



# *Mosby Woods Raiders* 2019 Weekly Digest

**Thursday, June 14, 2019**

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

Summer Schedule begins on **Friday, June 14, 2019 (including Guppies)**.

8:00- 9:00 am - Ages 11-18  
9:00- 9:30 am- Guppies  
9:00-10:00 am - Ages 10 and Under

Evening Practice (Tuesday, Wednesday and Thursday):

5:30-6:00 pm - Guppies  
5:30 - 6:30 pm - Ages 10 & Under  
6:30 - 7:30 pm - Ages 11-18

**NVSL 2019 Handbook:** We ask that parents and their swimmers please take the time to review the expectations from NVSI and Mosby Woods as swim season begins. We call your attention to two areas of importance:

1. **Standards and Conduct** - NVSL Handbook, page 7  
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.
2. **Northern Virginia Swimming League Rules for Swimming Competition**, page 75

**Swim Dues:** All swim team dues are due by Saturday, June 15th. All dues paid after the 15th will incur a \$25 late fee. We are now able to take credit card payments. A 2.75% convince fee will be added to cover transaction costs. Tricia will be accepting payments at time trials and some practices. *If you have questions please email [patricia.wankum@gmail.com](mailto:patricia.wankum@gmail.com)*

## **Coaches Corner**

Coach Danny & Coach Samantha: [mwcoaches@gmail.com](mailto:mwcoaches@gmail.com)

The first couple of weeks of practice have been great! We have honed in on breaststroke and butterfly so every swimmer should be feeling comfy and confident about swimming all four strokes at Time Trials.

Due to the End of the School Year party at the pool, there will be no practice on Thursday, June 13th.

The first-morning practice (including Guppies) is Friday, June 14th. There will be NO practice on Friday evening. Rest up for Time Trials 8 am Saturday! Swimmers, please arrive by 8:15 for warm-ups.

Time Trials is a great opportunity for all swimmers to be in a racing environment and swim strokes they might not swim normally. We strongly encourage parents to sign up their kids for ALL 4 strokes so they can experience each one. We greatly appreciate everyone's efforts and look forward to Saturday!

Another exciting thing to look forward to is our first developmental meet on Monday night! We encourage all swimmers to sign up. Hope to see everyone there!

## **June 15, 2019, Time Trials:**

Betty Hernandez: [bettygonzalezhernandez@gmail.com](mailto:bettygonzalezhernandez@gmail.com) and Julia Hughes: [julia.hughes38@gmail.com](mailto:julia.hughes38@gmail.com)

**Saturday, June 15, 2019**

**Location: Mosby Woods Pool**

**Time: Arrive by 8:00 am for warm-ups (beginning promptly at 8:15 am)**

If you have not already done so, register your swimmer(s) online [https://mosbywoods.swimtopia.com/swim\\_meets](https://mosbywoods.swimtopia.com/swim_meets) if they plan to attend. Time Trials runs similar to a dual meet and provides us the opportunity to dust off the cobwebs. Time Trials will also provide each swimmer an official time for the season.

### **POT LUCK**

As a reminder, ALL volunteers must wear white tops and navy bottoms. As this is a Mosby Woods team event, we will have a potluck style morning, as the Snack Bar will not be open for our families to purchase meals **A-L Families** please bring fruit cut up and ready to share, and **M-Z Families**, please bring baked goods to share (doughnuts, bagels/cream cheese, muffins, kind bars...).

