

SHARKS SWIM & DIVE HANDBOOK

*SWIMMERS SWIM, DIVERS DIVE, COACHES COACH,
PARENTS VOLUNTEER AND
WE ALL CHEER!*



2008

Sideburn Run Pool
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SIDEBURN RUN SWIM & DIVE TEAM HANDBOOK

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WELCOME

Welcome to the 2008 Sideburn Run "Sharks" Swim and Dive Team! This handbook is designed to give those of you who are new to swimming and diving the basics you'll need to enjoy and fully participate in one of America's premiere summer swim and dive programs—The Northern Virginia Swimming League (NVSL). We have also designed this handbook to give our veteran Shark families information about the 2008 season and reminders on how we operate the Sideburn Run team.

History

The NVSL was founded in 1956 to sponsor competitive swimming and diving among the various community pools in Northern Virginia. The league has grown and developed a reputation as one of *the* largest and best organized summer swim leagues in the country. More than 12,000 swimmers participate each week in NVSL meets. Sideburn Run joined the NVSL in 1972 and has grown and improved along with the league.

Philosophy

While competing is part of what NVSL is all about, at Sideburn Run we place equal emphasis on all parts of summer swimming and diving. Our philosophy for the season is:

Sharks, coaches and parents having fun and working hard both individually and as part of a team in a respectful atmosphere.

In keeping with the NVSL's goals we hope to "develop in our children a love for the sport, advanced aquatic skills, teamwork and the principles of good sportsmanship." We ask that all families and their swimmers and divers keep this philosophy in mind throughout the season and work together in the best interests of the team.

Seeding

This year our swim team is one of 102 pools participating in 17 divisions. Each division contains five or six pools that are assigned each year to a specific division according to NVSL seeding procedures. Division 1 is comprised of the most highly competitive teams. This year Sideburn Run is seeded third in Division 7 along with Commonwealth, Hollin Meadows, Mantua, Poplar Heights, and Ravensworth Farm.

Dive team is seeded in Division 1 again for the 2008 season. Joining us this year are Cardinal Hill, Chesterbrook, Dunn Loring, Truro, and Vienna Woods.

Swim Coaches

Peter Biskaduros is returning for his second year as Head Coach, fifth year of coaching, and 16th year as a Sideburn Run Shark. Peter just finished his third year at Virginia Tech, double majoring in Electrical Engineering and Computer Engineering. He is the President of the Men's Water Polo Team, both playing for and co-coaching the team. He started every game and was awarded Atlantic Division First Team All-conference Honors in their second trip to the Collegiate Water Polo Association Club National Championship Tournament at the University of Arizona in Tucson and a #12 national ranking among club teams. He swam for Gonzaga College High School, where he was the captain and MVP his senior year, and his favorite stroke is breaststroke. With an obsessive love for both swimming and more importantly Sideburn Run, he can't wait for a summer filled with hard work, fast swims, and most importantly, TONS of fun.

Hans Johnson is coaching for his first year as Assistant Swim Coach for the Sharks. He just completed his freshman year on the George Mason Swim Team. At conferences he placed 15th in the 100 backstroke. Hans was a member of both record-breaking relays from All-star Relays in 2007. Hans has swum for Sideburn since he was six years old and can't wait for another awesome year.

Lauren Kranz is returning for her third season as Assistant Swim Coach for the Sharks. She completed her senior year at Robinson High School, where she was captain of the swim team. This past year she was part of school record-breaking relays and the state team for the fourth year. Next year she will be swimming for the James Madison University Duke Dogs! When not swimming for Robinson, Lauren trains with Pete Morgan at Curl-Burke Swim Club. She was a Junior National Team qualifier in 2006 and 2007. She looks forward to a fun and successful season with the Sharks! It is also her last summer to swim in the NVSL, so she will make it the best!

Dive Coaches

Jackie Fisher is very excited to be joining the Sideburn Run Sharks this summer as the Head Dive Coach. Jackie began diving with the Sideburn dive team when she was six years old, and has been an assistant coach here for four years now. As well as her summer league diving, Jackie was a member and regional competitor for the Robinson Dive Team for four years, and a captain of the team her senior year. Jackie was also a competitive volleyball player, and a 15-year NVSL swimming competitor. Jackie just finished her freshmen year at George Mason University, where she is majoring in History, and plans to get a Masters in Education to become a history teacher. As a former member of the dive team, Jackie hopes to make this season as fun as all the seasons when she was a diver. *GO SHARKS!*

Kellyn Wolber has been a member of Sideburn Run Dive Team since she was six years old, making this her 11th year as a Shark. She dove year-round competitively for several years, and this will be her third season as Assistant Coach for the dive team. Kellyn recently graduated from high school, and this fall she will be attending Auburn University as a Business Major. She is excited to experience her last year as a summer diver, and is sad that it will soon be over.

Frank Burdell, a 16-year-old, has been diving for Sideburn Run for what will be his ninth year. In the fall he will be a junior at Robinson Secondary School. For the last two years he has competed for the Robinson Swim and Dive Team, both years qualifying for districts and regionals. He qualified for states his sophomore year; he made it to the final round and placed 13th in the state. For the last three years he's competed competitively at the JO level with both York Dive Club and Dominion Dive Club. He also qualified and attended the 2007 East Nationals of Coral Springs with York Dive Club. He can't wait to get out there with the team and have a great time!

England Barimo is 16-years-old and returning to Sideburn Run for her third year as a diver. She finished her sophomore year at Robinson High School, where she participated in Robinson Swim and Dive both years. She dives year-round at Dominion Dive Club and is also a member of their JO team. This is her first year as an assistant coach and she is looking forward to it.

Who Can Swim

The Sideburn Run Swim Team is open to children of SRRA bond members and summer members. Generally, children 8 and under who can swim one length (25 meters) of the pool unassisted are accepted as swim team members. Children who are 9 and older must be able to complete two lengths (50 meters). Any child 7 and under who needs assistance from the lane line to complete a pool length may be eligible for the "Lil' Sharks" (see page 7). We do encourage all interested children to come and try. Young children who may not have the strength to complete a length of the pool at the beginning of the season are welcome to attend the early season practices, but may find Lil' Sharks more appropriate (at the Head Coach's discretion).

Please remember that swim team is NOT swimming lessons! By time trials on June 14, children should be able to follow the Starter's instructions and swim one length of the pool unassisted. Please feel free to discuss your child's needs with the Swim Team Rep if you have any questions. Registration fees will be returned for those swimmers who cannot continue on the team due to the Coach's determination that they are not strong enough to swim unassisted. Swimming lessons are available to pool members through the pool manager. Private swim lessons are also available through our coaching staff for a nominal fee.

Who Can Dive

The Sideburn Run Dive Team is open to children of SRRA bond members and summer members. Generally, children through the age of 18 who can competently swim up and back across the diving well unassisted are accepted as dive team members. Previous dive experience is not required. Since the focus of the program is on team competition, a diver is expected to be able to officially compete by no later than the fourth dual meet of the season. Private diving lessons may be arranged with our coaching staff for a nominal fee.

Fees

Registration fees are charged to offset approximately 50% of the many costs involved in running the swim and dive teams. For the swim team, a \$90.00 fee per child is required at the time of registration. However, a family's fee will not exceed \$250.00 regardless of the number of children registered for swim team. A team T-shirt is included in this registration fee.

Dive team fees are \$90.00 per child with a maximum fee of \$250.00 per family regardless of the number of children registered for dive team. Included in the fee is the cost of a team T-shirt.

Swim and dive expenses include coaches' salaries, trophies and awards, supplies, insurance, NVSL dues, snack bar food, telephone and copying expenses, and other items. While Sideburn Run Recreation Association does finance the lion's share of our coaches' salaries, we rely on registration fees and snack bar profits to cover the rest of the expenses. Please support the snack bar and other team fundraisers so that we may continue to generously reward our

children for their great accomplishments.

Inclement Weather Policy

Swimmers and divers should plan to be at practice and at meets on time no matter what the current or predicted weather conditions! If the pools are open, we swim and dive on time.

