



Four Seasons' Open House

May 16th & 17th



Our Philosophy

The Herndon Swim League and Four Seasons Swim Team are developmental in nature for children ages 5-18 years old. The purpose is to provide children an opportunity to participate on an organized swim team. The club focuses on participation, teamwork, positive attitudes, good sportsmanship, and swimming skills. The league's purpose is to promote sportsmanship through friendly competition between amateur swimmers. Being developmental in nature, the team is designed to teach good swimming techniques for each swimming stroke to all team members and to provide participation with aquatic skills which they can use throughout their lives. A developmental team allows swimmers to attempt to master all strokes regardless of their ability.



Executive Committee

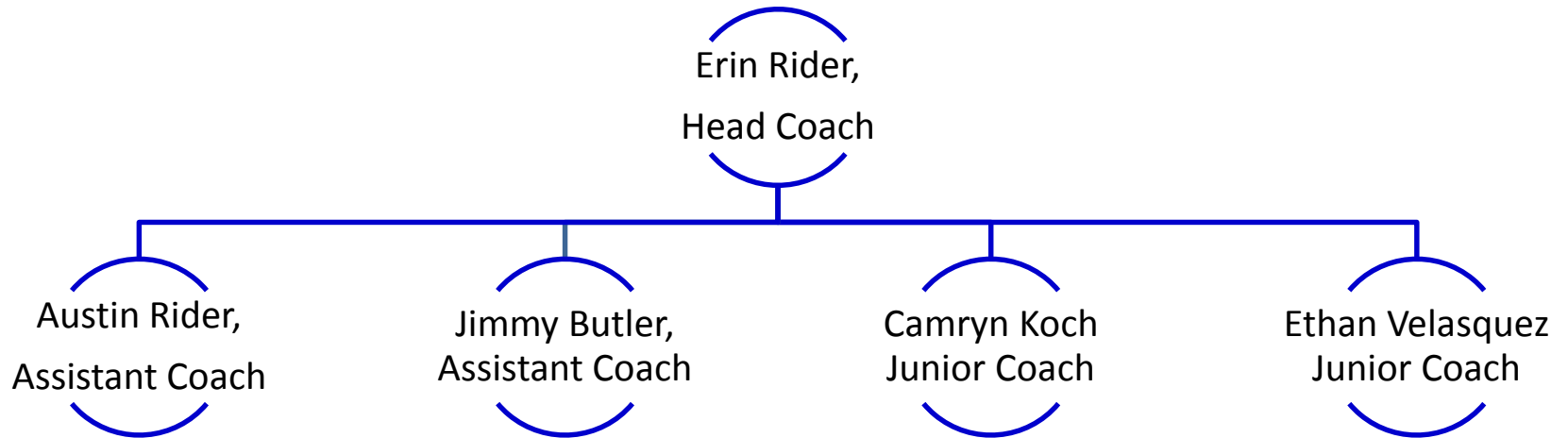
Four Seasons Swim Team is run by parent volunteers. Our governing body is the Executive Board, which is elected by the parental membership. We are all striving to make this a positive, exciting, and happy experience for your child. It takes a lot of work and a positive attitude from all parents and children.

- Julie Spizuoco, President*
- Mauricio Velasquez, Vice President*
- Steve Spizuoco, Treasurer*
- Leanne Swisher, Secretary*
- Open, Meet Director
- Joyce Burd, Four Seasons' Recreation Director
- Erin Rider, Head Coach

*Executive Board



Our Coaches



Our Coaches are dedicated to providing skillful direction to our children. They deserve the respect of the position. Erin has committed to addressing special requests via email or after practices. Disrupting practices will not be tolerated. Our Coaches are driven to protect our children and ensure his / her safety and enhance his / her swim team experience. Any questions or concerns regarding coaches are to be raised to the *Head Coach, Erin Rider.*



What's New

- Swimmer of the Week
- Donut Thursday
- Themes every Home Meet
- Restaurant Fund Raisers
- *Extra Fun Events*



Fun Events this Season

Pizza Party



To reinforce the team bonding and having fun, this season we are offering a number of fun events for the season!!

**TEEN
NIGHT**

And much, much more!



Swimwear

Swimmers are required to wear a suit appropriate for competitive swimming at practice and at meets. Swimmers are encouraged, but not required, to wear a team suit at meets. Wearing a team suit promotes an atmosphere of team spirit and unity. Our suit this year is Waterpro Paintball. This is actually the same suit that we used last year. The cost is very reasonable and the suit will probably only be used for one year.

ORDERING

You can order the suit at online at swimoutlet.com. Don't wait too long because sizes might sell out near the start of the swim season. We are providing the links to swimoutlet.com as a matter of convenience. The site offers a very helpful sizing chart.

