



Veterans Park Swim Team

Home of the Marlins



July 7, 2009

Newsletter #7

We hope everyone had a restful Holiday weekend, and hopefully, being able to “sleep-in” last Saturday morning! We have an Away Meet this Saturday – please plan your travel time!

Fourth Meet – July 11th at Brookside:

If you will not be at the meet, please alert your coach by Wednesday and put it into the blue Coaches Notebook. M.I.T. parents, please check with Coach Tony to see if your child is entered into events.

***** Arrival by 6:15am. Warm-ups start at 6:30am*****

***General Directions from Vets Park Pool –** Take Route 1 South and take a Right onto Dumfries Rd/Rt. 234. Exit Rt. 234 after 18 miles at Nokesville Rd/VA-28. Turn Right onto Nokesville Rd/VA-28. After 2 miles, turn Right onto VA-215/Vint Hill Rd. After 8 miles, turn Left onto Broad Run Church Rd/VA-600. Turn Left after 1 mile onto Riley Rd/VA-676.

[Alternative] – Take Route 1 South and take a Right onto Dumfries Rd/Rt. 234 for 8 miles. Continue on Bristow Rd (there is a slight left split) for 9 miles. Turn Left at Nokesville Rd/VA-28, and take immediate Right onto VA-215/Vint Hill Rd. After 8 miles, turn Left onto Broad Run Church Rd/VA-600. Turn Left after 1 mile onto Riley Rd/VA-676.

Pool will be on Left on Riley Rd.

Address: 7197 Riley Road, Warrenton, VA 20187

Google Maps Travel Time: approx 1 hour 7 minutes; 37.7 miles

***Team Area –** We will be on the multipurpose court and additional tents and chairs can be set up on the far side of the pool on the hill. We cannot set up on the deck area. Please also remain off the tot lot and swing area.

***Swimmers -** Please check in with your coach upon arrival and listen to the announcer calling the events. We do not want any “scratches” if you are at the meet. When in doubt, ask!

***Relays –** Swimmers should not leave the meet until they check in with their coach(es) to see if they are in a relay.

***Cheering –** Parents are encouraged to cheer for their swimmers during the meets. However, parents cannot “coach” (i.e. yelling “Kick”; “Reach”; “Pull”, “Two-hand touch”) their swimmers from the pool deck. “Coaching” can result in an official disqualifying your child in that event.

***Volunteers –** We need volunteers for timing, recording, running, scoring, and Clerk of Course. Please see a Board member to volunteer.

***** Please remember, we are guests at their pool. Please gather all belongings and trash before leaving the pool area. *****

Swim-A-Lap – Tomorrow, Wednesday, July 8 during regular practice time. Please get as many sponsors as you can. Participants will have a pizza party from 8:15 to 8:45pm. Achievement medals will be given out at the banquet for all participants. **We need parent volunteers to help count the swimmers’ laps.**

Amberjax Meeting – Wednesday, July 15. Jamie Gaskill from Amberjax (year-round swim team) will be at the pool during practice. Any parents who are interested in year-round programs are invited to the meeting.

Marlins Apparel Items - We have team apparel for sale. Get your Marlin tattoos and t-shirts for the swim meet. Please see a Board member for purchases and show your team SPIRIT!

Penny Drive Fundraiser – Keep the pennies and loose change coming. Remember, the age group that collects the most money by July 17th will be treated to a Pizza Party during Spirit Week.

Lost and Found – Please check the lost and found bin for any items your swimmer(s) may have misplaced. We have quite a collection of items.

Family Balances and Credits – There are many families that have outstanding balances for registration fees. **Please pay off these balances as soon as possible.** Also, there are some families that have a “credit” with the team. Now is the time to put that credit towards apparel purchases or we can transfer it to a Swim-A-Lap donation. Please see Jessica Wangner, Treasurer, if you need further information on any outstanding balances or credits for your family.

On-Line Meet Results – In addition to the Board posting meet results, The Washington Post has developed an on-line search page for all Washington area swim leagues – including PWSL. Users can search by team name or swimmer name and receive a breakdown of meet results, swimmer times and points scored. Go to reachforthewall.com and search for Veterans Park Marlins.

***** GO MARLINS!!! BEAT BROOKSIDE!!!! *****



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