

WILDTHINGS WEEKLY

The Langley Club | Where the Wildthings Swim

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The Wildthings Triumph Over Ravensworth Farms!

The Wildthings won their first 'A' Meet of the Season

The Wildthings won with a score of 227-193. Next up, the Wildthings make a short trip to Tuckahoe on Monday for a 'B' Meet. On Saturday, the Wildthings will swim against the Cardinal Hill Cardinals at the Langley Club.



Coaches Corner

Getting to know Assistant Coach Kat Owczarski

As you may have been seen at the last 'A' Meet versus Ravensworth Farms, Coach Kat came out of retirement to swim for the Wildthings. And, boy, did we really need her! Thank you Kat!

And, here is her note to the Wildthings families:

I am currently 18 years old and have been swimming for the Langley Wildthings since I was 8. Over the years, I've also swam for Machine Aquatics and my high school team. I've coached the Junior and Winter Swim Teams for the last 5 years, and am so excited to continue to coach this summer. I attend The University of Virginia, where I will be a second year this fall. I'm majoring in Government and History. I'm thrilled to return to the Wildthings again, and I know that we'll have the best summer yet!



-Coach Kat

11 Questions with Coach Kat

Every week we will get to know the coaches. This week, we asked Coach Kat to answer our 11 questions and this is what she had to say.

1. What's your favorite movie?

- *Jaws*

2. What's your TV favorite show?

- *Sherlock!*

3. What is your favorite book?

- *To Kill a Mockingbird*

4. Who is your favorite Olympian and why?

- *Rowdy Gaines, a freestyle sprinter from the 80s.*

5. What's on your iPod?

- *A little bit of everything.*

6. What do you eat too much of?

- *Chocolate*

7. What would you be doing this summer if you weren't coaching?

- *I would be working on political campaigns for the upcoming Congressional elections.*

8. What was your favorite event when you were swimming competitively?

- *50 Fly*

9. What's the one thing that most people don't know about you?

- *I'm a Civil War fanatic.*

10. Who or what would you take if you were stranded on a remote island?

- *Satellite phone and a flare gun.*

11. What's the best advice your swim coach has ever told you?

- *Don't swim for anyone but yourself.*

Cover Story:

Langley Wildthings Swim to the Top

by Liz Holzapfel

The Wildthings win Division 4 season opener

(June 21, 2014) - The Langley Wildthings let neither the rain nor the Ravensworth Farms Ravens dampen their first meet of the 2014 swim season, winning with a decisive score of 227-193.

Double blue ribbons went to five Wildthings:

- ◆ **Carlos Carrion** (Boys 8 & Under): 25M Freestyle and 25M Breaststroke
- ◆ **Brady Quinn** (Boys 8 & Under): 25M Backstroke and 25M Butterfly
- ◆ **Luke Watson** (Boys 9-10): 50M Freestyle and 25M Butterfly
- ◆ **Audrey Wallach** (Girls 11-12): 50M Breaststroke and 50M Butterfly
- ◆ **Zach Thompson** (Boys 13-14): 50M Freestyle and 50M Backstroke

Individual First Place Ribbons went to:

- ◆ **Liliana Schone** (Girls 9-10): 50M Freestyle
- ◆ **Danny Quinn** (Boys 9-10): 50M Backstroke
- ◆ **Nathan Johnson** (Boys 15-18): 50M Backstroke
- ◆ **Gabriella Sanchez** (Girls 8 & Under): 25M Breaststroke
- ◆ **Tessa Jones** (Girls 8 & Under): 25M Butterfly
- ◆ **Nathalie Schmanske** (Girls 9-10): 25M Butterfly
- ◆ **Maggie Bellaschi** (Girls 13-14): 50M Butterfly

Cover Story:

Langley Wildthings Swim to the Top

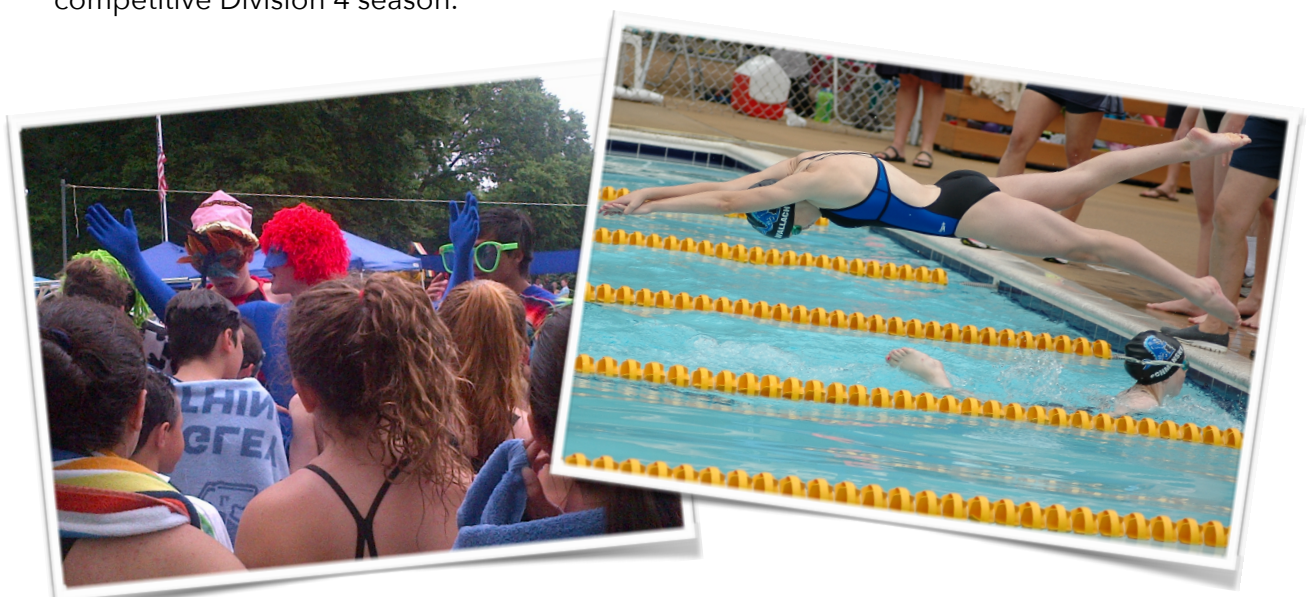
by Liz Holzapfel

continued...

Blue ribbon relay races were won by the teams of:

- ◆ **Boys 8 & Under 100M Freestyle:** Carlos Carrion, Conor Farah, Brady Quinn, Colin Walter
- ◆ **Girls 8 & Under 100M Freestyle:** Muriel Wallach, Tessa Jones, Margit Crittenberger, Gabriella Sanchez
- ◆ **Boys 9-10 100M Medley:** Danny Quinn, Ryan Jones, Luke Watson, Ryan Dix
- ◆ **Girls 9-10 100M Medley:** Kate Walter, Liliana Schone, Nathalie Schmanske, Helena Swaak
- ◆ **Girls 11-12 100M Medley:** Izzy Schone, Audrey Wallach, Adair Sand, Karissa Smith
- ◆ **Boys 13-14 100M Medley:** Zach Thompson, Jake Smith, Jack Bennett, Nate Buchanan

There were a number of Wildthings' sweeps in Saturday's meet, and a strong showing of second and third place spots - so much so, that Langley is excited for a very strong and competitive Division 4 season.



'B' Meet with Tuckahoe

The Wildthings take on the Tuckahoe Tigers on Monday

When?

- The 'B' Meet at Tuckahoe begins at 6:00 pm on Monday, June 23rd. Swimmers should be at the pool at 5:10 pm for warm-ups. Warm-ups last from 5:25-5:45pm.

Where?

- The Tuckahoe Recreational Club is located at 1814 Great Falls Street in McLean.

Important notes:

- Theme: Disney. Come dressed as your favorite Disney character.
- Remember to select your events in TeamUnify. If your swimmer scored points in their individual event on Saturday then they are not allowed to swim that event on Monday night.
- This is the first chance that your swimmer will have to swim the 100 IM. The IM event is last on the schedule.
- Tuckahoe will be using all 8 lanes.
- The Team area is located directly across the pool from the entrance.
- Tuckahoe will supply a water cooler for the swimmers to refill water bottles.
- Tuckahoe will have food and beverages for sale next to the baby pool and the snack bar will be open as well.
- The baby pool and the intermediate pool are not available for swimming.
- We still need volunteers for: Assistant Chief Timer, Awards Clerk, Bring and Set Up Tent, Clerk of Course (starting at 7pm), Computer Reader (starting at 7pm), Marshall (both shifts) and Verifier.