Girl's Suit:

http://www.swimoutlet.com/product_p/12556.htm

Boy's Jammers:

http://www.swimoutlet.com/product_p/13348.htm





Helpful Information

- Have you been to the website? <http://fourseasons.swim-team.us/>
- Do you know your password?
- Go to the website and read the Herndon Swim League Rules http://www.herndonswimleague.com/hsl_rules.htm
- To RSVP to non-meet events they should go to the CALENDAR - we have trouble getting RSVPs for those events
- Most mail is posted on the website and emailed to families. If you think you are not getting emails, contact the executive board
- Time trials are for training parents too. They should use that day to get familiar with different jobs.



Schedule

Home vs Hunters Creek

- Saturday 6/20/15
- 8:30 AM
- Location: Four Seasons Pool
- Hawaiian Shirts (Spirit)

Home vs Kingstream

- Wednesday 6/24/15
- 6:00 PM
- Location: Four Seasons Pool
- Crazy Hats (Spirit)

6/25 – Spirit Night – Restaurant TBD

Away vs Foxfield

- Saturday 6/27/15
- 8:00 AM
- Location: Foxfield Pool

6/28 – Spirit Night – Restaurant TBD

Away vs Bradley Farms

- Wednesday 7/8/15
- 6:00 AM
- Location: Bradley Farms Pool

Home vs Reflections

- Saturday 7/11/15
- 8:00 AM
- Location: Four Seasons Pool
- Favorite Sports Team (Spirit)

Home vs HCC

- Wednesday 7/15/15
- 6:00 PM
- Location: Four Seasons Swim Team
- Wacky Tacky (Spirit)

7/17 Spirit Night – Restaurant TBD

Away vs Kingston Chase

- Saturday 7/18/15
- 8:00 AM
- Location: Kingston Chase Pool

All League Meet

- Saturday 7/25/15
- 8:00 AM
- Location: Four Seasons Swim Team
- Tie Dye (Spirit)



Spirit Wear

OLD GEAR.....

- Hats/Visors \$8
- T-shirts \$8

NEW GEAR.....


- Visor \$12
- Hat/Cap \$15
- Polo \$18
- Bags – drawstring \$10

- Goggles \$10
- White Swim Cap \$6, \$8 or as marked
- Blue Swim Cap \$8

Magnets are free



Calendar






Four Seasons Tidal Waves

Herndon, VA

[Home](#) [News](#) [Calendar](#) [Swim Meets](#) [Team](#) [FAQs](#) [Sponsors](#) [Links](#)

Calendar List View ADD

June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Parent Informational Meeting	5	6	7
8	9 Parent Informational Meeting	10	11 Stroke and Turn Clinic	12	13	14
15	16 Stroke & Turn Clinic	17	18	19	20	21 Home vs. Foxfield 
22	23	24	25 Away vs. Reflections 	26	27	28 Home vs. Herndon CC 
29	30					

*Place your mouse over an item for additional details.

Place your mouse over an item for additional details.

30	31					



Swim Meets

Four Seasons Tidal Waves
Herndon, VA

Home News Calendar Swim Meets Team FAQs Sponsors Links

Swim Meets Add New

Meet Season: 2014 Summer

Meets Show All

- Home vs. Foxfield
- Away vs. Reflections
- Home vs. Herndon CC
- Away vs. Kingston Chase
- Herndon Olympics
- Away vs. Bradley Farms
- Away vs. Foxfield
- Away vs. Hunters Creek
- Home vs. Kingstream
- Home vs. Foxfield
- All League Meet

Swim Meets	
Saturday 6/21/14 8:30 AM Home vs. Foxfield Location: Four Seasons Pool Warmups: 7:45 AM	V RSP
Wednesday 6/25/14 5:30 PM Away vs. Reflections Location: Reflections	RSP
Saturday 6/28/14 8:30 AM Home vs. Herndon CC Tri-Meet - Bradley Farms, Hunters Creek Location: Four Seasons Pool	RSP
Wednesday 7/2/14 5:30 PM Away vs. Kingston Chase Location: Kingston Chase Pool	RSP
Tuesday 7/8/14 TBA Herndon Olympics Location: Kingston Chase Pool	RSP
Wednesday 7/9/14 5:30 PM Away vs. Bradley Farms Location: Bradley Farm Pool	RSP
Saturday 7/12/14 8:30 AM Away vs. Foxfield Location: Foxfield Pool	RSP
Saturday 7/12/14 8:30 AM Away vs. Hunters Creek Location: Hunter Creek Pool	RSP
Wednesday 7/16/14 5:30 PM Home vs. Kingstream Location: Four Seasons Pool	RSP
Saturday 7/19/14 8:30 AM Home vs. Foxfield Location: Four Seasons Pool	RSP
Saturday 7/26/14 All League Meet	RSP

Volunteer

RSVP



RSVP

Why RSVP?

