



Mosby Woods Raiders 2019 Weekly Digest

Thursday, July 11, 2019

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

Looking Ahead...

Spirit Night, Friday, July 12 at Mosby Woods Pool, 6:00 pm.

Friday night's Pep Rally theme is Battle of the Decades. It will involve a costume competition and dance battle relay. The 10&Unders are the 50s (think slicked back hair and white t shirts). The 11-12s are the 80s (think neon). The 13&Ups are the 90s (think all things denim). We will award the best dressed swimmer with a prize!

Awards Banquet The evening after the Divisional meet, the swim team and their families come together at the pool to celebrate the end of the season with a dinner and awards ceremony. Trophies and awards are given and volunteers are recognized.

This year the banquet will be held on Sunday, July 28th at 5:00 pm. Moes 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.

Team Pictures throughout the Season 2019 MWST PHOTOS

To access our Dropbox and see all the great photos 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>

Coaches Corner

Coach Danny & Coach Samantha: mwcoaches@gmail.com

Throughout many years of coaching and swimming, I've noticed there are a range of opinions as to what is considered a "successful season" in the NVSL. Some feel it is summer swimming, and we should focus primarily on the fun aspect of the experience. Others count wins and losses as a sign of success or failure.

Both coach Samantha and I grew up with a very integrated sense of what "success" means for a Mosby Woods Raider. Our first goal is to give these swimmers an appreciation for where they are. It is to give families the knowledge that summer swim becomes a lifelong part of who these kids are and transcends competition and records. We make a commitment for the summer and we represent our neighborhood and community with pride and gratitude. To this end, we feel we have been successful.

The next goal of each season is to ensure that each swimmer is developing and ends the season better than when they started. To this end, we feel we are on our way to a successful season.

Our 0-3 record is no indication of our success in or out of the water. Our swimmers showed up to Relay Carnival on Wednesday and earned 4th place in a very competitive divisional meet. Mindful that we are in a tough division, we will continue to prepare for Saturdays and Mondays like we are preparing for the Olympics. This is truly what it means to be a Raider. As head coaches, we could not be more proud of this Raider team.

July 6, 2019 - Competitive Meet News

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

Away Meet: Mosby Woods vs Dominion Hills **at Dominion Hill 5960 Wilson Blvd., Arlington, VA 22205.** Dominion Hills will be recognizing their graduating seniors with a "graduating" relay at the end of the meet. Our graduating seniors have been asked to participate.

Arrival Time: Dominion Hills will warm up from 7:55-8:15 am. Our pool will be ready for Mosby Woods at 8:20-8:40. We will plan to call the first event to the clerk of course at approximately 8:50.

Raiders if you plan to caravan with the team to Dominion Hills, arrive at Mosby Woods by 7:30 am. If not, plan to be at the pool parking lot and ready to check-in no later than 8:00 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: Dominion Hills has two lots and will try to keep as many spots open for our team in the front lot off of Wilson Boulevard.

Lunch following the Meet: Raider tradition is to have a team lunch following an away meet. This week we will be having lunch at **Freddy's 10030 Fairfax Blvd.**

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. **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.

job_name	Start	End	volunteer	volunteer2
Assistant Chief Timer	8:30 AM	12:00 PM	Will	Melara
Clerk of Course	8:30 AM	12:00 PM	Yolanda	Weaver
Clerk of Course	8:30 AM	12:00 PM	Vicky	Tseng
Marshall	8:30 AM	12:00 PM	Elia	Tohmeh
Stroke & Turn Judge*	8:30 AM	12:00 PM	James	Cecere
Stroke & Turn Judge*	8:30 AM	12:00 PM	Dena	Imbergamo
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	Tracy	Moran
Timer	8:30 AM	12:00 PM	Mary	Breslin
Timer	8:30 AM	12:00 PM	Jorge	Delgado
Timer	8:30 AM	12:00 PM	Guna	Lasmane
Timer	8:30 AM	12:00 PM	Nathan	Ma
Timer	8:30 AM	12:00 PM	Alexander	Martschenko
Timer	8:30 AM	12:00 PM	Mike	Nussdorfer
Timer	8:30 AM	12:00 PM	Edward	Thomas
Timer	8:30 AM	12:00 PM	Yuchung	Wong
Timer	8:30 AM	12:00 PM	Shuji	Yoshizaki
Timer	8:30 AM	12:00 PM	Sergey	Zykov
Timer	8:30 AM	12:00 PM		
Timer	8:30 AM	12:00 PM		

July 15, 2019: Developmental Meet News

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

We are in the home stretch... our last dual Developmental meet is at Home! So all hands on deck...

Swimmer Sign-up: Please remember to register your swimmer(s) at https://mosbywoods.swimtopia.com/swim_meets. PLEASE BE SURE TO MEET THE SIGNUP DEADLINE and HEED THE DIRECTION 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.

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**.

Developmental Meet Volunteers: Monday Night Home meet versus Fair Oaks

Please have your swimmer(s) at the pool by 5:00 AM ready for warm ups at 5:15 PM.

If you are a volunteer, be sure to don your white and blue. Thanks so much.

