PM	Bob	Reinsel
Asst Chief Timer	8:30 AM	12:00 PM	Kristal	Taylor
Chief Timer	8:30 AM	12:00 PM	Chuck	Monnig
Clerk of Course	8:30 AM	12:00 PM	Megan	Brancato
Clerk of Course	8:30 AM	12:00 PM	Meg	Burnside

Marshall	8:30 AM	12:00 PM	Molly	Andreson
Marshall	8:30 AM	12:00 PM	Natalia	kemaeva
Referee*	8:30 AM	12:00 PM	Kevin	McGuire
Referee*	8:30 AM	12:00 PM	James	Walter
Runner	8:30 AM	12:00 PM	Debbie	Reinsel
Runner	8:30 AM	12:00 PM	Robert	Sandilands
Starter*	8:30 AM	12:00 PM	James	Cecere
S&T Judge	8:30 AM	12:00 PM	Maureen	Barsotti
S&T Judge	8:30 AM	12:00 PM	Michelle	Liu
S&T Judge	8:30 AM	12:00 PM	Prem	Pillai
S&T Judge	8:30 AM	12:00 PM		
Timer	8:30 AM	12:00 PM	colleen	al mukhtar
Timer	8:30 AM	12:00 PM	Catherine	Arrage
Timer	8:30 AM	12:00 PM	Paul	Barsotti
Timer	8:30 AM	12:00 PM	Mark	Bowersox
Timer	8:30 AM	12:00 PM	Elizabeth	Dalton
Timer	8:30 AM	12:00 PM	Michael	Dalton
Timer	8:30 AM	12:00 PM	Elif	Ekingen
Timer	8:30 AM	12:00 PM	Jose	Hernandez
Timer	8:30 AM	12:00 PM	Adam	Humphreys
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	Chip	Meade
Timer	8:30 AM	12:00 PM	Karen	Meade
Timer	8:30 AM	12:00 PM	Huong	Nguyen
Timer	8:30 AM	12:00 PM	Niraja	Sivakumar
Timer	8:30 AM	12:00 PM	Makesh	Subramaniam
Timer	8:30 AM	12:00 PM	Angela	Tuo
Timer	8:30 AM	12:00 PM	Michele	Walter

Timer	8:30 AM	12:00 PM	Tricia	Wankum
Timer	8:30 AM	12:00 PM	Yuchung	Wong
Timer	8:30 AM	12:00 PM	Wei Hong	Yan
Timer	8:30 AM	12:00 PM	Xiaoqin	Zhou
Timer	8:30 AM	12:00 PM	Sergey	Zykov
Timer	8:30 AM	12:00 PM		
Timer - Relief	8:30 AM	10:30 AM	Patricia	Courtney
Timer - Relief	8:30 AM	10:30 AM	Elizabeth	Ernst
Timer - Relief	10:30 AM	12:00 PM	Patricia	Courtney
Timer - Relief	10:30 AM	12:00 PM	Elizabeth	Ernst

Developmental Meet News

Ann Siemering: asiemering@att.net and Dawn-Marie Singleton: oaktonumcpast@gmail.com

Dawn-Marie Singleton and Ann Siemering (co-Developmental Meet Reps) are excited to hold our first Home Developmental/B Meet/Monday Night Meet v. Country Club Hills (CCH) on Monday, June 18th. Swimmers are permitted to register for **two** strokes plus an Individual Medley (**IM** - all four strokes of fly, back, breast and free). We are asking that parents sign up only for those strokes which your swimmer has a reasonable chance of swimming legally (including all four strokes if swimming the IM) so touch base with the coaches before or after practice with any questions. If your child disqualifies in a stroke at time trials on June 16th, it might be best to allow more time for the coaches to work with your swimmer on any technical issues. We want our developing swimmers to feel good about their experience, and the coaches are committed to addressing any issues identified by the officials at meets so that swimmers can avoid disqualifications as the summer progresses. Also, swimmers who finish 1st, 2nd or 3rd at a competitive meet may not swim that stroke at a developmental meet.

Please sign up your swimmer by Sunday, June 17 @ 5PM at

www.mosbywoods.swimtopia.com/swim_meets and select the green meet entry button for June 18. If you are not planning to attend, please indicate that your swimmer will not attend. Please meet the Sunday @ 5PM deadline because late registrations are more difficult to process. A table with the Order of Events for Monday Night Meets can be

found on our website under parent resources at
www.mobsywoods.swimtopia.com/b-meet-order-of-events.

