

Mosby Woods Raiders

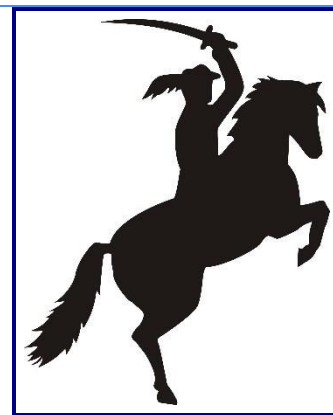
Summer Swim Season 2016

Week 5

mosbywoods.swimtopia.com

Twitter: [@mwswim](https://twitter.com/mwswim) and [@mwpool](https://twitter.com/mwpool)

Instagram: [gomwraiders](https://www.instagram.com/gomwraiders)



Dear Raider Families,

Our Spirit Wear order and team t-shirts have arrived! We'll have a table set up during tomorrow's spirit night and during the meet Saturday for you to pick up items you ordered.

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 me a line at julia.hughes38@gmail.com if your swimmer is interested.

Our first Saturday home meet is THIS SATURDAY! We'll be swimming against Arlington Forest. Please make sure to give the Tigers a warm Raider welcome!

Please plan to be at the pool by 8:00am for swimmers to check in with our Raider Dude, visit the team area, and warm-up (beginning promptly at 8:10am). **Parent volunteer assignments** are listed towards the END of this newsletter. Please scan it, as well as the attached list of swimmers, to make sure you and your swimmer are good to go. Volunteers will need to sport a white top and navy shorts/pants).

As a reminder, if something happens last minute and your swimmer and/or you cannot make this meet, please email Coach Aubrey (raiderscoachaubrey@gmail.com), Dena Imbergamo (denaimbergamo@hotmail.com), and me (julia.hughes38@gmail.com) so that we can scratch your swimmer and *hopefully* find a replacement swimmer.

Food Donations are requested for home meets. Please check the Snack Bar Section of this newsletter to see what to bring.

Important Dates

Friday, June 24

Team Photos @ 5:30pm.
Spirit Night-Annual Tie Dye @ 6:00pm

Saturday, June 25

First Saturday Meet v Arlington Forest @ MW
AND
50th Swim Team Anniversary Party 7:00-10:00pm, swimming until 9:00pm.

Monday, June 27

Second Monday Meet MW@ Fair Oaks

Saturday, July 2

Second Saturday Meet v Villa Aquatics @ MW

Swimsuit Vendor:

The Mosby Woods Raiders are turning 50!!!

Our team's 50th Swim Team Anniversary Party is just over one week away... It's not too late to purchase tickets either online via our team website and Eventbrite or via check/cash from Eileen Gorman during practices and at time trials this weekend. An amazing team of volunteers is hard at work to make this a night to remember the past and celebrate both our team's accomplishments and our future.

Finally, please note that there is a point of contact named and a personal email provided in each section of this newsletter. Using their corresponding email (rather than the team email) will get you your answers much quicker, as **not everyone checks** the mosbywoodsraiders@gmail account regularly.

As always, if you have questions, concerns, or comments, *please drop me a line* [Julia.hughes38@gmail.com](mailto:julia.hughes38@gmail.com) or give me a call (703)870-0956.

Julia Hughes

Cassel's

**2816 Towerview Road,
Herndon, VA 20171.**

They are open M-F 10-6, and
Saturday 10-4pm

MWR Swim Caps:

**\$10/each and are available at
Mosby Munchies Snack Bar
and on meet days.**

Snack Bar

Elizabeth Ernst: elizabeth.ern@gmail.com

Thank you, Raider families, time trials and our first B meet were a success! We had quite a spread for everyone to enjoy. Kudos to our grill masters and snack bar volunteers for working together so well.

The Raider team snack bar appreciates donations of healthy and tasty food items to supplement what we sell at home meets. For a list of items requested for Saturday morning and weekday evening meets, please [click here](#) for the Sign-Up Genius link. You can also find the link on the swim team website at [Sign-Ups > Snack Bar Donation Sign-Up](#). Thank you for your donations!

