



Mosby Woods Raiders 2019 Weekly Digest

Thursday, July 18, 2019

<https://mosbywoods.swimtopia.com/>

Spirit Night, Friday, July 18 at Mosby Woods Pool, 6:00 pm. It's a Food Fest night with food-themed games. We don't mean to confuse the team: we will NOT be providing the swimmers with dinner. It will nonetheless be a great last pep rally that everyone should look forward to and plan on attending!

July 20, 2019 - Competitive Meet News

Betty Hernandez: bettygonzalezhernandez@gmail.com and Julia Hughes: julia.hughes38@gmail.com

Away Meet: Mosby Woods vs Arlington Forest **at Arlington Forest 5401 North Carlin Springs Road, Arlington, VA 22203.**

Arrival Time: With the National Weather issuing a severe weather alert - excessive heat watch, and the possibility of the heat index being at 110-115 degrees. **The meet has been changed to begin at 8:00 am for the safety of all our swimmers and spectators. Mosby Woods will begin their warm-up at 7:25 am.** That being said, HYDRATE!

Raiders if you plan to caravan with the team to Arlington Forest, arrive at Mosby Woods by 6:45 am. If not, plan to be at the pool parking lot and ready to check-in no later than 7:10 am

Check-in: Remind swimmers to check in with whoever is taking attendance that morning **PRIOR** to jumping in the water for warm-ups. It helps us understand who is there.

Parking: Arlington Forest will provide us their main parking lot. The team area will be straight in front of us when we walk in on the back deck.

Lunch following the Meet: We will send out our location from the Remind App and announce at the meet

Inclement Weather: We will be under a heat advisory - please hydrate.

In the case of thunder or lightning, the pool deck must be cleared and swimmers and families are asked to shelter **in their cars** for 30 minutes. We ask that swimmers enjoy this opportunity to spend time in each other's cars, and not be in the parking lot area, as thunder is dangerous and unpredictable. Do NOT leave, especially if you are a volunteer. Competitive meets defer to the league and our division coordinator as competitive meets must occur. We will notify you about when it is safe to return to the pool through the **Remind app**.

Sportsmanship: As a reminder, spectators shall not be on the pool deck or interfere with any officials. Also, not engage in loud, intimidating, disrespectful or behavior towards officials, athletes, other spectators, support personnel, or pool staff.

Meet Volunteers:

Below is the list of volunteers for this Saturday's meet. Remember to wear blue shorts and a white shirt. **We are in need of a couple of relief timers.** If you can help or have any questions, please reach out to Diane Monnig dianemonnig@gmail.com or call 703-622-5667.

Coming Up: Divisionals is next week on July 27th. Swimtopia has been updated with at least some of the volunteer positions that we know we need to fill. If you are pretty sure your swimmer will be in Divisionals, please take a look at volunteer needs and choose a spot. The meet is divided into two halves: Free/Back/Fly and Breast/IM.

Asst Chief Timer	8:30 AM	12:00 PM	Kristal	Taylor
Clerk of Course	8:30 AM	12:00 PM	Ben	Partington
Clerk of Course	8:30 AM	12:00 PM	Vicky	Tseng
Marshall	8:30 AM	12:00 PM	Nathan	Ma
S&T Judge	8:30 AM	12:00 PM	Jason	Ernst
S&T Judge	8:30 AM	12:00 PM	Katherine	Partington
Table Worker	8:30 AM	12:00 PM	Linda	Bradshaw
Table Worker	8:30 AM	12:00 PM	Flora	Lan
Table Worker	8:30 AM	12:00 PM	Debbie	Reinsel
Timer	8:30 AM	12:00 PM	Mary	Breslin
Timer	8:30 AM	12:00 PM	Mike	Breslin
Timer	8:30 AM	12:00 PM	Jorge	Delgado

Timer	8:30 AM	12:00 PM	Natalia	kemaeva
Timer	8:30 AM	12:00 PM	Will	Melara
Timer	8:30 AM	12:00 PM	Julie	Nussdorfer
Timer	8:30 AM	12:00 PM	Maria	Owen
Timer	8:30 AM	12:00 PM	Shep	Owen
Timer	8:30 AM	12:00 PM	Wei Hong	Yan
Timer	8:30 AM	12:00 PM	Shuji	Yoshizaki
Timer	8:30 AM	12:00 PM	Chris	Bordener
Timer	8:30 AM	12:00 PM		

July 21, 2019: Lollipop Meet

Home Meet: SUNDAY, July 21 is the Lollipop which celebrates our Guppies and developing Raider swimmers 8 & under. Lollipop Meet participants can choose to swim up to 3 of the following “strokes:” kickboard, freestyle, and back or breaststroke All events are 25M. Please report to the team area **no later than 8:15 am because warm-ups begin promptly at 8:30 am.** The meet is followed by a pancake breakfast for all and an awards ceremony. It is my favorite meet of the year, but I’m eager to hand off this delightful, rewarding assignment so please be in touch if you can help.