Monday's Meet starts at 6:00 pm. **All swimmers should be at the pool no later than 5:00 pm for warm-ups.** A list of all the volunteers for this meet is included below. **The Raiders should park on the street.** We reserve the parking lot for the visiting team. If you have any questions, please do NOT reply to this generic mosby woods email, but contact **Ann Siemering** at a.siemering@att.net or her cell at 703-965-9362.

Weather is always the great unknown. If there is thunder or lightening, we must vacate the deck and follow the instructions from the lifeguards. Shelter in you cars nearby and follow the Raiders via its various social media sites to keep up-to-date about the status of a meet.

We are trying to train more parents to be **Chief Timer**. Please let Ann know if there are experienced timers or Assistant Head Timers who are willing to orient with an experienced Head Timer to this role. We need to develop greater bench strength!

We still have many **open volunteer jobs** for the B v G meet on Monday, July 2nd and the Developmental Relay Carnival on Thursday, July 19th. *If your family is short of the minimum 7 volunteer slots required, we encourage you to close the gap and help us fill the available jobs as soon as possible.*

Volunteer Jobs: Monday Night Home Meet June 18th v. Country Club Hills

If you are unable to fulfill your obligation (see table below), please be in touch immediately with Ann Siemering at a.siemering@att.net or 703-965-9362 so we can work collaboratively on how to find a substitute. We do not have extra volunteers waiting to step in so it's important that you fulfill this commitment and be on time.

<u>Position</u>	<u>Volunteer</u>	<u>Arrival Time</u>	<u>Notes</u>
Meet Set Up	Molly Andreson	3:45 to 5:00	See Ann Siemering, B meet rep
	Meghan Graham		

Announcer	Bob Reinsel	5:15 to 9:00
------------------	-------------	--------------

	Dustin Wright	
--	---------------	--

Chief Timer	Mary Breslin	5:30 to 9:00
--------------------	--------------	--------------

Clerk of Course	Megan Brancato	5:30 to 9:00
------------------------	----------------	--------------

	George Cernat	
--	---------------	--

Runners	Dominque Deleague	5:30 to 9:00
----------------	-------------------	--------------

	Deborah Hill	
--	--------------	--

Marshall Shift 1	Molly Andreson	5:00 to 7:00	See Ann Siemering, B meet rep
-------------------------	----------------	--------------	-------------------------------

Marshall Shift 2	Molly Andreson	7:00 to 9:00	Get orange marshal vest
-------------------------	----------------	--------------	-------------------------

			Must be ON DECK when swimmers start warm ups
--	--	--	--

Referee	Kevin McGuire	5:30 to 9:00
----------------	---------------	--------------

Starter	James Cerece	5:30 to 9:00	See Referee, Kevin McGuire
----------------	--------------	--------------	----------------------------

S&T	James Walter	5:30pm to 9:00	See Referee, Kevin McGuire
	Maureen Barsotti		

Table Workers	Linda Bradshaw	5:30pm to 9:30	
	Meghan Graham		
	Adri Sandilands		

Snack Bar:	Bruce Burnside	4:30 to 7:00	See Carolyn Barnett
-------------------	----------------	--------------	---------------------

Grill	Aliko Mwaisela
--------------	----------------

First Shift

Snack Bar:	Jason Moore	7:00 to 9:30	See Carolyn Barnett
-------------------	-------------	--------------	---------------------

Grill	Jessica Moore
--------------	---------------

Second Shift

Snack Bar: Concessions	Jackie Humphreys	4:30 to 7:00	See Carolyn Barnett
-----------------------------------	------------------	--------------	---------------------

	Christine Liou		
<i>First Shift</i>			

Chan Kim

Jessica Moore

Snack Bar:

Michael Gillespie

7:00 to
9:30

See Carolyn Barnett

Concessions

Adam Humphreys

Second Shift

Brooke Hardin

Cara Hardin

Timers

Catherine Arrage

5:30-9:00

See Chief Timer, Mary Breslin

Betsy Baldwin

Patricia Courtney

Elizabeth Dalton

Michael Dalton

Bill Hindle

Stuart Hindle

Maria Owen

Shep Owen

Kristal Taylor

Tricia Wankum

Yolanda Weaver

Competitive Meet News

Betty Hernandez: bettygonzalezhernandez@gmail.com and Julia Hughes: julia.hughes38@gmail.com

On **Saturday, June 23, 2018** we will have our first Competitive Meet against Dominion Hills @ Dominion Hills. As with last year, we will have a similar process as to better understand who is able to swim.

