



Mosby Woods Raiders 2019 Weekly Digest

Thursday, June 27, 2019

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

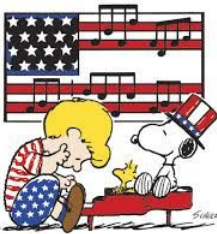
Housekeeping items: Please remind your swimmers to clean up whatever toys they play with before/after morning practice. Our lifeguards only have 30 minutes (often less) to turn the pool around for Tiny Tots and NV Kids. Creating extra work for them is unkind.

Also, please remind your swimmers to clean up after themselves on Pancake Breakfast Wednesdays. Again, the guards have a limited amount of time to set up for the pool opening, and cleaning up food is not their responsibility. If this continues, we will eliminate this MWR tradition. Be kind!

Please remind your swimmers to lock bicycles before entering the pool for practice AND to leave valuables at home. Bicycles have been stolen and valuables have gone missing during normal pool hours.

National Anthem Singers

Thank you to those who have offered to sing. We are still **in search of singer(s) for the Lollipop meet -**



July 6, 2019 Tala Tohmeh

July 10, 2019 Bryan Wong

July 15, 2019 Piper and Graham Glaze

July 21, 2019

Spirit Night, June 28 at Mosby Woods Pool, 6:00 pm

The theme this week is ~Swinter~. That means on Friday night at the pep rally we will play winter theme-related games and Saturday the team will dress up in winter attire. So break out your winter hats/scarves/mittens, along with your team suit!

Divisional Relay at Mosby Woods, July 10

Coaches Corner

Coach Danny & Coach Samantha: mwcoaches@gmail.com

As the season progresses, the weeks get a little tougher, and the Raiders have risen to the occasion. This past Saturday our team put up a tough fight against Waynewood. Though we didn't come out with a win, everyone swam exceptionally well, dropped time, and consistently cheered for and supported their teammates.

On Monday night, even though we had a 30 minute delay due to thunder, everyone still made it through IMs! The meet against Mantua was a fun one and gave everyone a chance to keep improving their technique and their times.

We continue to focus on breaststroke, butterfly, and dives with the younger swimmers. With the older kids, we are focusing on underwaters and sprints. We look forward to another competitive meet against Country Club Hills this Saturday. Parents, we will meet at the parking lot at Mosby Woods at 7:45 AM and travel as a team to CCH. This allows our swimmers time to wake up and see their teammates. Please make every effort to be part of the caravan!

For the Pep Rally this Friday, the theme is Swinter, which means in addition to your suit and Raider gear, add on a few layers of winter hats, scarves, and/or gloves to show some team spirit!

Because it is an away meet this Saturday morning, the team will all be invited to go out to lunch directly following the meet. It's a great chance to bond and carb up after a long morning of swims and cheering. We'll be going to MOD (an epic pizza place).

June 29, 2019 - Competitive Meet News

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

Away Meet: Mosby Woods vs Country Club Hills at Country Club Hills, 3622 Old Post Road, Fairfax, VA 22030

Arrival Time: Country Club Hills will warm from 8:00-8:20 am. Mosby Woods will warm up from **8:25-8:45 am.** The first event will start at approximately **8:50 am.** For those who are able, Mosby Woods will caravan from our pool to CCH. Meet up for the caravan will be at **7:45 am at Mosby Woods.**

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

Parking: Parking will be available for Mosby Woods in CCH parking lot.

Spectator Viewing: The team area will be adjacent to the Clerk of Course.

Lunch Following the Meet: The team lunch will be at MOD. The address is 11048 Lee Hwy.

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.

job name	shift start	shift end	volunteer	volunteer_
Asst. Chief Timer	8:30 AM	12:00 PM	Kristal	Taylor
Clerk of Course	8:30 AM	12:00 PM	Mary	Breslin
Clerk of Course	8:30 AM	12:00 PM	Mike	Breslin
Marshall	8:15	12:00 PM	Chris	Bordener
Marshall	8:15	12:00 PM	Chad	Ludwig
S&T	8:30 AM	12:00 PM	Maureen	Barsotti
S&T	8:30 AM	12:00 PM	Michelle	Liu
Table Worker	8:30 AM	12:00 PM	Betsy	Baldwin
Table Worker	8:30 AM	12:00 PM	Linda	Bradshaw
Table Worker	8:30 AM	12:00 PM	Debbie	Reinsel
Timer	8:30 AM	12:00 PM	Christine	Burke

