



Veterans Park Swim Team

Home of the Marlins



June 2, 2009

Newsletter #2

Welcome VPST swimmers, coaches, and families to the first newsletter of the 2009 swim season. We have compiled some information for your use in planning this season.

Coaching Staff:

Ben Neuhaus – Assistant Coach and 13-18 Coach
Connor Schwalm – 11-12 Coach
Sammy Neuhaus – 9-10 Coach
Tiffany Ellis – Head Coach and 8 & Under Lead Coach
Linda Erickson – 8 & Under Coach
Tony O'Brien – Marlins In Training Lead Coach
LeeAnn Kitzhaber – Marlins In Training Coach
Melanie Erickson – Substitute 11-12 Coach
Chris Lourenzo – Substitute 9-10 Coach

Board Members:

President: Ross Schwalm, 703-680-7673
Vice President: Heather Carroll, 703-897-0775
Secretary: Rhonda Heggenstaller, 703-490-1944
Treasurer: Jessica Wangner, 703-897-4354
League Rep: Rick LeFevre, 703-629-5488
Computer Rep: Lisa Lourenzo, 703-670-8962

Time Trials:

Time trials will be on Wednesday and Thursday, June 3 & 4 during regular swim practice times. This is an opportunity for swimmers to receive times for meet entries and to get familiar with meet starts. This is also an opportunity for parents to practice timing, recording, and Stroke and Turn. Please see **Theresa Hoffman** to sign up to help time and record.

First Meet:

Our first meet will be on **Saturday, June 13** versus the Dale City Frogs. The meet will be held at the Birchdale Pool. Directions and further details regarding swimmer arrival time will be in next week's newsletter.

Officials Clinics:

We encourage any interested parent to attend the Official's Clinic listed below to learn how to be a Stroke & Turn Judge for the meets. Please see **Rick LeFevre** for details on Judges' responsibilities.

Wednesday, June 10 from 7pm to 9pm

The clinic will be held at Bristow Run Elementary School.

Inclement Weather/Thunderstorms:

The Board and the Park Authority will decide as early as possible whether or not to cancel practice due to impending storms. We will use the Yahoo Group email distribution, and the Marlins website to notify families of any cancellation. For those that do not have an email address, a Board member will call the contact numbers on

file – please check with the Board to make sure we have your correct information.

If practice has started and it begins to thunder/lightning, the coaches and the Board will immediately clear the pool of all swimmers. We will wait in a safe location by the pool area for 20 minutes. If thunder/lightning continues, the Board and the Park Authority will end practice.

Parents, please be sure your swimmer(s) is picked up promptly. It is suggested that someone stay at practice with your swimmer(s) should the practice be cancelled.

Marlins Apparel Items:

We have team apparel and other items for sale, including caps, goggles, duffle bags, car magnets, Marlin towels, and Marlin temporary tattoos. New T-shirts and sweats should be here shortly! Please see a Board member for purchases.

Lost and Found:

There will be a "Lost and Found" box set out by the team shed during all practices. It is recommended that swimmers label all items (e.g. towels, goggles, t-shirts, etc) with their name or initials.

Folders/Notebook/Suggestion Box:

Each Family and Coach will have a folder in our Team Mailbox which will be placed near the team shed at every practice. Swimmers/parents should check their folder daily. In general, newsletters will be placed in folders on the Tuesday on each week.

A Coaches Notebook will also be out for swimmers/parents to notate when a swimmer will miss a practice or meet. This information is needed for the coaches for planning purposes and meet entries.

A Team Suggestion box will also be placed near the team shed. If any swimmer or parent has a suggestion for the Board and prefer to submit it anonymously, please feel free to drop a note in this box.

Penny Drive Fundraiser:

This is a fun little fundraiser for swimmers. Money jugs will be placed by the team shed during practices starting this week. The age group that collects the most money by July 17th will be treated to a Pizza Party during Spirit Week.