Swimmers indicate their availability for Competitive Meets on the team's website. All Competitive Meets are now open for signup. Swimmers should indicate if they are available to swim for each Competitive Meet. Coaches will make swimmer selection for each Competitive Meet from swimmers sign up as **"AVAILABLE"** for that meet. **Even if your swimmer does not normally swim in Competitive Meets, please indicate your swimmer's availability.** Please note that marking "available" does not mean your swimmer will swim the Saturday meet; just that, if selected, they are able to participate. A meet sheet will be sent out prior to a Competitive Meet.

Sign-ups for each Competitive Meet will close the Tuesday prior to the meet at noon so that coaches have time to prepare the meet sheet. For the meet against Dominion Hills, the sign-ups will be available until **Tuesday, June 19 at noon.**

Guppy News

Eliza Selander: eliza.selander@gmail.com

Guppy evaluations went great! Everyone who came was able to cross the deep end.

Morning practices begin Monday, June 18, and evening practices begin Tuesday, June 19. I'll have a meetup for parents during the first morning and first evening, so that veteran and new Guppy parents can all meet each other and chat.

NVSL News

Julia Hughes: julia.hughes38@gmail.com

Please make sure to indicate (meet by meet on our website) whether your swimmer is available to swim at competitive meets this season. Meet sheets are created ahead of every competitive meet and swimmers are slotted based on availability and times. Only three swimmers per stroke per age group swim (male and female). No swimmer may swim more

than two individual events per meet. If you have questions, please find me on deck or send me an email.

Pancake Breakfasts

Debbie Reinsel: debbiereinsel@gmail.com

It's Pancake Breakfast Time! Starting **Wednesday, June 20th** and ending on Wednesday, July 18th every week we will be serving pancakes and fruit to the Mosby Wood Raiders swimmers.

Below you will find a signup list of things we will need each week. The menu stays the same from week to week, but the amounts of what is needed is likely to change from Wednesday to Wednesday. Please check back each week to see what you can donate.

Volunteers will also be needed to help set-up, serve, and break-down the breakfast each week. Breakfast will be served starting at 8:20AM for the 10 & unders, and after practice for the 11 & ups.

<https://www.signupgenius.com/go/4090A4FAFA62CA02-pancake>

Spirit Night

Andrea Harrup: andrea.n.harrup@gmail.com

Our first spirit night will be on Friday, June 22, 2018. The theme is tie-dye.

Team Pictures at 5:30 pm - please wear your team suit and Mosby Woods apparel.

Webmaster

Theresa Houck: tmhouck@gmail.com and Meghan Graham meghan.graham@cox.net

If you are having any technical difficulties registering on the website at mosbywoods.swimtopia.com > sign-ups > registration, please feel free to contact me by email.

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

Treasurer Notes

Just a friendly reminder to pay your dues. If you do not see me at practice, just place the check in the mailbox in front of the pool. Checks are made payable to MWST. The dues for each swimmer is \$125. Each family on the main swim team (not guppies) must pay a \$20 fee for the snack bar. If you ordered a t-shirt it is an additional \$10 per shirt. Please reach out to me if you have any questions.

Dena Imbergamo: denaimbergamo@hotmail.com

MUSIC + RAIDERS

Calling all musically-inclined Raider swimmers to participate in singing or playing the National Anthem at any of our home meets this season. Please drop us a line if your swimmer is interested.

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

William Hughes, 703-727-7057 or w.soccerpiper@gmail.com

Kate Meade, 703-597-2451 or kate@katemeade.com

Ellie Monnig, 703-537-6996 or egmonnig@gmail.com

Samantha Monnig, 571-732-5191 or scmonnig@gmail.com

Dhruv Pillai, 703-628-2888 or dhruvgpillai@gmail.com

Joe Wong, 571-265-3007 or Joejw0307@gmail.com

MARK YOUR CALENDARS*

June 16 Time Trials @ MW Pool @8:00 for warm-ups

June 18 Morning Practice Begins - Guppy Practice Begins

June 18 Developmental Meet: Mosby Woods vs CCH @ Mosby Woods

June 20 First Pancake Breakfast

June 22 Team Picture @5:30 pm

June 22 Spirit Night @ 6:00 pm

June 23 Competitive Meet: Mosby Woods vs Dominion Hill @Dominion Hill

**Full Calendar available on team website.*

Weather Updates: Communicated via **REMIND**

(To join the swim team group, text 81010 to @eg4317)

READ MORE ON OUR WEBSITE

Twitter: @mwswim and @mwpool
Instagram: gomraiders
Mosbywoods.swimtopia.com
Remind