



Woodley Warriors

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Philosophy

The Warriors swim and dive team is one of 9 teams in the area that started Northern Virginia Swim League (NVSL). The NVSL was founded in 1956 to sponsor competitive swimming and diving in and among the community swimming pools in that area of Northern Virginia contiguous to the District of Columbia, and to develop in the children participating in this program-- A love for the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship. NVSL has grown to 102 swim teams and 53 dive teams and is the largest summer competition league in the US for swimmers and divers ages 18 and under.

Warriors Swim & Dive Team share the same core principals as NVSL;

Love for the sport – We encourages swimmers and divers to strive for their own personal best; but we do this without focusing on beating anyone else. While NVSL sanctioned "A Meets" or Dive meets are scored and are usually limited to the fastest Woodley swimmers or divers who are eligible to compete, we strive to offer all swimmers or divers the same opportunities to grow and achieve personal best regardless of which meet they compete in.

Advance aquatic skills - We seek to enhance everyone's skills, Woodley Warrior Swim & Dive team offers members training routines under the direction of an experienced team of coaches. Participation in scheduled practices is a self-rewarding activity: those who regularly attend practices form lasting social bonds with their peers in their practice group; and as an added bonus, regular participation tends to lead to refined technique, endurance, and speed.

Teamwork – No one person is responsible for winning a meet, rather the whole team wins together or loses together. Every championship team consist of players with equal responsibilities working towards a common goal. With every kick, every pull, every jump, every dive, every breath, we all share the same common goal! **Together Everyone Achieves More.**

Sportsmanship – those who participate regularly will learn the importance of respecting our opponents, and polite behavior by someone who is competing in the sport! Examples of sportsmanship include; cheering for the struggling swimmer or diver who give it his/her all, even if he/she finishes last; clapping when the last swimmer finishes a race (even if that swimmer is on the other team); or being respectful of a diver who did not complete a dive.

Our Woodley Warrior goals are simple:

- To love what you do
- To become the best swimmer(s) or diver(s) that we can be
- To demonstrate good sportsmanship and team spirit
- To reconnect with old friends and make new friends
- To most importantly, have fun!

Programs & Eligibility

Any individuals who which to participate on the swim & dive team must first join Woodley Recreation Association. Under NVSL rules and insurance requirements, each swimmer/diver must be part of an adult family member's registration (full membership or season pass) at Woodley Recreation Association.

Anyone who joins the Woodley Swim & Dive Team, either as a Diver, Competitive swimmer, or Mini Warrior, is entitled to all the benefits of being on the Swim & Dive Team, including participation in the pep rally, pancake breakfast, team photos, and other social activities.

Dive Team

Program - members learn to dive safely off the board and will learn the appropriate dives for their age level with experienced dive coaches. The team competes with other similarly ranked teams in the Northern Virginia area.

Eligibility – Minimum age requirement must be 5 years of age by June 1st and 18 years of age by June 1st including those who graduated during the current school year. No previous diving experience is necessary; however, the diver must be able to swim across the pool and show an interest in learning how to dive.

Competition Swim Team

Program – members learn to swim all four competitive strokes and enhance their techniques. The team competes with other similarly ranked teams in the Northern Virginia area.

Eligibility - Minimum age requirement must be 5 years of age by June 1st and 18 years of age by June 1. Basic skills assessment includes the swimmer swimming a full length of the pool (25 meters) unassisted, with a legal stroke. Swimmers who cannot meet this test may be offered placement into the Transitional Program.

Mini Warriors (Transitional Team)

Program – The purpose of the transitional team is to provide a bridge between basic swim lessons and competitive training. The program strives to improve the crawl (freestyle) stroke, (building endurance towards an ability to swim the entire length of the pool unassisted and without stopping, (iii) learn a racing dive, and (iv) complete at the season's end against other Mini Warriors in at least one 25 meter freestyle race. Mini Warriors are eligible to swim in "B" meets as soon as they demonstrate an ability to swim the full length of the pool. Mini Warriors will have the opportunity to swim at home "B" meets only in a kickboard race.

Eligibility – Minimum age requirement must be 5 years of age by June 1st and not older than 6 years of age and who are able to meet our Basic skills Assessment criteria but not ready to swim the entire length of the pool. All Mini Warriors must have focus and social skills suited to a large group setting. It is recommended that individuals do not enroll in the program until completing kindergarten.

Basic skills assessment (administered on the first day of practice)

Ability to traverse half the length of the pool (12.5 meters) in deep water,

Ability to float on the stomach, with face in water

Willingness to jump or dive into deep water.

NVSL Age Rule

The eligibility of a swimmer to compete in a particular age group shall be determined by his or her age by JUNE 1st. The eligibility of a diver to compete in a particular age group shall be determined by his or her age by June 1st.

Question on Eligibility

If you are unsure if your child should be placed on the Competition Swim team or Mini Warriors, please speak to the Head Coach before May 30, for recommendation and to have your child evaluated for a basic skills assessment.

Registration Fees

Cost

Registration cost help to offset the coaches' salaries, t-shirts, trophies, ribbons, league registration fees, insurance, and team supplies. Included in your registration fee is: one team t-shirt.

Competition Swim Team - \$175

Dive Team - \$175

Mini Warriors - \$100

Competition Swim Team & Dive Team - \$275

Maximum of \$700 per family price cap.**

** those who reach the family cap will need to contact a team rep for payment processing. The Teamunify website will not give you the option for the family price cap, only the team rep can. Please email the team rep before you register and pay.

Attendance

Practices

Please attend practice every day. Just like any other sport, attending practice every day will help swimmers and divers improve. Coaches work daily on different skills for each of the four strokes. Learning how to swim freestyle, backstroke, breaststroke, and butterfly legally takes a combination of instruction, practice, hard work, and ability. The same reasoning applies to dive practices. Please try your best to notify the coaches if you will be absent from practice

NVSL A-Swim Meets (Saturday) & NVSL Dive Meets (Tuesdays)

There are strict rules in the NVSL regarding substitutions and alternates at Saturday swim meets and Tuesday dive meets. Please read the NVSL Handbook regarding swimmer eligibility and substitutions for NVSL meets. We begin meet seeding on Monday evening. **It is absolutely essential that the Head Coach or swim team/dive team representative be notified 6 days in advance if your child is unavailable to swim/dive at these meets. Please use Teamunify to communicate your child's meets declaration.** (except for last-minute emergencies and illnesses, then please call the team rep).

Please note: no-shows must be avoided so that we may have alternates available to swim or dive. (It is difficult to substitute for no-show at the last minute, so notification allows another swimmer or diver the opportunity to be involved)

Development “B” Meet

Swimmers are strongly encouraged to participate in order to receive a swim time for events. The Monday Night “B” meet results are used to plan the Saturday “A” meets and Division Relay Carnival.

Division Relay Carnival

Please let us know by **June 12th** if your child will not be available to swim at the Division Relay Carnival that will take place on the June 28, 2023.

