



Mosby Woods Raiders 2019 Weekly Digest

Thursday, July 4, 2019

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



Spirit Night, Friday, July 5 at Mosby Woods Pool, 6:00 pm-theme is Luau

Coaches Corner

Coach Danny & Coach Samantha: mwcoaches@gmail.com

The Raiders have a lot to be proud of. Saturday and Monday showed our team some tough opponents and the Raiders have continued to drop time and improve upon the legality of their strokes, as well as show a tremendous amount of team spirit.

Speaking of spirit, this Friday the pep rally theme is Luau! Feel free to dress up in Hawaiian shirts and leis in preparation for Luau-themed games. On Saturday morning, be decked out in Raider gear by 7:45 am at Mosby Woods pool for the home meet. Because it's a home meet, there is no official lunch afterward. Enjoy the day and rest up for the upcoming week.

This coming Monday there will be no meet because it's our bye week. Instead, we will have a team bonding event that everyone is encouraged to participate in! **At 6:00 pm come to Bowl America in Fairfax for a little healthy out of water competition. The address is 9699 Fairfax Blvd.**

As always, we appreciate everyone's passion for the team and commitment to practices and meets. It means everything when everyone can be at the pool to swim and support.

Enjoy the Fourth of July! Swimmers, don't eat too too much cake.

July 6, 2019 - Competitive Meet News

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

Home Meet: Mosby Woods vs Sleepy Hollow B&R at Mosby Woods.

The NVSL is sending an official to observe our meet. We ask that all volunteers be mindful to wear a white top and blue bottoms and all swimmers wear only Mosby Woods caps and swimsuits. Thank you!

Arrival Time: Mosby Woods will warm-up from **8:00-8:20 am**. Please plan to be at the pool **by 7:45 am and to check in.** The first event will be called to the clerk of course at **8:50 am.**

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

Parking: Parking lot will be available to our guests from Sleepy Hollow B&R.

Inclement Weather: 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 others 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. If you have any questions, please reach out to Diane Monnig dianemonnig@gmail.com or call 703-622-5667.

Announcer	8:30 AM	12:00 PM	Bob	Reinsel
Chief Timer	8:30 AM	12:00 PM	Chuck	Monnig
Clerk of Course	8:30 AM	12:00 PM	Flora	Lan
Clerk of Course	8:30 AM	12:00 PM	Vicky	Tseng
Marshall	8:15 AM	12:00 PM	Trinh	Lieu
Meet Set-Up	7:00 AM	8:30 PM	Grace	Gillespie

Meet Set-Up	7:00 AM	8:30 PM	Michael	Gillespie
Meet Set-Up	7:00 AM	8:30 PM	tiffani	ker
Meet Set-Up	7:00 AM	8:30 PM	Edward	Thomas
Referee*	8:30 AM	12:00 PM	Jason	Ernst
Runner	8:30 AM	12:00 PM	Bryan	O'Byrne
Runner	8:30 AM	12:00 PM	David	Wong
Snack Bar Volunteer	10:00 AM	12:30 PM	Christine	Burke
Snack Bar Volunteer	10:00 AM	12:30 PM	George	Cernat
Snack Bar Volunteer	10:00 AM	12:30 PM	Zita	Rostas
Snack Bar Volunteer	10:00 AM	12:30 PM	Wei Hong	Yan
Snack Bar Volunteer	7:30 AM	10:00 AM	Carolyn	Baldwin
Snack Bar Volunteer	7:30 AM	10:00 AM	Elizabeth	Ernst
Snack Bar Volunteer	7:30 AM	10:00 AM	Noelle	Glaze
Snack Bar Volunteer	7:30 AM	10:00 AM	Masako	Kano
Starter*	8:30 AM	12:00 PM	Kevin	McGuire
S&T Judge	8:30 AM	12:00 PM	Dena	Imbergamo
S&T Judge	8:30 AM	12:00 PM	Michelle	Liu
Table Worker	8:30 AM	12:00 PM	Linda	Bradshaw
Table Worker	8:30 AM	12:00 PM	Laurie	Travis
Table Worker	8:30 AM	12:00 PM	Debbie	Reinsel
Timer	8:30 AM	12:00 PM	Ben	Baldwin
Timer	8:30 AM	12:00 PM	Michael	Dalton
Timer	8:30 AM	12:00 PM	Katie	Donnelly
Timer	8:30 AM	12:00 PM	David	Lamborn
Timer	8:30 AM	12:00 PM	Alexander	Martschenko
Timer	8:30 AM	12:00 PM	Will	Melara

Timer	8:30 AM	12:00 PM	Yulia	Melara
Timer	8:30 AM	12:00 PM	Huong	Nguyen
Timer	8:30 AM	12:00 PM	Mike	Nussdorfer
Timer	8:30 AM	12:00 PM	Elia	Tohmeh
Timer	8:30 AM	12:00 PM	Guna	Lasmane
Timer	8:30 AM	12:00 PM	Mark	Granius

**A separate email will be sent over the weekend regarding the Divisional Relay Carnival we are hosting for Division 7 teams on Wednesday, July 10. From a volunteer angle, this event requires LOADS of assistance. IF your swimmer is competing, please plan to wear white and blue and help. Thank you!

