

Team Rep: Anne Govrt, annelang79@gmail.com, 202-321-1241 (call/text)

T Welcome to the Virginia Hills Tidal Wave Swim Team (est. 1961).

I Swim team is open to every pool member age 4 to 18. New, old, rookie, and experienced swimmers all make up our team. Everyone is encouraged to join. There are no try outs or waitlists. Tell your friends!

D Our team is part of the Northern Virginia Swim League (NVSL). NVSL consists of 102 teams which are divided into 17 Divisions for competition. We are in Division 15.

A Our team has 3 experienced head coaches: Katie Gilmore, Megan Faherty, and Alison Mextor. They will be assisted by 2-4 senior swimmers throughout the season. Coaches are the only paid positions on swim team. Everyone else volunteers their time.

L Swim Team is a fun-filled, jam-packed season beginning on May 27th, 2014 and ending with our final Banquet & Awards ceremony on July 26th, 2014.

W Registration will open on-line May 5th, 2014 and continue until May 23rd, 2014. (contact Anne for mid-season registration instructions if you are new to the pool)

A Practices are every week day starting May 27th (see schedule). Please attend as many as you can.

V Swim Team suits are available for purchase from our vendor at the pool on Friday, June 6th, 2014 (5:30pm – 7:30pm)

E There are 5 developmental (aka “B”) swim meets during the season on Monday nights starting Monday, June 16th (see schedule). Every swimmer who can make it the length of the pool will swim in each B meet.

S There are 5 competitive (aka “A”) swim meets during the season on Saturday mornings starting Saturday, June 21st (see schedule). Coaches select which swimmers compete in these meets.

W In addition to the 10 meets just described our season kicks off with Time Trials on Saturday, June 14th, 2014. *This is a practice meet for everyone.* Our season ends with the Divisional Championship meet on Saturday, July 26th.

I Swimmers are awarded ribbons throughout the season (1st – 6th place) and trophies at the end of the season.

M Team pictures, along with the annual team campout, will be on Saturday, July 6th 2014 at 6:00pm.

T Other fun team activities to fill your summer include the annual spaghetti dinner, ice cream nights, Kings Dominion Day, and Friday night pep rallies (see schedule).

E The buddy program pairs older swimmers with our newest swimmers to cheer them on during meets and help them adjust to their new experiences of being on swim team.

A Swim Team communications will come primarily via email from team rep Anne Govert (annelang79@gmail.com). We will also post on our website (www.vahillspool.org) and use the swim team bulletin board at the pool.

M Keep Calm And Swim On. Have Fun too!

Volunteering and the F word

Volunteering

It is expected that one parent from every family volunteer their time for every swim meet their child is participating in. It literally does take a village to run a swim meet. Between 40 and 50 volunteers are required to successfully execute each meet. Prior to each swim meet you will be sent a signup genius invitation to select your volunteer position for the meet. Thanks in advance for helping us out by volunteering at your child's swim meet..... don't worry you'll get to see them swim too.

<input type="checkbox"/> Announcer	<input type="checkbox"/> Banquet coordinator	<input type="checkbox"/> Concessions Manager
<input type="checkbox"/> Concessions Worker	<input type="checkbox"/> Chaperone	<input type="checkbox"/> Clerk of Course
<input type="checkbox"/> Data Specialist	<input type="checkbox"/> Deck Assistant	<input type="checkbox"/> Divisionals Committee
<input type="checkbox"/> DQ runner	<input type="checkbox"/> Marshall	<input type="checkbox"/> Misc. Procurement
<input type="checkbox"/> Pep rally coordinator	<input type="checkbox"/> Referee	<input type="checkbox"/> Relay take-off Judge
<input type="checkbox"/> Social Media	<input type="checkbox"/> Starter	<input type="checkbox"/> Stroke & Turn judge
<input type="checkbox"/> Table Chief	<input type="checkbox"/> Table Worker	<input type="checkbox"/> Team Rep
<input type="checkbox"/> Timer – Chief	<input type="checkbox"/> Timer – Lane	<input type="checkbox"/> Treasurer
<input type="checkbox"/> Trophies	<input type="checkbox"/> Volunteer Check-in	<input type="checkbox"/> Web Master

“F”und Raising

The money you pay for your children to be on swim team pays our coach's salaries and our NVSL dues and insurance.

Q: So we need additional Fund Raisers to pay for team supplies, ribbons, trophies, ice cream, and the new lane line reel?

A: NO! We don't as a rule do fund raisers because the VA Hills snack bar belongs to swim team. 100% of snack bar profits go to our team.... but the snack bar only makes a good profit when they stay open..... and to stay open they need swim team parents or older kids to work shifts throughout the entire summer, mornings, evenings, weekends, and August!

We have a fabulous snack bar manager, Theresa Talavera and she has a strong team of assistants but they cannot do it all alone. We ask that every swim team family support our swim team snack bar 'fundraiser' by working 3 snack bar shifts throughout the summer.

Theresa will be in touch via email with scheduling needs and special incentives.