- Let's the coaches know if you will be there to swim
- Allows us to manage the swimmers on the front end and schedule appropriately
- Supports the volunteer model
- Allows us to post the schedule a day in advance allowing families to plan



RSVP For Event

RSVP Deadline: 6/21/2014 8:30:00 AM

Please indicate whether or not you plan to attend the following event.

Event Details	full details
Event:	Home vs. Foxfield
Description:	
Date:	6/21/2014
Time:	8:30 AM to 1:00 PM
Location:	Four Seasons Pool
RSVP	[Family Report] [Swimmer Report] this is not me
Responding For:	julie.spizuoco@gmail.com
Attendance:	Yes <input type="checkbox"/> No <input type="checkbox"/> How Many? Adults: <input type="text" value="0"/> Children: <input type="text" value="0"/>
Comments: [1,000 characters max]	<input type="text"/>

save

What happens when you DON'T RSVP?

- Meet is delayed
- Children and Parents don't know the plan
- If we don't know you are coming, we have to assume you aren't – children get disappointed
- If you state you are and aren't, we will schedule your child and then re plan once we realize they are NOT coming. **Delays start**



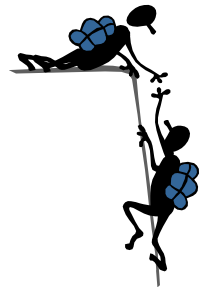
Volunteering

1 Swim Meets

- Swim meets are run by our volunteers
- Many roles that need to be filled by our volunteers
- Runners
- Timers
- Starters
- Concessions
- Computers
- Set Up
- Donut / Bagel, Ice & Pizza Pick Up
- Clerk of Course
- Swim Area Manager
- Stroke and Turn

2 Events

- Teen night
- Ice Cream Social Coordinator
- Hendon Olympics Coordinator
- Donut mornings (Thursdays)
- Pictures
- Family Relay Carnival
- End of Season Banquet
- End of Season survey
- Special Events



Swim team could not happen without our volunteers.... We thank you!



Volunteers for Home vs. Foxfield

Lock this form.

[deadline: 6/21/2014 8:30:00 AM]

06/21/14 (Saturday)

[Email Non-Volunteers](#) [Email Volunteers](#) [Export](#)

Volunteer	Session 1	Session 2
** These jobs require training and pre-approval. ?	NEED VOLUNTEER	
*NATIONAL ANTHEM - sign up here ?	NEED VOLUNTEER	NEED VOLUNTEER
Clerk of Course ?	NEED VOLUNTEER	NEED VOLUNTEER
Clerk of Course	NEED VOLUNTEER	NEED VOLUNTEER
Computer Entry ?	NEED VOLUNTEER	
Computer Lead** (**= requires training) ?	NEED VOLUNTEER	
Concessions Second half/ Clean-up ?	NEED VOLUNTEER	
Concessions Second half/ Clean-up	NEED VOLUNTEER	
Concessions Second half/ Clean-up	NEED VOLUNTEER	
Concessions Set-up/First half - 7:30am ?	NEED VOLUNTEER	
Concessions Set-up/First half -7:30am	NEED VOLUNTEER	
Concessions Set-up/First half -7:30am	NEED VOLUNTEER	
Donut /Bagel and Ice Pickup - 7:30 am ?	NEED VOLUNTEER	
Head Timer** ?	NEED VOLUNTEER	
Meet Director** ?	Spizuoco, Julie	[571-423-9997]
Pool Clean up after meet ?	NEED VOLUNTEER	
Pool Clean up after meet	NEED VOLUNTEER	
Referee** ?	NEED VOLUNTEER	
Runner ?	NEED VOLUNTEER	
Runner	NEED VOLUNTEER	
Runner	NEED VOLUNTEER	
Runner	NEED VOLUNTEER	
Starter** ?	NEED VOLUNTEER	
Stroke & Turn Judge** ?	NEED VOLUNTEER	
Stroke & Turn Judge**	NEED VOLUNTEER	
Stroke & Turn Judge**	NEED VOLUNTEER	
Swimmer Area Manager ?	NEED VOLUNTEER	NEED VOLUNTEER
Timer - available EITHER HALF ?	NEED VOLUNTEER	
Timer - available EITHER HALF	NEED VOLUNTEER	
Timer - available EITHER HALF	NEED VOLUNTEER	
Timer1 - First Half ?	NEED VOLUNTEER	
Timer1 - First Half	NEED VOLUNTEER	



Meet Job Descriptions

Runner – Each meet requires at least 3 runners. Runners will collect the time sheets from the swim lane timers. Runners also collect any Disqualification(DQ) cards that are completed by Stroke & Turn judges for violations of swimmers. Once collected time sheets and DQ cards are organized and taken to the computer entry table.