We have no influence over whether the pools are open or not. The decision to close a pool is made solely by pool managers following procedures dictated by the pool management company (NV Pools). Factors that may result in unexpected pool closings include: equipment breakdown, power failure, water temperature, thunder, lightening and bodily fluid accident.

If the pool (home or away) is closed, we wait there for it to open. If lightening occurs, swimmers and divers should wait in cars until a decision has been made by the Team Reps for a delay, postponement or cancellation. Every effort will be made to conduct meets on the scheduled day so delays can last up to 90 minutes. In some cases specific events will have to be cancelled, but this is preferable to trying to reschedule a whole meet.

WHAT THE SWIM SEASON INCLUDES

Practices

We ask that all swimmers attend all their practices. U.S.A.S. swimmers must attend Friday practices. Attendance at practice is important if a swimmer is going to improve his or her skills, and will be considered in determining assignments to swim in the "A" meets. If a swimmer is going to miss practice or has already missed a practice, the swimmer must write name, date and reason in the Coach's Practice Notebook. It will be available at all practices on the coach's table. While meet absence information can also be written in the notebook, a separate form with parent's signature and advance notice is required for meet absences. See Appendix G for Dates Unavailable form and deadlines. Your consideration in this matter is greatly appreciated. If we do not see a swimmer, we cannot effectively judge how best that swimmer will work with the team. If we do not know where a swimmer is, we will not count on him or her for a meet.

Practice will begin the Tuesday following the opening of the pool on Memorial Day Weekend and will continue daily through July 25. **Individuals slated to swim in the All-Star Championship Meet will practice through August 1.** Generally, swimmers will attend practice according to their age group schedule. However, the Coaches may ask that a swimmer change his or her scheduled practice if it better serves the team's or swimmer's needs. Swim team practice is held rain or shine, hot or cold, except of course if weather conditions force pool management to close the pool. Please remember that swim team members should report promptly to and leave immediately following their assigned practice hour.

Afternoon practices are held by age group Monday through Thursday beginning on Tuesday, May 27, and continuing through Thursday, June 12. Swim practice will only be held on Fridays prior to June 16 if a practice during that week is cancelled. We share the pool with all other members during this time and respect must be shown for everyone using the facilities during this open swim. We ask that parents and other siblings allow the Coaches room to work with the swimmers. The afternoon schedule is as follows:

5:00 - 5:45 p.m.	Ages 8 & Under
5:45 - 6:45 p.m.	Ages 9-12
6:45 - 7:45 p.m.	Ages 13-18

Morning practices are held by age group Monday through Friday beginning Monday, June 16. Non-swim team members should **not** be using the pool facilities (including the baby pool) during these practices as the pool is closed to general membership. We ask that only swim team members are in the pool area or on deck at this time. The morning practice schedule is as follows:

7:00 - 8:30 a.m.	Ages 13-18
8:30 - 9:30 a.m.	Ages 9-12
9:30 - 10:15 a.m.	Ages 8 & Under
10:15 - 10:45 a.m.	Lil' Sharks

Lil' Sharks practice begins Monday, June 16. The Lil' Sharks are generally for swimmers aged 5-7. Lil' Sharks must be water-safe, be able to put their faces in the water and know how to breathe in the water. Please remember that Lil' Sharks do not replace swim lessons but are designed to increase swim meet-readiness. A Lil' Shark should be able to swim and may be assisted by, but not dependent upon, the lane lines. Lil' Sharks are intended to bridge the gap for the youngest members of our team who are not quite ready to compete in the FAST league.

Time Trials (Revised 2008)

Time trials will be held at Sideburn Run Pool on Saturday, June 14. Warm-ups will begin at 8:00 a.m. and time trials will begin at 9:00 a.m. This is a practice meet for all swimmers and officials. The time trials will be conducted as a regular meet with complete pool set-up and all required officials in attendance.

Each swimmer is expected to swim ALL events applicable to their age group at time trials so that the Coaches can have accurate times on each swimmer with which to plan the meet sheet. Baseline times in ALL four strokes (Freestyle, Backstroke, Breaststroke and Butterfly) will also be used to set goals for each swimmer and judge their progress throughout the season. Our Coaches can make exceptions to this requirement.

No make-up time trials will be held unless the Coaches make other arrangements. If you cannot swim at time trials, your times from last year will be used for seeding purposes.

NVSL Dual ("A") Meets

Keep your commitments. We're planning on your family being available for all swim meets unless you tell us differently. Coaches need completed and signed Dates Unavailable forms (Appendix G) at registration on **May 17, 2008**. Unless you notify us otherwise, we will use those dates in determining availability for meets. Everyone has vacation plans, camps or other activities that may impact swim team and we will work around these when we know about them.

For plans made **after May 17**, please complete Dates Unavailable forms as soon as possible but no later than the Tuesday morning practice preceding a Saturday meet (or the Friday morning preceding Divisional and All-Star Relay Carnivals). Completed forms should be handed to Head Coach Peter during morning practices or e-mailed to him. Coaches need this specific information to "seed" Saturday meets and to focus Thursday and Friday practices. Since NVSL requires us to provide firm lists of our swimmers, their respective events and lanes to our opposing team on the Thursday prior to each Saturday meet, Coaches must prepare our meet sheets no later than Wednesday.

In NVSL dual meets, the six most competitive swimmers (three from each of the two competing teams) in each event compete against each other. These meets are held Saturday mornings from 9:00 a.m. until approximately 11:30 a.m. We will meet at our home pool at approximately **7:15 a.m. to caravan to away meets, or 7:30 a.m. to warm-up in and set-up our home pool.**

There are five NVSL dual meets during the season—one against each of the other five teams in the division. The times are official and are used to determine an individual's best time for seeding in the division's Individual Championship Meet and for deriving the team's "time-in-water" figure, which is used for seeding teams into divisions next year. The NVSL meets are also scored to determine a team winner of the meet. Events are scored by awarding five points to first place, three points to second place and one point to third place. Relays score all five points for the winning relay team. Swimmers receive ribbons for placing first through sixth in the individual events and the members of the winning relay team each receive first place ribbons.

NVSL meets include 50 events. Individual events include the Freestyle, Backstroke and Breaststroke for all ages. Butterfly is also included for all ages except 8 & under. Relay events include a Freestyle Relay for 8 & under, Medley Relay for all other age groups and a mixed age Freestyle Relay.

The rules governing the conduct of NVSL meets are specified in the 2008 NVSL Rules Handbook. A copy of the handbook can be obtained from the Swim Team Rep.

A swimmer may only compete in two individual events in an NVSL meet. Swimmers also may be assigned to a relay team in their age group and/or to the mixed age relay. Swim team members are selected for participation in NVSL meets to maximize possible team scoring.

All of this is considered by the Coaches and Swim Team Rep in preparing the "meet sheet" that details the swimmers and events they will swim for an NVSL meet. "A" meet participation will be determined: first, by "A" meet swim times; second, by "B" meet swim times; and third, by time trial times. **This is a subjective process driven by the need to maximize team points. Ultimately, it is the needs of the team—as determined by the Coaches and Swim Team Rep—that decide the stroke or strokes in which a swimmer will be entered.** The needs of the team may occasionally dictate that a swimmer be required to swim above his or her age group.

Alternates may also be scheduled for NVSL meets. It is the responsibility of all scheduled swimmers to be on time for these meets. Your team is counting on you! Please consider your teammates and don't let them down.

"A" meet sheets will be posted by Friday morning on the Sharks bulletin board and/or e-mailed. Please make sure you and your child know what events your child will be swimming.