Divisional

Please let us know by **June 30** if your child would not be able to swim or dive if selected to do so at Divisional to take place on the last Saturday of July (swim team) and the last Sunday of July for dive team.

Optional Meets

10 & under Mini Meet

Participation in the Annual Mini Meet is not required but is strongly encouraged as this is an important fundraiser for our Swim/Dive team.

NVSL Standards of Conduct

The following Standards of Conduct shall guide swimming and diving within the Northern Virginia Swimming League (NVSL). They promote respect, fairness, civility, honesty, responsibility, and appropriate behavior. These Standards foster a positive environment at all swim and dive meets; establish an atmosphere of respect for all participants, officials, and spectators; produce positive learning outcomes for all; build participant and team spirit; and enhance the sports of swimming and diving.

All Athletes, Coaches, Team Representatives, Officials, Parents/Spectators, and NVSL Leadership shall:

- Abide by the established rules of the NVSL.
- Respect all officials at all times, and address them in a courteous manner.
- Avoid using inappropriate language, profanity, humiliating or intimidating remarks or behavior, verbal or physical assault toward any athlete, coach, official, or spectator.
- Follow applicable management, pool, and facility rules, respecting others’ property at all times.
- Display respect, courtesy, and good manners toward athletes, coaches, Team Representatives, and spectators. Team Representatives shall assist officials in maintaining control of spectators during meets.
- Demonstrate humility in victory and courtesy in defeat.

Head Coaches shall:

- Ensure athletes and assistant coaches demonstrate maturity and good sportsmanship toward other athletes, officials, coaches, and spectators at all times.
- Lead by example to instill a love for the sport, advance aquatic skills, teamwork and good sportsmanship in their team.

Spectators shall:

- Maintain an appropriate distance from the competition area by remaining in established viewing areas and shall not encroach the pool deck or interfere with any officials.
- Not engage in loud, intimidating, disrespectful, or negative behavior toward officials, athletes, other spectators, support personnel, or pool staff (including lifeguards).

Code of Conduct for Swimmers/Divers/Parents

Swimmers/Divers

Please remind your child to listen and pay attention to the coaches. The coaches are there to help them improve and be safe in the process. Distractions only hinder this process.

Respect the coaches, officials, volunteers, swimmers, and divers.

Meets

At all swim and dive meets, swimmers and divers should remain in the designated team areas. It can be very disheartening for a team athlete to have a good race or dive and realize that none of their teammates were watching to cheer them on. Likewise, coaches are expected to watch the participating swimmers and divers as well as prepare the next group. Locating missing swimmers and divers can be stressful to coaches and teammates, especially at relay time. Events are not delayed for a team to locate a competitor.

Practices

Swimmer/Diver 12 and under - Swimmers or divers may not be dropped off at the pool and left unsupervised outside of their scheduled practice. If you plan on having your child at the pool in the morning time before the pool opens to all members, you must indicate who will be supervising them while they wait for the pool to open. It is a privilege for our Swim & Dive team the use of the pool before the pool opens to all members. During morning practice the pool facility is limited in what we can use. If you are not in practice, we ask that you do a quiet activity at your table and wait patiently for the pool to open to all members. The use of ping pong tables, foosball table, basketball, volleyball, baby pool, soda machines, snack machine, refrigerators, grills, and icemakers are restricted. No person should be behind the front desk or use of the guards room. It is very important to note that the **baby pool is closed during the morning practices.**

Swimmers/Divers 13 and over - during the morning practice once your dive and/or swim practice is over and you are not waiting for a sibling or younger diver/swimmer that you are in charge of; you are to leave the pool. If you have time between your swim & dive practices; please limit your activities to something quiet at your table. We ask that you conduct yourself in a respectful manner.

Parents

Respect the coaches, officials, volunteers, swimmers, and divers

Meets

Parents should not be in the designated team areas during a swim or dive meet. Parents should respect the coaches, officials, volunteers, swimmers, and divers. Parents cannot interfere with coaches or officials when they are performing their duties. If there is a question or a concern about something that occurs during a meet, please bring it to the attention of the Team Representative. Only the team representative may consult the referee, but not while an event is in progress. Be courteous. The referee at either a swim or a dive meet can delay the meet if there is an inappropriate level of noise. At a swim meet, the critical quiet time is at the start of a race in order to give all swimmers and timers a fair chance at hearing the starter and the horn. At a dive meet, it is requested that everyone present be quiet. Divers and judges need to be able to hear the announced dive, concentrate, and prepare themselves. It is not easy for a child to focus on the safe execution of a dive if there is a sudden amount of background noise.

Practice

If you desire to observe the practices, please observe from a distance. Let the coaching staff do their jobs and do not interject yourself into the practice unless requested by a coach or there is a health and safety matter.

If you have a question or a concern about something that occurs at practice, *either bring it to the attention of the Team Representatives, Coach Liaison, or wait until after practice to discuss it with the coach.*

Communication

Team Website

<https://www.teamunify.com/Home.jsp?team=nvslwwst> - TeamUnify platform is designed specifically for swim and dive teams to help manage, registration, calendar, volunteer sign up, meet attendance declaration, meet results, meet sign ups, and more.

Meet Attendance Declaration

Be sure to declare each swimmers'/divers' availability for each Meet and Event of the season using the "Meet & Event Signup" tab on our teamunify website. In all cases notification must be made no later than the Sunday before a Saturday Dual meet and by Sunday before the Tuesday Dive meet. It would be ideal if you could mark availability at the start of the season.

Announcement of Entries for Meets

	Announced at Practice	Emailed to members
“A” Meets	Wednesday	Wednesday
Dive Meets	Tuesday	N/A
Divisional Relay Carnival	June 27, 2023	June 27, 2023
Swim Divisionals	July 17, 2023	July 20, 2023
Dive Divisionals	July 19, 2023	n/a

**After each meet, the results will be emailed to all swim team members. Be sure to check the Entries List each week, because those swimming and their events may change from week to week.*

B Meet Entries Sign up

Be sure to use the teamunify to sign your child up for his/her desired event for the B meets. You must do this by 6:00 pm the Sunday prior to the Monday B meet. Please speak to the Head Coach prior to signing up if you would like a recommendation for which stroke to choose for a Monday Night “B” meet. In addition, please see the B meet Eligibility rules on page 16, when signing up.

Questions/Concerns

The team representatives are not always at the pool during practice, but are available to answer any questions via email or by phone. The coaches will also answer questions, but please wait to speak to them after all daily practices are over so that swimmers and divers have the full benefit of the coaches’ attention. You are also able to speak with the Coach Liaison if your concern or feedback involves one of the coaches. The Coach Liaison in consultation with the team reps will work to resolve any issues that may come up.

File Folder

A file folder will be created for each swim and dive family in a file box located on wheels under the pavilion during practices or in the shed during normal pool operation hours. Please remember to check the folder at each practice. Important information and ribbons that are earned by your swimmer/diver will be placed in the folders. The team reps will also have a folder that you may use for any communication you may have with them.

