

PIRANHA BITES

Newsletter



Volume 15 Issue 4

June 15, 2018

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VL @BRAEMAR
SATURDAY JUNE 9TH



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[Victory Lakes](#)

[Piranhas](#)

on Facebook

NOTES FROM THE DECK...

I am so proud of all our Piranhas on how they performed at time trials. We had many new swimmers in their first meet!!!! It was exciting to see so many new swimmers of all age groups try new events and get times to beat the rest of the season!! The photo gallery is on the <https://vlpiranhas.shutterfly.com/>, the password is GOpiranhas20!*

Our first meet is this Saturday right down the street at Braemar, the Braemar information can be found starting on page 3, it includes where to park and lots of additional important information. Please note that when we do not host the meet, you may not get the psych sheet Thursday night or Friday morning. They have the right to sell it or add sponsors. If the host team allows it, you will receive it by Friday evening.

Please arrive by 6:05am so you are ready for warm ups! We will have our 1st pep rally Friday night from 6pm to 7pm to get the swimmers pumped up for our first meet. We will be decorating our cars for a caravan to Braemar in the morning. Please bring streamers and car window paint! The focus on the meet needs to be to swim our best and strive for personal bests!!

A big thanks to everyone who committed or declined their swimmer by the Monday 10:30 am deadline, we have 184 swimmers committed to swim this weekend! Signing up on time is extremely helpful for the coaches to be able to properly seed the meet so they can get the information to Braemar on time. If you know your swimmer's availability you can commit or decline them for the remainder of the season, they are all available on line.

Continued...

NOTES FROM THE DECK... continued

Thanks to everyone who has signed up to work the Braemar meet!! Looks like we have every job filled!! Away meets tend to have a few less jobs, so if you are not signed up for a job please find Gretchen Snyder at the beginning of the meet to let her know you are available if someone's availability changes. Make sure to find get your label prior to the meet starting so Gretchen knows you are at the meet and ready to work, location will be by the baby pool.

If your swimmer should have an illness and will not attend the meet PLEASE email scratches@vlpiranhas.com so we know not to expect them.

I know many were worried that their swimmer got DQed at time trials, first of all every swimmer gets DQed from time to time. Swimmers were put in events to see how they would do, if a swimmer gets DQed the information is forwarded to the coaches so they can work with the swimmer on that skill. Many of the DQs were for minor infractions, which are easy to fix!! If your swimmer gets DQed please tell them not to get discouraged, but to view it as a learning experience.

A few things to remember for Saturday:

- The meet will be much bigger and longer, you may want to bring something for your swimmers to do while they wait, cards, games, etc.
- Swimmers age 9 & up are required to wear caps, this helps the Stroke & Turn judges identifying the correct swimmer if they should DQ. We do not want our swimmers to get a DQ when it was actually the other team. We would love if the 8 & unders wear them also, but understand the younger ones are still getting used to them.
- Every Piranha has the same team shirt and cap, so please label them!
- It is suggested you bring extra goggles, never know when they will break!
- Bring snacks and plenty of drinks.
- They will have a concession stand so bring \$
- Bring chairs and tent if you have one, it is advisable that you share tents with other Piranhas as it gets really crowded!
- PATIENCE-bring your patience!

Reminder- if your swimmer will be attending a camp and will miss the weeks practice, please let us know by Friday the week before if you would like them to attend the make up practices on Monday and Wednesdays. We may not be able to accommodate the 8 & Unders, this will be a case by case basis.

The Board of Directors, volunteer coordinator and our computer rep spend an excessive amount of volunteer hours from Monday through Saturdays meet. After the meet through Monday morning we will not return emails as we will be spending time with our families.

See you on deck!

