

the

Wildthings Weekly

The Langley Club- Where the Wildthings Swim

Wildthings Beat Vienna Woods!

The Langley Club swimmers brought their A game to the A meet on Saturday! Despite missing many swimmers, the Wildthings fought hard and pulled out a win. The recent B meet at Tuckahoe was successful for several swimmers as well with many achieving personal bests. The 13 and over swimmers went to the Olive Garden for a team dinner on Thursday. On Friday there was a skits pep rally where Langley thespians put on a great show. Sunday included a fun laser tag game where teammates played against each other in search for victory! This marks another great week at the LC!

Thank you Volunteers!

Donuts after practice-
Pernilla Scott

Team Picture Day- Nia
Thornton

Sub Lunch- Robin
Hoeymans

Laser Tag- Claudia
Peters

Home A-meet Lunch-
Mel Quinn

13&over Olive Garden
Dinner- Connie
Bertram



Save the Date!

Pancake Breakfast

Wed. July 6
Enjoy delicious
pancake after
morning practice!

Sub Lunch

Thurs. July 7
Subway
Sandwiches at
12:00!

Pep Rally- Water Olympics

Fri. July 8
Wildthing pep rally
with fun water
games. Parent
helpers needed!

Meet our Coaches

Mason Walsh
Head Coach



I started swimming competitively at the age of 5 on the NVSL summer team – the Herndon Hammerheads. It was amazing how quickly my love for swimming blossomed on this team and I learned how much fun a commitment to a team could be. Throughout the years I became a 5 time All Star Champion. One year after starting my competitive swim career I joined the Herndon Commanders with the PVS league. I was a member of this team for 13 years. I spent many hours in the pool training and growing stronger in my appreciation for the sport. I later went on to swim for Virginia Tech – Go Hokies – where I got a bachelors degree in French. I competed in several National Meets, winning Big East Champion 2003, and ACC Champion 2004. I was a 2004 Olympic Trials participant, placing 12th in the 50M Free.

I coached with Machine Aquatics for four years. Prior to that, I was an Assistant Coach for the Herndon Hammerheads, Head Coach of the Hammerheads, and a swim camp instructor at Virginia Tech. I recently completed Graduate School at George Mason, getting my Masters in Elementary Education. I will be teaching full-time at Dranesville Elementary starting in the fall.

Kelly Rose McCullough
Assistant Coach



Coach Kelly is starting her first year with Langley. Kelly currently coaches with the PVS team FISH, where she works with the Mini Fish program. She began coaching at the age of 16 for her local YMCA swim team in Spencer, Iowa. After graduating college, Kelly went to work for the Sioux Falls Snowfox Swim Team where she served as the Head Age Group Coach and Administrative Assistant for the last four years. She has also served as the Head All-Stars Coach and Head Zones Coach for Team South Dakota for the last three years.

Kelly began her competitive swimming career at the age of 7 with the Spencer Family YMCA before joining the Sioux Falls Snowfox Swim Team when she was 15. Kelly also competed for the Spencer High School swim team where she still holds two school records. After high school, Kelly competed for the University of Northern Iowa specializing in distance freestyle, backstroke, and butterfly while being named Team Captain her senior year.

Christopher Grimmatt-Norris
Assistant Coach



I was first on deck at the age of 2 and started swimming when I was 4. The next year I joined my club team, Nations Capital Swim Club. I went to Chantilly high School and swam for them all 4 years. In high school I was a 4 time MVP, 2 time state champion, and 2 time 1st team all met member. In club swimming I have been chosen for the US National Team twice and for the National Junior team 3 times. I have now been swimming for 16 years and currently swim for the University of Virginia Tech. I am earning a degree in international affairs with a minor in spanish. I have been coaching for 2 years now on my local summer league team.

Nate Johnson
Assistant Coach



I graduated from St. Albans School in Washington, D.C this past spring and will be attending the University of Chicago in the fall. I have swum for the Langley Wildthings since age 5. I am a three sport varsity athlete at St. Albans, and have played soccer for and swum for St. Albans Varsity teams since freshman year. I broke the 100 backstroke and 200 Medley Relay record at St. Albans, and I achieved DC Gatorade Player of the Year and 1st Team All-Met this past fall in soccer. As well as breaking the record at St. Albans, I have held a record in every age group at the Langley Club. I am playing soccer at the University of Chicago in the fall.

I have coached for the Langley Wildthings as an assistant coach for one year, a junior coach for three years, and the Winter Wildthings for three years. What motivates me to come back every year are the great families that surround the Langley Club. I am very excited and grateful for the opportunity this year to again help coach the team this summer.

