

Woodley Warriors Weekly



May 22, 2020

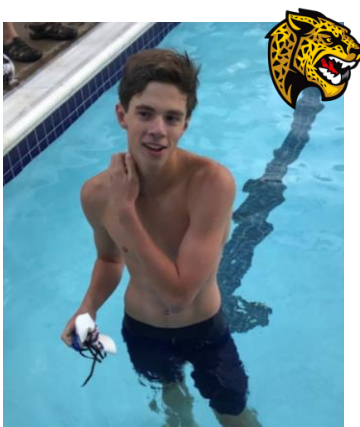
Class of 2020! Congratulations Seniors!

Austin Byrd, John Cascella, Jason Giroux & Aaron Tingley



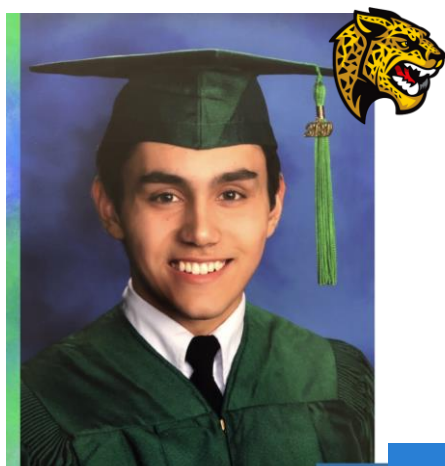
Austin Byrd

Falls Church High School



John Cascella

Falls Church High School



Jason Giroux

Falls Church High School



Aaron Tingley

Marshall High School

We are so proud of our Woodley Warrior Seniors! We hope to have a celebration for our graduates at the pool later on in the summer! Stay tuned for details.

“Nothing can dim the light that shines from within.” – Maya Angelou

Senior Tributes!



Austin Byrd - Austin Byrd has been a member of the Woodley swim team for 11 years. His favorite memories from swimming are sitting around before and meets with the other swimmers. While he loves competition, he believes that the team is what makes the swim season special. He'd like to thank his parents, fellow swimmers, and especially all the coaches that have helped him get this far. Austin will be attending, and swimming for, Oklahoma Christian University in the fall where he will major in History.



John Cascella - John has been a member of the Woodley Warrior's Swim team since the 2009 season, joining when he was six years old. John has been a year-round Warrior, attending the Winter Swim practices until he aged out and then coaching for the past four years.

John continued his love for swim outside of Woodley lanes, swimming for the Falls Church Jaguars Varsity Swim team all four years of high school, even being senior co-captain his senior year. He also swam for VLAC (Victory Lane Aquatic Club) for two years.

Woodley has been the home of countless memories for John. One of his favorites is breaking the 200 Meter Mixed Age relay record in 2013 with fellow senior, Aaron. He'll also never forget winning the Coaches Award in 2012 after putting in extra work all summer to improve his strokes which resulted in better times. Some of John's most memorable swims came at Divisional and Todd Potts IM Carnival meets where he seemed to find the most success, often dropping significant time.

John plans on attending Arizona State University in the fall majoring in sports journalism. He hopes he will be able to return for a super-senior season next year, but if not, he will forever be a Warrior.





Jason Giroux - Jason has been a part of the Woodley Warriors for 10 years and the best memories he has from being a part of the Woodley swim team are playing capture the flag and water polo, sharks and minnows, and going to all-star relay with the squid squad. Jason will be attending University of Virginia and will be studying Computer Science. Only regret: being out of the relay group for summer 2019 which turned out to be his last year.

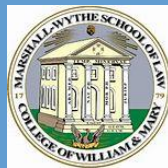


Aaron Tingley – Aaron has been a member of the Woodley Warrior's swim team for 12 years. Aaron's best memories are of team cheers at A meets, being able to race my closest friends and competitors, qualifying for all stars/all star relays multiple years, and breaking multiple relay/individual team records. Aaron will be studying and swimming Division 1 at The College of William and Mary next year.



Inspirational messages from Aaron

To all the younger swimmers on the team, stick with the sport of swimming, and see how far it can take you. Even with all of the early mornings, freezing cold pools, and hard practices, don't quit, and stay positive. When you look back on your last season with Woodley, you want to be proud of all the accomplishments you have earned, and excited for what the future holds, with or without swimming.





Always remember
you are BRAVER than you BELIEVE

STRONGER than you SEEM

SMARTER than you THINK
LOVED more than you know

& ALWAYS a WARRIOR!

Congratulations Austin, John, Jason and Aaron

