

## **Swim Team News:**

Hazy, Lazy Days of summer are headed our way! We can relax, sit by the pool, and enjoy the children while they swim their little hearts out on the swim team. TVW "Aquatics" will once again offer summer fun by means of a swim team. Our Aquatic leaders will be back. Yes! Andy and Sara will once again lead our swimmers in The Greater Richmond Aquatic League in Division III. What a fine job they did last year. Our small little team did a lot of kicking that won us first place in the Senior Varsity Division. That means we scored more points in this category during the regular season than any other team in our division. The big news is that for the second year in a row TVW won the Len Everett award for good sportsmanship. Each division votes for another team within their division that showed good sportsmanship from the swimmers, fans and parents. Way to Go TVW! What an honor to receive the award from our peers. From the looks of things the children had a great year. The coaches had a secret recipe of combining practice, fun and learning into a winning season.

I would like to stop and thank the coaches for their time, talent and dedication they put into our children last summer. Each coach brings something special with them. Let's start with Coach Andy, he is the energizer bunny in larger than life form. He can take a scared little swimmer and ease him into the water and has him swimmer laps in no time. Andy interacts with everyone and sets great examples of good sportsmanship in and out of the water. His jokes and easy manner keep him out of trouble. Or, maybe it is Coach Sara who keeps him out of trouble. Sara has a smile that lights up a room. She holds the team together with her calm and excellent ability to think under pressure. The children love her and have learned to improve their strokes and their self-confidence. Let see what Coach Robbie has been up to this winter. Oh Look! He is going to University of Florida in the fall on a swimming scholarship. Just think he started right here at TVW as a mite and look where he is today. "Congratulations!" Robbie. Robbie helped the coaches last year by taking a few swimmers and going over techniques such as flip turns or diving off the blocks. We have big plans for him this year. We hope to offer clinics that you can sign up for on individual bases. More information will be available once the pool opens.

If you decide to join our swim team, your child will have the opportunity to improve their swimming skills, meet new friends, compete at their own level while have fun at the same time. Swimmers must be able to swim the "width" of the pool (any stroke) to be on the team - we will teach them the rest. Not sure if your

child is ready? Come to the first week of practice and let the coaches evaluate your child's abilities. We will also offer a pre-team once again this summer for the little ones that are almost ready for swim team. More information on this when the pool opens.

**SWIM TEAM REGISTRATION & SOCIAL**  
**TVW Poolside Friday, May 2, 2003 from 5-7pm**

Register your child; order forms for the swimsuits and swimming apparel will be available.

(Snacks and drinks provided)

**Bathing Suit: "Speedo"**

Girls - Vertigo Blue           \$44.50  
Boys - Jammers Sandscape   \$26.00  
          Black w/ Blue insert

**Registration Fees are:**

\$60.00 for the first child  
\$50.00 for the second child  
\$20.00 for the third child

This is the second year of the speedo bathing suit it can be purchased at NOVA and or Disco Sports. Hopefully, you can still use the one from last year.

**Practice Starts**

**Monday, May 19**  
**Evening Practice only**

**Parents Meeting**

**June 4, @ 7 pm**  
**Poolside**

**Swim Team Schedule**

(Home meets in bold)

<b>Thursday</b>	<b>June 12</b>	<b>HOME MEET</b>	<b>6:30</b>
Wednesday	June 18	Away Meet	6:30
<b>Wednesday</b>	<b>June 25</b>	<b>HOME MEET</b>	<b>6:30</b>
<b>(Swim Team Pictures 6/25 before meet)</b>			
Wednesday	July 2	Away Meet	6:30
<b>Wednesday</b>	<b>July 9</b>	<b>HOME MEET</b>	<b>6:30</b>
Tuesday	July 15	Away Meet	6:30

GRAL Championships will be held on July 26 & 27th at the GMU Freedom Center. Last year GRAL selected this new site to hold the championship meet. It is beautiful. Indoors, running water, the pool was impressive, as were the TVW

swimmers that competed. The team had 24 swimmers they improved 70% of their times. That Pool was GREAT! Our little team ranked 12th out of 29 teams. Five of our swimmers broke GRAL records and one of our swimmers was a Triple Winner! Great Job! Everyone enjoyed the day and said they would return next year. Hope to see you there.

Each year we look forward to watching our children grow stronger as swimmers and as individuals. Let's set good examples by showing the children that we as parents care enough to do our very best. Please step up on the blocks and volunteer to help with the team. It requires **ALL PARENTS** to sign up to work 3 full meets. There are needs before and after the meets. We need help with the Car Wash, The Donut Sale and Picture day. **If you can sponsor the team please call Sue Nichols 360-3831, for more details.** Most importantly to help the meets run smoothly we need individuals to be trained for certain jobs, so please peruse the schedule below and see if you can make a meeting. Come be a part of our team, the rewards are great. You are involved with your child, you will meet new friends, and you gain knowledge of how meets are run. By working together we can show our children we care.

**Training Sessions:**

Sunday, May 4	3:30-7:00	Shady Grove Y
Saturday, May 17	1:00-5:30	TBA
Wednesday, May 21	5:30-9:00	Wyndham
Wednesday, May 28	5:30-9:00	TBA
Sunday, June 1	2:30-7:00	TBA

If you have any Questions please call Sue Nichols 360-3831 or Debby Waters 360-4961.

Swim Fast!