



## 2024 Meet Schedule

June 15	Dale City	Away
June 22	Southbridge	Home
June 29	Meadowbrook	Home
July 6	Ridgewood	Away
July 13	Ben Lomond	Away
July 20	Urbana	Home
July 27	Black Division Championship	Away

## 2024 Practice Schedule

### Morning Practices (June 11th – July 26th)

#### Monday Fun Day

Ages 12 and under	8:00 am – 9:00 am
Ages 13 and up	9:00 am – 10:00 am

#### Tuesday through Friday

Ages 8 and under	7:45 am – 8:30 am
Ages 9 to 12	8:30 am – 9:20 am
Ages 13 and up	9:20 am – 10:20 am

## June 15th Away Meet Timeline

Dale City Frogs warm-up	6:10 am – 6:30 am
OBB warm-up	6:30 am – 6:50 am
National anthem	6:55 am
Meet start	7:00 am

*OBB swimmers should arrive at the pool with enough time to get ready and be on the pool deck for their designated warm up time.*

**In the spirit of competition  
In the pursuit of excellence**

**What a beautiful day for time trials!** Thank you to all of our swimmers who came out to swim. Lots of swimmers were brave and tried new things! Whether it was your first legal swim, your first IM, your first flip turn, or your first race as a Breaker, we're proud of you!



*Our Breakers gather for opening ceremonies at Time Trials*

Thank you to all of the family members who helped make time trials a success! Whether you helped set-up on Friday, worked volunteer shifts on Saturday and/or assisted in tear-down after the meet, we appreciate all your hard work and know that the meet could not have happened without your help!



*Breaker Boys (9-10) dive in during Time Trials*

## Questions?

Please contact Elizabeth George, OBB President, at [elizabeth.ann.george@gmail.com](mailto:elizabeth.ann.george@gmail.com)

## This Week! Away Meet @ Dale City

Our first away meet of the season is against the Dale City Frogs at their pool. So get to bed early on Friday, be sure to set your alarm, and get pumped!



- The Frogs swim at the Birchdale Community Pool, located at 14730 Birchdale Ave, Dale City, VA 22193
- Concessions (breakfast and lunch) throughout the duration of the meet.
- **Parking:** Please observe parking signs for the town home community across the street from the pool. There is plenty of street parking on surrounding streets. There is parking on the dead-end side of Birchdale, by the ballfield and at Good Shepherd United Methodist Church.
- **Visiting Team Setup:** Visiting teams may set up around the outside of the fence adjacent to the road, in front of the hillside from the upper parking lot, and inside the fence along the hillside towards diving boards. There are entrances beside the shed, next to the hillside, and the double main gate near the Concessions. Dale City sets up in the grass inside the fence closest to the main entrance.

For more information, check out the Visitor Info section of the Dale City Frog's team site at:

<https://www.gomotionapp.com/team/recpwsldcf/page/newsletter>.

## A Swim Meet You Say?

While time trials was an all-Breakers affair, the rest of our season consists of dual meets leading up to our divisional championship meet against two other teams.

**\*Before a meet begins, each team has the pool for team "warm-ups".** Warm-ups are usually 15-20 minutes; swimmers swim a few laps to get muscles warmed up and practice some starts. This is very important. All swimmers should participate.

**\*A dual meet comprises 67 events: medley relays, individual events, and freestyle relays.** The individual events are freestyle, backstroke, breaststroke, butterfly and individual medley (an event consisting of one lap each of butterfly, backstroke, breaststroke and freestyle).

**\*Swimmers compete in the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15-18.** Except for the 8 & under mixed medley relay, boys and girls do not compete against each other. A swimmer can swim a maximum of two relays and three individual events per meet.

**\*The events are swum in the following order: medley relays, freestyle, individual medley, backstroke, breaststroke, butterfly, and freestyle relays.** Each event swims beginning with the youngest age group, followed by each succeeding age group, ending with the 15-18 year olds. Boys at each age swim first, followed by the girls.

**\*The swimmers are lined up to swim based on their times.** Each group of six swimmers, called a "heat", has swimmers with times very close to each other. A new swimmer will not swim next to a fast, experienced swimmer.

**\*All Breaker swimmers are expected to wear an OBB cap when racing** – caps from other teams will not be allowed.

**\*Family members volunteering during a meet are considered working in an 'official capacity' while working a shift** and therefore are not allowed to take pictures, record races, or 'coach' while on deck - no specifics like "keep kicking" or "touch with two hands;" instead general cheering like "you got this" is allowed and encouraged!

**\*Families should drop swimmers at the gate when it's their time to be at clerk of course;** there are plenty of coaches on deck if your swimmer needs help getting to the right place and into the right frame of mind!



## How a Meet is Scored

Prince William Swim League (PWSL) dual meets include 67 events: 19 relays and 48 individual events. Swimmers earn points for their teams by competing in relay events and by being one of the six fastest finishers on their team in individual events. The team with the most points wins.

**Relay Event Scoring.** First place in relay events is won by the fastest legal swim; the opponent takes second place by completion of a legal swim. The same team cannot score points for both first and second places. Ribbons are awarded to each relay swimmer in the first, second, and third legal swims based on time. The same team can receive ribbons for first, second, and third place finishes.

Place	Points
First	47
Second	32

**Individual Event Scoring.** Swimmers earn individual points in freestyle, backstroke, breaststroke, butterfly, and individual medley (IM) events.

