

Occoquan Swimming News Splash

Friday, March 10, 2023

News from the Head Coach/ CEO

Good Afternoon!

Occoquan raced with a crew of twenty-five red caps last weekend at the Potomac Valley Swimming (PVS) Junior & Senior Championships in College Park, Maryland. Although a small contingent, there were some big time results. Swimming in his final meet as a 14-year-old, **Alex Grocholski** left his mark on the team and PVS. Alex improved four OCCS 13-14 year old boys' team records in dropping his own records set earlier this season in the 200 IM (1:53.28), 1000 free (9:27.42) and 500 free (4:32.24) and added the 200 free (1:43.51) by eclipsing the previous 13-14 boy top time set in 2016 by Henry Radzikowski (1:43.70). Alex's 500 free time also rewrote the best swim in history by any 13-14 boy from Potomac Valley Swimming, Alex's swim removed the oldest standing record, previously set in 1983 by Craig Ammon at 4:32.44. Alex's 500 free and 200 IM were both first place finishes in the senior champ meet that highlighted some of the top high school age swimmers in the area. The 15-16 boys 200 free relay team of **Nicholas Chierico, Sean Lingafelt, Jorge Bohabot and Dylan Chaky** sprinted (1:27.97) to a new OCCS team record for 15-16 boys smashing the old standard set in 2008 (1:30.64).

This weekend, the 14 & under championships are being conducted at the University of Maryland, from yesterday's results, the team is churning out some great swims. Racing continues this afternoon with the distance session.

Next week, OCCS will send seven swimmers to the National Club Swimming Association (NCSA) Junior National Championships in Orlando, Florida. The 5-day meet starts on Tuesday morning and this year will be host to over 1300 swimmers from all corners of the USA. **Owen Hoban (17), AJ Friend (16), Aiden Grendysz (15), Alex Grocholski (15), Annaleagh Stahl (17), Lyla Browne (17) and Lucy Daniel (15)** will represent OCCS at this meet for the first time since 2010.

The 2023 Awards Banquet is starting to shape up and looks to offer a lot of fun among team mates and OCCS families. Be sure to RSVP by March 31 so final plans can be confirmed for the BIG event.

Next weekend over 300 Red Caps will race at Prince William County School's Aquatic Center at Colgan High School in the Pirate Pacer. The meet is extra big, so sessions are pending some changes. For your planning, here is what is being proposed for the new start times:

Saturday, March 18, 2023

	Warm Ups	Events
13 & Over Prelims	6:00 am – 6:40 am	6:45 am
11-12 Prelims	11:30 am – 11:50 am	11:55 am
10 & Under Timed Finals	3:00 pm – 3:30 pm	3:35 pm
FINALS	6:30 pm – 7:00 pm	7:05 pm

Sunday, March 19, 2023

13 & Over Prelims	6:00 am – 6:40 am	6:45 am
11-12 Prelims	11:15 am – 11:35 am	11:40 am
10 & Under Timed Finals	2:40 pm – 3:10 pm	3:15 pm
FINALS	6:30 pm – 7:00 pm	7:05 pm

If you have any changes to make to your entries, please submit them no later than Sunday, March 12 by 12:00pm.

Have a great weekend,

Coach Aaron

In this week's Splash:

Announcements

Awards & Fun Banquet – April 29, 2023 **RSVP by March 31st, 2023.**

Raffle Is Open

Practice Schedule Next Week

Events Schedule

Announcements

2022-2023 Awards

The coaching staff is hard at work planning our FIRST in-person banquet since 2019. We have a fun day of kickball, awards, and a DUNK TANK planned for everyone. We also have other fun-filled events planned as surprises as well! To assist in our planning, we need your help finalizing numbers so we can be sure to have enough food for everyone and schedule that will allow this to be the most fun.

IMPORTANT INFO

Date: April 29th, 2023

Time: 12pm-5pm

Location: Southlake Recreation Center
(5070 Higgins Drive, Dumfries, VA 22025)

We will be providing food and water. The team will also need to be split into several "waves." To help us prepare the right amount of food and organize the day in the most efficient way, **please RSVP by March 31st, 2023.**

<https://www.signupgenius.com/go/10c094da9a62ea3fa7-endofseason>

Building the Dream" Team Raffle

The Spring Raffle is off to a great start! We have so many amazing prizes that were all donated from generous OCCS families and local supporting businesses! Please support those who support us!

<https://occs.rallyup.com/occsfundraising>

Check your email for your swimmer's personalized fundraising page, the email will be from a company called "RallyUp".

Remember, we need each family to buy/sell at least \$50 worth of tickets, but those who buy/sell more are eligible to start earning OCCS account credits.

Prizes include: (Raffle Tickets are only \$1.00-\$5.00*)

See full descriptions and pictures on the team raffle page

- 2 Water-front Vacation Homes at Smith Mt. Lake! (Value \$1,800-2,000)
- 3 Month Membership at Burn Bootcamp in Woodbridge (Value \$435.00)
- Statements Salon Giftcard and Hair Products (Value \$130)
- Speedo Hyper Elite Fastskin Goggles (Value \$75)
- OCCS Swag Bundle by Westside Stitches (Value \$110)
- Happiness by Harper- Precious Stone Handmade Bracelets (Value \$20)
- Home Sweet Home Creations Giftcard (Value \$50)

- Outback Steakhouse Giftcard (Value \$50)
- KO Distilling Gift Basket (Value \$100)
- 1 Dozen OCCS Custom Cookies by Salsa Sweets (Value \$50)
- Dinner for 2 at Chuy's Tex-Mex (Value \$50-\$75)
- Salon Product Gift Basket by 'A Better Way' Salon (Value \$75)
- 4 Complimentary Wine Tasting Cards at Paradise Springs Winery (Value \$70)
- Crumbl Cookie Box-Bristow Location (Value \$25)
- Glory Days Giftcard (Value \$50)
- Sheetz Giftcard (Value \$100)
- WAWA Gift Basket (Value \$50)
- Firebirds Giftcard (Value \$50)
- Giftcard to Bungalow's Ale House (\$50)
- *Minimum of 10 tickets are required

We are only a week in and there are many families who have taken the opportunity to start fundraising for the team and their own accounts!

Raffle F.A.Q.'s

Q. When is the drawing?

A. On April 30th following the end of the season team event (TBA).

Q. I have multiple kids on the team, can I create one family page?

A. YES! Anyone can make their own fundraising page by clicking the "join the fundraiser" button which is on the raffle site participation center in yellow.

Q. Upon checkout, there is an option to "tip" & buy bonus tickets, what is that?

A. This is an optional fee that goes to the "Rally-Up" company, not our team. You will not receive credit for any bonus tickets sold or any tips added. You may want to share this information with friends and family.

Q. When will my credits be deposited to my team account?

A. Within two weeks of the raffle conclusion.

Q. What forms of payment are available?

A. We accept debit/credit, checks, Apple Pay, and Google Pay.

If you choose to pay by check, please make it payable to "OCCS" and follow the instructions on the check-out page.

Note: check payments will not be reflected on your fundraising page until they are received and cleared.

Q. Do you need to be present to win?

A. No, you will be notified if you won a prize, and we will arrange a delivery method.

For the week of March 13

	Roster Group	M/W	Facility	T/Th	Facility	Fri	Facility	Sat	Facility
Manassas Central	MC-Medley	5:00-6:00pm	Central Park	5:00-6:00pm	Central Park	XX		XX	X
	MC-Advanced 1	6:00-7:00pm	Central Park	6:30-7:30pm	Central Park	5:00-6:00pm	Central Park	XX	X
	MC-Advanced 2	7:00-8:00pm	Central Park	6:30-7:30pm	Central Park	6:00-7:00pm	Central Park	XX	X
	MC-JO Prep	5:30-6:30pm	Central Park	7:00-8:30pm	Central Park	5:30-6:30pm	Central Park	XX	X
	MC-JO10	5:30-7:00pm	Central Park	5:30-7:00pm	Freedom	6:30-8:00pm	Central Park	XX	X
	MC-JO12	6:30-8:00pm	Central Park	7:00-8:30pm	Freedom	6:30-8:00pm	Central Park	XX	X
	MC-JO14	5:30-7:30pm	Freedom	5:00-6:30pm	Central Park	5:00-6:30pm	Central Park	XX	X
	MC-Senior	5:30-6:30pm	Central Park	7:00-8:30pm	Central Park	XX		XX	X
	MC-Senior Select	3:30-5:30pm	Central Park	3:30-5:00pm	Central Park	3:30-5:00pm	Central Park	XX	X
	MC-HSJO	7:30-9:00am	Central Park	7:30-9:00am	Central Park	8:00-9:00am	Central Park	XX	X
Prince William	PWE-Medley	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	XX		XX	X
	PWE-Advanced 1	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	5:00-6:00pm	Chinn	XX	X
	PWE-Advanced 2	6:00-7:00pm	Chinn	6:00-7:00pm	Chinn	6:00-7:00pm	Chinn	XX	X

	PWE-JOPrep	8:00-9:00pm	PWCS AC	7:00-8:30pm	Dale City	6:00-7:30pm	PWCS AC	XX	X
	PWE-JO10	6:30-8:00pm	PWCS AC	7:00-8:30pm	Dale City	6:00-7:30pm	PWCS AC	XX	X
	PWE-JO12	6:30-8:00pm	PWCS AC	5:30-7:00pm	PWCS AC	6:00-7:30pm	PWCS AC	XX	X
	PWE-JO AM	4:30-6:00am	PWCS AC	4:30-6:00am	PWCS AC	4:30-6:00am	PWCS AC	XX	X
	PWE-JO14	4:30-6:30pm	PWCS AC	7:00-8:30pm	PWCS AC	4:30-6:00pm	PWCS AC	XX	X
	PWE-Senior	8:00-9:00pm	PWCS AC	4:00-5:30pm	PWCS AC	6:00-7:30pm	PWCS AC	XX	X
	PWE-Senior Select	3:30-5:30pm	PWCS AC	4:00-5:30pm	PWCS AC	3:30-5:00pm	PWCS AC	XX	X
Warrenton	WARF-Medley	6:30-7:30pm	WARF	6:30-7:30pm	WARF	XX	X	XX	X
	WARF-Advanced	7:30-8:30pm	WARF	7:30-8:30pm	WARF	6:00-7:00pm	WARF	XX	X
	WARF JO 10/12	6:00-7:30pm	WARF	7:00-8:30pm	WARF	6:00-7:00pm	WARF	XX	X
	WARF-JO14	4:30-6:00pm	WARF	4:30-6:30pm	WARF	4:30-6:00pm	WARF	XX	X
	WARF-Senior	4:30-6:00pm	WARF	4:30-6:00pm	WARF	XX	X	XX	X
	WARF-Senior Select	4:30-6:00pm	WARF	4:30-6:30pm	WARF	4:30-6:00pm	WARF	xx	x
NTG	NTG	3:30-5:30pm	Central Park	XX	X	XX	X	XX	X
		XX	X	4:30-6:00am	Central Park	4:30-6:00am	Central Park	6:00-8:00am	CPAC

2023 Event Schedule

Start	End	Meet / Event Name	Facility	Med	Adv	JO 10	JO 12	JO 14	Sr	Sr Sel	NTG
14-Mar	18-Mar	NCSA Junior Nationals	Orlando							X	X
17-Mar	19-Mar	Pirate Pacer	PWCS Aquatic Center	X	X	X	X	X	X	X	
23-Mar	26-Mar	Shamrock Showcase	Richmond					X		X	X
5-Apr	8-Apr	ISCA Elite Age Group Showcase	St. Petersburg, Florida			X	X	X			
29-Apr	29-Apr	OCCS Awards Event	TBD	X	X	X	X	X	X	X	X
5-May	7-May	Speedo Spring Splash	Freedom Center			X	X	X	X	X	X
18-May	21-May	Eastern Zone Super Sectionals	Richmond					X		X	X
2-June	4-June	First LC Invite	GMU-Fairfax		X	X	X	X	X	X	

NCSA Junior Nationals

For swimmers that are qualified for the Junior National level meet, this competitive opportunity is one of the biggest and best in the country. Held in Orlando, Florida this will be a team travel trip.

Pirate Pacer

For anyone that is not qualified to race at any of the other meets in March, this meet offers a fun racing opportunity in our backyard with some prelims/ finals racing to boot.

Shamrock Showcase

This meet is taking the place of the Sectional championships we would normally attend and offers a high level of competition with some Virginia and North Carolina teams with prelims/ finals racing plus lots of relays. Swimmers 15 & over need to have at least one PVS Jr. Champ qualifying time to be eligible to swim any and all events they wish. There will be a team travel opportunity for the team.

ISCA Elite Age Group

One of the highlights of the short course season is this meet held in St. Petersburg, Florida offering single age competitors the opportunity to compete with athletes from around the US (and even outside the US). There is team travel offered for those that want it.

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