Woodley Warrior Weekly

After the first A Meet and Dive Meet the *Woodley Warrior Weekly* will be emailed to all families on the swim and dive team on Wednesday mornings and posted on teamunify.

Additional Links

Swimmers “A” meet event times, meet results, divisional and league standings can be found on the NVSL website www.mynvsl.com

Divers meet results, divisional and league standings can be found on the NVSL website at NVSL Diving can be found at <http://dive.mynvsl.com>

Social Events/ Activities

Pep Rally

We will host one big Pep Rally for the Swim & Dive team on **June 23**. This is a fun night for all the swimmers/divers and their families. We will have cheers, games, music, etc. We hope all the swimmers/divers will participate.

Tie Dye Day

After practice on **July 7, 2023**, we will have our annual Swim & Dive team Tie Dye Day. Come and show your Woodley spirit and colors! Be prepared to dye t-shirts, (your team shirt), socks, towels, pillowcases or anything you want. Siblings are welcome. We will provide the rubber bands and dye, you bring your own item to dye. Make sure to put your name on the tags.

Team Pictures/breakfast

A professional photographer will take team & individual pictures on **June 21, 2023**. The purchase of pictures is optional; however, we encourage all the team members to be present for the photo session. Please come *in your team suit* and team t-shirt. The Swimmers/Divers will enjoy a breakfast served after the group pictures.

Progressive Dinner

This is a special dinner for the swimmers and divers who are rising 7th graders and older. The evening normally starts at the pool for pictures, then the swimmers/divers will proceed to a local restaurant/or swim/dive parent's homes for dinner. Dessert is back at the pool, followed by swimming one hour passed the normal pool closing time. **July 13th**.

Awards Banquet & Pot Luck

Our team Awards banquet will be held on **the last Sunday, July 23, 2023** at Woodley pool. The banquet offers the opportunity to acknowledge the accomplishments of swimmers and divers and the contributions of coaches and parents. Woodley Warriors gives out the following swim and dive awards: Most Improved, High Point, Coaches Award, Participation and a few more special awards. Criteria for these awards are decided by the coaches. High point is decided by the amount of points each swimmer/diver receives at the A meets or dive meet. Coaches will consider swimmers/divers who are hard workers, attend workouts faithfully, show team spirit, good sportsmanship, and do their best to help the team. All Swimmers/Divers/ Mini Warriors will receive a participation award. After the awards, we will have a DJ, games, and swimming. Lots of fun to end the season.

Swimsuits, Gear & What to bring to a Meet

Practice swimsuit

Many swim stores sell discontinued or solid color suits for a reduced price on a rack called “practice suits.” Having a suit to use at practice rather than the team suit will prolong the life of your team suit. Always rinse suits in tap water after being in the pool to get rid of damaging chlorine. Swimoutlet.com is another good source for discounted suits.

Team swimsuit

Our team suit is a solid navy blue and features our Woodley Warrior Logo. Girls will have their choice of two styles. Boys will be able to select from jammers or briefs.

Girls – Speedo

Lycra Flyback \$59.89
Lycra Super Pro back \$59.89

Boys – Speedo

Male Lycra Brief \$39.75
Male Lycra Jammer \$43.99

Sports Fair will be at Woodley on June 12th from 4:30 – 6:30 pm. Swimmers will be able to try on and buy their swimsuit then. The Warrior logo will be pressed on the suit at the time of purchase.

If you are unavailable on TBD, simply go to Sport fair (5010 Lee Highway, Arlington, VA) pick out and buy your swimsuit there. Please note that swimsuits for competition are sized much differently than normal swimsuits and are supposed to fit fairly tight. The experts at Sport Fair can help you size the swimsuit before buying. Be sure to write your name in it. **It is not mandatory to get a team suit – plenty of swimmers/divers don’t get them.**

Sample:



Team T Shirt

A team T shirt is included in your registration fee. Please make sure to wear it on the team picture day and wear to all the meets. Make sure you put your name on the tag.

Goggles

These are a must for the comfort of your swimmer’s eyes. Buy a decent pair, and write your swimmer’s name on them. Getting a few extra pairs for the summer never hurts.

Cap

Latex caps will be available to purchase at the pool for \$5 each. Silicone caps will be available to purchase on the Team Store. *Please note that swimmers shall not be permitted to compete in swim cap which include the name or insignia of any other team other than Woodley Warriors.* (this is a NVSL rule).

Valuables

No valuables should be brought to the swim/dive meets. The team areas are not necessarily covered, so things can get wet. Team areas are often small, so bags can be stacked, can get inadvertently stepped on, and things can be smashed inside. ***Swimmers/Divers bring such items at their own risk.***

Our hope is that swimmers and divers would be cheering for their teammates instead of using their devices.

(Put your child's name on everything)

(Woodley's lost and found is located in a closet by the baby pool)

Concessions Donation

Soda/Gatorade Donation

We are asking each swim/dive family to contribute the following to our concession stand (that will be set up and run at each home meet): One 12 pack of **Coke, Diet Coke, or Sprite and a 12 pack of Gatorade** (regular-sized bottles). These donations help raise money for the swim and dive teams. Donations can be brought to the pool and placed in the shed on the table by the sink. The Concession leader will be monitoring the donations and placing items in a secure location by the end of each day. Once you donate, please make sure you communicate to the concession leader so that she can check your name off the list.

Hot Dog Dinners

Mandatory Sign Up

For the entire time, Woodley is open for the season, we sell Hot Dog Dinners Sunday nights as a fundraiser for our Swim & Dive team. All families on the Swim & Dive team are required to sign up for at least one session of the Hot Dog Dinners (4:30- 6:30p.m). All of the supplies needed to prepare the dinners are purchased in advance by the Concession Leader. An email will be sent to you by our Hot Dog Volunteer Coordinator with specific instructions. The profits help pay for our coaches, team supplies and socials. You will receive instructions on how to sign up from Cheryl Napoli, hot dog volunteer coordinator, at the beginning of the season.

Senior Scholarships

NVSL Scholarship

Every year, the NVSL offers scholarships to graduating high school swimmers and divers. Use the following link to access the scholarship information and forms. Deadline is June 23, 2023

[2022 NVSL Scholarship Application \(myNVSL.com\)](https://myNVSL.com)

Insurance

NVSL Insurance

Northern Virginia Swimming League carries Accident Medical and General Liability insurance for sanctioned and sponsored events defined by swim-related events, to include A meets, B meets, Dive meets, practices, and all NVSL division-wide and league wide meets. Swimmers and divers practicing with the team must be registered as a team member in order to be covered by this insurance and **all families must complete a Participation Waiver at the time of registration to the Woodley Swim and Dive Team.**

Inclement Weather

Practice

Practices will take place in the rain, unless pool operating rules determine it would be unsafe to swim or dive. Unless you receive a notification that practice has been cancelled, you should plan on attending practice. A final determination will be made at practice at the pool.