Please remember your water bottles. You can always refill them at the pool.

#Reduce Reuse Recycle

Social & Spirit Night News

Anne Bronaugh: annebronaugh@gmail.com

Our first spirit night of the season is our annual TIE DYE night. It will immediately follow team photos this Friday, June 24. Please bring your own t-shirt, towel, hat (whatever!) to tie dye. We will have rubber bands; however, you are welcome to pre-band your item(s). Rita's Ice will also be available for \$3. It is a fun night you will not want to miss!

Guppy News

Ann Siemering: a.siemering@att.net

Starting June 27, Guppy practices are 9:00hh-9:30 M-F or 5:30 to 5:00 T-Th until July 22. Sometimes practices are canceled due to inclement weather or swim team events so please be attentive to emails or social media communications.

Developmental Meet News

Diane Monnig: dianemonnig@gmail.com

Hi Everyone,

Our first Monday Night Meet at Home was a success!! Thanks to all of the volunteers that made it happen ... and we were done by 8:25 - quite an achievement for the first meet!

Just a quick note about ribbons - all swimmers receive ribbons and if anyone DQd (disqualified), a note detailing the reasons for the DQ is attached to the ribbon. The ribbon box will be kept in the guard office and each swimmer has their own file and you can normally pick up the ribbons the next day at practice. We're a little behind this week and will have the box their tomorrow. The coaches receive DQ slips as well, so they know where your swimmer needs support. All of the coaches offer private lessons, if you are interested in one-on-one help.

This Monday, June 27th, our Meet as at Fair Oaks Pool. Swimmers are permitted to swim two strokes only plus IM. For those with young children new to the team, an Individual Medley (IM) is all four strokes (Fly, Back, Breast, Free) and it is the last event of the night. If a swimmer places first, second, or third in a stroke at this Saturday's meet (June 25th) he or she may not swim that stroke on Monday.

A table with the Order of Events for Monday Night Meets can be found on our website under parent resources at www.mosbywoods.swimtopia.com.

Please sign up your swimmer by **midnight on Sunday Night**. If you are not planning to attend, please go online anyway, following the instructions below, but click on will not attend. **We are still in need of two volunteers: Table Worker and Clerk of Course.**

Monday's Meet starts at 6:00 pm. All swimmers should be at the pool no later than 5:00 pm for warmups. A list of all the volunteers for this meet is included below. Volunteers should arrive at the time designated next to their position. Please remember to wear blue shorts and a white shirt.

The address for Fair Oaks Pool is 3720 Charles Stewart Drive, Fairfax. A map can be found at our website <https://mosbywoods.swimtopia.com/maps>

If you have any questions, please do not reply to this email, contact Diane Monnig at dianemonnig@gmail.com or call me at 703-622-5667.

Position	Volunteer	Arrival Time	Notes
Asst. Chief Timer	Chuck Monnig	5:30	
Clerk of Course	Maria Hishikawa Volunteer Needed	5:30	
Marshall Shift 1	Heather Reed	5:00	See Diane Monnig

Marshall Shift 2	Yulia Melara	7:00	Get orange marshal vest <u>Must be ON DECK when swimmers start warm ups</u>
Chief Judge	Jason Ernst	5:30	
S&T	Sarah Becking James Cecere	5:15pm	
Table Workers	Sonia Pinto Linda Bradshaw Volunteer Needed	5:30pm	
Timers Entire Meet	James Houck Moses Liu Alexander Martschenko Maria Owen Debbie Reinsel Ashley Taylor Kristal Taylor Binlu Tuo Laura Zotian	5:30-9:00	See Chuck Monnig

Coach's Corner

Aubrey May: raiderscoachaubrey@gmail.com

Hi Raiders Swimmers and Families!

Welcome to the beginning of the league season with our first morning practice, spirit night and Saturday meet upon us!

