



# Veterans Park Swim Team

## Home of the Marlins



Spring, 2009

Newsletter #1

### Hello Marlin Parents and Swimmers!

The VPST Board and coaching staff are very excited about the coming season. We look forward to seeing all of our returning swimmers and hope to welcome many new swimmers. Please encourage your friends to join us for a great season of fun!

#### VPST 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, 703-878-0781  
 Computer Rep: Lisa Lourenzo, 703-670-8962

#### Early Registration and Swim Suit Try-on:

Sat. April 25<sup>th</sup> 10:00am- 1:00pm  
 Sat. May 9<sup>th</sup> 2:00pm- 5:00pm

At Veterans Park Community Center

The team suit remains the same from last year: TYR Torch. Boy's jammers are \$27.00-\$28.25 and the girl's suits are \$41.00-\$42.25 depending on the size. Swimmers may also purchase suits from Sunny Ann Co., located at 14222 Smoketown Rd., 703-491-1608.

**Mail-in Registration:** If you'd prefer, you may mail in your registration and fees to:

**Jessica Wangner, VPST**  
**1554 Teal Way**  
**Woodbridge VA 22191**

**Fees:** Fees remain the same as last year:  
 \$100 - First swimmer  
 \$90 - Second (and additional) swimmers  
 \$75 - High school swimmers (as well as those swimmers going into 9<sup>th</sup> grade in the fall)

A \$20 discount will be given per family who register early (at the in-person registrations or by mail, before the picnic). This does not apply to only High School swimmer registrations.

#### Team/Family Picnic:

May 26<sup>th</sup> (rain or shine) at 6pm at the Vets Park pavilion. Please bring a dish (salad or dessert), and a cold 2 liter bottle of soda. The swim team will provide everything else. Families may register at this time, but without a discount.

**The Marlins-In-Training (MIT) Program** is back for another year. This Program is for children as young as 5 who may not be quite ready for competitive swimming, however have had some swim lessons. This is a

developmental program and the goal is for each swimmer to at least swim Freestyle in one meet by the end of the season.

**Coaching Staff:** The VPST Board is working with all prospective coaches to finalize age group positions. We will announce the coaches as we get closer to the season.

#### Swim Team Practice:

May 27 – July 23: Mon-Thurs 6:15-8:15 pm  
 Starting on June 19, we will also hold Friday morning practices: 7:00-9:00 am

#### Calendar of Events:

|            |  |
|------------|--|
| May 26     | Team Picnic, 6pm, Vets Park  |
| May 27     | 1 <sup>st</sup> Practice   |
| May 30     | Officials clinic (voluntary) 11am to 2pm                             |
| June 3-4   | <b>Time Trials at Vets Park</b>                                      |
| June 10    | Officials clinic (voluntary) 7pm to 9pm                              |
| June 13    | Meet vs Dale City; <b>Away</b>                                       |
| June 19    | Friday morning practices begin                                       |
| June 20    | Meet vs Westridge; <b>Home</b>                                       |
| June 24    | Team Photos (July 1 Rain Date)                                       |
| June 27    | Meet vs Southbridge; <b>Home</b>                                     |
| July 4     | No Meet – Enjoy the Holiday!   |
| July 8     | Swim-A-Lap / Pizza Party   |
| July 11    | Meet vs Brookside; <b>Away</b>                                       |
| July 18    | Meet vs Old Bridge; <b>Home</b>                                      |
| July 20-24 | Spirit Week!!  |
| July 25    | Purple Divisional Meet at <b>Lake Manassas</b> , also vs Southbridge |
| July 26    | Team Banquet, 4-7pm and Pool Party, 7:30-10pm, Vets Park             |

**Officials Clinics listed above will be held at Bristow Run Elementary School, 8990 Worthington Drive, Bristow VA. We would need many parents to train to become Stoke and Turn Judges.**

**Reminder: All updates, newsletters, and directions can always be found on the VPST Website:**

<http://mysite.verizon.net/res6vgs3/veteransparkmarlins/>

**Also, Check us out of Facebook: Veterans Park Marlins Swim Team**