Meets (A Meets, B Meets, Dive Meets)

In the event of a thunderstorm during the meet, follow the guidance of the pool management of the host pool and these NVSL guidelines:

1. All spectators, swimmers, coaches, and officials shall go immediately to their cars or designated areas. A pool is one of the most dangerous places to be during a thunderstorm. The decision to clear the pool and halt the meet shall be made without hesitation. We will take no chances with the lives of our children.
2. Team Representatives should report to the pool office with the Pool Manager, Meet Manager, and Referee.
3. The Pool Manager, Meet Manager and Referee will make a final decision concerning the continuation of the meet. If the meet cannot be safely completed as scheduled, a suitable alternative time shall be identified and the Division Coordinator shall be notified of the change. Generally, there is at least a 30-minute wait between the last thunder and/or lightning, and the continuation of the meet.
4. No one should leave until official word on the meet's cancellation is received. Team Representatives or the Meet Manager will inform you of any and all official decisions. Information from other sources may be false.

Divisional Relay Carnival

Because of the time required to plan and organize the All Star Relay meet, all NVSL divisions are strongly encouraged to complete the division relay carnivals on Wednesday night. In the event of active disruptive weather prior to the start or during the division relay meet, the Division Coordinators will work with the Team Representatives, the VP of Swimming and the President to determine the best course of action. If the carnival has to be rescheduled, it shall be rescheduled as early as possible the following day. Division Coordinators, in consultation with the Team Representatives, should determine an equitable time and place for the completion of the Division Relay Carnival. Division Coordinators will communicate with the NVSL President and/or VP of Swimming about rescheduling plans. The NVSL wants to be a good neighbor. All Individual pool and neighborhood regulations should be observed and follow the county and city ordinances

Swim Team Information

Division (13)

Each year, the NVSL analyzes and reorganizes 102 swim teams into divisions dependent upon a number of factors such as their previous season record, team size, swimmer statistics, etc. NVSL has 17 divisions for swim. At the annual NVSL seeding meeting in February, the division placement is revealed. The Woodley Swim Team is in **Division 13** and will swim against Sully Station II, Laurel Hill, Riverside Gardens, Fairfax Club Estates, Brookfield. We will swim against each of these teams in a Saturday “A” meet – two of which will be home meets and three away meets. The Relay Carnival will be held on June 28 at Woodley and Divisionals will be at Laurel Hill.

Woodley Warriors Swim Team will participate in the following meets:

- Time Trials – at Holmes Run at 8:30 am
- Four Developmental "B-Meets" on Monday evenings at 6:00 PM
- Five NVSL Dual "A-Meets" on Saturday mornings at 9:00 AM
- Woodley’s 10 and under Mini Meet (optional for swimmers)
- NVSL Divisional Relay Carnival
- NVSL All-Star Relay Carnival (only if relay team qualifies)
- NVSL Divisional Individual Championships
- NVSL All-Star Individual Championships (only if you qualify)

Meets

Woodley Time Trials - Time Trials will be held for all Competitive Swim team members at **8:30 AM on Saturday, June 10, 2023** at Holmes Run. The purpose of this event is to obtain times for swimmers in each stroke, in order to prepare for the first A Meet. In addition, it offers a “practice” run for all the swimmers to familiarize themselves with a swim meet. Each swimmer may swim a total of 4 strokes. **Mini Warriors** swimmers do not participate in time trials. If you are unable to attend time trials, you will not be able to obtain times for your strokes until the next B meet. Participation is very important to provide the coaching staff and team members with benchmark times. No times would be gathered at swim practices prior to the first A meet. Times collected at Time Trials **will not** be used for determining placement in the Individual Divisional at the end of the season.

NVSL Dual "A-Meets" - The Competition Swim Team participates in NVSL Dual Meets also known as “A” Meets on Saturday mornings during the season. These meets consist of 52 events (40 individual and 12 relays). Boys and girls swim separately in five age groups (8 & Under, 9-10, 11-12, 13-14, 15-18). Each age group competes in four strokes (freestyle, backstroke, breaststroke, and butterfly). There are also relays for each age group along with a boys and girls mixed-age relay. Each team enters three swimmers in each individual event and one team in each relay event. **Because each meet is a team effort and scored, the Coach will determine who will swim in each event.** There are no IM events at an “A” meet. Meets are scored as follows: 1st place = 5 points, 2nd place = 3 points, 3rd place = 1 point and each winning relay team earns 5 points.

Determining the Entries for A Meets - The Head Coach is primarily responsible to determine the best line up to compete in the A Meets. Swimmers are selected for A Meets usually based on fastest legal times in each stroke for each age group. These times must be obtained in the current swim season. The Head Coach will follow the current NVSL rules in determining seeding for individual and relay events in A Meets. The Head Coach decides the best placement of a swimmer for an A Meet. If a swimmer disqualifies in a stroke, that time will not be considered for A meet eligibility. Being the fastest is not a guarantee that a swimmer will be chosen to swim in an A meet. DQ risks, recent illness/injury, failure to attend practice, or misconduct are factors that may result in the fastest swimmer *not* being entered. If a swimmer cannot attend Time Trials, they will need to attend the first B Meet prior to the first scheduled A Meet to obtain times. After the first A Meet, swimmers may only obtain legal times in either A Meets or B Meets. Every effort will be made to try to post a draft A Meet line-up by Wednesday morning. Any swimmer who unexpectedly is unavailable to swim (i.e. illness, injury, family emergency) *must notify* the Head Coach or team rep immediately. The team will follow the current NVSL rules on “Substitutions and Scratches” for all A Meets.

Developmental "B-Meets"- The competition swim team participates in development meets also known as “B” Meets. The meets are not scored and do not count towards the team's win-loss record

- B Meet time results may help your child qualify to swim in an A Meet
- The NVSL does not consider B Meet times to be official for league record purposes

All Swimmers are strongly encouraged to participate in order to receive a swim time for events. The B meets are scheduled separately (and are not NVSL sanctioned) within a small group of swim teams, known as the “B” meet League. These meets consist of 44 events. Boys and girls swim in five age groups (6 & under, 7 & 8, 9-10, 11-12, 13 and over). Swimmers most likely swim against other swimmers of the same sex, however, older swimmers may end up in the same race for the sake of efficiency. At B meets, swimmers can choose from 5 events (freestyle, backstroke, breaststroke, butterfly and Individual Medley).

Attention Mini Warriors: A Kickboard race is offered at Woodley’s home B meets only. The host pool determines whether or not they will offer the kickboard race and Woodley is the only pool that allows for kickboard races. Mini Warriors should always plan on swimming the kickboard race at Woodley when we host a B meet. Kickboard races are at the very beginning of the meet.

Woodley will once again join Burke Station, Camelot, Holmes Run, Lake Braddock, and Parliament in this B League. A schedule has been created and we will swim against each of these teams in a Monday night “B” meet *three of which will be at home in 2023*. Please note: Holmes Run pool is a yards pool. If we are scheduled to swim at their pool, all times will be converted to meters. Every effort is made to swim this pool in the beginning of the season.

