

Donaldson Run Swim Team

Parent/Swimmer Information Sheet

May 2008

Eligibility

Any child who can swim the length of the pool is eligible for swim team! If you are in doubt, try out after practice the first two weeks of afternoon practice. Please be at the pool at 6:00 p.m. for a brief visit with the coaches. If you are ready, plan to start practice the next day. If not, you can arrange private lessons or wait for group lessons later in the season. Kids may join at any point in the season. All swimmers are encouraged to swim at the Monday night meets, but we enter only 3 swimmers (our fastest) in each event on Saturday mornings. Only DRRA pool members (Full, Summer, or August) are eligible for the team. Under NVSL rules, August only members are not allowed to swim in the Saturday morning meets.

Registration

Registration forms will be available at the Ice Cream Social or at www.drara.org.

Practice Schedule

May 12 - June 20

4:00 – 5:15 p.m. Ages 9 & Up
5:00 – 6:00 p.m. Ages 8 & Under (6 & Under Start on May 27)

Starting June 23

Morning Practice

7:45 - 9:15 a.m. Ages 11-18 (except Fridays)
9:00 - 10:15 a.m. Ages 9-10 (except Fridays)
10:00 - 10:45 a.m. Developmental Swimmers
10:15 - 11:15 a.m. Age 8 & Under
Fridays 11-12 year old swimmers swim in the 9:00 - 10:15 timeframe

Afternoon Practice and Clinics (T,W,Th)

4:00 - 5:00 p.m. Ages 11 and Up
5:00 - 6:00 p.m. Ages 10 and Under

NOTE: Times may change. Coaches may move swimmers to a different practice to better match capabilities.

Please, no parents on the deck during practice. The coaches need to focus on the swimmers. If you have questions, talk to Anne Brown or Ned Woodward, wait for the coaches after practice, or arrive early and talk to them before practice. After school is out, swimmers attending morning practice are encouraged to return for the afternoon clinics. Each clinic will focus on particular strokes, starts, or turns. Clinics and afternoon practice (for those swimmers who could not make practice in the morning) are held on Tuesday, Wednesday, and Thursday afternoons (except for the Tuesday afternoons when the pool is closed for home dive meets, the Wednesday Relay Carnival, and All Star Relays). With so many interruptions, afternoon practices do not provide the same conditioning and opportunity as the morning practices. Please try to make the morning practices.

Miscellaneous

Communication This year we will again rely extensively on email to communicate important information about the team, and to do this we need your email addresses. Please make sure you include your email address on the registration form. Feel free to provide multiple email addresses. To amend email information, contact Communications Coordinator, Nita Wade, SwimTeamMailList@drara.org. Also be sure to check the pool bulletin board and website.

Mailboxes File boxes on the counter at the guard desk will have a folder for each swim team family. That's where you will find items we cannot relay any other way, such as ribbons. We will not, however, duplicate email information with hard copies in boxes. In the front of the file boxes are folders to leave things for the team representatives, coaches, or the treasurer; however, the best way to contact the team reps, the coaches, or the treasurer is by email. In the front of the file drawer you will also find a folder with directions to upcoming meets and a folder with past meet sheets.

Private Lessons While our coaches are exceptional, with over 200 swimmers it is just not possible for each child to get all of the individual attention that he or she might need at team practice. Private lessons are a great way to help your child work on specific skills. Each of the coaches will be pleased to talk with you about arranging private lessons.

Team Suit If you miss out at the Ice Cream Social, the Donaldson Run team swimsuit is available at Sport Fair at 5010 Lee Highway (please note: they recently moved a few blocks closer, across the street from Dominion Lighting). Make sure you tell the staff at Sport Fair you want the Donaldson Run team suit.

Team Clothing Team t-shirts, sweatshirts, caps, and other apparel will be available for purchase at the Ice Cream Social. Remaining items will be available for sale at subsequent team events.

Swim Team Schedule

| | | | |
|---------|----------|-----------|---|
| May 11 | Sunday | 4:00 p.m. | Ice Cream Social |
| May 12 | Monday | 4:00 p.m. | Afternoon Practice Begins |
| June 14 | Saturday | 9:00 a.m. | Time Trials @ DRRA |
| June 16 | Monday | 6:00 p.m. | DRRA @ High Point Pool |
| June 23 | Monday | | Morning Practices and Afternoon Clinics/Make Up Practices Begin |

| | | | | |
|---|-----------|-----------|---------------------------------------|-------------------------|
| These are the weeks when we need EVERYONE! | June 21 | Saturday | 9:00 a.m. | DRRA @ Hunter Mill |
| | June 23 | Monday | 6:00 p.m. | Overlee @ DRRA |
| | June 28 | Saturday | 9:00 a.m. | Oakton @ DRRA |
| | July 30 | Monday | 6:00 p.m. | Intra-Team Meet |
| | July 4 | Wednesday | 9:00 a.m. | All Arlington Relays |
| | July 5 | Saturday | 9:00 a.m. | DRRA @ Fairfax Station |
| | July 7 | Monday | 6:00 p.m. | DRRA @ Lee Graham |
| | July 9 | Wednesday | 6:00 p.m. | Relay Carnival @ DRRA |
| | July 12 | Saturday | 9:00 a.m. | DRRA @ Vienna Woods |
| | July 14 | Monday | 6:00 p.m. | DRRA @ Arlington Forest |
| July 16 | Wednesday | 4:00 p.m. | All Star Relay Carnival @ Springboard | |
| July 19 | Saturday | 9:00 a.m. | Tuckahoe @ DRRA | |

| | | | |
|----------|----------|------------------------|--|
| July 21 | Monday | 6:00 p.m. | Chesterbrook @ DRRA |
| July 26 | Saturday | 8:00 a.m. 6:00 p.m. | Divisionals @ Tuckahoe End of Year Dinner and Award Ceremony @ DRRA |
| August 2 | Saturday | | Individual All Stars @ Little Rocky Run |