Divisional Relay Carnival (Revised 2008)

Each NVSL division holds a Divisional Relay Carnival for the purpose of sending relay teams to the NVSL All-Star Relays. This year Sideburn Run will host the Division 7 Relay Carnival on Wednesday, July 9. Events will begin at 6:30 p.m. Each of the six teams in the division may send one entry per event. There are 22 events comprising a Freestyle and Medley Relay for both boys and girls in each of the five age groups and also a mixed age Freestyle Relay for both boys and girls. Swimmers must swim in their own age groups (no "swimming up"), and swimmers in the 8 & under age group swim a modified Medley Relay in which the strokes are Backstroke, Breaststroke, Freestyle and Freestyle. **Any team member participating in the Divisional Relay Carnival is expected to participate in the NVSL All-Star Relay Carnival on July 16 at Springboard should their relay team qualify.**

Ribbons are awarded to each of the four swimmers in the relay teams that place first, second and third. At the end of the Divisional Relay Carnival the team with the most points scored will be presented the Divisional Relay Carnival trophy by the Division Coordinator.

NVSL All-Star Relay Carnival

NVSL hosts its All-Star Relay Carnival the week following the Divisional Relay Carnival. Entries for each event in the meet are the 18 fastest relay teams league-wide from the Divisional Relay Carnivals. It is a true honor to represent your team at the NVSL All-Star Relay Carnival and Sideburn Run has sent many relay teams to this exciting event in past years. All qualifying

swimmers in the NVSL All-Star Relays will be awarded a patch, and medals are awarded to all members on the relay teams that place first through sixth. **All parents of All-Star Relay team members will be assigned volunteer duties for this meet.** Orders and prepayment for All-Star T-shirts, caps and programs will be collected prior to meet day by the Swim Team Reps.

Divisional Individual Championship Meet

The week following the last regular NVSL meet, each division will hold an Individual Championship Meet. This year Mantua will host the Division 7 Individual Championship Meet beginning at 9:00 a.m. on Saturday, July 26. This meet is made up of 48 events including Freestyle, Backstroke, Breaststroke and Butterfly for both boys and girls in each of the five age groups. The IM is also included for four age groups: 10 & under, 11/12, 13/14 and 15-18. The order in which these events are swum rotates each year. In 2008, the order of events will be: Butterfly, Individual Medley, Freestyle, Backstroke and Breaststroke.

Each of the six teams in the division may seed two swimmers in each event. Each swimmer may swim only two events. Should there not be 10 swimmers seeded in any event, the lane(s) may be filled by any team according to the best official seed times.

ALL Swimmers must let Head Coach Peter know *in writing* by Monday morning, July 21, what events they would like to swim in Individual Divisionals. Coach Peter will ask that all swimmers list events they would like to swim in order of preference and will hand out a form during practice for this purpose. Should a swimmer not be able to or choose not to swim an event, it is imperative that he or she let Coach Peter and the Swim Team Rep know **no later than Monday morning, July 21**, so that we may fill our allotted lanes with Sideburn Run swimmers rather than giving them to another team.

Only the time clocked at the Divisional Individual Championship determines a swimmer's right to compete in the NVSL All-Star Championship Meet. No other times are taken into consideration by NVSL. Plaques are awarded to swimmers who place first through sixth in this meet. The division trophy is also awarded at this meet to the team with the best win/loss record in the division.

NVSL All-Star Individual Championship Meet

Following the conclusion of the Divisional Individual Championship Meet, each Division Coordinator reports the results to NVSL and the fastest 18 swimmers league-wide in each event are invited to the NVSL All-Star Championship Meet at Wakefield Chapel on Saturday, August 2. Two alternate positions are also chosen. **All parents of All-Star swimmers will be assigned volunteer duties for this meet.**

An award ceremony follows each event in which the top six swimmers receive their medals and places 7-18 receive ribbons. All qualifying participants (swimmers and alternates) have their

pictures taken and receive special All-Star patches. Orders and prepayment for group pictures, All-Star T-shirts, caps and programs will be collected prior to meet day by Swim Team Reps. This meet concludes the official NVSL season.

FAST Dual ("B") Meets

Sideburn Run is fortunate to belong to a group of local swim clubs known as the "FAST" (Fairfax Area Swim Teams) developmental league. Teams in this league are: Commonwealth, Fairfax Club Estates, Kings Ridge, Lakeview, Sideburn Run, and Sully Station 2.

These meets give each team member a chance to compete in a meet, win ribbons and develop swimming strokes. There is no seeding for this league. No team scores are kept and **times are not official NVSL times**. However, these are refereed meets designed to provide competitive conditions that are similar to the NVSL Saturday "A" meets. First through sixth place ribbons are awarded for each event for ages 7 and older. Six & under star ribbons are awarded for our youngest swimmers. Sideburn Run also awards participation ribbons to all team members who compete but do not receive place ribbons. The assignment of teams is based on geographical proximity and not the relative competitiveness of the teams.

The goal of the Monday or "B" meets is to provide competitive swim meets to those swimmers who have not had the opportunity to swim in the Saturday NVSL meets. Ideally, swimmers should have the opportunity to compete in two events per week—either on Saturday or on Monday.

Four FAST dual meets are held during the swim season. Our first FAST meet is scheduled for Monday, June 23 at 6:00 p.m.

FAST meets begin at 6:00 p.m. Home Team Warm-ups are at 5:05 p.m.; Visitor Warm-ups are at 5:25 p.m.; and officials need to arrive by 5:30 p.m. At practice Monday mornings, Coaches will let swimmers know what time they need to arrive for FAST meets. Arrival times will also be posted on our bulletin board at the pool. Events include: Freestyle, Backstroke and Breaststroke for age 6 & under; and Freestyle, Backstroke, Breaststroke and Butterfly for 8 & under, 9/10, 11/12, 13/14 and 15-18. Individual Medley (IM) events also will be held for 10 & under, 11/12, 13/14 and 15-18. The number of heats for each event is not limited and will be determined by the number of swimmers choosing to swim the event. A special IM meet will be held on Monday, July 23, prior to Divisionals.

Sideburn Run swimmers will register for FAST meets during their regularly scheduled practice on Monday morning. Parent volunteers will help the children register. We suggest that your swimmer discuss with Head Coach Peter what strokes he or she can swim and what strokes to register for prior to practice.

The Fairfax Area Swim Team League, not Sideburn Run Swim Team, determines eligibility for FAST meets.

2008 rules for entering FAST meets follow:

1. All swimmers are eligible for the IM events.
2. Swimmers are limited to two events plus the IM.
3. 8 & under swimmers may swim Butterfly or 10 & under IM.
4. An NVSL first, second or third place winner in a particular stroke in the current season is not eligible to compete in that stroke. If the first, second or third place was won by default or disqualification (DQ), then the swimmer may compete in that stroke. A swimmer does not become eligible by swimming up an age group.
5. Swimmers who age up into a new age group during the week of the Development Meet may compete in two events plus the IM in the new age group.
6. Team Representatives, by mutual agreement, can add "exhibition" events to the meet for swimmers who would otherwise be ineligible to swim. Heats for these events will not be combined with other FAST event heats, and will be conducted after all scheduled developmental meet events.
7. The IM meet will consist of IM events only (will not include 8 & under Butterfly).

FAST League Relay Carnival (Revised 2008)

The FAST League Relay Carnival will be held at Commonwealth at 6:00 p.m. on Wednesday, July 16. Only those swimmers who did not compete in the Divisional Relay Carnival are eligible to swim. More information on this swim meet will come through the weekly e-mails and from the Coaches during morning practice.

FAST IM Meet

Information regarding the annual Individual Medley Meet at Lakeview on Monday, July 21, will be distributed during the season. The express purpose of the IM Meet is to allow swimmers the chance to get an official time in the IM, which is used in seeding the Divisional Individual Championship Meet. **This meet is for swimmers wishing to swim IM in Divisionals only.** The meet will begin at 6:00 p.m.

Lollipop Meet

The annual Lollipop Meet for the Lil' Sharks will be held at Fairfax Club Estates at 9:30 a.m. on Monday, July 28. This meet is an opportunity for our youngest swimmers to have their very own meet. This meet is not for children who participate in NVSL or FAST meets, but for those children who are ready to try their first meet in a gentle, encouraging environment.

