

# Welcome to the



# Ravensworth Farm Swim Team Family!

*We know your family will have a great season!*

## CONTACTS

### Swim Team Reps

Teresa Freeland  
Katherine Craig  
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### Head Coach

Jackson Hannam  
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### Fledglings Coordinator

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### Monday Meet Rep

Anne Pinkstaff  
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### Volunteer Coordinators

Nicole Suris (Saturdays)  
Shawn Thliveris (Mondays)  
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### Officials Coordinator

Chris Myers  
[swimteam@ravensworthfarmpool.com](mailto:swimteam@ravensworthfarmpool.com)

## ON-LINE REFERENCES:

Ravensworth Farm Website  
Northern Virginia Swim League (NVSL):

[www.ravensworthfarmpool.com](http://www.ravensworthfarmpool.com)  
[www.mynvsl.com](http://www.mynvsl.com)

# Swim Groups, Fees, and Practice



**FLEDGLINGS** are our youngest swimmers who are learning to enjoy the water in a fun atmosphere and build proficiency in beginning swim strokes. Fledglings must be 4 years old by September 1 and be a current member of the pool. There is no age limit though most kids move up to swim team around the age of 7 or 8. Fledglings participate in a Lollipop Meet at the end of their season, but could also be invited to swim in a Monday meet. At anytime during the season, a child deemed advanced in their swim strokes may be invited to move up to swim team.

Lollipop Meet - A fun meet held just for our Fledglings. It is non-competitive in nature and a good way to cap off a season of fun. July 25<sup>th</sup> (rain date July 26) at our pool during regular practice time. Parents should plan to come and enjoy the meet.

**RAVENS** are members of the swim team who are comfortable in all strokes: freestyle, backstroke, breaststroke, and butterfly. The swimmer should be able to swim the length of the pool legally in two strokes and be a current member of the pool. Ravens can swim in Monday "B" meets by recommendation of Coaches and may be invited to compete in a Saturday "A" meet as well. Ravens compete and practice in their respective age groups: 8 and under, 9-10, 11-12, 13-14 and 15-18. Age groups are based on the age of a swimmer on June 1 of the season.

## **Ravens Swim Team Membership Dues**

1 swimmer	\$115
2 swimmers	\$210
3 swimmers	\$300
4 swimmers	\$400
5 swimmers	\$495

## **Fledgling Membership Dues**

\$115 per swimmer

## **PRACTICE**

The goal of the Ravensworth Swim Team is to have fun while improving swimming skills. Practices are held everyday Monday thru Friday. All swimmers should attend as many practices as possible. Swimmers come up a few minutes early so they are ready to begin at the start time. This means caps are on, sunscreen is applied, ready to jump in and swim!

## **Ravens Practice Times:**

### **May 30-June 23**

3:30-4:30 pm, 13-18 year olds  
4:30-5:30 pm, 8 years old and under  
5:30-6:30 pm, 9-12 year olds

### **June 26-July 28**

7:15-8:15 am, 13-18 year olds  
8:15-9:15 am, 8 years old and under  
9:15- 10:15 am, 9-12 year old

## **Fledgling Practice Times: June 28-July 25**

10:15- 11:00 (No Practice on July 4<sup>th</sup>) Lollipop Meet – Tuesday, July 25 (rain date 26<sup>th</sup>)

# Swim Meets



## TIME TRIALS

All Ravens are encouraged to get an official time in all four strokes, assuming they are legal in each stroke. Official times help coaches place swimmers correctly. Time Trials will be held **Saturday, June 17** at 9:00. Warm ups begin at 8:00, officials and volunteers should arrive by 8:00. The Time Trial meet requires a lot of volunteers. Every position (starter, referee, timers, stroke and turn, etc.) must be filled by a Ravens parent. The Time Trial meet is a great opportunity for parents to learn a volunteer position and for new swimmers to experience meet conditions. If your swimmer cannot participate, please coordinate with Coach Jackson to get an official time. Ravens cannot swim in a Saturday A meet without an official time.

## WEEKLY SWIM MEETS

Ravens participates in two swim leagues:

- NVSL (Northern Virginia Swim League)- also known as Saturday “A” meets.
- FAST (Fairfax Area Swim Teams) - also known as Monday “B” meets and other developmental meets.

### NVSL – Saturday “A” Meets

NVSL or Saturday “A” meets are competitive meets. Unlike Monday meets, points are earned when a Raven places first, second or third and a team is declared the winner at the conclusion of the meet. Each week, swimmers are selected by the Coaches and invited to swim in that Saturday’s meet. Selections are based on a variety of reasons including official times, participation in practice and availability. Swimmers can participate in no more than two strokes and two relays.

**If you are invited to swim in a Saturday meet and unable to participate**, it is important that you alert the Head Coach or Swim Representatives that your swimmer **cannot** participate so we can seed another swimmer. If your swimmer is a regular Saturday “A” meet swimmer and you know that they will not be available to swim in that weeks meet, please email us at [swimteam@ravensworthfarmpool.com](mailto:swimteam@ravensworthfarmpool.com) before that Wednesday. If your child becomes unavailable after being seeded for a Saturday meet, email ASAP so that we can seed another swimmer.