Swim Lessons

Swim with the Assistant Coaches

Need to work on some swim techniques? On your dive, flip turns, or one of your strokes? The Langley Club Swim Team Assistant Coaches would love to give your swim team member half-hour lessons. The cost is \$20 for a half hour. Contact them by email:

Nicole Johnson:
NRJ7UA@virginia.edu

Kat Owczarski:
katowczarski7@aol.com

Chris Paul: CSPaul@cox.net

Jack Reilly:
jreilly1228@gmail.com

Swim with Coach Mason

Coach Mason is offering lessons for swim team members only. Fee is \$25 for 30 minutes. Please sign up at the pool.

'A' Meet with Cardinal Hill

The Wildthings swim against the Cardinal Hill Cardinals at the Langley Club

The Wildthings swam against Cardinal Hill two summers ago when both teams were in Division 5. Langley squeaked by Cardinal Hill with a score of 212 to 208. In 2013, Cardinal Hill stayed in Division 5 and placed second in the Division behind Pinecrest which also moved up to Division 4 this year.

In Cardinal Hill's first 'A' Meet last Saturday, the Cardinals lost to Dunn Loring with a score of 190.5 to 229.50. The Cardinals will be hungry for their first win of the season. Come and cheer on the Wildthings as they take on the Cardinal Hill Cardinals!

Important notes:

- Theme: Blue Out. Dress all in blue (parents, swimmers, and spectators).
- Lunch will be provided for the team immediately after the meet.
- Go to TeamUnify to "Accept" or "Decline" the meet.
- Almost all of the volunteers spots are taken! We still need volunteers for Timer/Relay Take Off Judge.



2014 Meet and Social Calendar

Here is the updated calendar!

♦ **13 and Overs Olive Garden Dinner:**

Thursday June 26th at 7:00 PM is our traditional 13 and Over Olive Garden Dinner with your Coaches. This is a dressier than a swimsuit event for 13 and over teens only -- the boys usually wear collared shirts and the girls usually wear skirts/dresses. This very fun event kicks off the summer swim season for many of our teens.

Teens will be ordering off the Supremo menu which includes your choice of a basic Italian entree (e.g., chicken alfredo, chicken parmesan, lasagna, spaghetti and meatballs, eggplant parmesan), soup or salad, a small dessert and soft drinks. All teens should bring at least \$20 for dinner (which will include tax and tip). If your teen decides they want a bigger dessert or more expensive entree, he or she should bring more money to cover that cost. Teens should meet at the Olive Garden Tysons Corner in Vienna (8133 Leesburg Pike) at 7:00 pm for dinner. If any parents would like to carpool to and from the Langley Club, please arrange to do so with other parents. Pickup will be at the Olive Garden after dinner and the coaches will stay to make sure the swimmers are picked up (so please try and be prompt when your teen texts you to let you know dinner will be over soon).

♦ **Pep Rally and Decorate the LC on Friday, June 27th!**

Date	Event	Description	Location
Mon. June 23, 6:00PM	B Meet	Theme: Disney	@ Tuckahoe
Wed. June 25, 12:00PM	School's Out Lunch		LC
Thurs. June 26	Olive Garden Dinner	For 13 and overs	LC
Fri. June 27, 5:30PM	Summer Kick-Off	Pep Rally, Decorate LC	LC
Sat. June 28, 9:00AM	A Meet	Theme: Blue Out	HOME vs Cardinal Hill
Mon. June 30, 8:00AM	Team Picture Day		LC
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 8 and overs	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 13 and overs	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 13 and overs	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

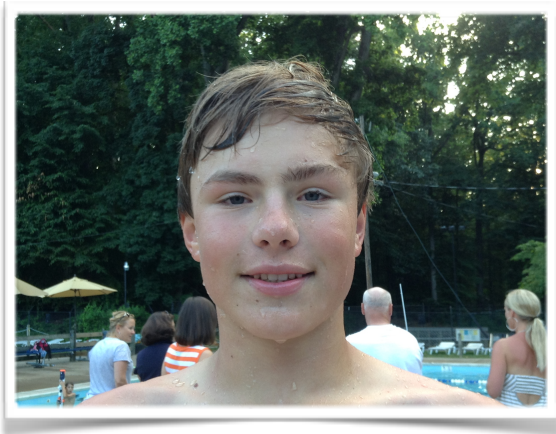
Wildthings of the Week

Wildthings of the Week Announced at the June 20th Pep Rally



Gabriella Sanchez: This young Wildthing comes to practice with a positive attitude, and a smile on her face every day. That positivity spreads to her teammates, and keeps them focused during tough workout sets. She is always on time, she's a great teammate and she listens to everything her coaches tell her.