Determining Entries & Eligibility for B Meets - The Monday Night “B” meet results are used to plan the Saturday “A” meets. Please speak to the Head Coach prior to signing up if you would like a recommendation for which stroke to choose for a Monday Night “B” meet. It is very important to attend B meets.

Every swimmer can enter **two events** in a Monday Night “B” Meet except as detailed below:

1. A swimmer who takes first, second, or third place in the Saturday prior “A” meet can only enter the following:

- a. Any other event in which the swimmer did not place first, second, or third
 - b. The Individual Medley
 - c. A swimmer achieving a first place finish due to a “fluke” situation will be treated as finishing as if the fluke situation had not occurred. (please speak to the coach for more information)
2. Swimmers cannot enter more than two individual events unless the third event is the individual medley. **NEW:** Swimmers (with their parents help) will be allowed to sign up for their B meet events on Teamunify. Please click on “Meet & Event Signup” tab and enter your events of choice for the specific B meet. Please remember, if you click on an event that you placed 1, 2, or 3rd at the previous A meet, you will be taken out of that event. We strongly encourage you to swim at least 2 events.
 3. B Meets have separate events for 6 and under in freestyle and backstroke. This allows them to feel comfortable swimming with like age children. For example, it can be intimidating for a 5-year-old to swim against an 8-year-old, therefore, we offer this age group for B meets only. The Data coordinator will make sure your child is placed in the appropriate age group.
 4. Kickboard Races (Mini Warriors): If a child can swim a 25M freestyle, they are ineligible to participate in a kickboard race even if it is available. That child should sign up to swim the 25 meter freestyle.
 5. The order of events is determined by the home team. If the B Meet is at Woodley, the order of events will be, Freestyle, Backstroke, Breaststroke, Butterfly and IM.
 6. There will be no “swimming up” allowed at a B meet. (please see swim terminology for definition of “swimming up”).

NVSL Divisional Relay Carnival - Meet consists of two relays for each age group and sex and two mixed age relays. One of the relays is an all freestyle relay and the other is a medley relay, which consists of four swimmers each swimming a different stroke in the following order: backstroke, breaststroke, butterfly, freestyle. Woodley will send its fastest relay teams to the Divisional Relay Meet, and no substitutions will be made to any team that qualifies for the All-Star Relay Carnival unless a team member is ill or absent. The entries in the All-Star Relay Carnival are the 18 fastest relay teams, league-wide, from the Divisional Relays. The Coach will decide which swimmers will be swimming in the divisional relay carnival.

NVSL Individual Divisional Meet - Individual Championship Meet consists of the same individual events as a dual meet with the addition of the Individual Medleys for ages 10 and under. The individual medley consists of each swimmer doing one length of each of the four strokes in the following order: butterfly, back, breast, and free. Each team in the division is allowed two lanes per event. For this meet the coach will handle the sign up at practice. The fastest two times will normally determine who swims the event. If one of the other teams in our division is unable to fill their lanes, the fastest time from one of the other teams will be able to fill the lane. Therefore, there could be more than two swimmers from one team in an event. This meet is the qualifying meet for the All-Star Individual Championship Meet. Because of this possibility, all Competition swimmers will be practicing until the very last day of the swim season. The swimmers with the 18 fastest times from all the divisional meets will be eligible to compete in the same event in the All Star Meet.

Optional: Woodley 10 and under Mini Meet - In 1995, the Woodley Mini Meet was founded with the goal to give 10 and under swimmers a rewarding experience and encouraging them in their summer swimming season. We encourage all 10 and under swimmers to participate. Each swimmer swims only against children their same age. 8 year olds swim against 8 year olds, 7 year olds swim against 7 year olds etc. This is a Woodley fundraiser and Swim & Dive Team fundraiser. The Mini Meet maintains their own set of records. Woodley Team records cannot be broken at the Mini Meet. The times obtained at the Mini Meet **do not** factor in when determining eligibility for the individual championship meet.

DISQUALIFICATIONS (DQ'S)

There will inevitably come a time when a swimmer gets disqualified in an NVSL A meet or B meet for doing something incorrectly. The DQ should be viewed as a learning experience and not as a penalty. If no one corrects an error, a swimmer may not realize that she/he is doing something incorrectly in competition. (The coaches receive notification of the DQs so they can assist the swimmer in correcting his/her technique in practice.) This incorrect technique can hinder further development. Remember, the emphasis is on learning and having fun doing so!

Records

Woodley maintains an up-to-date set of records of the fastest times achieved by our swimmers. These records are maintained for each event swum in competition over the following distance only: 25, 50, 100 and 200 meters. Swimmers who receive a faster time than a set Woodley record in an A Meet or B Meet, will be considered the new record holder. All records will be updated on the record board located at the pool at the end of the season.

The NVSL also maintains an up-to-date set of records of the fastest times achieved in League competition.

Ribbons

Ribbons are awarded at all meets. In Saturday morning "A" meets, ribbons are awarded for first through sixth place finishes. In Monday Night "B" Meets, ribbons are awarded by heat for ages 12 and under and by event, for ages 13-18. In the Individual Divisionals, medals will be awarded to the first through sixth place finishes, and ribbons for all other places.

General Meet Rules

1. All swimmers are to furnish their own transportation to and from meets. Swimmers will meet in the Woodley Warrior designated team area.
2. Each team is assigned a designated team area. Swimmers may not leave the team area without the permission of the coach so that they do not miss an event. **PARENTS: Please do not remain in the team area.**
3. Swimmers report to the Clerk of Course on time and remain in that area until they are told to leave. Coaches and older swimmers will help the little ones get to the Clerk of Course.
4. Swimmers should report to their coaches before and after each swim.
5. Unsportsmanlike behavior will not be tolerated. There will be no booing, vulgarity, or any form of poor sportsmanship.
6. After each meet, the entire team is expected to make sure that our team area is completely clean before anyone leaves. You are not permitted to leave the meet earlier unless you speak to the Head Coach directly.

Spectator Guidelines

Please stay in designated spectator areas. The area behind the timers must be kept clear so that swimmers may be positioned for the next race. The call for quiet (referee's whistle) must be observed if the starter is to start each race fairly. Spectators or swimmers should never disturb the scorers with questions on times or scores. Announcements of scores are made regularly throughout the meet. Official times and scores are posted at the pool by 4:00 pm after an NVSL meet, and remain posted for 48 hours. Times and scores are also posted on the NVSL website at (<http://nvsl.nvblu.com>). Please respect all volunteer officials. If you have questions, please take them to the Team Rep because only a Team Rep may approach an official.