Maureen Romano,
VLSC President





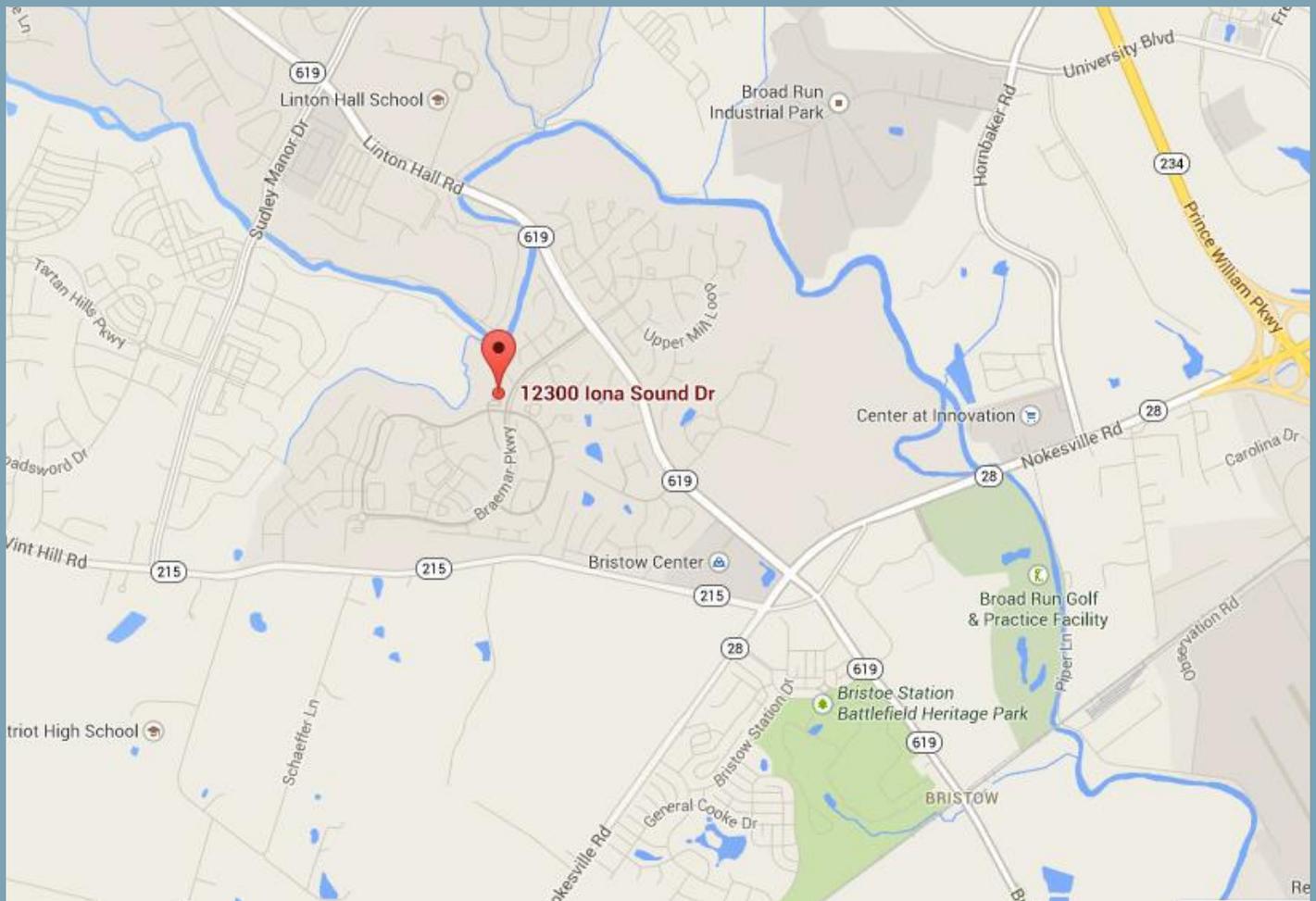
BRAEMAR MEET INFORMATION



Team Website: <http://www.braemarblasters.com>

Directions

**The Braemar Pool is located at
[12300 Iona Sound Drive, Bristow, VA 20136](#)**



If coming from the east, take Route 28 south to Linton Hall Road. Turn right on Linton Hall. At the second stoplight, turn left onto Braemar Parkway. The pool is located on the right at the intersection of Braemar Parkway and Iona Sound Drive.

If coming from the west, take Linton Hall Road to Braemar Parkway. Turn right onto Braemar Parkway.