Disqualifications (DQs)

In swimming, the rules must be followed in total or a disqualification (DQ) is committed. This can

be traumatic the first time a swimmer is DQd for just one mistake, but it isn't fair to other swimmers who swim the entire race per the rules to do otherwise. It is expected that a swimmer will DQ at some point in his or her swimming career. The key is for the swimmer to understand and correct his or her error. A DQ is any violation of the rules observed by any appropriate official. Parents and swimmers may not discuss a DQ with Stroke and Turn Judges or other meet officials but should address concerns to the Swim Team Rep and the Coaches. Some of the more common reasons for DQing are as follows.

Freestyle: Failure to touch the wall at the turning end of the pool, walking on the bottom or pulling on the lane lines, finishing in the wrong lane and exiting the pool before swimming the specified distance.

Backstroke: Past vertical towards the breast at any time except during a flip turn, leaving the wall after a turn past vertical towards the breast, improper flip turn, missing touch on wall and sculling back to touch or surfacing beyond 15 meters after a start or turn.

Breaststroke: Incorrect kick (such as a scissors or flutter kick), non-simultaneous two-hand touch or one-hand touch at turn or finish, toes not pointed outward during the propulsive part of the kick, more than one stroke underwater with arms fully extended at start or turn, arm recovery past waist except on first stroke after start or turn, head didn't break surface by conclusion of second arm pull underwater after a start or turn, dog paddle (younger swimmers) and incorrect cycle of stroke.

Butterfly: Non-simultaneous or one-handed wall touch at the turn or finish, non-simultaneous leg movement during kicks, arms don't break water surface during recovery (judged at the elbows), non-simultaneous arm movement during recovery, arms not recovering simultaneously over the water or surfacing beyond 15 meters after a start or turn.

Relays: Leaving the deck before the previous swimmer touches the wall or deck, stroke violation of any swimmer, entering the water without permission (DQs the whole relay team!) and failure to swim the proper order of strokes.

Individual Medley (IM): Any individual stroke violation.

WHAT THE DIVE SEASON INCLUDES

Classes of Competition

The Sharks Dive Team is divided according to age groups into four classes of competition for boys and girls. Eligibility for a particular age group is determined by the diver's age on the first of June of the current year. There is no "aging up" during the season.

Freshmen	—	10 & Under
Juniors	—	11 and 12
Intermediates	—	13 and 14
Seniors	—	15 to 18

Each Tuesday evening during the six-week season, Sideburn Run participates in a dual meet with one of the other five dive teams in our division. These meets begin at 6:00 p.m. and last approximately 2 to 2 ½ hours. Each diver who participates in a dual meet has his or her dives scored. The top three cumulative scores at the end of each class competition (e.g., Freshman Girls, Freshman Boys, etc.) determine who receives first, second or third place ribbons. Team points are also awarded based on these top three scores—a first place score earns the diver's team 5 points, second place receives 3 points and third place is given 1 point. The team with the highest number of points at the end of all class competitions is declared the meet winner. The team with the highest number of wins at the end of the season is declared Division Champion.

Practices

Afternoon practices are held Monday through Thursday from 4:45 p.m. to 6:15 p.m. beginning on Tuesday, May 27, and continuing through Thursday, June 12. There are no practices on Friday. During this time, a diver may practice for all or any part of the session.

Morning practices are held Monday through Friday from 8:00 a.m. to 10:45 a.m. beginning on Monday, June 16. Prior to that time, divers will be assigned to a one-hour session. If it is necessary for a diver to miss a practice, a written note signed by the parent should be given to the Dive Coach or Dive Team Rep prior to the absence. This is a mandatory procedure if an eligible diver must miss a scheduled meet. Practices shall be assigned on a first-come, first-served basis. We'll try to help swimmers schedule appropriate non-conflicting dive practice times.

Meet Information

All dives in dual meets (except the Three Meter Meet) are performed on the low board (one meter). Based on his or her age class, a diver is required to execute a mandatory number of dives encompassing both forward and back dives in tuck, pike, layout or free positions:

Freshmen	—	2 required and 1 optional (jumps are acceptable)
Juniors	—	2 required and 2 optional
Intermediates	—	2 required and 3 optional
Seniors	—	3 required and 3 optional

Scoring for dives is based on two scales. The first one, from a 0.5 to 3.0, assesses the degree of difficulty (DD) of the dive based on its complexity; a front dive-tuck position is rated a 1.2 DD whereas a back dive-tuck position is given a 1.5 DD, etc. The harder the dive, the higher the point

value. The second scale is a range from 0 to 10 and is used to judge the diver's performance of a dive, taking into account the basic aspects of that dive: hurdle, take-off, flight and entry into the water. Five Judges, holding up cards, evaluate each diver's performance. The highest and lowest scores are thrown out, the remaining three scores are added together then multiplied by the assigned DD, and the resulting number is the score a diver earns on that dive.

In addition to weekly dual meets, several other competitions take place during the season that consists of the same events and four classes of competition for boys and girls.

Three Meter Meet: dives are performed from the "high dive." Also known as the "Wally Martin Meet," this year it will be held at Lee Graham on Sunday, July 13.

Crackerjack Meet Invitational: open to divers with basic developing skill who are not eligible for Divisionals, but who are invited to participate based on the current season's meet scores and meet finishes. Only divers whose dual meet scores are below the fifth place All-Stars qualifier scores may dive in the Crackerjack Meet. Cardinal Hill will host this event on Sunday, July 20.

Divisionals: will be held at Sideburn Run this year on July 27, the last Sunday of the regular dive season. This is a competition among the top 16 divers from each of the six teams in the division regardless of age group. Plaques are awarded to those divers finishing in first to sixth place. Ribbons are presented for seventh place finishes on.

All-Star Meet: the top two qualifiers and an alternate from each divisional competition vie in a series of required and optional dives. The six highest scoring divers receive medals. This meet will be held at Dunn Loring on Sunday, August 3. This meet concludes the official NVSL dive season.

Dive Volunteers

No matter what the name of the meet, none of the competitions could take place without the cooperation and expertise of a number of officials and volunteers who run the meets.

Meet Secretary and Assistant Secretaries: more familiarly known as "Table Workers" who list competitors and dives prior to the beginning of the meet; record and total scores, apply the DD value, and determine the points awarded to each diver.

Announcer: announces the diver, the dive and the degree of difficulty (DD) involved; also calls the scores shown by the Judges.

Judges: five are needed to score each dive on a scale of 0 to 10; generally, these volunteers have completed an NVSL Judges Clinic; and, quite literally, Judges have the best view in the house!

Referee: signals the Judges and makes decisions relative to balks, etc.; if the need arises, the Referee can also serve as a Judge or as the Announcer; and Referee certification is achieved by tenure as a Judge and attendance at an NVSL Referee Clinic.

Team Representatives: official spokespersons for the team; serve as hosts at a home meet; and are responsible for the arrangements, equipment and conduct of the meet.

IVPs: at SRRA these are the Indispensable Volunteer Personnel whose jobs include Snack Bar Coordinator, Publicity Chairman, Social Chairman, Snack Bar Workers, Ribbon Writers, Runners, Home Meet Set-Up/Take-down Leader and Crew, and, of course, Supportive Fan. In the Sideburn Run Diving Sharks program, there is something for everyone!

TEAM ACTIVITIES

As noted previously, at Sideburn Run we place equal emphasis on all aspects of swimming and diving. One of the most important of these aspects is the element of **FUN!!!** Many events are planned throughout the season to bring us all together as a team, with families included.

Mondays will again be breakfast days during practice to coordinate with the FAST meet sign-up. All swim and dive team members participating that day are invited to the pavilion.

Social activities will be held every Friday night from 6:00 p.m. to 8:00 p.m. beginning on June 20 with our annual Shark Fest. Shark Fest is for all pool members and their families. Come to the pool to celebrate the end of the school year and kick off the swim team season! See Appendix J for a calendar of planned social events. Look for updates on the Sharks bulletin board and by e-mail.