Swim Team Volunteer Participation is Required

Volunteering

The Warriors need a parent commitment from each family to run a successful swim program. The NVSL requires a minimum of 45+ adult officials to conduct a Saturday NVSL meet. This year we will host 2 Saturday A-Meets and 3 Monday night B-Meets. At least one parent should plan on volunteering at each meet in which their family participates. Volunteers are needed for set up and take down for home meets as well as deck official positions and concessions. We are very creative and accommodating. We will work with you in any way possible to ensure we provide preferred and convenient opportunities to volunteer. Due to the complexities of everyone's schedules, preferences and optimal solutions are not always possible. We appreciate your patience and willingness to serve on behalf of the swimmers.

We strongly encourage all parents to attend the NVSL Officials Clinic.

The following officials are the minimum required to run a Dual Meet:

Referee*.....1	Announcer.....1
Starters*.....1	Clerk of Course.....1
Stroke and Turn Judges*....4	Place Recorder.....1
Relay Take off Judges.....8	Data Entry.....1
Chief Timer.....1	Verifier.....1
Timers.....18	Awards Clerk.....1
Marshals.....2	

* Need to be NVSL certified to work NVSL Dual Meets. All other jobs require little or no experience.

Additional Volunteers for home meets:

Concessions Set Up.....2 people who can set up for concessions (2 hours prior to warm ups) (first person at the pool on the day of the meet but duties are over by the time the meet starts)

Concession Sales.....5 (30 minutes prior to meet until the end of the meet) (perfect for parents with small children who would be able to play in and around the pavilion area)

Pool Set Up.....3 pool area set up (2 hours prior to warm ups) (helping coaches and team rep set up tables, chairs, parking area, tents and P.A. system.)

Meet Take Down (ALL families/swimmers should help with this task)

Volunteer Attire for Meets

A Meets - NVSL has requested that officials **wear white shirts and blue shorts** (no denim or team affiliated gear).

B Meets - No attire requirements but we encourage officials on deck (timers/judges/starter/referee) to wear the white shirts and blue shorts.

How to sign up for volunteering

This year we will use teamunify to sign up for all available volunteer opportunities for meets. Please sign up early for your preferred position. Once we are within 48 hours of an event, we will fill in participating families (who have not volunteered) in any open positions. This is necessary to ensure we have enough volunteers to stage a meet. If you are assigned a position for a meet and cannot fulfill your obligation, it is your responsibility to find an appropriate substitute.

Volunteer requirements of Mini Warriors Parents

Mini Warrior parents will be required to sign up to help at one hot dog dinner. We always welcome any parent who would like to volunteer of their time and talent.

Swim Team Terminology

All Star Relays - an all league meet attended by the relay teams which establish the 18 best performances league-wide at the divisional relay carnivals

Announcer - the person with the microphone who speaks clearly and communicates information with personality

Backstroke - Like the freestyle, any stroke and kick are acceptable, as long as you stay on your back. Eventually, backstrokers learn to stay off the lane lines, use the overhead backstroke flags and lane line markings to know where they are, and count strokes from the flags to the wall. Backstroke starts are different from other starts, because the swimmer is in the water with feet planted against the wall. In addition, the backstroker may use "legs" at the start; that is, he or she may grasp the legs of another swimmer who stands on the pool deck to provide leverage at the start. "Legs" must be grabbed below the knee. A teammate usually provides "legs;" persons serving in an official capacity (timers or coaches) may not serve as "legs." If the backstroker swims 50 meters, he or she will learn the flip turn. This is the exception to staying on one's back during this event. Note: a flip turn is not required.

Breaststroke - The breaststroke has two parts: the kick and the arm pull. The pull and its recovery must both be under the breast and cannot extend further back than the waist area. The kick is a "frog" kick and the toes must be pointed outward during the propulsive part of the kick. The arm pull and kick must be in an alternating sequence, and the elbows must stay below the water except for touching the wall at the finish. Breaststroke turns and finishes require a simultaneous two-hand touch.

Butterfly - The butterfly also has two parts: the kick and the arm pull. The arm pull must be an over-the-water recovery (elbows breaking the surface of the water) with the arms moving simultaneously. The kick is a dolphin kick, with both legs moving together. Unlike breaststroke, there is no requirement to alternate the kick and the pull. Turns and finishes require a simultaneous two-hand touch at the wall.

Chief Timer - the multi-tasking person in charge of the timers, who reminds timers of the rules, collects the time cards and ensures that all swim times are accurate, and runs two extra stopwatches

Clerk of Course - the person that organizes swimmers by age and event right before they swim.

Divisional Relays - the meet containing all relay events and attended by all pools within the division

Divisionals – Swim - the meet in which the top two in each event from each pool within the division compete (specific rules apply such as a swimmer cannot swim more than two events)

DQ - a disqualification is when a swimmer does not swim a legal stroke

Dryland - Dryland training is any exercise performed outside of the pool to improve swimming skills. Some exercises include working the core, plyometric, flexibility exercises and also games that involve running/jumping, etc.

Folder in the Box - the folders in the file box at the used for all swim/dive communications

Freestyle - The freestyle is defined as any means of swimming the length of the pool. Any stroke and kick are acceptable, although the "front crawl" is nearly always used. There are a few "don't's" associated with this stroke, including: 1. You cannot walk on the bottom of the pool or pull yourself along using the lane lines. 2. In a 50 meter race (two pool lengths), you must touch the wall at the 25 meter end before touching the wall at the 50 meter end Note: a flip turn is not required.

Individual All Stars – Swim - the final swim meet of the season attended by the fastest 18 swimmers league-wide in each event using times posted at Divisionals

Individual medley (IM) - In this event, the swimmer swims each of the four strokes in the following sequence: butterfly, backstroke, breaststroke, and freestyle. In the NVSL, the IM is 100 meters (25 meters (one pool length) of each stroke). Every turn is a stroke change, and stroke finish rules apply. This means the backstroke flip turn in an IM event is illegal.

Marshal - the “policeman” or "policewoman" at a meet. Should be on deck during warm-ups.

Mini Meet - An invitational meet for swimmers 10 years and younger from several pools. Founded by Woodley pool in 1996 and hosted by us. A huge fundraiser for our swim/dive team and pool in general.

Mixed Age Relay - a race in which four competitors swim an equal distance; competitors must swim in the order of 11-12 swimmer, 10 and under swimmer, 13-14 swimmer, and 15-18 swimmer

Referee - the person in charge of the meet, who runs the meets, who approves/disapproves all judging calls, and ensures the rules and regulations are followed

Relays - There are two kinds of relays, the freestyle relay and the medley relay. Both require a team of four swimmers, with each swimmer swimming one quarter of the total distance. In the freestyle relay, each swimmer swims freestyle. In the medley relay, the stroke sequence is: backstroke, breaststroke, butterfly, and freestyle. In all relays, each swimmer must wait until the previous swimmer touches the wall prior to take off. Running starts or pushes from teammates are not allowed (you also can't reenter the water after your leg is complete).

Scratch - to withdraw a competitor from an event

Stroke and Turn Judge - the unbiased person who studies the swimmer and determines if the stroke is being executed legally or not and if necessary, disqualifies that swimmer.