Computer Manager/Scorekeeper – 1 to 2 volunteers that have been trained on the computer software will manage the data entry and outputs in the Meet Manager software. This data entry includes receiving the time sheets and DQ cards from the meet Runners and entering the times for each swimmer into the Meet Manager Software along with any DQ violations. The Meet Entries are set up prior to the meet by the Coach. Computer Manager, along with the Meet Director will print out the meet sheets prior to the start of the meet; these are used by the timers to record times. Computer Manager will print off the results sheet after the meet and the ribbon labels used for swimmer recognition.

Ribbon Assistant - 1 to 2 volunteers are needed to take the ribbon labels and adhere them to the ribbons for each meet. Once adhered, the ribbons should be placed in each swimmer's folder 1 to 2 days after the meet. Ribbons assist swimmers in recognizing their accomplishments and their scores.

Clerk of Course - 2 Clerks of Course are needed to gather the swimmers for each meet event (freestyle, backstroke, etc). The Clerk of Course then takes the swimmers to the appropriate lanes or staging area for the swim event. Once the event is ready the clerk insures that each swimmer is placed in the appropriate lane for the event. The Clerk of Course may also be asked to combine events to shorten the meet; this requires the Clerk to notify the runners, referee, starter and computer manager.

Concession Stand Workers – Concession Volunteers are needed for Home Meets only. A volunteer is needed to pick up ice (10 bags, around 7:30 am); donuts from Shoppers Food Warehouse (around 7:30 am) and Pizzas from Rubinos (around 10-10:30 am). Additional volunteers, 3 to 4, are needed for Set-up, Clean-up, taking money, taking orders, handing out food, and making snow cones.

Timer – Timers are trained on using stop watches. There are a total of 9 timers needed for a home meet at all times. For an away meet 9 timers are needed as well. Each timer uses their stop watch to track the swimmer's time. One timer in each lane will record the swimmer's time on the time sheets.

Swim Manager - One adult per meet will be asked to monitor the team area to insure swimmers stay with the team and are ready for their event. This will facilitate the Clerks of Course finding swimmers when needed.

Set up/Clean up - 2 Volunteers are needed to assist in setting up the pool deck prior to a home swim meet. In the same respect 2 volunteers are needed to return the pool deck area to its previous setup prior to the event.



Family Participation

Swim Shop Actions

 **Four Seasons Tidal Waves**
Herndon, VA

click here for **Online Registrati**

Home News Calendar Swim Meets Team FAQs Sponsors Links Join the Team Contacts

Family Participation Team Sponsors

1 - Volunteering during the Season

Many hours are needed to make our summer swim season a success. We are a swimmer-oriented, parent-operated team. Our success depends on the efforts of all the families on the team. Each family is required to volunteer for a significant role during meets (referee, starter, stroke and turn judge, head timer), a board position, or a committee position noted on our volunteer sign up page. See the link to COMMITTEE VOLUNTEER SIGN UP 2012 in the links section of the HOME page.

2 - Volunteering for Meets

Volunteer participation is what makes the Four Seasons swim team a success. The fluidity of swim meets, both at home and away, are dependent on the personal commitment of the swimmer's parents. Our experience has shown that swimmers perform better when the meet is smoothly run. In order to run a meet smoothly every family of every swimmer in that meet must contribute. Therefore, each family must select a volunteer task for each meet in which their swimmer has entered. The task will result in a commitment of at least half the meet. In some cases, a task may not span half a meet so those volunteers should expect to be asked to fill in any vacant volunteer slots for that meet.

All families are required to pay a **'non-participation' fee** at the start of the season. This check is fully refunded at the end of the season to the families that have met their volunteer commitments outlined in this section and in the previous section. The Meet Director will keep families informed during the season if they are meeting their commitments. We don't want to take your money, [we just need your help!](#)

Families must volunteer for meets online. From the HOME page, select SWIM MEETS (on the left). Select the V button next to each meet to select a volunteer job. If for some reason you are unable to work at your scheduled time, please arrange for a substitute or notify the meet director as soon as possible.

amdocs
embrace challenge
eXperience success
AMDOCS

RUBINO'S PIZZERIA
NEW YORK PIZZA & CATERING

Rubino

Masala Wok
Casual • Asian • Indian