Timer	8:30 AM	12:00 PM	paul	campo
Timer	8:30 AM	12:00 PM	Angela	Lamborn
Timer	8:30 AM	12:00 PM	Guna	Lasmane
Timer	8:30 AM	12:00 PM	Michael	Leander
Timer	8:30 AM	12:00 PM	Huong	Nguyen
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	Edward	Thomas
Timer	8:30 AM	12:00 PM	Vicky	Tseng
Timer	8:30 AM	12:00 PM	Monique	Wright
Timer	8:30 AM	12:00 PM	Wei Hong	Yan

July 1, 2019: Developmental Meet News

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

Away Meet: Monday is our third Developmental Meet! We will be **away**, at Country Club Hills (3622 Old Post Road, Fairfax, VA 22030). Once at Country Club Hills Pool, please report to the team area (which will be the grassy area to the left of their diving boards/clerk of course) no later than 5:00 pm as **warm-ups will begin promptly at 5:25 pm.**

Parking: Country Club Hills has reserved the parking lot for our team. However, if you have 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, June 30.** PLEASE MEET THIS DEADLINE 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 (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 is what they’ll swim (if the above guidelines have been met.) On Monday night, we heard swimmers say “*my parents signed me up for the wrong stroke*” with the expectation that we would immediately accommodate them. 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.

Incident 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 after the last episode of thunder or lightning. Swimmers often make use of their time by visiting friends in their cars, playing cards, listening to music, sharing snacks, etc. **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. If you have not already done so, join our “classroom” using the code @mwswimt.

Developmental Meet Volunteers: It takes a sea of volunteers (more than a village) to make a Developmental Meet run smoothly so if you signed up to work, then you are expected to show up on time in a white top and dark blue bottoms. We do not have backup volunteers. If you have a true emergency, then please notify Dawn-Marie Singleton as soon as possible at oaktonumcpastor@gmail.com or 540-560-6432. Do NOT send a reply to the generic mosby woods raiders gmail.

Upon arrival, please check in with Dawn-Marie (or her designee) at the picnic tables to the left of the Country Club Hills pool entrance (near their snack bar) to receive your name tag. You will then be directed to where you should report.

Position	Shift	Volunteer	Instructions
Announcer		HOSTING TEAM	
Asst. Chief Timer	5:30-9:00	Yolanda Weaver Kristal Taylor	
Clerk of Course	5:30-9:00	Emily Brewer	

		Patricia Coates	
Marshall	<i>Shift 1: 5:00-7:00</i> <i>Shift 2: 7:00-9:00</i>	Elia Tohmeh George Cernat	Report to B Meet Rep for vest
Meet Setup	4:00-5:30	HOSTING TEAM	
Asst. Referee	5:30-9:00	James Cecere	
Runner	5:30-9:00	HOSTING TEAM	Report to the Clerk of Course
Snack Bar	<i>Shift 1: 4:30-7:00</i> <ul style="list-style-type: none"> ● Concessions ● Grill <i>Shift 2: 7:00-9:30</i> <ul style="list-style-type: none"> ● Concessions ● Grill 	HOSTING TEAM	
Starter	5:30 to 9:00	HOSTING TEAM	Report to Referee
S&T	5:30-9:00	Ann Siemering Kat Partington	Report to Referee
Table Worker	5:30-9:00	Holly Vanvalkenburg Christy Bowersox Linda Bradshaw	
Timer	Entire Meet 5:30 to 9:30	Mark Bowersox Christine Burke 'Chris' Yahan Chen Elizabeth Dalton Katie Donnelly Lisa Kline Angela Lamborn	Report to Chief Timer

		Michael Leander Jamie VanValkenburg Monique Wright Xiaoqin Zhou	
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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 10:00.

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).

It's going to be a great summer!

Pancake Breakfasts

Debbie Reinsel: debbiereinsel@gmail.com

Breakfast is served between 8:20-9:45 am. Thank you to all the helpers 6/19!! Great to see familiar faces and to meet so many new folks. Next week we will be back. Fruit and whipped cream go really fast, please help supply the table. **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

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

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

MARK YOUR CALENDARS*

June 28 Spirit Night at Mosby Woods

June 29 Competitive Meet @ Country Club Hills

July 1 Developmental Meet @ Country Club Hills

July 5 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.*

Weather Updates: Communicated via **REMIN**

(To join the swim team group, @mwswimt)

[READ MORE ON OUR WEBSITE](#)