Lollipop Meet Volunteers: The table below reflects the few *adult* volunteers working at the Lollipop Meet. Most of the volunteer slots are fulfilled by our Raiders age 11 and over who will be recruited through this SignUp Genius link:

<https://www.signupgenius.com/go/20F044BAAAA22A46-lollipop2>. ***We still need Raider volunteers to fulfill the following roles:***

- Marshall
- Clerk of Course
- Table Worker
- Timer

If you have a true emergency, then please notify Ann at a.siemering@att.net or 703-965-9362. Do NOT send a reply to the generic Mosby Woods Raiders Gmail.

Upon arrival, please check in with Ann (or her designee) to receive your name tag. You will then be directed to where you should report.

Position	Shift	Volunteer	Instructions
Referee	8:15-10:00	Jason Ernst	Get it done
Clerk of Course	8:30-10:00	Diane Monnig	Herd cats
Pancake Breakfast	9:00-10:30	Debbie Reinsel Nate Verwys Noel Glaze Kristen Johnson	Feed the masses
Set-up	8:00-9:00	Kalyna Watts	Make it work
Table Worker	8:30-10:00	Rachel McQuillen	Maximize winners

Coaches Corner

Coach Danny & Coach Samantha: mwcoaches@gmail.com

It's hard to believe that we are approaching the final days of summer swim 2019. These last couple weeks are without a doubt the busiest and we appreciate everyone's dedication to the team. Keep getting sleep and drinking coffee!

This past Wednesday was All-Star Relays. We'd like to use this space to recognize our 13-14 boys who were seated 14th overall in the Free relay and came in 7th place! Our 13-14 girls also came in 7th place in the free relay and our 15-18 girls came in 6th and 11th place in the medley/free relays. Overall, the Raiders came in 24th place and sent more relay teams to All-Stars than any team in our division. Even through the flash flood warnings and rain delays, they gave their best and we couldn't be happier about the mark Mosby Woods made at Lincolnia Park.

This Saturday we travel to Lincolnia Park for our last meet before divisionals. We expect it to be close! Please remind your swimmers to hydrate on Friday. We look forward to seeing you all at the caravan.

July 22, 2019: Developmental IM Carnival

Ann Siemering: asiemering@att.net and Dawn-Marie Singleton: oaktonumcpaster@gmail.com

As our season comes to an end, there is one last opportunity for a developmental meet - Our IM Carnival. There are no individual strokes in this

meet, just an IM (which consists of one 25M length each of Butterfly, Backstroke, Breaststroke, and Freestyle).

Away Meet: This meet is at Villa Aquatics pool (4299 Andes Road, Fairfax, VA 22030). The team should arrive by 5 pm because and our **warm-ups will begin promptly at 5:30.**

Swimmer Sign-up: Please remember to register your swimmer(s) at https://mosbywoods.swimtopia.com/swim_meets **no later than 5 pm on Sunday, 7/21.** If your swimmer has not completed all 4 strokes legally this summer or cannot swim 100M consecutively, this may be a Carnival to try next summer. If all 4 strokes have not yet been completed legally, swimmers 8 & under will require the permission of the coaches to participate in this meet.

Parking: Only those issued passes will have access to Villa's parking lot so plan to park in the neighborhood.

IM Carnival Volunteers:

We are missing 4 volunteers as follows:

- Marshall 5:00-7:00
- 2 Table Workers
- 1 Timer

Please be in touch with Dawn-Marie Singleton at oaktonumcpastor@gmail.com if you can help,

Position	Shift	Volunteer	Instructions
Assistant Chief Timer	5:30-9:00	Jorge Delgado Kristal Taylor	See Chief Timer from Villa
Clerk of Course	5:30-9:00	Mark Granus	Report to Clerk of Course (in grassy area across from pool)
Stroke and Turn	5:30-9:00	Maureen Barsotti	Report to Referee
Marshall	5:00-7:00	???	
Table Worker	5:30-9:00	???	
Timer	5:30-9:00	??? Christine Burke Rachel McQuillen Xiaoquin Zhou	

Guppy News

Eliza Selander: eliza.selander@gmail.com

Thank you to Kalyna Watts, Charlie and Sashka's mom, for volunteering to help run the Lollipop Meet!