Luke Smith: Luke helps with the lane lines every day, without having to be asked. He is always on time for practice and when he gets in the water he works really hard. Everything he does is to improve his swimming, and he does it with a smile on his face. He shows respect to everyone, and cheers loudly for all his teammates.



Sebastian Scott: This Wildthing came up to the coaches after a crazy practice and said he would speak to his teammates about showing more respect, and that he would swim his hardest at Time Trials. He listens in practice, and is a great role model to younger swimmers.

Swimmers Who Have Achieved Personal Best Times at *Time Trials*

(Please pick up your ribbons in the file cabinet at the front desk!)

Aguiar, Nicola	Farah, Conor	Mullery, Claire	Scott, Benjamin
Aguiar, Nina	Farah, Mitchell	Mullery, Sean	Scott, Isabella
Aguiar, Sophia	Golesorkhi, Noah	Myslewicz, Zoe	Scott, Sebastian
Barabanov, Lara	Hoeymans, Jack	Nicholson, Ava	Slade, Katie
Bellaschi, J.J.	Hoeymans, Joseph	O'Toole, Molly	Slade, Tommy
Benedetti, Clelia	Hollar, Anna Marie	Owczarski, Kelly	Smith, Karissa
Borsos, Megan	Hussein, Lilly	Poulos, Evan	Smith, Luke
Buttz, Wilson	Johnson, Nathan	Proxmire, Derek	Strong, Katherine
Cadin, Carter	Jones, Cleia	Proxmire, Dillon	Swaak, Helena
Cadin, Jack	Jones, Ryan	Proxmire, Duncan	Thoreson, Peter
Carrion, Carlos	Jones, Tessa	Quinn, Daniel	Tu, Oliver
Carrion, Nico	Kaldes, Kevin	Ramchand, Ethan	Tu, William
Crittenberger, Margit	Kaviani, Cyrus	Reilly, Tucker	Tyler, Campbell
Damelin, Leah	Kaviani, Ryan	Rubin, Alexander	Tyler, Stuart
Damelin, Rebecca	Kowalczyk, Chloe	Ryan, Eleanor	Wallach, Audrey
Deringer, Anna	Lesan, Rachel	Sanchez, Gabriella	Wallach, Muriel
Deringer, John	Lesan, Zach	Sand, Adair	Walter, Colin
Dix, Abigail	Loftus, Matthew	Schmanske, Nathalie	Ward, Nolan
Donnelly, Kiran	Loftus, Sean	Schmanske, Nicole	Watson, Marina
Donovan, Aidan	Masoudi, Gabrielle	Schone, Izzy	Watson, Vincent
DuBois, Lucy	McCreary, Steven	Schone, Liliana	Williams, Kate
DuBois, Max	McKee, Anya	Schwartz, Spencer	Williams, Samuel

Swimmers Who Have Achieved Personal Best Times at *Poplar Heights Meet*

(Please pick up your ribbons in the file cabinet at the front desk!)

Alms, Katherine	Collins, Campbell	Masoudi, Gabrielle	Schmanske, Nathalie
Backes, Dana	Damelin, Leah	McKee, Anya	Schmanske, Nicole
Barabanov, Celia	Deringer, John	Micek, Max	Schone, Liliana
Barabanov, Lara	Dix, Abigail	Mullery, Bridget	Swaak, Helena
Bascom, Helen	Dix, Ryan	Mullery, Sean	Thoreson, Peter
Bellaschi, J.J.	Donovan, Aidan	Narayanan, Megha	Thornton, Klra
Bellaschi, Maggie	DuBois, Max	Narayanan, Rohit	Troy, Collin
Benedetti, Clelia	Farah, Conor	O'Toole, Molly	Tu, William
Benner, Charles	Graves, Connor	Owczarski, Jack	Wallach, Audrey
Bennett, Jack	Graves, Paige	Owczarski, Kelly	Wallach, Muriel
Borsos, Megan	Holzapfel, Jake	Poulos, Evan	Walter, Colin
Buchanan, Matthew	Holzapfel, Katie	Proxmire, Dillon	Wick, Roberto
Buchanan, Nate	Jones, Cleia	Quinn, Braden	Williams, Kate
Cadin, Carter	Jones, Ryan	Ramchand, Ethan	Wolff, Adeleine
Cadin, Jack	Jones, Tavian	Robinson, Nathan	
Cadin, Madeline	Jones, Tessa	Rubin, Alexander	
Carrion, Carlos	Kaldes, Dillon	Sanchez, Gabriella	
Collins, Addison	Kaldes, Kevin	Sanchez, Luca	
Collins, Beckett	Loftus, Matthew	Sand, Adair	

Swimmers Who Have Achieved Personal Best Times at *Ravenworth Farms Meet*

(Please pick up your ribbons in the file cabinet at the front desk!)

Bellaschi, J.J.

Owczarski, Kelly

Bennett, Jack

Proxmire, Dillon

Buttz, Wilson

Proxmire, Duncan

Carrion, Carlos

Quinn, Daniel

Collins, Beckett

Reilly, Tucker

Crittenberger, Kelly

Schone, Izzy

Crittenberger, Margit

Schone, Liliana

Dix, Ryan

Smith, Jacob

Holzapfel, Jake

Smith, Karissa

Jones, Tavian

Watson, Luke

Jones, Tessa

Watson, Vincent

Kaldes, Peter

Williams, Samuel

The Best Kept Secrets About Sun Protection

By Dr. Lily Talakoub, M.D

McLean Dermatology and Skincare Center

- ✦ Physical barriers provide the best sun protection. So, sunblock sticks are the best facial sunscreens. And, the best sunblock sticks are ones with titanium dioxide and zinc oxide, and both UVA and UVB protection. Getting your children in the habit of wearing thick sunscreen on their faces will save their skin. Wearing other physical barriers, such as hats and surf shirts, is also a habit they should adopt.
- ✦ Aviator sunglasses with metal rims are cute but you have to give them the boot because they are bad for your skin. The metal rims absorb sunlight and heat faster than plastic rims, which causes brown skin discoloration (sun damage) on the face. Sun damage in the shape of sun glasses is common, but does not fade on its own. Choosing sunglasses with plastic rims will protect you more effectively and will help prevent the development of moles or skin cancer in the eyes.
- ✦ Spray sunscreens really are too good to be true. Aerosol sunscreens simply do not provide enough sun protection. In order to get the SPF (sun protection factor) listed on the sunscreen bottle, you must be reapplying a thick layer to your skin regularly (at least one shot glass worth to your face). Most of the sunscreen in a spray bottle aerosolizes before it gets onto the body. This is why creams and sticks with SPF's of 50 or more with both UVA and UVB protection are the best sunscreen options.
- ✦ The neck, back, ears, lips, and scalp get the most sun...and the most skin cancer It is very easy to forget to apply sunscreen to the areas of your body that get hit by the sun first. Apply sunscreen to your scalp, hairline, ears, lips, and neck, in addition to the rest of your body. Many sunscreen companies make sunscreen applicators for the hairline to make applying sunscreen to the scalp easy! Wide-brimmed hats should be also worn to protect you from the sun; straw hats and baseball caps do not provide enough coverage. If we can see your ears then the sun can see them too.
- ✦ Wearing fragrances in the sun can discolor your skin. Practice avid sun protection when wearing perfumes or touching citrus when you're in the sun. The contact of certain fragrances or citrus foods and drinks can cause your skin to turn red and brown when exposed to the sun. This occurrence is harmless, however, the skin discoloration can take months to fade!

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The Wildthings Weekly is published on Sundays. Deadline for article submission is the Thursday before the published date. Please send all articles and pictures for consideration to Mel Quinn (vaquinns@gmail.com or Imelda_Quinn@yahoo.com) and to Karen Owczarski (kjkjko@aol.com). Thanks for reading!