



Potomac Woods Swim Team

Forty-one years of swimming fast - 1968-2009!

potomacwoodsswimclub.org

Watch the swim team bulletin board throughout the season for up-to-date information!

Who's Who

Head coach **Jon Leong** and our team of coaches are returning this summer, in addition to some new interns. We also have a new technical coach – please welcome **Ashley Petak**, who comes to us from RMSC! If you need to talk to a coach, call the pool at 301-762-7068, see the email link on our website, or grab them AFTER practice.

Many thanks to our committee members who have worked throughout the winter to make this another great summer.

We need trainees for Automation, Snack Bar, and B Rep who are interested in spearheading these jobs next summer! Phone numbers are available in lifeguard office.

A Reps: Peg Hincke, Tina Benjamin, Amy May

B Reps: Jon Dinman, Amy Kaplan

Snack Bar: Ronnie Blockowicz, Susan Kaminsky, Beth Mittl and trainees!

Automation: Beth Isaacson, Beth Kelley, Rona Mondanlo, and trainees!

Socials and Team Merchandise: Debbie Howley and Christine Sharkey

Officials: Paul Doremus

Team Breakfasts: Lorin Umbel, Rosina Chazin

Communications: Kelly Crosby

Photography: David Parrish, Wayne Valentine

Registration

It is not too late to register for the team. Contact **Beth Mittl** at bmittle_2@msn.com. Team shirts will be provided at registration for team members only. Extras will be available for pre-team members to purchase. “Thank You” Amy May for coordinating our t-shirts!

Practice Schedule

PRETEAM: May 26-July 17, 3:45- 4:15, M-F
(2-3 practices a week recommended)

TEAM

Afternoon practice times, M-F:

May 26-June 16: 4:30-5:15 pm, ages 8 & under
5:15-6:15 pm, ages 9-10

6:15-7:15, ages 11 and up
June 17-July 24, 4:45-5:45 pm, ages 10 & under
5:45 – 7:00 pm, ages 11 and up

Morning practices, June 17 - July 24, M-F:

8:00 – 9:15 am, ages 11 and up
9:15 – 10:15, ages 10 and under (8 & under will finish around 10 am)

Meet Schedule

PW will be swim in Division C this summer!
One MCSL change this year: freestyle will have 2 heats in **each** age group.

PASL Wed. evening “B” meets, 6:30 pm:

June 17 –Rockshire at PW

June 24 –River Falls at PW

July 1 – PW at Potomac

July 8 – Fallsmead at PW

July 15 – PW at Country Glen

July 22 – B Relays at Rockshire

MCSL Sat. morning “A” meets, 9 am:

June 20 – Potomac at PW

June 27 – Potomac Glen at PW

July 4 – PW at Stonebridge

July 11 – PW at Manchester Farm

SUN July 12 – RELAYS at Pot Glen, **9am**

July 18 – Seven Locks at PW

July 25 - Divisionals at PW

Time Trials

Time trials are **Saturday, June 13 at 8 am!** Time trials provide the coaches with swimmers' times for a team ladder. Watch the bulletin board for volunteer & swimmer sign-up. Arrive early to have breakfast at the Demon Deli and stock up on team merchandise!

Team Suits

We have new suits this summer! Our **Nike Aqua Burst** in Varsity Red can be purchased at a discounted rate at Aardvark in Wintergreen Plaza. Make sure you tell them you swim for PW! Their phone number is 301-309-3660

Wednesday Meet Sign-up

If your child wants to swim at a Wednesday B meet, they must sign up before 9:30 on the Tuesday mornings. PASL bylaws require that our team deliver a line-up to our opponents by Tuesday afternoon. We need everyone's help with a prompt sign-up so our coaches and our automation staff can do their jobs! Likewise, please help our B Reps by signing up EARLY to volunteer, so they do not need to track you down!

Weekly Themes/Socials

Swim meet themes and Friday night socials are fun ways to inspire our swimmers and generate team spirit! Many thanks to Debbie Howley and Christine Sharkey, who will coordinate these events w/our coaches. Mark your calendar for: June 19, June 26, July 3, July 10, and July 17.

Vacation Calendar

It is **very important** that our coaches know when swimmers are unavailable to swim at Saturday meets! A vacation calendar will be posted on the swim team office door. Please be courteous and note any Saturdays your child will be out-of-town.

Snack Bar Needs

The Demon Deli operates at home meets. Food donations and volunteer help are always appreciated. Also needed: *trainees* to join the team and learn the ropes for 2010! See Ronnie Blockowicz or Susan Kaminsky.

Wanted: Meet Officials!

We are always in need of officials! As a big swim team, we should have plenty of eager helpers to fill these slots! Contact Paul Doremus at 301-545-0586 or pdoremus1@comcast.net for more information. **Prior experience is NOT necessary!** Training dates follow:

Clinics at Olney Swim Ctr:

Tues, May 26, 7:00-9:30 PM (returning refs)
Sunday, June 7, 8:00-11:00 AM
Sunday, June 14, 8:00-11:00 AM

Clinic at Georgetown Prep:

Wed., June 10, 6:30 - 9:30 PM

Check www.mcs1.org for updates, directions.

Team Breakfasts

"Thank you" to **Lorin Umbel and Rosina Chazin** for once again organizing our popular team breakfasts! All proceeds go to team expenses and coaches' bonuses. Pre-Team members are welcome to join us at 9 am on **Fridays beginning June 19**. A short meeting follows the breakfast, where swimmers for Saturday's meet are announced, as well as the Swimmers of the Week! Parents, consider volunteering to help prepare/clean up. Sign-ups will be posted on the bulletin board.

End-of-Season Banquet

Good News: Lisa Goodkind is returning as our banquet volunteer! Mark your calendar for this special celebration on July 25 and watch the bulletin board for registration forms and volunteer requests.

Team Merchandise

Many thanks to Amy May who is again coordinating our merchandise sales. We'll have merchandise for sale at Time Trials and some of the swim meets. Otherwise, grab a swim team committee member at the pool. The following team merchandise will be available.

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| Team tee-shirts | \$15 |
| Sweatshirts | \$20 |
| Shorts | \$15 |
| Swim Caps | \$10 |
| Car Magnets | \$5 |
| Car Flags | \$10 |