As our final social event this year, we will have the Swim and Dive Teams Annual Awards Dinner. This is scheduled for Monday, July 28. All families will be asked to bring a potluck dish plus a salad or dessert to share. Once again, we ask that all families provide their own plates and utensils. Additional information will be provided in July.

AWARDS

The culmination of the swim and dive season is the Awards Dinner on Monday, July 28. The Dive Awards are from 4:00 p.m. to 6:00 p.m., potluck dinner is 6:00 p.m. to 7:00 p.m. and Swim Awards are from 7:00 p.m. to 9:00 p.m. Public recognition is given at this time for the tremendous

efforts and achievements put forth by the Sideburn Run Swim and Dive community. Trophies will be awarded to all swimmers and divers who complete the season and participate in at least two meets. Additional awards may also be presented for 5- and 10-year tenure, to our graduating seniors, and to recognize special achievements as determined by the Coaches and Team Reps.

Swim Recognition: Awards will be presented to "B" meet participants, to "A" meet participants and for "A" meet point awards. Points are determined according to place in "A" meets: 5 points for each first place, 3 points for second place and 1 point for third place. Swimmers who swim up will be awarded points as if they had competed in their own age group. The trophies vary in size according to the following schedule: 1-10 points, 11-20 points, 21-30 points, 31-40 points and 41-50 points. Lil' Sharks will also receive special trophies or awards. Special goal breaker ribbons will be awarded to each swimmer for each event in which they have meet or exceeded their goal. Goals are established at the beginning of the swim season (June) based on time trial times.

Dive Recognition: Trophies vary in size and are presented on the basis of number of points earned in the season. In order to win a High Point trophy, a diver must attain the highest number of points and have participated in at least three of the five dual meets.

It is our hope that along with the ribbons, plaques, trophies and certificates each Shark can take home that there is also a strong sense of accomplishment, pride, camaraderie and good times—for these intangibles are the true rewards of a hard-fought season!

COMMUNICATIONS

Our goal is to get as much information as possible out in a timely manner to all swim and dive team families. Since our primary means of communication will be through e-mail, we request that all swim and dive families provide us with an e-mail address so we can quickly and cost-effectively get information to you. We generally have more than 150 swimmers and divers registered, and it is a tremendous job making sure that everyone has all the dates and times they need to participate fully. Please keep yourself informed!

Weekly Team E-mails

Watch for daily and weekly e-mail updates. Please make sure to check your e-mail for team news, directions to meets, team events, etc. Announcements will also be posted on the Sharks bulletin board. Please keep your family informed.

Contact Team Reps

- **Swim Team:** Please e-mail Linda Beaver at monchichi@cox.net. She will get back to you as quickly as possible.
- **Dive Team:** please e-mail Rebecca Barimo at BBarimo@cox.net. She will get back to you as

quickly as possible.

Family Folders

Each family will have a folder in the boxes stored in the pool closet. Coaches and Team Reps also have a folder for receiving messages. Leave notes and messages including your e-mail address as well as your full name and phone number if a response is warranted. **Please check your folder regularly** for ribbons and other information.

Bulletin Boards

Check the Sharks bulletin board at the pool for announcements of weekly activities, meeting times, special recognition, pictures and "A" meet results. If you have post-worthy pictures or announcements, contact Linda Beaver at lb37monchichi@yahoo.com.

Guard's Office

Lifeguards will post time-sensitive announcements on boards outside the guard's office. These primarily pertain to pool closings, delays and water conditions.

Practice Attendance

Make sure your swimmers and divers attend practice daily. Coaches will list and discuss the week's events. Reminders and flyers will also be handed out.

It is each swimmer's and diver's responsibility to notify the respective Coach if a practice will be missed for any reason. Please refer to page 6 for more complete details regarding the swim Coach's Practice Notebook. Please refer to page 14 for the dive team absence requirements. The notebook and written correspondence are essential communication tools.

Website

Go to www.sideburnrun.com for forms, hours of operations, SRRRA membership, preliminary schedules, weather, contact information and more. **Keep in mind that schedule changes made after the season starts may not be reflected on the website.** Team e-mails and the Sharks bulletin board will have the most up-to-date schedule information.

ETIQUETTE AND RESPONSIBILITIES

Everyone wants to win and do his or her best. However, we must remember the philosophy of our team and the league which places the team, sportsmanship and love of the sport above winning. In that spirit we ask all parents, swimmers, divers and others involved with the Sideburn Run Sharks to know their pool etiquette and responsibilities.

Behavior. Everyone connected with the Sideburn Run Sharks shall conduct themselves in a

responsible and respectful manner. This includes proper behavior during the playing of the Star Spangled Banner as well as following and respecting the rules of our pool and all host pools. Booing, catcalls, negative posters and questionable cheers will not be tolerated and could, if continued, lead to expulsion of the offender from a meet. Keep in mind that we are all representatives of Sideburn Run and our behavior will determine our ability to continue enjoying the many benefits of membership in the NVSL.

Team Apparel. All Sharks are encouraged to wear a team suit at meets. Purchase your 2008 suits at Registration Day at the pool from 10:00 a.m. to 1:00 p.m. on Saturday, May 3. Suits also may be purchased at the pool from 7:00 a.m. to 11:00 a.m. on Thursday, June 19. If you miss these two opportunities, visit Suit Up at University Mall, 10631 Braddock Road, Fairfax, VA 22032; phone: 703-278-8202; and website: www.suitupnow.com. **NVSL rules require swimmers to wear team caps at all meets so do not lose your team cap!** Team caps will be given out at time trials. Additional caps also may be purchased from Suit Up. Male divers who opt to wear trunks in lieu of a team suit may be penalized on each dive by the Judges.

Officials' Apparel. All officials—including the Timers, Judges and Table Workers—should wear white shirts and dark blue pants. This is an NVSL rule for all deck officials and helps in distinguishing those persons who should and should not be on deck during a meet. **OFFICIALS SHOULD NOT WEAR ANY TEAM APPAREL.**

Spectator Guidelines. Spectators must stay in the designated areas for guests. The area behind the Timers at a swim meet and behind the Judges at a dive meet must be kept clear so that competitors may be positioned for the next event. Spectators should not ask the Table Workers, Timers, Stroke and Turn Judges or Referee for information on scores and times. Announcements will be made regularly and the times/scores will be posted shortly after the meet. Swim Team Reps also will be available for questions. The call for quiet must be observed if the Starter is to start each race easily and fairly or the Announcer is to clearly call the next dive. Please respect the Referee's whistle. But also remember to cheer for your team, your children and friends—just do it at the right time and in the right place. Please, no spectators in the team area. **No cell phones, pagers, etc. are allowed in the "ring" mode during swim meets. The ringers have been known to false start events and must be turned off.**

No Smoking, Eating or Drinking On Deck. There is a specially designated snack bar area.

Respect All Volunteer Officials. Please remember that all officials working at a swim or dive meet are volunteers. Only the Team Rep may approach an official. Please keep this in mind at all swim and dive events.

All Team Members Report to Coach. Sharks must report to their Coach after each event. This allows the Coach to critique the Shark's performance and help him or her improve.

NVSL Meet Participation. SWIMMERS who will be swimming the Saturday NVSL meets will be informed of their assignments by Friday morning at practice. A list of all assignments will be posted on the bulletin board and/or e-mailed on Friday. DIVERS participating in a Tuesday meet will be notified on Monday morning and are required to sign their meet sheet. It is each individual's responsibility to check these assignments. So that we are assured that all scheduled participants are present at the time of an NVSL meet, all swimmers and divers must arrive promptly and check in with the Coaches. This is necessary in order to prepare for substitutions and to notify certain officials of any changes in the program.

Transportation. Each Shark is responsible for his or her own transportation. Please do not burden the Coaches with your transportation problems. A list of all Sharks is available from the Swim Team Rep for your use in setting up car pools. Meeting the scheduled arrival times also is imperative so that warm-ups are not delayed and team spirit is established.

Warm-ups. Sharks must take their warm-up time seriously. No horseplay will be tolerated. Use this time wisely and confirm with the Coach the stroke(s) you will be swimming or dives you are performing.

Team Area. Swimmers and divers must stay in their team area during meets.

Relay Assignments Are Not Optional. All swimmers assigned to swim in a relay must participate.

Report to the Clerk of Course On Time. While the Coaches will be constantly reminding swimmers when to report to the Clerk of Course, it is also each swimmer's responsibility to keep up with the meet and report to the Clerk of Course on time for each event.

Unsportsmanlike Conduct. Poor sportsmanship, booing, vulgarity, and nastiness will not be tolerated. Anyone demonstrating unsportsmanlike conduct will be asked to leave the team activity.

KEY VOLUNTEERS

The job of the parent of an athletic child is a tough one and it takes a lot of effort to do it well. It is worth all the effort when you hear your child say, "My parents really helped and I was lucky in this respect."

Below is a list of our major chairpersons who have already volunteered to run a major element of our programs. Lend them your support! Don't wait for their call or e-mail—contact them and volunteer in the area of your choice. All our children will be better for your efforts. Thanks!

<u>Position</u>	<u>Volunteer</u>	<u>Phone</u>	<u>E-mail</u>
SRRA Board Liaison	Denis Scott		scott.ddnj@verizon.net
Treasurer	Linda Martin		LEMartin@cox.net
Team Activities	by age group!		
Monday Morning Breakfast	Debbie Kranz		DKranz1@verizon.net
Bulletin Board	Linda Beaver		lb37monchichi@yahoo.com

SWIM TEAM

2008 Swim Team Rep	Linda Beaver	703-385-8020	lb37monchichi@yahoo.com
2008 Asst. Team Rep/ Data Coordinator	Susie Rye	703-425-1679	susan@ryesigns.com
Snack Bar Managers	Bernadette Mahon		BMahon@cox.net
Tables	Pat Hogge/Lisa Grandle		PBHogge@aol.com
Clerk of Course	Joan Manning		Themanning6@cox.net
Starters	Patrick Morrissey		MorrisseyPL@yahoo.com
	Bob Crumplar		rcrumplar@wbbinc.com
Chief Timers	Donna Dietz/Steven Vest		Donabdietz@aol.com
NVSL Referee	Steve Sides		ssides@paint.org
FAST Referee	Eva Walker		
Home Meet Set-up/Take-down	John Cherry		cherryeyre@aol.com
Officials	Eric Krebs		EMKrebs@cox.net
Marshals			
Announcer	John Biskaduros		biskaduros@cox.net
Runner	Ryan Beaver		lb37monchichi@yahoo.com

DIVE TEAM

2008 Dive Team Rep	Rebecca Barimo	703-249-0778	BBarimo@cox.net
2008 Asst. Team Rep	Donna Scott	703-978-5919	scott.ddnj@verizon.net
Snack Bar Managers	Mary Gartrell	703-978-9526	MaryGartrell@yahoo.com
	Patty Vollmer	703-278-0696	
Referee	Donna Scott	703-978-5919	scott.ddnj@verizon.net
Chief Tables/Meet Sec	Marsha Wolber		
Volunteer Coordinator	Volunteer needed		
Publicity/Awards	Volunteer needed		
Audio/Announcer	Randy Warren/Irene Hagemeyer		GKargreen@cox.net

Insert Swim Registration Form

Insert Dive Registration Form

Insert Swim and Dive Medical Form

Insert Swim Volunteer Form

Insert Dive Volunteer Form

SWIM VOLUNTEER JOB DESCRIPTIONS

It takes many, many parent volunteers in order for our children to enjoy their swim/dive team social events and competitive meets. Sometimes it appears that there are more adults working than there are children swimming. There is something that everyone can contribute to his/her child's swimming experience. Learning and being trained as an NVSL official is a great way to help the team.

Saturday, May 31, 2008: Save the date for NVSL University Training at Falls Church High School. See specific training requirements under each section below.

Clerks of the Course: The Clerks of the Course are the "gatekeepers" for all swimmers in our meets. The people who perform this function get the swimmers to the right lanes for the correct race. Two Clerks of Course from each team are required for each meet. Training is recommended and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31.

Referee/Chief Judge: The Referee is the chief official for each swim meet. He or she is responsible for the conduct of the meets and is the final authority on the interpretation and enforcement of all swimming rules. Chief Judge performs same duties as Referee on the other side of the pool. Chief Judges are used to speed-up the meet in large meets. Training is required and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31.

Starter: The Starter is responsible for ensuring that all swimmers are given a fair and equitable start. The Starter will instruct the swimmers to "take your mark." After all swimmers are ready and still, the Starter will start the race using a "Colorado System" consisting of a public address system, a horn and a strobe light. Training is required and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31.

Marshals: The role of Marshal is significant at any meet. The exercise of polite, but firm, authority greatly assists in the maintenance of proper competitor and spectator decorum. These individuals are specifically responsible for enforcing warm-up procedures and maintaining order in the swimming venue starting prior to warm-ups and continuing through the completion of the meet. Marshals ensure swimmers and spectators are quiet for the start, prevent competitors or spectators from crowding the course and preserve the official's view at the finish. In larger meets (Divisional Relays), Parking Lot Marshals are required to ensure that teams park in their assigned areas and that anyone entering the parking lot has an official parking pass. Two Marshals from each team are required for each meet. Training is not required. Find additional information at www.nvsl.nvpools.com by selecting the drop down arrow labeled "Find" and then selecting "Clinic Handouts."

Stroke and Turn Judges: Once the race has started, the Stroke and Turn Judges are responsible for ensuring that all swimmers obey all the rules for the stroke that they are swimming. If a Stroke and Turn Judge sees a violation of the rules, he or she raises a hand to signify that an

infraction has occurred. A Disqualification is recorded on a DQ slip, which the Referee reviews, approves and forwards copies to the Table Workers and the Swim Team Rep. Stroke and Turn Judges are not allowed to discuss DQs with parents or swimmers or to cheer for swimmers, but they do have a great view of the meet. Two Stroke and Turn Judges from each team are required for each meet. Training is required and is tentatively scheduled for Saturday, June 7, at Fairfax Club Estates.

Relay Take-off Judges: During Saturday morning relays, Divisional Relay Carnival and All-Star Relay Carnival, you'll see Relay Take-off Judges at each end of the pool (two per lane). Their job is to ensure that each swimmer touches the wall prior to the next swimmer in the relay leaving the deck. Each Judge notes on a slip of paper whether each swimmer in his or her lane left before or after the swimmer in the water touched the wall. Relay Take-off Judges do not raise their hands when they observe an early take-off because a disqualification occurs only if both Relay Take-off Judges observed an early take-off. Timers are usually our Relay Take-off Judges. Training is not required.

Timers: The Timers are the most important people to every swimmer because they determine each swimmer's official time for each race. Being a Timer is a good entry-level position for new parents to help out and get a great view of the meet. If you can start and stop a stopwatch, you can be a Timer. We'll even provide the stopwatch. Timers start their watches on the strobe light from the Colorado System and stop their watches when the swimmer touches the wall. There are three Timers per lane and all three times are recorded. The middle time is the official time. The Chief Timer collects the time cards from the Timers, reviews them for accuracy and completeness, and then forwards them on to the Table Workers. Plan to be a Relay Take-off Judge when you aren't timing (see above). Training is not required.

Table Workers: The time cards from the Timers and any DQ slips go to the Table Workers who determine the order of finish for each event, score the meet (Scorer), prepare ribbons (Ribbon Writer) for the participants and enter times into the Hyteck computer system (Data Entry). Several people from each team perform these functions to ensure that errors are caught before the results are announced. Table Workers have the best seats at the pool. Training is recommended and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31.

Announcer: The Announcer keeps spectators informed of progress through events, calls swimmers to the Clerk of Course and announces the score when prompted by the Home Team Rep. Training is required and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31. Find additional information at www.nvsl.nvpools.com by selecting the drop down arrow labeled "Find" and then selecting "Clinic Handouts."

Team Rep: The Team Rep is the designated recipient of all DQ slips for his or her team and is the only person with any official standing to challenge any decisions made by the Referee. While the meet is going on it's a pretty easy job since most of the Swim Team Rep's job is done before

the meet starts. If something happens involving your swimmer which you do not think is right, talk to the Coach or the Swim Team Rep. The Swim Team Rep will initiate action in accordance with NVSL rules if thought to be appropriate. But remember: Stroke and Turn Judges and Relay Take-off Judges should be standing directly over the lanes for which they are responsible. Spectators don't have as clear a view as the Judges. The only way a Referee will overturn a DQ is if the Judge confirms that he or she was not standing in the proper place.

Coaches: During the meet, the Coaches' primary responsibilities are to encourage and praise the swimmers and to make sure that they get to the Clerk of the Course in time to swim.

Runners: This is a great job for younger or non-swimming siblings but parents are great, too. Runners are needed for home meets only. For home FAST meets (generally Monday nights), Runners carry information from the Clerk of Course to the Announcer and time cards from the Head Timer to the Table Workers. For home Saturday meets and Divisional Relay Carnival, Runners carry time cards from the Head Timer to the Table Workers and DQ slips from the Referee and Chief Judge to the Table Workers. They are some of the only "paid" volunteers since they get a free candy from the snack bar at the completion of their duties. When possible they get their own chair, too!

Pool Set-up and Take-down: Set-up is required for all home meets and the Divisional Relay Carnival. Set-up involves setting up spectator bleachers, team areas, backstroke flags and tables for Table Workers. Take-down begins immediately after a home meet is concluded and involves restoring the pool to pre-meet condition. Home Saturday meets set-up begins at about 7:00 a.m.; Divisional Relay Carnival set-up begins at about 4:00 p.m.; and home FAST meets set-up begins at about 4:00 p.m.

Snack Bar: Snack bar sales are the most important fundraiser for the swim and dive team. A Snack Bar Manager is required to organize the purchase and preparation of food and to schedule workers, grillers, snow cone makers, bagel pick-up, donut pick-up and ice pick-up for all home meets. Health department certification is required and will be provided as part of NVSL University at Falls Church High School on Saturday, May 31.

Insert Dates Unavailable Form

2008 SWIM TEAM SCHEDULE

Date	Time*	Event
Saturday, May 3	10 a.m.-1:00 p.m.	Registration Day; order team suits and apparel!
Tuesday, May 27	5:00 p.m.-7:45 p.m.	Evening Practices Begin
Saturday, June 7	4:00 p.m.-7:00 p.m.	Swim and Dive Open House
	5:00 p.m.	Meeting for Shark Parents
Saturday, June 14	8:00 a.m.	Time Trials at Sideburn Run - Warm-ups
	9:00 a.m.	Time Trials Begin
Monday, June 16	7:00 a.m.-11:00 a.m.	Morning Practices Begin
Thursday, June 19	7:00 a.m.-11:00 a.m.	Last chance to order suits and apparel at poolside!
Friday, June 20	6:00 p.m.-8:00 p.m.	Shark Fest to kick-off the 2008 season!
Saturday, June 21	9:00 a.m.	NVSL Meet (Away) Sideburn Run @ Hollin Meadows
Monday, June 23	6:00 p.m.	1 st FAST Meet (Away) Sideburn Run @ Kings Ridge
Saturday, June 28	9:00 a.m.	NVSL Meet (Home) Mantua @ Sideburn Run
Monday, June 30	8:00 a.m.	Swim Team Pictures (wear team suit and T-shirt) (rain date July 1)
Monday, June 30	6:00 p.m.	2 nd FAST Meet (Home) Fairfax Club Estates @ Sideburn Run
Tuesday, July 1	8:00 a.m.	Rain Date for Team Pictures
Friday, July 4	8:45 a.m.	4 th of July Practice—Fun and Games Day
Saturday, July 5	9:00 a.m.	NVSL Meet (Away) Sideburn Run @ Poplar Heights
Monday, July 7	6:00 p.m.	3 rd FAST Meet (Away) Sideburn Run @ Lakeview
Wednesday, July 9		No morning practice—Divisional Relay Swimmers only
Wednesday, July 9	6:30 p.m.	HOME—Division 7 Relay Carnival at Sideburn Run
Saturday, July 12	9:00 a.m.	NVSL Meet (Away) Sideburn Run @ Commonwealth
Monday, July 14	6:00 p.m.	4 th FAST Meet (Home) Sully Station 2 @ Sideburn Run
Tuesday, July 15		No morning practice except FAST Relay Swimmers
Wednesday, July 16	6:00 p.m.	FAST Relays at Commonwealth
Wednesday, July 16	4:00 p.m.	All-Star Relay Carnival at Springboard
Saturday, July 19	9:00 a.m.	NVSL Meet (Home) Ravensworth Farm @ Sideburn Run (seniors recognized)
Monday, July 21	6:00 p.m.	FAST IM Carnival at Lakeview
Saturday, July 26	9:00 a.m.	Divisionals at Mantua
Monday, July 28	9:30 a.m.	Lollipop Meet at Fairfax Club Estates
Monday, July 28	6:00 p.m.-9:00 p.m.	(Swim) Awards Dinner at Sideburn Run
Saturday, August 2	9:00 a.m.	Individual All-Stars at Wakefield Chapel

*For swim meets, please check with the Coaches to determine team arrival time for warm-ups.

2008 DIVE TEAM SCHEDULE

Date	Time*	Event
Saturday, May 3	10 a.m.-1:00 p.m.	Registration Day; order team suits and apparel!
Saturday, June 7	4:00 p.m.-7:00 p.m.	Swim and Dive Open House
	5:00 p.m.	Meeting for Shark Parents
Tuesday, May 27	4:45 p.m.-6:15 p.m.	Evening Practices Begin
Monday, June 16	Sign-up	Morning Practices Begin (contact Dive Reps)
Thursday, June 19	7:00 a.m.-11:00 a.m.	Last chance to order suits and apparel at poolside!
Friday, June 20	6:00 p.m.-8:00 p.m.	Shark Fest to kick-off the 2008 season!
Tuesday, June 24	6:00 p.m.	HOME—Dunn Loring @ Sideburn Run
Monday, June 30	8:00 a.m.	Dive Team Pictures (wear team suit and T-shirt) (rain date July 1)
Tuesday, July 1	8:00 a.m.	Rain Date for Team Pictures
Tuesday, July 1	6:00 p.m.	AWAY—Sideburn @ Chesterbrook
Friday, July 4	8:45 a.m.	4 th of July Practice—Fun and Games Day
Tuesday, July 8	6:00 p.m.	AWAY—Sideburn Run @ Vienna Woods
Sunday, July 13	9:00 a.m.	Wally Martin 3M Meet at Lee Graham
Tuesday, July 15	6:00 p.m.	HOME—Cardinal Hill @ Sideburn Run
Sunday, July 20	9:00 a.m.	Crackerjack Dive Meet at Cardinal Hill
Tuesday, July 22	6:00 p.m.	AWAY—Sideburn Run @ Truro
Sunday, July 27	7:00 a.m.	Divisionals at Sideburn Run
Monday, July 28	4:00 p.m.-6:00 p.m.	(Dive) Awards Dinner at Sideburn Run

*For dive meets, please check with the Coaches to determine team arrival time for warm-ups.

2008 SWIM AND DIVE ACTIVITIES CALENDAR

The following activities are pending based on availability of volunteers and the pool and pavilion. Time, place and event are subject to change without notice. Please check team notices posted on the bulletin board outside the pool and the website for updates.

Other activities (not listed below) will be planned for specific age groups and those Sharks will be notified accordingly.

