

WILDTHINGS WEEKLY

The Langley Club | Where the Wildthings Swim

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Welcome to the Langley Wildthings Swim Team!

Time to Get in the Pool!

It's that time of year again when our Wildthings gear up for the summer swim season. This year, the #3 ranked Wildthings in Division 4 will see stiff competition during the Saturday A Meets from Fairfax, Dunn Loring, Pinecrest, Cardinal Hill and Ravensworth Farm. They'll also swim against Poplar Heights, Tuckahoe, McLean, Highlands, Great Falls and the Hamlet during the Monday B Meets. Read our weekly newsletter and get all of the scoop you need to prepare for the meets and to survive this crazy summer!



Coaches Corner

We're so lucky to have Mason back as Head Coach. Joining her are the assistant coaches: Christopher Paul, Kat Owczarski, Jack Reilly and Nicole Johnson. All of the Assistant Coaches have swum for the Wildthings and have previously coached the junior team. We can't believe that they have all decided to spend their summer with the Wildthings!

Quick Facts About the Coaches

Mason Walsh - Head Coach

- Third year as the Wildthings head coach
- Graduate student at George Mason University
- 5 time NVSL All-Star Champion
- Placed 12th in the 50m freestyle at the 2004 Olympic Trials

Christopher Paul- Assistant Coach

- Rising sophomore at Northwestern University
- Swam for the Langley High School swim team

Kat Owczarski - Assistant Coach

- Rising Second-Year at the University of Virginia (UVA) and participates in Club Swim at UVA
- Captain of Oakcrest High School Swim Team

Jack Reilly - Assistant Coach

- Rising sophomore at the University of Wisconsin-Madison studying Real Estate and Management
- Swam for the Langley High School swim team and swam for the Wildthings for more than 14 years

Nicole Johnson - Assistant Coach

- Rising Second-Year at the University of Virginia
- Played on UVA's Varsity soccer team

Practice Rules

At practice, swimmers should wear a competition suit (one piece racing suit for girls, briefs or jammers for boys, no bikinis or trunks as this makes proper stroke work difficult).

All new swimmers 7 and younger need to attend an evaluation session on May 29th or 30th at 5:30 p.m. Coaches will let you know if the swimmer should participate in regular swim team, junior swim team should start with group lessons.

Preseason practice is for Regular Swim Team only.

Afternoon practice is for Regular Swim Team only and is intended for swimmers who have a schedule conflict keeping them from attending the morning practice. Swimmers may not attend both practices.

Junior Team practices begin Thursday, June 26 and end Friday, July 25th.

Swimmers should swim with their own age group unless otherwise advised by Coach Mason.

Parents should be clear of the deck area during practice and please save your questions for the coaches until all practice sessions are finished (there is no time in between sessions for questions). We appreciate your understanding.

- The Coaches

Practice Schedule

Practice Schedule Overview

The regular swim team has practices in the afternoons starting on Tuesday, May 27th. Once school is dismissed for all students, practice times will move to the mornings for regular and junior swim teams. Afternoon practices are available to regular swim team members who are unable to attend the morning sessions. Remember to read the practice rules to the left!

Dates	Time & Days	Ages
May 27 – June 25 (Preseason - Regular Swim Team Only)	3:30 – 4:30 pm, M-F	13 & Over
	4:30 – 5:30 pm, M-F	9 – 12
	5:30 – 6:15 pm, M-F	8 & Under
June 26 – July 25 (Once School is Out)	8:00 – 9:15 am, M-F	13 & Over
	9:15 – 10:15 am, M-F	9 – 12
	10:15 – 11:00 am, M-F	8 & Under
JUNIOR TEAM PRACTICE June 26 – July 25	11:00 – 11:45 am, M-F	Junior Swimmers
AFTERNOON PRACTICE June 26 – July 25	4:30 – 5:30 pm, T-F	All Ages (Regular Swim Team Only)



2014 Meet Schedule

Use Team Unify!

Remember to use Team Unify to declare your availability for every meet! <https://www.teamunify.com/Home.jsp?tabid=0&team=recnvsllcst>

Date	Meet	Location
Sat. June 14, 9:00 AM	Time Trials	HOME
Mon. June 16, 6:00 PM	B-Meet vs. Poplar Heights	HOME
Sat. June 21, 9:00 AM	A-Meet @ Ravensthorpe Farms	5210 Inverchapel Rd. Springfield, VA 22151 703-321-4903
Mon. June 23, 6:00 PM	B-Meet @ Tuckahoe	1814 Great Falls St McLean, VA 22101 (703) 356-1205
Sat. June 28, 9:00 AM	A-Meet vs. Cardinal Hill	HOME
Mon. June 30, 6:00 PM	B-Meet @ McLean	1700 Margie Dr McLean, VA 22101 703-821-9317
Sat. July 5, 9:00 AM	A-Meet @ Fairfax	4200 Roberts Rd Fairfax, VA 22032 703-691-8166
Mon. July 7, 6:00 PM	B-Meet vs. Highlands	HOME
Wed. July 9, 6:30 PM	Div. 4 Relay Carnival @ Pinecrest	12515 Pinecrest Road Herndon, VA 20171 703-860-8027
Sat. July 12, 9:00 AM	A-Meet vs. Dunn Loring	HOME
Mon. Jul 14, 6:00 PM	B-Meet @ Great Falls	761 Walker Rd Great Falls, VA 22066 703-402-3318
Wed. July 16, 4:00 PM	NVSL All-Star Relay Carnival @ Hunt Valley	7100 Sydenstricker Rd Springfield, VA 22152 703-451-9137
Sat. July 19, 9:00 AM	A-Meet @ Pinecrest	12515 Pinecrest Road Herndon, VA 20171 703-860-8027
Mon. July 21, 6:00 PM	B-Meet vs. Hamlet	HOME
Sat. July 26, 9:00 AM	Div. 4 Divisionals @ Cardinal Hill	9117 Westerholme Way Vienna, VA 22182
Sat. Aug 3, 9:00 AM	Individual All Star Meet @ Annandale	7530 Little River Turnpike Annandale, VA 22003

2014 Social Calendar

All Work and No Play?

No way! Join us for these fun events. But, don't forget to volunteer to help with the swim team related events!

Date	Event	Description	Location
Thur. May 29, 7:30PM	Fundraiser	Ladies Night Trunk show	Owczarski residence
Fri. May 30, 5:30PM	Friday Family Night		LC
Fri. June 13, 5:30PM	Friday Family Night		LC
Sat. June 14, 9:00AM	Time Trials		HOME
Mon. June 16, 6:00PM	B Meet	Theme: Twin Day	HOME vs Poplar Heights
Sat. June 21, 9:00AM	A Meet		@ Ravensworth Farms
Mon. June 23, 6:00PM	B Meet	Theme: Disney	@ Tuckahoe
Wed. June 25, 12:00PM	School's Out Lunch		LC
Thur. June 26, 8:00AM	Team Picture Day	Bagels and donuts	LC
Thurs. June 26	Olive Garden Dinner	For ages 13+	LC
Fri. June 27, 5:30PM	Summer Kick-Off	Pep Rally, Decorate LC	LC
Sat. June 28, 9:00AM	A Meet	Lunch after meet	HOME vs Cardinal Hill
Mon. June 30	Bagels and Subway	Food after practice	LC
Mon. June 30, 6:00 PM	B Meet		@ McLean
Tues. July 1	Pancake Breakfast	Pancakes after practice	LC
Wed. July 2, 1:00PM	Laser Tag	For ages 11+	Max. 40 players
Fri. July 4, 12:00PM	4 th of July Picnic	Pep Rally during BBQ	LC
Sat. July 5, 9:00AM	A Meet		@ Fairfax
Mon. July 7	Bagels and Subway	Food after practice	LC
Mon. July 7, 6:00PM	B Meet	Theme: Super Heroes	HOME vs Highlands
Tues. July 8	Donuts after Practice		LC
Wed. July 9, 12:30PM	Movie	Movie before relays	Location TBA
Wed. July 9, 6:30PM	Div. 4 Relay Carnival		@ Pinecrest
Fri. July 11, 2:00PM	Float Day	Drinks and snacks	LC
Fri. July 11	Pep Rally & Fundraiser	Decorate LC, Flippin' Pizza	LC
Sat. July 12, 9:00AM	A Meet	Lunch after meet	HOME vs Dunn Loring
Sat. July 12, 7:30PM	Adult Night	Crab and shrimp feast	LC