July 8, 2019: Developmental Meet News - BYE Meet

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

There is no meet on Monday, July 8. Enjoy your night of rest because the balance of the season has many opportunities to swim:

- **Monday, July 15:** *Home Meet vs Fair Oaks*
 - Swimmer signup closes on Sunday, July 14 at 5 pm
 - Arrive by 5 pm because warm-ups begin promptly at 5:15
- **Thursday, July 18:** *Developmental Relay Carnival at Mantua*
 - Swimmer signup closes on Sunday, July 14 at 5 pm
 - The coaches will identify relay teams based on who has signed up
 - Arrive by 5 pm because warm-ups begin promptly at TBD
- **Sunday, July 21:** *Lollipop Meet* for Guppies and Raiders 8 & under
 - Swimmer signup closes on Thursday, July 18 at 5 pm. This is a Developmental Meet so is not intended for swimmers who regularly participate in Competitive Meets and place (but please come cheer on your teammates).
 - Arrive by 8:15 am because warm-ups begin promptly at 8:30 am
 - The meet, which starts at 9 am, will be followed by a pancake breakfast and an awards ceremony
- **Monday, July 22:** *IM Carnival at Villa Aquatics*
 - Swimmer signup closes on Sunday, July 21 at 5 pm

- If your swimmer cannot swim all 4 strokes legally or swim for 100M consecutively, it's best to try an IM next summer. Swimmers 8 & under will require coach permission to participate unless your swimmer has successfully completed an IM this summer.
- Arrive by 5 pm because warm-ups begin promptly at TBD

Swimmer Sign-up: Please register your swimmer(s) at https://mosbywoods.swimtopia.com/swim_meets. PLEASE MEET THE SIGNUP DEADLINES AND HEED THE DIRECTIONS BELOW...

Each swimmer may register for a maximum of 2 individual strokes and an Individual Medley (only if your swimmer has a reasonable chance of swimming all 4 strokes legally). Swimmers may NOT elect 3 individual strokes. There are *guidelines* for the selections made:

- If your swimmer was disqualified (DQ'd) the last time that he/she swam breast or fly, we request that you choose other strokes for the upcoming Monday night meet so that the coaches can work with your swimmer during practices. If you are uncertain about which strokes to select for Monday, please touch base with the coaches regarding your swimmer's readiness for breast, fly or the IM, especially if your child is 10 or under.
- Your swimmer may NOT swim a stroke in which they earned 1st, 2nd or 3rd place in the immediately preceding Competitive Meet.
- If your child is a frequent participant who usually "places" in Competitive Meets (i.e., at least two events and usually earns 1st, 2nd or 3rd place), we also ask that this swimmer not complete in any individual strokes unless the coaches need a "Time Only." This type of swimmer is welcome to swim an Individual Medley.
- **Parents:** Make sure that you are communicating clearly with your swimmer. What you chose in swimtopia is what they'll swim (if the above guidelines have been met.) Notify your swimmers that no stroke selection changes will be allowed at the meet and manual time cards will be sparingly prepared, if at all, and only with the permission of a team rep.

Developmental Meet Volunteers: The vast majority of parents are wonderful in supporting the efforts of the Developmental Meets by offering last-minute help and showing up on time, even if your swimmer has to miss the meet. Many thanks. Dawn-Marie and Ann are grateful.

However, despite multiple reminders to volunteers each week, we have had several no-shows at our Developmental Meets without notice and sometimes without a response to our followup emails. This is unacceptable and discourteous. Starting in MARCH, the team reps put in countless hours planning, organizing and then running

the meets. If you have committed to a shift, you must fulfill it. If there is a true emergency, you must immediately notify the team rep running the meet. We always include our email and cell phone contact information in the newsletter. If you aren't in touch, we are not only scrambling to find a replacement at the start of the meet when we have other responsibilities, but we don't know if you're running late or won't be there at all. Failure to fulfill a shift requires that it be made up. Please meet your commitments. We'd hate to deny any child an opportunity to swim.

July 10, 2019: Divisional Relay

Every year on a Wednesday evening after the 3rd competitive meet of the season, each of the 18 divisions comprising the NVSL holds a Divisional Relay Carnival at one of the division's pools. This year, Mosby Woods is hosting the Division 7 Relay Carnival.

All age groups send a relay team and medley relay team. Each team also sends boys and girls mixed age freestyle relays. Only relays are swum at the Relay Carnival.

The Division Relay Carnivals are scored meets. The winning team is officially recognized and receives a trophy. Times from the Relay Carnivals of all 18 NVSL divisions are collected, and the relay teams with the top 18 times are invited to the All-Star Relay Carnival Wednesday of the following week.

It is **very important** that swimmers confirm their participation via swimtopia and with the coaches for this event. Please do not leave the meet after swimming in your relay. Please check with the coaches to make sure you are not entered in another relay event.

There will be a separate email that will address all the details, including volunteers, for Relay Carnival.

Guppy News

Eliza Selander: eliza.selander@gmail.com

We're currently looking for a Guppy parent volunteer, or two, to help run the Lollipop Meet on Sunday, July 21. Please contact Eliza if you can help!

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. Swimmer signup is open at https://mosbywoods.swimtopia.com/swim_meets and must be completed by 5pm on Thurs., 7/18. **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 usually wrap up by 10:30.

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); Thurs 7/18 (swim meet).

Pancake Breakfasts

Debbie Reinsel:: debbiereinsel@gmail.com

Breakfast is served between 8:20-9:45 am. The kids love to fill up on Wednesdays. Please remind them all, big and little, to clean up after themselves. Pancake mix, fruit and whipped cream are the current needs. See you



Wednesday! **Please see the signup genius.**

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

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

2019 Leadership Team

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

MARK YOUR CALENDARS*

July 5 Luau Spirit Night at Mosby Woods

July 6 Competitive Meet @ Mosby Woods

July 10 Divisional Relay @ Mosby Woods

July 12 Spirit Night

**Full Calendar available on the team website.*

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 - Diane Monnig
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](#)