**TIME TRIALS VOLUNTEERS:** Do not forget to wear your sporty navy blue shorts & white shirts. See the volunteer list below. If you have any questions, or if you are unable to volunteer, please contact me ASAP at [dianemonnig@gmail.com](mailto:dianemonnig@gmail.com) or cell 703-622-5667.

job_name	Shift Start	Shift End	Volunteer	Column1
Announcer	8:30 AM	12:00 PM	Bob	Reinsel

Asst Chief Timer	8:30 AM	12:00 PM	Kristal	Taylor
Chief Judge	8:30 AM	12:00 PM		
Chief Timer	8:30 AM	12:00 PM	Chuck	Monnig
Clerk of Course	8:30 AM	12:00 PM	Meg	Burnside
Clerk of Course	8:30 AM	12:00 PM	'Chris' Yahan	Chen
Clerk of Course	8:30 AM	12:00 PM	Dawn-Marie	Singleton
Marshall	8:10	12:00 PM	Trinh	Lieu
Marshall	8:10	12:00 PM	Bryan	O'Byrne
Referee*	8:30 AM	12:00 PM	Kevin	McGuire
Runner	8:30 AM	12:00 PM	'KC' Kuang	Chen
Runner	8:30 AM	12:00 PM	Rachel	McQuillen
Starter*	8:30 AM	12:00 PM	James	Cecere
S&T	8:30 AM	12:00 PM	Dena	Imbergamo
S&T	8:30 AM	12:00 PM	Michelle	Liu
S&T	8:30 AM	12:00 PM	Ann	Siemering
S&T	8:30 AM	12:00 PM	Jason	Ernst
Timer	8:30 AM	12:00 PM	Ben	Baldwin
Timer	8:30 AM	12:00 PM	Christine	Burke
Timer	8:30 AM	12:00 PM	John	Cressman
Timer	8:30 AM	12:00 PM	Elizabeth	Dalton
Timer	8:30 AM	12:00 PM	Michael	Dalton
Timer	8:30 AM	12:00 PM	Jorge	Delgado
Timer	8:30 AM	12:00 PM	Liz	Despres
Timer	8:30 AM	12:00 PM	Elizabeth	Ernst
Timer	8:30 AM	12:00 PM	Mark	Granius
Timer	8:30 AM	12:00 PM	Deborah	Hill

Timer	8:30 AM	12:00 PM	Ryan	Hill
Timer	8:30 AM	12:00 PM	Kristen	Johnson
Timer	8:30 AM	12:00 PM	tiffani	ker
Timer	8:30 AM	12:00 PM	David	Lamborn
Timer	8:30 AM	12:00 PM	Michael	Leander
Timer	8:30 AM	12:00 PM	Toyin	Martschenko
Timer	8:30 AM	12:00 PM	Chip	Meade
Timer	8:30 AM	12:00 PM	Karen	Meade
Timer	8:30 AM	12:00 PM	Yulia	Melara
Timer	8:30 AM	12:00 PM	Maria	Owen
Timer	8:30 AM	12:00 PM	Yuchung	Wong
Timer	8:30 AM	12:00 PM	Monique	Wright
Timer	8:30 AM	12:00 PM	Wei Hong	Yan
Timer	8:30 AM	12:00 PM	Xiaoqin	Zhou
Timer - Relief	8:30 AM	10:30 AM	colleen	al mukhtar
Timer - Relief	8:30 AM	10:30 AM	Huong	Nguyen
Timer - Relief	10:30 AM	12:00 PM	colleen	al mukhtar
Timer - Relief	10:30 AM	12:00 PM	Elia	Tohmeh

## June 17, 2019: Developmental Meet News

Ann Siemering: [asiemering@att.net](mailto:asiemering@att.net) and Dawn-Marie Singleton: [oaktonumcpaster@gmail.com](mailto:oaktonumcpaster@gmail.com)

**Away Meet:** Our first Developmental Meet is Monday, June 17 at Villa Aquatics (4299 Andes Road, Fairfax, VA 22030). Please report to the team area no later than 5:15pm so that **warm-ups can begin promptly at 5:30pm**. Their parking lot will be made available to our team (a consideration we will extend to visiting teams when we host).