While only selected swimmers participate in the Saturday meets, all families are encouraged to attend and cheer on the Ravens. Saturday “A” meets begin at 9 am and end by noon. A team lunch is usually planned after each meet.

### “A” Meet Schedule

Saturday, June 24	@Hunter Mill (10339 Brittenford Drive, Vienna)
Saturday, July 1	Home vs Hamlet
Saturday, July 8	Home v Hunt Valley
Wednesday, July 12	Divisional Relays@Hamlet (8209 Dunsinane Court, McLean)
Saturday, July 15	Home vs Little Rocky Run
Saturday, July 22	@Fairfax (4200 Roberts Road, Fairfax)
Saturday, July 29	Divisionals @ Hunt Valley (7100 Sydensticker Road, Springfield)

*Meets Start at 9:00/ Home Team Warm Ups 8:00/Visitors Warm Up 8:30/Most Volunteers arrive at 8:30*

### FAST – Monday “B” Meets

All levels of swimmers can participate in a B meet. The coaching staff will help you and your swimmer choose the best events in which to participate. Each swimmer may sign up for one or two strokes, plus the individual medley (IM) if ready. Sign up for Monday meets occur the week before at practice. Developmental meets are a good way to gain experience and improve a race time in order to become eligible for an “A” meet. Note: Swimmers that participated in the “A” meet the Saturday before and earned a first, second, or third place may not participate in the same stroke on a Monday night. ***It is important that swimmers who sign up to swim at a meet show up!***

### "B" Meet Schedule

Monday, June 26	Home v. Lakeview
Monday, July 3rd	@ Brandywine (9537 Helenwood Drive, Fairfax)
Monday, July 10	@ Fairfax Club Estates (5601 Snowy Owl Drive, Fairfax)
Monday, July 17	Home v. Sully Station 2
Monday, July 24	IM Carnival@ Lakeview (5352 Gainsborough Dr, Fairfax)

*Meets Start at 6:00/ Home Team Warm Ups 5:00/Visitors Warm Up 5:20/Most Volunteers arrive at 5:25*

### Meet Tips

We recommend each swimmer bring the following to every meet:

- ✓ Team suit and cap (2 caps are best)
- ✓ Goggles (2 pair is best)
- ✓ Two towels
- ✓ Sun screen
- ✓ Water bottle with cold water
- ✓ Small, simple, healthy snacks
- ✓ Extra clothes
- ✓ LABEL items (inside the cap, initials on the goggles strap, etc.)
- ✓ Be prepared for all weather conditions

## Additional Information

### Weather Policies

For scheduled meets and practice, we will swim rain or shine as long as the bottom of the pool is visible and there is no thunder. For meets, if thunder occurs, swimmers and families should wait in cars until a decision has been made by the team reps to postpone, delay or cancel a meet. ***Do not leave the meet and drive away until a decision has been made; often meets will continue after the weather has passed.*** If needed, meets will be made up as soon as possible.

### Disqualified Events (DQs)

During a swim meet, if a swimmer does something illegal as determined by the stroke and turn judges, the swimmer will "DQ" or disqualify. When this happens, the swimmer's time is not official and the swimmer cannot place in that race. Every swimmer DQs at some point, even the most experienced. Swimmers DQ for a wide variety of reasons. Coaches will work with the swimmer to help correct their stroke if needed.



## Parent's Role = Volunteer

Our swim program requires a large team of parent volunteers. Each family is required to volunteer if their child is swimming at a meet. When you volunteer, you are allowed to watch your child's race. A sign up will be emailed out for each meet – **IF BY THE THIRD MEET YOU HAVE NOT VOLUNTEERED, YOUR CHILD OR CHILDREN MAY NOT BE ALLOWED TO SWIM IN THE MEET.** Please do your best to volunteer as often as you can WITHOUT BEING ASKED TO SIGNUP. Below is a description of some of the jobs that need to be filled at each meet.

To help with the organization of the meets, all volunteer are required by NVSL to wear official uniform of blue bottoms (no jeans please) and a plain white shirt. It is encouraged to have this uniform available at the meet even if you are not volunteering but are able to, just in case we are short of volunteers. The exception to this rule are volunteers working concession stands and those doing set up or take down.

- **Timers** – Three timers are needed for each lane. Time until the last swimmer swims. If you can't time the entire meet, we encourage you to find another parent with whom to split the meet.