Please make sure that you have checked the meet sheet for Saturday for your swimmer's name and are prepared to be at Mosby Woods on Saturday morning! Remember that the theme is PAJAMA DAY so please come dressed accordingly (swim suits underneath would be recommended versus attempting to change at the pool)!

Please also plan to join us for our first spirit night tomorrow, Friday June 24, at Mosby no later than 5:15. Please wear your team suit or a plain, preferably dark colored suit, for team pictures and stay after for Rita's, tie dying (bring your own garment) and pre-PJ-day bedtime stories! Saturday 6/25: Pajama Day- Swimmers should wear their PJ's over their swim suits to the meet (bed-head is encouraged).

We are looking forward to a fun weekend!

As always let us know if you have any questions!

Just keep swimming,

Coach Aubrey

NVSL News

Website: mynvsl.com

Julia Hughes: julia.hughes38@gmail.com

A reminder from NVSL that if you are slated to volunteer at a meet, you must wear a white shirt and navy blue (no jeans or khaki) bottoms. This applies to every volunteer from Marshalls to Timers, to Officials, as NVSL made crystal clear this year. Please plan your wardrobe accordingly

Treasurer Notes

Dena Imbergamo: denaimbergamo@hotmail.com

Thank you to all of you that have paid your dues! If you still owe us money, please get those checks in. Also, some of the Raiders have paid, but not registered. Please remember to sign up your swimmers and for your six volunteer spots at mosbywoods.swimtopia.com

Webmaster

Karen Meade: kfmeade@aol.com

Calling all photographers! Please email me your favorite swim team photos from this season (2016) for the [Photo Gallery](#).

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 2016 Job Sign-Ups.

Please do not forget to complete your Vacation Form available on the website at mosbywoods.swimtopia.com > [parent resources](#) > [forms](#) to provide your availability and your swimmer's availability for the 2016 season.

Volunteers for Saturday, June 25

Laura Albert: laura.albert1@verizon.net Julia Hughes: julia.hughes38@gmail.com

If you have a swimmer swimming this weekend, chances are **high** your name is listed below as a volunteer, even if you did not originally sign up to work this meet. If you have a swimmer swimming this weekend and your name is **not** listed, please still plan to wear navy blue shorts and a white shirt to time trials.

Position	Volunteer	Report Time	Notes
Announcer	Dan Walker	8:00 AM	
Chief Timer	Mary Breslin	8:00 AM	
Clerk of Course	Flora Lan Laura Zotian	8:00 AM	
Marshall	Trinh Lieu	8:00 AM	Get orange marshal vest <u>Must be ON DECK when swimmers start warm ups</u>
Meet Set-Up	Todd DeLap Meghan Graham Sender Rutkowski Jaime Scott	7:15 AM	Check in with Julia and Dena
Referee*	Jason Ernst	8:00 AM	
Starter*	James Walter	8:00 AM	
Stroke & Turn Judge*	Sarah Becking Mike Breslin	8:00 AM	
Runner	Toyin Martschenko Aixa Pellot	8:30 AM	
Shift 1 Snack Bar	Julie Barnes Andrea Harrup Stuart Hindle Karen Meade	7:30AM	
Shift 2 Snack Bar	Natalie Dick-Peddie Kathy Kirley Misty Mazingo Rohini Pillai	10:00AM	
Table Workers	Linda Bradshaw Eileen Gorman	8:30 AM	

	Niraja Sivakumar			
Timers	Mark Kirley Guna Lasmane Alex Martschenko Phillip Mazingo Chip Meade Huong Nguyen Shep Owen Prem Pillai Elia Tomeh Yuchung Wong Emi Yoshizaki Bob Zotian	8:15 AM	Check in with Mary Breslin	

Volunteers

Needed:

Developmental Meet
Coordinator
NVSL
Representative
Team
Photographer
Social
Events
Coordinator
Team
Manager/
MW Pool
Board Rep

Lost & Found:

