

Meet Schedule:

Sat. June 9th - Home Time Trials

Sat. June 16th - Home A Meet vs. Cascades

Wed. June 20th - Away B Meet vs. South Riding

Sat. June 23rd- Away A Meet vs. Franklin Farm

Wed. June 27th - Away B Meet vs. Chantilly Nationals

Sat. June 30th - Home A Meet vs. Burke Stingers

\*Wed. July 4th - Home B Meet vs. Country Side

Sat. July 7th - Home A Meet vs. Burke Penguins

Wed. July 11th - Home B Meet vs. ManorGate

Sat. July 14th - Away A Meet vs. Ashburn Village

\*\*Wed. July 18th – Battle of the Burn@Ashburn Village

Sat. July 21st – Divisionals @ Burke Center

Sat. July 28th - All-Stars @ Cascades

\*Wed. July 4th will run on the AM meet Schedule; Swimmer Check-in: 6:45 Meet Start: 8am

\*\*Wed. July 18th - Battle of the Burn, new event created by the Ashburn Swim Coaches. Relay Races! More information to follow.

Wednesday Meet Order:

6/20: Freestyle, Backstroke, Breaststroke, Butterfly

6/27: Backstroke, Breaststroke, Butterfly, Freestyle

7/4: Freestyle, Backstroke, Breaststroke, Butterfly

7/11: Butterfly, Freestyle, Backstroke, Breaststroke

On Meet Days:

Please arrive 10 - 15 minutes prior to warm ups starting. Every swimmer must check in before they warm up and set up their space in the team area.

**All swimmers must check in to be eligible to swim in the meet.**

**During the meet, swimmers are asked to stay in the team area so they are ready for their next event.**

Once the swimmers have completed events, they should check in with the Coaches. This is very important at Saturday meets. Swimmers may participate in one or more relay events.

If your swimmer is unexpectedly unable to swim on the day of the meet, please contact   
Stephanie Sonnenfeld or Stephanie Callaghan, our team reps @ CSLBoardTeamRep@Broadlandsswimteam.org or 703-501-2332 or 703-346-3031 as soon as possible

On Deck Etiquette:

If questions arise during or after practices, please talk to the coaches after practice or email them at [CSLHeadCoach@Broadlandsswimteam.org](mailto:CSLHeadCoach@broadlandsswimteam.org)

If an issue arises during a meet, please do not approach the Officials (including Hytek) or the Head Coaches. Direct all questions and issues to our Team Reps, Stephanie Sonnenfeld or Stephanie Callaghan, during or after the meet.

Practice Schedule:

All practices are held Monday through Friday at the Community Center Pool.

May 29 - June 13: Evening Practice Schedule (while school is in session)

Age Group 6 & Under: 5:30 - 6:00 pm

Age Group 7/8: 6:00 - 6:30 pm

Age Group 9/10: 6:30 - 7:15 pm

Age Group 11 & Over: 7:15 - 8:00 pm

June 14 - July 27: Morning Practice Schedule (after school is out)\*

Age Group 11 & Over: 8:00 - 9:00 am

Age Group 9/10: 9:00 - 10:00 am

\*\*Age Group 7/8: 10:00 - 10:45 am

\*\*Age Group 6 & Under: 10:45 - 11:30 am

**\*\*Note:** 8 and under swimmers do not practice on the mornings of Wednesdays meets.

Team Events:

June 20th: Team Picture Day

July 4h: Spirit Night – Patriotic

July 11th: Spirit Night – Christmas in July

July 18th:  Battle of the Burn: Relay Races

July 29th: End of Season Party

For more, please check the Team Web site

[www.Broadlandsswimteam.org](http://www.broadlandsswimteam.org) Select CSL

What Is An “A” Meet?  
An “A” Meet is how CSL describes a Saturday competition between teams. An “A” meet is competed for team points, team standings and age group champs within a given CSL Division. It involves strategy and gamesmanship by our coaches to earn the most points for the team by selecting the most competitive swimmers available for the given meet.

What Is A “B” Meet?

A “B” Meet is how CSL describes a Wednesday night developmental meet between two teams. A “B” Meet is conducted to allow all swimmers an opportunity to improve individual seed times in all strokes including the individual medley. There are no team points associated with a Wednesday night, only “official” individual times. CSL allows “B” meet times to count for qualifications to the Divisionals. All swimmers except swimmers that placed in a particular event in the prior Saturday “A” meet are encouraged to swim and improve their personal times.

What Is The Selection Process For An “A” Meet?  
The answer is simple and not so simple all at the same time. At the most basic level, the Head Coach selects the top 3 seeded swimmers in each individual stroke. Swimmers can only compete in 3 individual events and 2 relays at any given “A” Meet. So if a top seeded swimmer in backstroke is not available to swim because she is already selected for free, breast and fly, then the 4th seeded swimmer in backstroke will be selected. The coach may also shuffle swimmers around in an effort to maximize points, which may also allow for a lower seeded swimmer to participate in an “A” Meet.

How To Mark Your Swimmer Absent For An Upcoming Meet?

If your swimmer is going to miss a meet (either WED or SAT), you must tell us beforehand so we can give their lane to another swimmer. **Never assume your swimmer won’t swim in a Saturday meet**; we try to give as many swimmers as possible a chance to swim in a Saturday meet, so please tell us if you know your swimmer won’t be around on a particular Wednesday or Saturday. Here’s how to mark your swimmer absent for an upcoming meet:

* Log in at <http://www.teamunify.com/reccslblva/>
* Click on the “Team Event Schedule” button
* Find the event(s) for which your swimmer cannot attend
* Click on “Attend/Decline”
* Click on your swimmers name
* Click on the Declaration pull down menu and select “No Thanks…..”
* Click on “Save changes” button

How Do I Know What/When My Swimmer/s Swim?

Meet entries are posted at the pool near the records board. On Tuesday for Wednesday meet and on Friday for Saturday meet.

You may also check for your swimmers entries on the OnDeck Parent App. You will use the same username and password as your website account. The team alias is: reccslblva Select swim meets and select the meet. You can select my kids.

And you can always check on the website too.

Volunteering:

The participation of our swimmers’ parents is essential to the success of the swim team. Parents are expected to volunteer at 4 different swim meets during the season, doing such duties as timing, clerk of course, timekeeper, meet set up and clean up, concessions or meet officials.

In addition to swim meet duties, each family is expected to participate on one of the Piranhas committees. Each committee is responsible for planning and executing one of the many activities or programs the team offers to our swimmers.

**Volunteer signups are done online. As stated at the parent meeting, if you do not fulfill your (4) volunteer and committee obligations by the end of the season, you will not be allowed to register next season as a returning family.**

Communication:

**Team Unify Account**: Be sure your email address(es) and cell number(s) are current! Event, newsletters, weather updates and other blasts will come via email and/or text message.

**Social Media**: **“Private”** Facebook and Twitter accounts will be used for various announcements such as swimmer & volunteer recognition, photos, and other well-deserved accolades. If you **DO NOT** want your child’s photo posted to social media, please notify: [cslboardvicepresident@broadlandsswimteam.org](mailto:cslvicepresident@broadlandsswimteam.org)

**OnDeck parent App**: see times, meet info, meet entries, etc.

**Meet Mobile App**: up to date meet results. 1.99/mo or $6.99/yr.