- **Table Workers** - Review the time cards and help data person enter information into the computer. Need to stay a bit longer than the last swim.
- **Marshall** - Help keep the meet organized by ensuring areas are clear of spectators/swimmers and the crowd is quiet for the start. Wear an orange vest provided by the team.
- **Clerk of Course & Runners** - Work directly with the swimmers to line them up by race, get the correct time cards to the correct lane, and encourage all swimmers.
- **Relay Take Off Judges** - The authority of the Relay Take Off Judge to recommend a disqualification of a competitor makes this position particularly important. While official training is not required to fulfill this position, you must be familiar with the rules and the decisions you will be making. The guiding principal of NVSL and the Ravens is fairness to all competitors, giving the benefit of the doubt, in every instance, to the swimmer. But don't worry, it is not solely your recommendation that can DQ a swimmer and recommendations are not made public.
- **Ribbons** - Job starts after the first stroke ends, and will last longer than the meet. Once labels are printed with swimmer information, you place the labels on ribbons and file them.
- **Concessions** - Food and drink is sold at all meets. Help prepare and sell food at home meets. While you may not see all of the meet, you will have the opportunity to step away and see your child swim!
- **Set Up and Take Down** - We will need you early or you will need to stay later after the meet – we work with the lifeguards and coaches and many hands make these jobs go quickly.

The following volunteer positions – **Stroke and Turn Judge, Started and Referee** – are “officials” and require special training that can be completed through NVSL. Older families are getting ready to age out of our program and **we need the next generation ready** to fill those shoes. Don't worry we will train you and you can shadow this year. Contact a team rep or Chris Myers if you are interested in becoming an official. NVSL will hold multiple training sessions on Saturday, June 10<sup>th</sup> and other days early in June. Additional information is available on the My NVSL website.

## Additional Information

### HOW IS MY SWIMMER PERFORMING?

Coaches will work with swimmers to help them improve. If you have a specific question or concern, please email [swimteam@ravensworthfarmpool.com](mailto:swimteam@ravensworthfarmpool.com). Practices have quick turn arounds for each age group and coaches may not be able to talk with you personally at that time. To respect the practice time, please do not address concerns with coaches during practice times.

As a way to help measure your child's success and motivate your swimmer, ribbons are given to all swimmers after each meet, usually the next day at practice. On the back of each ribbon is a label with the swimmer's information and the time recorded for the race. Dropping time is a good indication of improvement and every swimmer's goal should be a personal best!

### UNIFORMS- TEAM SUITS AND CAPS

Ravens participating in meets are highly encouraged to wear team suits and team cap. Team caps are mandatory at swim meets. Caps will be available for sale and the suits are available through Suit Up, located at University Mall across from George Mason University.

- Caps - come in latex and silicone. Swimmers can wear either. The silicone is more comfortable but tear easily and are more expensive. Latex are less expensive, but some swimmers find them uncomfortable.
- Competition swim suits - should have a snug fit. It is a good rule of thumb to purchase a suit about one size smaller than you usually do, but always try the suit on just to be sure. The tightest the swim suit will be is the first time it is worn. Suits will stretch after multiple uses. *For that reason, your swimmer should wear the team suit only for meets.* After each use, rinse the suits in cold water and lie flat to dry. Rinsing the suit in cold

water helps to get damaging choline out of the fabric, increasing the life of the suit. Taking good care of your suit will help ensure that you get two seasons of use from the swim suit.

### TEAM PHOTOS

Swim and Dive Team members are encouraged to participate in the team photo. Individual photos are also taken on this day, so frequently families with younger Fledglings bring them and have a family swim photo taken. This is a fundraiser for the swim team, so we appreciate your purchase and participation. Team photos are scheduled for **June 30<sup>th</sup> at 7:30 am**. Please be on time and wear a team suit if you have one. There will be no regular practice on that day.



# Swim Calendar

Saturday, June 17	Time Trials
Saturday, June 24	@Hunter Mill (10339 Brittenford Drive, Vienna)
Monday, June 26	Home v. Lakeview
Friday, June 30	Picture Day
Saturday, July 1	Home vs Hamlet
Monday, July 3rd	@ Brandywine (9537 Helenwood Drive, Fairfax)
Saturday, July 8	Home v Hunt Valley
Monday, July 10	@ Fairfax Club Estates (5601 Snowy Owl Drive, Fairfax)
Wednesday, July 12	Divisional Relays@Hamlet (8209 Dunsinane Court, McLean)
Saturday, July 15	Home vs Little Rocky Run
Monday, July 17	Home v. Sully Station 2
Wednesday, July 19	All Star Relay Carnival@Greenbriar (13001 Point Pleasant Drive, Fairfax)
Saturday, July 22	@Fairfax (4200 Roberts Road, Fairfax)
Monday, July 24	IM Carnival@ Lakeview (5352 Gainsborough Dr, Fairfax)
Tuesday, July 25	Fedglings Lollipop Meet (rain date July 26)
Saturday, July 29	Divisionals @ Hunt Valley (7100 Sydensticker Road, Springfield)
Sunday, July 30	Swim Banquet
Saturday, August 5	All Stars@Sully Station (5101 Sequoia Farms Drive, Centreville)

***Please visit the pool website for the most updated information and also follow on Facebook  
[www.ravensworthfarmpool.com](http://www.ravensworthfarmpool.com)***