Announcer	5:30 PM	9:00 PM	Bob	Reinsel
Chief Timer	5:30 PM	9:00 PM	Chad	Ludwig
Clerk of Course	5:30PM	9:00 PM	Emily	Brewer
Clerk of Course	5:30 PM	9:00 PM	Patricia	Coates

Marshall	5:00 PM	7:00 PM	Trinh	Lieu
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Marshall	7:00 PM	9:00 PM	Shep	Owen
Meet Set-Up	4:00 PM	5:30 PM	Matt	Ker
Meet Set-Up	4:00 PM	5:30 PM	Monique	Wright
Referee*	5:30 PM	9:00 PM	Kevin	McGuire
Runner	5:30 PM	9:00 PM	Mark	Bowersox
Runner	5:30 PM	9:00 PM	Deborah	Hill
Snack Bar Volunteer	4:30 PM	7:00 PM	"Chris" Yahan	Chen
Snack Bar Volunteer	4:30 PM	7:00 PM	Liz	Depres
Snack Bar Volunteer	4:30 PM	7:00 PM	Noelle	Glaze
Snack Bar Volunteer	4:30 PM	7:00 PM	Rachel	McQuellen
Snack Bar (grill)	4:30 PM	7:00 PM	Andrea	Harrup
Snack Bar (grill)	4:30 PM	7:00 PM	Aliko	Mwaisela
Snack Bar (Shift 2)	7:00 PM	9:30 PM	William	Brancato
Snack Bar (Shift 2)	7:00 PM	9:30 PM	Yolanda	Weaver
Snack Bar (Shift 2)	7:00 PM	9:30 PM	Mark	Granius
Snack Bar (grill)	7:00 PM	9:30 PM	Paul	Rutkowski
Snack Bar (grill)	7:00 PM	9:30 PM	Masako	Kano
Starter*	5:30 PM	9:00 PM	Jason	Ernst
S&T Judge	5:30 PM	9:00 PM	Dena	Imbergamo
S&T Judge	5:30 PM	9:00 PM	Katherine	Partington
S&T Judge	5:30 PM	9:00 PM	Chris	Van Eyck
Table Worker	5:30 PM	9:00 PM	Linda	Bradshaw

Table Worker	5:30 PM	9:00 PM	Lisa	Kline
Table Worker	5:30 PM	9:00 PM	Christy	Bowersox
Timer	5:30 PM	7:00 PM	Colleen	Al Mukhtar
Timer	5:30 PM	7:00 PM	Elia	Tohmeh
Timer	5:30 PM	7:00 PM	Monique	Wright
Timer	5:30 PM	9:00 PM	Jorge	Delgado
Timer	5:30 PM	9:00 PM	Rob	Despres
Timer	5:30 PM	9:00 PM	Natalie	Kemaeva
Timer	5:30 PM	9:00 PM	Alexander	Martschenko
Timer	5:30 PM	9:00 PM	Toyin	Martschenko
Timer	5:30 PM	9:00 PM	Kim	Matzie
Timer	5:30 PM	9:00 PM	Thomas	Mesa
Timer	5:30 PM	9:00 PM	Ben	Partington
Timer	5:30 PM	9:00 PM	Sergey	Zykor
Timer	5:30 PM	9:00 PM	Xiaoquin	Zhou
Timer	5:30 PM	9:00 PM	Chia-Hiu(Vicky)	Tseng
Timer	5:30 PM	9:00 PM	Kristal	Taylor

July 18, 2019: Developmental Relay Carnival

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

Away Meet: THURSDAY, July 18 is our Developmental Relay Carnival at Mantua (9330 Pentland Place, Fairfax, VA 22031). **Please report to the team area no later than 5:00 pm.** We are still waiting to hear about our warm-up time.

Parking: Mantua's parking lot is available only to those with a parking pass so plan to park in the neighborhood. Be mindful and do not block driveways.

Swimmer Sign-up: Please register your swimmer(s) at https://mosbywoods.swimtopia.com/swim_meets **no later than 5pm on Sunday, July 14.** Coach Samantha will formulate free and medley relay teams based on who has signed up to swim so it is imperative that you meet this deadline.

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. We will notify you about when it is safe to return to the pool through the **Remind app**.

Developmental Meet Volunteers: The table below reflects the volunteers working at the Relay Carnival. Remember, we do not have backup volunteers. 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
Asst Head Timer	5:30-9:00	Yolanda Weaver	Report to Head Timer
Clerk of Course	5:30-9:00	Emily Brewer Vicky Tseng	
Marshall	5:00-7:00	Trinh Lieu	
Relay/Takeoff Judge	5:30-9:00	Patricia Coates Ben Partington	Report to Referee
Stroke & Turn Judge	5:30-9:00	Chris van Eyck	Report to Referee
Table Worker	5:30-9:00	Christy Bowersox Kristen Johnson	
Timer	5:30-9:00	Chris Yahan Chen Rachel McQuillen Monique Wright Xiaoqin Zhou	Report to Head Timer

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 which is why I’ve organized it for 6 years, but I’m eager to hand off this delightful, rewarding assignment.

Swimmer Sign-up: Please register your swimmer(s) at https://mosbywoods.swimtopia.com/swim_meets **no later than 5pm on Thursday, July 18.**

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>

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
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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. **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 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.

Please note the following dates when evening practice will be not be held for Guppies or Raiders: **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.

We have only 2 more Wednesday breakfasts. Thanks to all who have supplied food or toppings, to everyone who set up tables, flipped pancakes or manned the whipped cream! Check out the needs...



<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

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

MARK YOUR CALENDARS*

July 12 Spirit Night @ Mosby Woods

July 13 Mosby Woods vs Dominion Hills (Away Meet)

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 - Diane Monnig

Spirit Wear - Diane Monnig

Head Coaches - Danny Brosnan and Samantha Monnig

Team Manager - Nicholas DeSantis

July 15 Mosby Woods vs Fair Oaks @ Mosby Woods

July 17 All Star Relay

July 18 Developmental Relay @ Mantua

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.*

If you are interested in joining the 2020 Leadership Team, please drop us a line.
No swim experience necessary.

Weather Updates: Communicated via **REMIND**

(To join the swim team group, @mwswimt)

[READ MORE ON OUR WEBSITE](#)