1. Up to 12 places per event receive points..
2. The fastest six finishes for each team will score points by completion of legal swims.
3. The same team cannot score points for more than 6 places. The top 12 legal finishes receive ribbons, regardless of team, based on time. The top 12 6 & unders in free and back events receive ribbons based on time.

Place	Points
1	13
2	11
3	10
4	9
5	8
6	7
7	6
8	5
9	4
10	3
11	2
12	1

## Coach's Corner w/ Coach Nicole

### Oh No DQ!!!

You got a DQ (disqualification). That's okay! It just means there's something to work on. During practice, the coaches will help you improve so it doesn't happen again. Remember, you won't get better if you don't try the strokes. There are many reasons a swimmer might get a DQ, and some strokes are harder to learn than others. Here are some common reasons for getting a DQ, listed by stroke difficulty:



**Breaststroke.** Your arms and legs need to move in sync. If one leg does something different, it's a DQ. Your hands can't pull past your hips. You must touch the wall with both hands at the same time during turns and at the finish. Your head must come up for each stroke. Only the breaststroke kick is allowed.

**Butterfly.** Your arms and legs must move in sync. Only the butterfly (dolphin) kick is allowed. Your arms must come out of the water when they go back to the front. You must touch the wall with both hands at the same time during turns and at the finish.



**Backstroke.** You must stay on your back the whole time. You must touch the wall with a part of your body during the turn.

**Freestyle.** You must touch the wall on turns.

**Anytime during your race.** You can't push off the bottom, the wall, or pull on the lane rope to move forward.

### Reminder!

Only swimmers in a relay need to check in with a coach. To swim a relay, we must have 4 swimmers. Your team is counting on you! If you're in a relay at the end of the meet (the freestyle relay), you need to stay until the end. If you need to leave early, tell a coach so we can find a replacement. After your swim, check in with the coaches so we can talk about how you did.

**DON'T FORGET YOUR SWIM CAPS!!!!**



## Seasonal Roots

Old Bridge Breakers Swim Team is partnering with Seasonal Roots to bring healthy, delicious food to our community, support local farmers and artisans, and raise money for our Breakers swimmers!

To access the Seasonal Roots market, you sign-up as a member and pay an annual membership fee. Through our collaboration, the fee is reduced by 50% - it's just \$25 for Old Bridge families and friends!



Once you are a member, what you order and when you order are up to you. There is no obligation. You can select exactly what produce and extras you want, skip or pause weekly deliveries, and cancel anytime. The online market opens Friday at 2:00PM and closes at midnight on Sunday. Orders are delivered on Wednesdays in Northern Virginia.

To join Seasonal Roots and earn a \$20 donation for the Old Bridge Breakers Swim Team, use promotional code **BREAKERS** at <https://www.seasonalroots.com/breakers>.

## Relay Reg

Hey Breakers! As many of you know, one of our awesome Breaker dads received volunteer of the season last year. We think after all his hard work last season, he needs a vacation!



Whether you're heading to the beach, the mountains, or just your backyard, Relay Reg is packed and ready to join you! If your family wants to treat Relay Reg to a vacation with you, please see a board member to grab your very own Relay Reg! Email your Relay Reg photos to Courtney Fetchko or Jen McDonald to post on [the OBB Facebook page](#).

## Breaker Photos

Reminder, Breakers! We need photos from all our meets and events for our end of year video! Check out Google Photos for pictures from our June 8th Time Trials: <https://photos.app.goo.gl/ZqhWB6FhxFn2DRyp7>.



*Team Tarp represented at the Parade of Nations!*

## Meet Commitments

Parents must let the coaches know if their child will be swimming in each meet via our OBB TeamUnify site ([www.obebreakers.org](http://www.obebreakers.org)).

If your child is committed to a swim meet please make every effort to communicate with a coach if you need to leave early, including adding a note to your commitment in Team Unify. Especially for the relays at the end of the meet. If we know ahead of time we can find another swimmer to fill in. If there are not 4 swimmers the relay can't swim. That leaves some disappointed swimmers who stayed to the very end of the meet.

Do not assume your child is not in a relay. Check the meet entries all the way through the last event.

**\*\*\* PLEASE COMMIT OR DECLINE YOUR SWIMMER BY 11:59 PM SUNDAY \*\*\***

# OBB Social Summer



## Splash Pad Meet Up!

We can't wait to see you at our first post-school social event of the summer! Join us at the Splash Pad in Stonebridge Town Center on **Wednesday, June 12th at 1:30 pm**. The kids can play while parents (and teens!) socialize. It looks like a nice day, so those who want to can grab ice cream at Campbell's while we're there!

## Mark your Calendar!

Join us for **Pizza at the Park** on **Friday, June 21st at 6:00 pm**. Bring your own drinks and bring your water toys/super soakers for an epic battle! Stay tuned for a Signup Genius.



## OBB June Social Calendar

We will update calendar information as needed, so check the latest Breaker Bulletin for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7 Set up	8 Time Trials (Home) 6pm: Parent Social- Waters End
9	10 7:45 am-team pics	11 Morning practice begins!	12 1:30 pm: Meet at Stonebridge splash pad (play and ice cream at Campbell's)	13	14 First Donut Friday	15 Dale City (Away)
16	17 First Monday Funday!	18	19 Juneteenth: NO PRACTICE	20	21 "Pizza in the Park" Pep Rally (6pm); Set up (7:45 pm)	22 Southbridge (Home)
23	24	25 Healthy One Adventure Park	26	27	28 Set up (7:45 pm) Possible ice cream truck at set up	29 Meadowbrook (Home)

## Thank You to Our Current 2024 Gold Sponsors!