Swimming Up - swimming in an age group older than one's own

Table Workers - the individuals who sort the time cards, score the results, enter the results into the computer, and manage the award ribbons

Teamunify - web based management platform we use to help organize our team.

Time Trials - a practice meet held on a Saturday morning prior to all other meets in which swimmers race as many events (strokes) as they can legally swim in order to obtain a baseline time at the start of the season; these times will be used to determine the first Saturday “A” meet entries

Timers - the three persons in each lane with the stopwatches that start their watches when the strobe light on the starter system flashes and end their watches when the swimmer touches the wall; all three times are then recorded.

Dive Team Information

Division 6! (2023)

NVSL has 8 divisions for dive. The Woodley Dive team is in Division 7 and will dive against Mantua, Pinecreek, Camelot, Commonwealth and Lakeview. The dive team will host 3 meets this year. Divisionals will be held **July 23** at Ravensworth.

Meets & Eligibility

Eligibility

In order to compete in a dive meet, divers must be able to execute three dives at 10 years and under (Freshmen), four dives at 11-12 years old (Juniors), five dives at 13-14 years old (Intermediates), and six dives at 15-18 years old (Seniors). Every diver must be able to do a front dive and back dive along with their choice of optional dives.

NVSL Dive Dual Meets (Tuesdays Evening)

NVSL competitive meets are scheduled on Tuesday evenings from late June through July with the other teams in our division. Each team may send up to 32 divers without regard to the number of divers in any age group. Dive meets start at 6:00 P.M. with warm ups starting at 4:00 P.M. for the home team and 5:00 P.M. for the visiting team. Because every diving board feels different, time is allowed for the visiting team to practice and warm up before the meet starts. Divers should arrive at Woodley no later than 3:30 P.M. for home meets and 3:00 P.M. at Woodley for away meets. If a dive meet is called off due to inclement weather, it will be rescheduled as soon as possible later in the same week. If a meet is rescheduled, we cannot change any of the divers in the original lineup.

Crackerjack Meet

The Cracker Jack Meet is a developmental meet for divers who **are not competing at Divisionals**. It is held the Sunday before Divisionals. **If you participate in the Crackerjack meet, you are ineligible to compete in Divisionals.** This is a fun meet! There are no team scores.

Division Individual Championship Meet (Divisionals)

Divisionals is an individual championship dive meet held the last Sunday in July. All six teams in the division compete at this meet. Top scoring divers, within each age class, compete in Divisionals. In order to qualify, a diver must have competed in at least two dual meets during the regular season. Each diver competes against all other eligible divers in their class and division.

NVSL All Star- Meet (All Stars)

The top finishers in each of the divisions are eligible for the NVSL All-Star Meet which is held the first Sunday in August. At All-Stars, the diver competes against all divers in their class, regardless of their division.

Dive Sheets

The dive sheet is filled out and signed by the diver before the dive meet. It lists, in order, the dives that the diver is going to execute. The diver's score is calculated on this dive sheet during the meet. A diver cannot change the order of the dives nor replace a dive once the meet has started. The position of the dive can be changed (i.e. a diver can choose to do a dive in a pike position instead of a tuck position) when the dive is announced.

What are Judges Looking For

The judges consider the following when scoring: the approach (hurdle step), the take-off, the technique and grace in the air, and the entry into the water. Judges may award a maximum of 10 points for each dive. Points are subtracted if there are deficiencies in any of the above areas. Points are subtracted if the diver balks (stops and has to start again), if the dive is done in a position different from the one announced, if the diver over twists, if the arms swing wrong, if the dive goes out too far instead of going up, if the dive does not go into the water vertically, if the toes are not pointed, or if the dive is performed in an unsafe way. The primary factors affecting the scoring are:

- ✓ the height of the diver at the apex of the dive, with extra height resulting in a higher score
- ✓ the distance of the diver from the diving apparatus throughout the dive (a diver must not be dangerously close, should not be too far away, but should ideally be within 2 feet (0.61 m) of the diving board)
- ✓ the properly defined body position of the diver according to the dive being performed, including pointed toes and feet touching at all times
- ✓ the proper amounts of rotation and revolution upon completion of the dive and entry into the water
- ✓ angle of entry – a diver should enter the water straight, without any angle. Many judges award divers for the amount of splash created by the diver on entry, with less splash resulting in a higher score.

The Scoring Process

There are five judges who award the dive points. The highest and lowest scores are eliminated. The remaining three scores are totaled and then multiplied by the Degree of Difficulty (DD) to arrive at the total points awarded for the dive. The sum of the points awarded for each dive is the diver's overall score. The diver with the highest overall score wins the event. The team is awarded 5 points for 1st place, 3 points for 2nd place, and 1 point for 3rd place.

Ribbon

Ribbons are awarded at all meets. In a Dive meet, ribbons are awarded for first through third place finishes. And the remaining divers are awarded participation ribbons. In the Individual Divisionals, plaques are awarded to the first through sixth place finishes and ribbons for all other places.

Records

Woodley maintains an up-to-date set of records of the highest overall score achieved by an individual in each age group. Divers who receive the highest score than a set Woodley record in a dual dive meet, will be considered the new record holder. All records will be updated on the record board located at the pool at the end of the season.

Dive Team Parent Volunteer

NVSL dive meets are run entirely by volunteers. Fewer volunteers are needed for dive meets than swim meets, but each family should plan to volunteer to work at least two meets. You may select your preferred volunteer position from the opportunities listed in the Team Unify under Meet and Event Sign Up.

The following officials are needed to conduct an NVSL Dual Meet. Descriptions of the various volunteer positions follow.

1 Announcer
1 Referee*
5 Judges*
1 Meet Secretary
4 table workers

Positions marked with an * require attendance at an NVSL instructional clinic within the past 2 years:

For home dive meets, we also need help with:

Concessions
Meet Set Up
Meet Take Down (ALL families should help with this task)

The Announcer announces each diver, the dive, and the degree of difficulty, and calls the scores shown by the judges. The announcer sets the atmosphere and controls the tempo of the meet.

The Referee officiates the meet, manages the competition, and ensures that all regulations are observed. This NVSL certified official makes decisions regarding failed dives, balks, etc. The referee can serve as a judge and must be positioned on the pool deck during meets as close as practicable to the judges to maintain a uniform visual perspective with respect to the dives.

The Judges score the dives on a scale of 0 (lowest) to 10 (highest) in graduations on one-half according to the NVSL standards (see League Handbook). NVSL recommends the use of five judges in dual meets with the high and low score for each dive being eliminated.

The Meet Secretary inspects all diving sheets for correctness prior to the meet and prepares a list of the competitors. The secretary reviews the scores and the points awarded for each diver to determine the winner / place order for each event as well as the points awarded to his or her team. The secretary also records the meet results and prepares the ribbons for all meet participants. Typically the dive rep serves as the meet secretary.