**Swimmer Sign-up:** Please register your swimmer(s) at [https://mosbywoods.swimtopia.com/swim\\_meets](https://mosbywoods.swimtopia.com/swim_meets) **no later than 5pm on Sunday, June 16.** Each swimmer may register for a maximum of 2 individual strokes; IMs will not be held during this first developmental meet. If your swimmer did not swim breast or fly legally at Time Trials, we request that you choose other strokes for our first Monday night meet so that the coaches can work with your swimmer during practices to address what caused the disqualification. If you are uncertain about which strokes to select for Monday, please touch base with the coaches regarding your swimmer’s readiness for breast or fly. If your child is a regular participant who usually “places” in Competitive Meets (at least two events and usually earns 1st, 2nd or 3rd place), we also ask that you not complete in any individual strokes unless the coaches need a “Time Only.”

**Inclement Weather:** In the case of thunder or lightening, the pool deck must be cleared and swimmers and families are asked to shelter in their cars. Do NOT leave, especially if you are a volunteer. We will notify you about when it is safe to return to the pool through the Remind app.

**Developmental Meet Volunteers:** It takes a village of volunteers to make Developmental meets run smoothly so if you sign up to work, then you are expected to show up on time (i.e., other than 1st shift Marshall, **no later than 5:30pm**) in a white top and dark blue bottoms. We do not have backup volunteers. If you have a true emergency, then please let Ann know as soon as possible at [a.siemering@att.net](mailto:a.siemering@att.net) or 703-965-9362. Do NOT send a reply to the generic mosby woods raiders email.

Upon arrival, please check in with Andrea Harrup to get a name tag. You will then be directed to where you should report.

Position	Shift	Volunteer	Instructions
Assistant Chief Timer	5:30-9:00	Patricia Coates	Report to Chief Timer
Chief Judge	5:30-9:00		Report to Referee
Clerk of Course	5:30-9:00	Paul Barsotti Emily Brewer	
Marshall	Shift 1: 5:00-7:00 Shift 2: 7:00-9:00	Shep Owen Bryan O’Byrne	Report to B Meet Rep for vest
S&T	5:30-9:00	Julia Hughes Chris van Eyck	Report to Referee
Table Worker	5:30-9:00	Linda Bradshaw	

		Bill Imbergamo Holly VanValkenburg	
Timer	5:30-9:00	Chris Yahan Chen Rob Despres Katie Donnelly Deborah Hill Ryan Hill David Lamborn Rachel McQuillen Maria Owen Kristal Taylor Jamie VanValkenburg Monique Wright Xiaoqin Zhou	Report to Chief Timer

## **June 21, 2019 - Team Pictures & Spirit Night**

We will kick-off our first spirit night of the season on **June 21, 2019**, at Mosby Woods.

**Please note - at 5:45 pm we will have our team picture.** We will have picture forms available to fill out if you wish to purchase a team picture or take individual pictures of your swimmer. **We ask that swimmers wear the 2019 Raider swimsuit.** If you would like to order your pictures beforehand, please use the Picture Day ID and website below:

**Picture Day ID:** EVTGGXT9C **Picture Day Event Date:** 06/21/19

**Order before Picture Day at [mylifetouch.com](http://mylifetouch.com) [[mylifetouch.com](http://mylifetouch.com)]**

**\*Please remember to bring your online order confirmation code on picture day\* Ordering with cash or check on picture day? Please use flyer and hand to the photographer on picture day!**

**[www.mylifetouch.com](http://www.mylifetouch.com) [[mylifetouch.com](http://mylifetouch.com)]**

## June 22, 2019 - Competitive Meet News

Betty Hernandez: [bettygonzalezhernandez@gmail.com](mailto:bettygonzalezhernandez@gmail.com) and Julia Hughes: [julia.hughes38@gmail.com](mailto:julia.hughes38@gmail.com)

At this time, please make sure to indicate (meet by meet on our website <https://mosbywoods.swimtopia.com/>) whether your swimmer is available or not to swim at competitive meets this season. Meet sheets are created ahead of every competitive meet, and swimmers are slotted based on availability and times. Only three swimmers per stroke per age group swim (male and female). No swimmer may swim more than two individual events per meet. We will have a meet sheet emailed the Thursday before each Saturday meet. Please take the time to review for your swimmer's name.

**First Competitive Meet: Saturday, June 22, 2019, Mosby Woods vs. Waynewood at Mosby Woods. We will also be celebrating our graduating seniors!**

## Guppy News

Eliza Selander: [eliza.selander@gmail.com](mailto:eliza.selander@gmail.com)

Welcome to all of our new and returning Guppies! This season the Guppies will be led by Coach Emily Taylor. The coaches held evaluations on Friday, May 31, but are still available for individual evaluations if you were unable to make it on that day, so please contact me if you fall into that category. An evaluation with a coach--to ensure your child's ability to swim across the deep end--is required for all new Guppies before attending practices. The first day of morning practice for Guppies is June 14, and the first day of evening practice is June 18.

If you haven't already, I encourage you to download the Remind app and join the "class" @mwswimt. This is the most efficient way to find out when practices are canceled or postponed due to weather. Please note the following dates when evening practice will be not be held for Guppies or Raiders: Thurs 7/4 (Independence Day); Weds 7/10 (swim meet); Weds 7/18 (swim meet).

It's going to be a great summer!

## Pancake Breakfasts

Debbie Reinsel: [debbiereinsel@gmail.com](mailto:debbiereinsel@gmail.com)

**Starting June 19**, the griddles will be warming every Wednesday morning for the Raiders. **Breakfast is served between 8:20-9:45 am.** We will need volunteers to bring fruit, pancake supplies and to help flip pancakes and



assist with whipped cream. **Please see the signup genius.** **A BIG THANK YOU** to **Debbie** for organizing pancake breakfast.

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

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## **MUSIC + RAIDERS**

Calling all musically-inclined Raider swimmers to participate in singing or playing the National Anthem at any of our home meets this season (Saturday and Monday). Please drop us a line at [mosbywoodsraiders@gmail.com](mailto:mosbywoodsraiders@gmail.com) if your swimmer is interested.

## **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](mailto:mbreslin@nd.edu)

**Marin Bronaugh**, 703-713-2025 or [mbronaugh730@gmail.com](mailto:mbronaugh730@gmail.com)

**William Hughes**, 703-727-7057 or [w.soccerpiper@gmail.com](mailto:w.soccerpiper@gmail.com)

**Raina Larkin**, 703-405-1531 or [rainswimrun@gmail.com](mailto:rainswimrun@gmail.com)

**Kate Meade**, 703-597-2451 or [kate@katemeade.com](mailto:kate@katemeade.com)

**Ellie Monnig**, 703-537-6996 or [egmonnig@gmail.com](mailto:egmonnig@gmail.com)

**Joe Wong**, 571-265-3007 or [Joejw0307@gmail.com](mailto:Joejw0307@gmail.com)

## **MARK YOUR CALENDARS\***

June 14, 2019 - Morning Practice Begins

June 15 Time Trials @ MW Pool @8:00 for warm-ups

June 17 Developmental Meet: Mosby Woods vs Villa @ Villa

June 19 First Pancake Breakfast

June 21 Team Picture @5:30 pm

June 21 Spirit Night @ 6:00 pm

June 22 Competitive Meet: Mosby Woods vs Waynewood @Mosby Woods

June 24 Developmental Meet: Mosby Woods vs Mantua @ Mosby Woods

June 28 Spirit Night @ 6:00 pm

June 29 Competitive Meet: Mosby Woods vs Country Club Hills @ Mosby Woods

*\*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  
Volunteer Coordinator - Kristina Cecere  
Spirit Wear - Diane Monnig  
Head Coaches - Danny Brosnan and Samantha Monnig  
Team Manager - Nicholas DeSantis

Weather Updates: Communicated via **REMIND**  
(To join the swim team group, @mwswimt)

[READ MORE ON OUR WEBSITE](#)

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