Date	Time	Event
Thursday, June 19	7:00 a.m. -11:00 a.m.	Last chance to order suits and apparel!
Friday, June 20	6:00 p.m.-8:00 p.m.	Shark Fest to kick-off 2008 season!
Friday, June 27	6:00 p.m.-8:00 p.m.	Pasta Potluck
Monday, June 30	8:00 a.m.	Swim and Dive Team Pictures
Tuesday, July 1	8:00 a.m.	Rain Date for Team Pictures
Friday, July 4	8:45 a.m.	4 th of July Practice—Fun and Games Day
Friday, July 11	6:00 p.m.-8:00 p.m.	CORN—Clean Out Refridge Night
Thursday, July 17		Senior Chill
Friday, July 18		Pep Rally—Swim vs. Dive Coaches
Friday, July 25	6:00 p.m.-8:00 p.m.	Pasta Potluck
Monday, July 28	4:00 p.m.-6:00 p.m.	(Dive) Awards Dinner at Sideburn Run
	6:00 p.m.-9:00 p.m.	(Swim) Awards Dinner at Sideburn Run
TBD	TBD	Kings Dominion Trip
TBD	TBD	Movie Nights

AWAY SWIM MEETS

Check with the Coaches and refer to e-mails for time swimmers need to arrive at Sideburn Run to caravan to away meets or time swimmers need to arrive at away pool for warm-ups. We will caravan to all Saturday "A" meets—please contact Linda Beaver (h: 703-385-8020) if you're running late or unable to swim that day.

Sideburn Run (HOME)

Address: 10603 Zion Road, Fairfax, VA 22032

Phone: 703-978-9526

Hollin Meadows (Saturday, June 21—NVSL Meet starts at 9 a.m.)

2500 Woodland Trail & Elba Road, Alexandria, VA 22306

Phone: 703-765-9859

Kings Ridge (Monday, June 23—FAST Meet starts at 6 p.m.)

Address: 4850 Gainsborough Drive, Fairfax, VA 22032

Phone: 703-323-1811

Poplar Heights (Saturday, July 5—NVSL Meet starts at 9 a.m.)

2463 Buckelew, Falls Church, VA 22046

Phone: 703-237-7946

Lakeview (Monday, July 7—FAST Meet starts at 6:00 p.m.; Monday, July 21—FAST IM Carnival starts at 6:00 p.m.)

5352 Gainsborough Drive, Fairfax, VA 22032

Phone: 703-323-9510

Commonwealth (Saturday, July 12—NVSL Meet starts at 9:00 a.m.; Wednesday, July 16—FAST Relay Carnival starts at 6:00 p.m.)

Address: 9800 Commonwealth Blvd., Fairfax, VA 22032

Phone: 703-323-6020

Springboard (Wednesday, July 16—All-Star Relay Carnival starts at 4 p.m.)

Address: 6500 Deepford Street, Springfield, VA 22150

Phone: 703-719-7359

Mantua (Saturday, July 26—Division 7 NVSL Divisionals starts at 9:00 a.m.)

9330 Pentland Place, Fairfax, VA 22031

Phone: 703-273-5363

Fairfax Club Estates (Monday, July 28—Lollipop Meet starts at 9:30 a.m.)

Address: 5601 Snowy Owl Drive, Fairfax, VA 22032

Phone: 703-250-1151

DIRECTIONS TO AWAY SWIM MEETS

Sideburn Run parking lot to...

- **Hollin Meadows** (Saturday, June 21—NVSL Meet starts at 9 a.m.)

Right on Zion Dr; Turn left at Guinea Rd; Turn right at Braddock Rd/VA-620 E; Merge onto Capital Beltway/I-495 S via the ramp to Richmond/Alexandria; Take exit 177A-B to merge onto Richmond Hwy/US-1 S; Turn left at Boswell Ave; Turn right at Delafield Pl; Go to end; Turn left at Brentwood Pl; Immediately Turn left at Elba Rd; Turn 1st left at Woodlawn Trail; Club at end on Right; Arrive 2500 Woodlawn Trail, Elba Road, Alexandria, Virginia 22306 (20.4 miles; 36 minutes)

- **Kings Ridge** (Monday, June 23—FAST Meet starts at 6 p.m.)

Right on Zion Dr; Turn left at Roberts Rd; Turn right at Gainsborough Dr; Arrive 4850 Gainsborough Dr, Fairfax, VA 22032 (1.6 miles; 4 minutes)

- **Poplar Heights** (Saturday, July 5—NVSL Meet starts at 9 a.m.)

Left on Zion Dr; Turn right at Ox Rd/VA-123 N; Turn right at Main St/VA-236 E; Turn left at Old Lee Hwy; Slight right at Fairfax Circle; Slight left to stay on Fairfax Circle; Continue on Lee Hwy/US-29 N/VA-237 E; Turn left at VA-705/West St; Turn left at Allan Ave; Turn right at Buckelew Dr; Parking lot on right; Arrive 2463 Buckelew Dr, Falls Church, VA 22046 (10.7 miles; 27 minutes)

- **Lakeview** (Monday, July 7—FAST Meet starts at 6:00 p.m.; Monday, July 21—FAST IM Carnival starts at 6:00 p.m.)

Right on Zion Dr; Turn left at Sideburn Rd; Turn right at Commonwealth Blvd; Turn right at Gainsborough Dr; Arrive 5352 Gainsborough Dr, Fairfax, VA 22032 (2.1 miles; 5 minutes)

- **Commonwealth** (Saturday, July 12—NVSL Meet starts at 9:00 a.m.; Wednesday, July 16—FAST Relay Carnival starts at 6:00 p.m.)

Right on Zion Dr; Turn left at Sideburn Rd; Turn right at Commonwealth Blvd; Turn left at Walport Lane; Turn left into parking lot; take pathway to pool; Arrive 9800 Commonwealth Blvd, Fairfax, VA 22032 (1.9 miles; 4 minutes)

- **Springboard** (Wednesday, July 16—All-Star Relay Carnival starts at 4 p.m.)

Right on Zion Dr; Turn left at Guinea Rd; Turn right at Burke Rd; Turn left at Burke Lake Rd/VA-645 S; Turn right at Rolling Rd/VA-638 S; Slight left at Old Keene Mill Rd/VA-644 E; Turn left at Thomas Dr; Turn left at Deepford St; Arrive 6500 Deepford St, Springfield, VA 22150 (11.1 miles; 23 minutes)

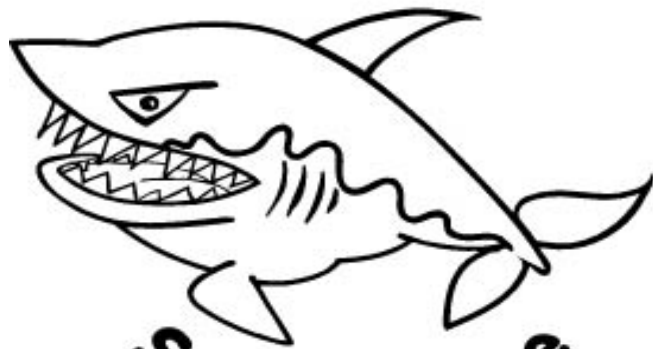
- **Mantua** (Saturday, July 26—Division 7 NVSL Divisionals starts at 9:00 a.m.)

Right on Zion Dr; Turn left at Sideburn Rd; Turn right at Braddock Rd/VA-620 E; Turn left at Burke Station Rd; Turn right at Main St/VA-236 E; Turn left at Prince William Dr; Turn left at Glenbrook Rd; Slight left at Pentland Pl; Parking on Street or in Lot directly ahead; Arrive 9330 Pentland Pl, Fairfax, VA 22031 (6.4 miles; 17 minutes)

- **Fairfax Club Estates** (Monday, July 28—Lollipop Meet starts at 9:30 a.m.)

Left on Zion Dr; Turn left at Kipp Ct; Turn left at Paynes Church Dr; Turn left at Broadwater Dr; Turn left at John Ayres Dr; Arrive 5601 Snowy Owl Dr, Fairfax, VA 22032 (1.4 miles; 4 minutes)

**Sideburn Run
SHARKS**



Swim & Dive