The Table Workers (2 Scorekeepers and 2 Calculators): *Scorekeepers* write down the judges' scores as announced. They eliminate the lowest and highest score, and total the remaining three scores. The *scorekeepers* then compare their scores and resolve any discrepancies before passing the dive sheet to the *Calculators*. The *Calculators* multiply the total score by the degree of difficulty to determine the total points awarded for the dive and keep a running overall score for the diver.

How to sign up for volunteer opportunities

This year we will use the Woodley Warriors teamunify website to list all available volunteer opportunities for meets. Please sign up early for your preferred position. Once we are within 48 hours of an event, we will fill in participating families (who have not volunteered) in any open positions. This is necessary to ensure we have enough volunteers to stage a meet. You can sign up on team unify using the Meet and Event sign up tab

Dive Team Terminology

Springboard: An adjustable diving board that regulates “springiness.” Either 1-meter (3’3”) or 3-meters (9’9”) above the water. Projects at least five feet beyond the edge of the water.

Approach: Step(s) forward to the end of the board before the hurdle and the takeoff.

Hurdle: The final segment of a diver’s approach to takeoff. Consists of a spring to the end of the board, taking off from one foot, and landing on two feet at the end of the board.

Takeoff: A diver’s lift from the board prior to the execution of the dive. May be done from a forward (running or standing) or backward position.

Entry: The conclusion of a dive as a diver makes contact with the water. May be either head or feet first. Upon entry, the body should always be near vertical in a straight position with toes pointed. In a head first entry, arms should be stretched above the head in line with the body and hands close together.

Balk: An illegal movement by the diver: (1) a false start in which a diver makes an obvious attempt to start the dive but stops the dive motion before takeoff; (2) takeoff for the hurdle from both feet.

Forward Dive (100 group): Takeoff from a standing or running approach, facing the water. Direction of rotation is away from the board.

Backward Dive (200 group): Takeoff from the end of the board with back toward the water. Direction of rotation is away from the board.

Reverse Dive (300 group): Takeoff from a standing or running approach, facing the water. Direction of rotation is toward the board.

Inward Dive (400 group): Takeoff from a standing position at the end of the board, with back to the water. Direction of rotation is toward the board. Revised April 2017 18

Twisting Dive (500 group): Any dive with a twist. There are four types of twisting dives; forward, back, reverse, and inward.

Fall-in-Dives (001 or 002 group): A front dive or back dive in which the diver does not have to have a takeoff.

Jumps (Designated as 100 or 200 group): A movement in which the diver starts the motion just as in a front or back dive, but enters the water feet first without any rotating or twisting motion.

Somersault: A movement in which a diver rotates the body on an imaginary horizontal axis through the hips. A dive can be performed in a variety of combinations.

Straight Position: A dive position in which the body is straight without bending at the knees or hips, feet together and toes pointed. Formerly called the layout position.

Pike Position: A dive position in which the body is bent at the hips, legs straight at the knees, and toes pointed. Feet should be held together and position of arms is optional.

Tuck Position: A dive position in which the body is bent at the waist and knees, with thighs drawn to the chest and feet kept close to the buttocks. Feet and knees should be kept together and toes should be pointed.

Free Position: A combination of straight, pike, or tuck positions. To be used in twisting dives only as listed in DD tables.

Degree of Difficulty(known as DD): Rating ranging from 1.2 to 3.7 for executing a specific dive according to how hard it is to perform. The DD is multiplier-factor used with the judges’ scores in figuring the score for a dive.

Dive numbers: In competition, the dives are referred to by a schematic system of three- or four-digit numbers. The letter to indicate the position is appended to the end of the number. The first digit of the number indicates the dive group as defined above.

For groups 1 to 4, the number consists of three digits and a letter of the alphabet. The third digit represents the number of half-somersaults. The second digit is either 0 or 1, with 0 representing a normal somersault, and 1 signifying a "flying" variation of the basic movement (i.e. the first half somersault is performed in the straight position, and then the pike or tuck shape is assumed).

For example:

101A – forward Dive Straight

203C – back one-and-a-half somersaults, tuck 305C – reverse two-and-a-half somersaults, tuck

Swim & Dive Officials Clinics

Swim Team Officials Clinics

It is vital that as many parents as possible attend the clinics to ensure that the meets are run fairly and smoothly. The clinics serve the purpose of reviewing the rules under which the NVSL operates and the techniques that should be used to judge a meet fairly. The referee, starter, and stroke and turn judges must attend a clinic every two years in order to officiate at the NVSL Dual Meets.

Dive Team Officials Clinics

There are several clinics offered this year to prepare you for volunteering as a judge or referee. You must have volunteered as a judge for one year (at least one meet) before you are eligible to volunteer as a referee.

Swim & Dive Team Practice Schedules

Swim Team

Afternoon: Monday – Friday

May 30 – June 16

4:00PM – 4:45PM	13 & Overs
4:45PM – 5:30PM	8 & Unders
5:30PM – 6:15PM	9 & 10s
6:15PM – 7:00PM	11 & 12s

Morning: Monday - Friday

June 19 – July 21

7:45 AM – 8:30AM	13 & Over
8:30AM – 9:15AM	11 & 12s
9:15AM – 10:00AM	9 & 10s
10:00AM – 10:45AM	8 & Unders

10:15 AM – 10:45Am Mini Warriors

First Session: June 20, 21, 22, 23, 26, 27, 28, 29, 30, July 3, 4, and 5.

Second Session: July 6, 7, 10, 11, 12, 13, 14, 17, 18, 19, 20, and 21.

Dive Team

**Afternoon: Monday – Friday
May 30 – June 16**

4:30PM – 6:30 PM All Ages

(rotating schedule that will allow each diver to practice for 45 minutes before released by his/her coaches)

**Morning: Monday – Friday
June 19 – July 21**

7:45AM – 8:30AM

9 – 12s

8:30AM – 9:30AM

8 & Unders

9:30AM – 10:45AM

13 & Over

*times and groups are subject to change by coaches' discretion

Swim & Dive Team Committee

<p><u>Swim Team Representative</u> Carrie McCall 703-401-6417 woodleyswimrep@gmail.com</p> <p><u>Head Swim Coach</u> Abby McCall</p>	<p><u>Dive Team Representative</u> woodleydiverep@gmail.com</p> <p><u>Head Dive Coach</u> Fatme Khraibani</p>
<p><u>Swim & Dive Team Treasure</u> Sabrina Rodas</p> <p><u>Financial Advisor</u> Cheryl Napoli</p> <p><u>Swim Data Coordinator</u> Mark McCall</p> <p><u>Swim & Dive Concessions Leader</u> Megan Laboy</p> <p><u>Coach Liaison</u> Melissa Temme</p>	<p><u>Social Coordinator</u></p> <p><u>Swim & Dive Hot Dog Dinner & Sundaes Volunteer Coordinator</u> Cheryl Napoli</p> <p><u>Mini Meet Manager</u> Jennifer Erwin</p> <p><u>Woodley Warrior Weekly Editor</u> Patti Pollack</p>