Jack Owczarski
Assistant Coach



I graduated from Gonzaga College High School in 2015 and currently am a rising sophomore at the University of Virginia. I have been a Wildthing ever since the summer of 2003 when I was just 6 years old. Swimming for the Langley Club was something I looked forward to every summer right up until last summer, my final swimming season. At Gonzaga I played Soccer and Rugby and received two high school national championships in rugby and currently play rugby at the University of Virginia.

I've been an employee of the Langley Club for over 4 years now. I started off as a junior coach, which led to me coaching the Wildthings over the winter season as well. I have also worked as a lifeguard and a lifeguard manager at the Langley Club during the summers of 2014 and 2015. I love the Langley Club and want nothing more than to give back to the swim club and team that I revered growing up.

Duncan Proxmire
Jr. Assistant Coach



I have been a proud Wildthing since the Summer of 2002. My start at the Langley Club began with swim lessons, and I have spent each of the past 14 Summers swimming for the Langley Club. I am a rising senior at Langley High School, and I swim for the Saxons. This past year our High School team won the Liberty Conference and Northern Region Championships, and Langley finished second in the State. For Langley High School, I mostly focus on the distance events as I won the District Championship in the 500 freestyle, and placed in the Northern Region and the State meet in that event.

In addition to swimming for Langley High School, I swim for Machine Aquatics under Coach Dan Jacobs. I started with Machine in 8th grade, and I swim with their National Prep program. I have been a Langley Club Junior Coach since 2014 working with our Wildthing swimmers in the Summer. I have also coached the Winter program over the last two years. I am psyched for another great Summer season coaching and swimming for the Wildthings.

Calling all Photos!

This year, we will compile photos (and short videos) in a smug mug account. The coaches will then work together to pull photos and make the end of season video that we all look forward to. The more pictures we receive, the better the slideshow will be!

So please upload your pictures. And ask your children to upload the pictures that they have on their phones!

If you have any questions, please contact Heather Schone.

Smug Mug link to upload pictures:

<https://schone.smugmug.com/upload/3MVSqV/TLCPictures>

SmugMug 

Relay Carnival 2016

Another NVSL event is the Division Relay Carnival, which takes place on the Wednesday, July 13 at 6:30 PM @ Lee Graham. All six teams in each division converge on one pool for an evening of relay races. These include both Freestyle relays (each swimmer swims the Freestyle) and Medley relays (each swimmer swims a different stroke). The next night, all the Division Coordinators meet and relay teams are selected to swim at the All-Star Relay Carnival the following week. The sole criteria for selection to the All-Star Relay Carnival are to have one of the eighteen fastest times in events swum in the Division Relay Carnivals.

In Relay Carnivals, teams are not seeded. Each team's lane assignment for the first event is based upon luck of the draw and the teams then rotate one lane to the left after each event. The meet sheet lists only the team swimming in each lane in each event (except for All Star Relay Carnival).

Junior Practice

Junior Team practice is underway! Our fantastic junior coaches have been helping the little Wildthings learn their strokes and improve technique. Here are some pictures...



WHAT'S UP WILDTHINGS?!

Hey Wildthings! We are back this week where reporters Kate Walter and Liliana Schone will be sharing their experience about their trip to the Olympic Trials in Omaha, Nebraska last week!



We had the chance to go on the pool deck and walk in the steps of swimmers going to Rio!



Selfie with 2012 Olympic gold medalist Matt Grevers!



Jumping in front of the Century Link Center!

Going to the Olympic swimming trials was an unforgettable experience! It was amazing to watch Olympic legends and newcomers battle for their spots on the team. Watching Katie Ledecky, Michael Phelps, Missy Franklin and Ryan Lochte was incredible. We recognized many former NVSL swimmers like Janet Hu and Andrew Seliskar in the pool too. Over 3 days we watched amazing swims, met several Olympians, explored the Aqua Zone and the town of Omaha and ate some good food (especially the steaks!) Some highlights included seeing Olympian Kara Lynn Joyce at Old Navy and playing a game with Olympian and host Brendan Hanson on the jumbotron. It was sad to come back, but we were excited to see all our teammates and coaches. Go Wildthings!

-Kate and Lil

Thanks to our sponsors!

The Wildthings welcomes our newest sponsor, Dr. Anita Wasan from the Allergy and Asthma Center. Visit her in the McLean office.



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and Asthma
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