The Lollipop Meet celebrates all Guppies and Raiders who are 8 and under by offering them a meet experience while using our older swimmers to fill most of the volunteer positions. Lollipop Meet participants can choose to swim up to 3 of the following "strokes:" kickboard, freestyle and back or breaststroke All events are 25M. **Please arrive by 8:15am so that warm-ups can begin promptly at 8:30am.** The meet will be followed by a pancake breakfast (for swimmers and spectators) and an awards ceremony. We ask that Guppy families bring pancake mix and fruit to share. Specific needs and quantities are identified on this link:

<https://www.signupgenius.com/go/4090A4FAFA62CA02-lollipop>

We usually wrap up by 10:30.

All remaining Guppy practices—morning and evening—will be 45 minute long, extending 15 minutes past the usual end time.

Please note the following date when evening practice will be not be held for Guppies or Raiders: **Thurs 7/18 (swim meet).**

Pancake Breakfasts

Debbie Reinsel: debbiereinsel@gmail.com

Breakfast is served between 8:20-9:45 am

Only one more breakfast to go: July 24. Send in the fruit, please.



Thank you to all the volunteers. You have made breakfasts a breeze! I had special ladies hauling tables and setting up, then another group who manned the cans of whipped cream, the others who flipped pancakes, and everyone who helped to provide all the supplies. You are all awesome!!

<https://www.signupgenius.com/go/4090A4FAFA62CA02-mosby>

Awards Banquet - Deadline to RSVP, Tuesday, July 23, 2019 This year the banquet will be held on Sunday, July 28th at 5:00 pm. Moe's Southwest Grill will provide the catering. To cover the cost of the food, dinner will cost \$5 a person (5 and under free) with \$20 family max. So we have enough food for everyone your

family must RSVP by Tuesday July 23rd. See you all there! If you have any questions, then please let me know by email or text/phone - Sarah Larkin slarkin1@gmail.com or 410-913-3875. The Party will immediately follow the banquet. We'll have a DJ and games.

End of the Year Party

Following the Awards Banquet, the pool will be shut down for swimmers to celebrate along with a DJ, Smores, ... The last newsletter will have more information. At this time, please take the time to RSVP on the swimtopia site so we can plan accordingly.

Team Pictures throughout the Season 2019 MWST PHOTOS

To access our Dropbox and see all the great photos were taken of the season, email Dee.Rutkowski@verizon.net with your swimmer's name and age. She will add you ASAP to the list of MWST Dropbox members.

<https://www.dropbox.com/sh/kxqxyvqx0es3iv1/AABLajOWmB6gWokKq2TaGYhya?dl=0>



In packing up from last week's meet at Dominion Hill, if you happen to have a second cap (black with the Raider logo), please have it make its way over to Sophie Chen. We know how much it stinks to lose something, so please double check your swim gear.

PRIVATE SWIM COACH

Swim Coaches are available for private lessons. Please contact the coaches directly to coordinate.

Mike Breslin, 703-475-3910 or mbreslin@nd.edu

Marin Bronaugh, 703-713-2025 or mbronaugh730@gmail.com

William Hughes, 703-727-7057 or w.soccerpiper@gmail.com

Raina Larkin, 703-405-1531 or rainswimrun@gmail.com

Kate Meade, 703-597-2451 or kate@katemeade.com

Ellie Monnig, 703-537-6996 or egmonnig@gmail.com

Joe Wong, 571-265-3007 or Joejw0307@gmail.com

MARK YOUR CALENDARS*

July 19 Spirit Night @ Mosby Woods

July 20 Mosby Woods vs Arlington Forest
(Away Meet)

July 21 Lollipop Meet (8 and under) @
Mosby Woods

July 22 Developmental IM Carnival @ Villa
Aquatics

July 27 Divisionals @ Waynewood

July 28 End of Season Banquet &
After-Party

August 3 All-Stars

**Full Calendar available on the team
website.*

2019 Leadership Team

NVSL Representative: Julia Hughes

Competitive Meets (Saturday meets) - Julia Hughes and Betty Hernandez

Developmental Meets (Monday meets) - Dawn-Marie Singleton and Ann Siemering

Guppies - Eliza Selander

Treasurer - Tricia Wankum

Webmaster - Meghan Graham

Data Coordinator - Tim Bronaugh

Volunteer Coordinator - Diane Monnig

Spirit Wear - Diane Monnig

Head Coaches - Danny Brosnan and Samantha Monnig

Team Manager - Nicholas DeSantis

If you are interested in joining the 2020 Leadership Team, please drop us a line. No swim experience necessary. We have positions that will be transitioning over, please inquire.

Weather Updates: Communicated via **REMIND**

(To join the swim team group, @mwswimt)

READ MORE ON OUR WEBSITE

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