Sun. July 13, 7:00PM	Progressive Dinner	For ages 13+	TBA
Mon. Jul 14	Bagels and Subway	Food after practice	LC
Mon. July 14, 6:00PM	B Meet	Theme: Hipsters	@ Great Falls
Tues. July 15	Donuts after Practice		LC
Wed. July 16, 4:00PM	All-Star Relay Carnival		@ Hunt Valley
Fri. July 18, 2:00PM	Float Day	Drinks and snacks	LC
Fri. July 18	Pep Rally		LC
Sat. July 19, 9:00AM	A Meet		@ Pinecrest
Sun. July 20	Splash Party		LC
Mon. July 21, 6:00PM	B Meet	Theme: 80's	HOME vs Hamlet
Tues. July 22	Donuts after Practice		LC
Wed. July 23	Paintball	For ages 13+	TBA
Fri. July 25, 5:30PM	Friday Family Night	Coach Appreciation & Pep Rally	LC
Sat. July 26, 9:00AM	Divisionals		@ Cardinal Hill
Sat. July 26, 6:00PM	Awards Banquet		LC
Sat. Aug 3, 9:00AM	All-Stars		@ Annandale
Sun. Aug 31, 5:00PM	Labor Day Party		LC

Volunteer Requirements

Volunteer Requirements Overview

It takes approximately 50 parent volunteers to run a typical home B meet and about 40 parent volunteers for a typical home A meet. Without parent volunteers, the swim season simply would not happen. Therefore, it is critical for the success of the program that each and every family does its part to participate as volunteers throughout the swim team season. Your volunteer requirement is based on the number of swimmers in your family and whether they swim in A and B meets, only B meets, or are Junior Team swimmers. *Tip: Sign-up for all of the B meets and add the A meets if your swimmer qualifies. Sign up in Team Unify by Time Trials on June 14th.*

How Many Children on Team?	How Many are Swimming in A Meets?	Volunteer Requirement – Minimum Number of Jobs			
		B Meets/ Time Trials	A Meets	Social Event Jobs	Overall
Junior Team ONLY		*	0	1	1*
1	0	3	0	1	4
2+	0	5	0	1	6
1	1	3	4	1	8
2+	1+	5	4	1	10

*Once your Junior Team swimmer begins to participate in regular swim meets, the appropriate number of volunteer jobs will apply.

For every job you work throughout the season, you will receive an entry to win one of our amazing prizes in the "Volunteer Appreciation Raffle"!

Sponsors

Thank you to our sponsors!

We have an amazing group of sponsors who have made it possible for us to buy new equipment and trophies. They also help fund team building events that are so instrumental to fortifying a close team.

Please welcome back our sponsors from last year: **Dr. Ahn, Dr. Han and Tracy Dillard**. And, welcome our newest sponsor: **Dr. Lily Talakoub (McLean Dermatology & Skincare Center)**.

Surprise gift: If you remember the sponsor's names and you let Mel Quinn know, then you will receive free sun screen courtesy of Dr. Lily Talakoub. We are planning on having Dr. Talakoub come to the LC to teach us how to take care of our skin during the hot summer months.

What's next for fundraising? On Thursday, May 29th, we are welcoming everyone to Karen Owczarski's house for a Stella & Dot Trunk Show. Check out the next page for more information!



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Upcoming Events

Tuesday, May 27th

Practice starts for the regular swim team.

Thursday, May 29th

Evaluations for new swimmers ages 7 and under (5:30 pm).

Stella & Dot Trunk Show: portion of the proceeds will go to the Langley Swim Team (more information on the right)

Friday, May 30th

Evaluations for new swimmers ages 7 and under (5:30 pm).

Saturday, May 31st

NVSL University for officials.

(You get a volunteer credit for attending the training sessions.)

If you have any content you would like to include in the next newsletter, then please send an email to Mel Quinn (vaquinns@gmail.com) or to Karen Owczarski (kjkjko@aol.com) and we will be sure to include it.

Thanks for reading!

Stella & Dot Trunk Show

Event benefits the Langley Swim Team

Please join Andrea, Jennifer, Karen and Mel for a Ladies Night with wine, cheese and Stella & Dot. A portion of all monies spent and all earned hostess jewelry will go directly to the Langley Club Swim Team. Please spread the word. Thanks!

Langley Club Swim Team's Trunk Show

Thursday, May 29, 2014 | 7:30 PM

Karen Owczarski's Home
6515 Anna Maria Ct
McLean, VA 22101

Hosted by Langley Club Swim Team