The pool is located on the right at the intersection of Braemar Parkway and Iona Sound Drive.

BRAEMAR MEET INFORMATION . . . *continued*

Parking

Parking is available in the lot adjacent to the pool, along Iona Sound Drive and neighboring streets. Parking is also available along both sides of Braemar Parkway past the intersection of Iona Sound Drive. KinderCare, located at 12121 Caithness Circle (turn off of Braemar Parkway), has offered their lot to us during meets as well for overflow parking.

Please do not park in the loading zone or along the yellow painted curb in the lot adjacent to the pool. There is also no parking along Iona Sound Drive from the lot entrance to the intersection of Braemar Parkway.

****PLEASE BE COURTEOUS TO OUR NEIGHBORS AND ENTER QUIETLY AND REFRAIN FROM BLOCKING DRIVEWAYS AND MAILBOXES****

Due to the close proximity of houses to the pool, no artificial noise makers can be brought or used on pool grounds except those approved for meet use (public address system, starting equipment). Artificial noise makers include, but are not limited to: drums, air horns, musical instruments, etc.

We ask that families arrive no earlier than 5:30, as our gates will be locked and closed until that time.

Team Area

As you enter the pool, the team area is located in the grassy area opposite the entrance. The visiting team will be on the left. There is an additional overflow setup area outside the fence along Braemar Parkway and in the grassy area adjacent to the Clerk of Course patio. No spectator chairs are allowed on the pool deck.

As a courtesy to all swimmers and families, please ask your team not to "camp out" on deck. Once they have watched their swimmer participate, please ask them to leave the deck.

Warm-ups

The meet will start promptly at 7:00 a.m. Warm-ups are 20 minutes. Braemar will warm-up from 6:00 a.m. - 6:20 a.m., and the visiting team will warm-up from 6:25 a.m. - 6:45 a.m. The pool will be cleared at 6:45 a.m.

Relay Lanes

Visiting team relay lanes are 2, 4, and 6.

BRAEMAR MEET INFORMATION . . . *continued*

Volunteers

Please contact our volunteer coordinator Kim Dunaway if you have any questions: volunteer@braemarblasters.com

A meeting for volunteers will be announced during warm-ups.

Shift Times:

Timers, Recorders, and Runners three shifts:

- Shift One: 7:00 a.m. - 9:00 a.m.
- Shift Two: 9:00 a.m. - 11:00 a.m.
- Shift Three: 11:00 a.m. - end

All other volunteer positions run two shifts:

- Shift One: 7:00 a.m. - 10:30 a.m.
- Shift Two: 10:30 a.m. - end

If you run a different shift schedule, please inform the meet announcer of your shift times prior to the beginning of the meet so they can announce your shift changes.

➤ Officials and equipment:

- Please bring as many stroke and turn officials as possible (minimum of 4).
- One referee and one starter.
- Due to the layout of our pool, we request that you bring your starter equipment for use during the 8&U events to minimize delays. The 8&U swimmers will start at the opposite side of the pool and the timers and recorders will stay in place.

➤ Timers and Recorders:

- Visiting team is requested to provide one timer and recorder for lanes 1, 3, and 5 and two timers for lanes 2, 4, and 6. A total of 9 timers and 3 recorders for each shift.

➤ Timecard runners:

- Visiting team is requested to provide 2 runners for each shift.

➤ Clerk of Course:

- Visiting team is requested to provide 3 clerk of course volunteers per shift.
- Our Clerk of Course area will be set up in the covered patio area to the right of the concession stand (please see pool layout below). When events are announced over the public address system, please have your swimmers proceed to the clerk of course. No parents are allowed in the clerk of course area.

BRAEMAR MEET INFORMATION . . . *continued*

➤ Computers, Heat Ribbons, Scores and Ribbon Writers:

- Visiting team is requested to provide 1 computer volunteer per shift, 2 scorers and 2 verifiers (4 total) per shift, 3 ribbon writers, and 1 heat ribbon volunteer per shift.
- Computer area, scoring and ribbons will be setup inside the clubhouse.
- Please bring a backup computer and printer to help with printing ribbon labels.

Relay Assembly Area

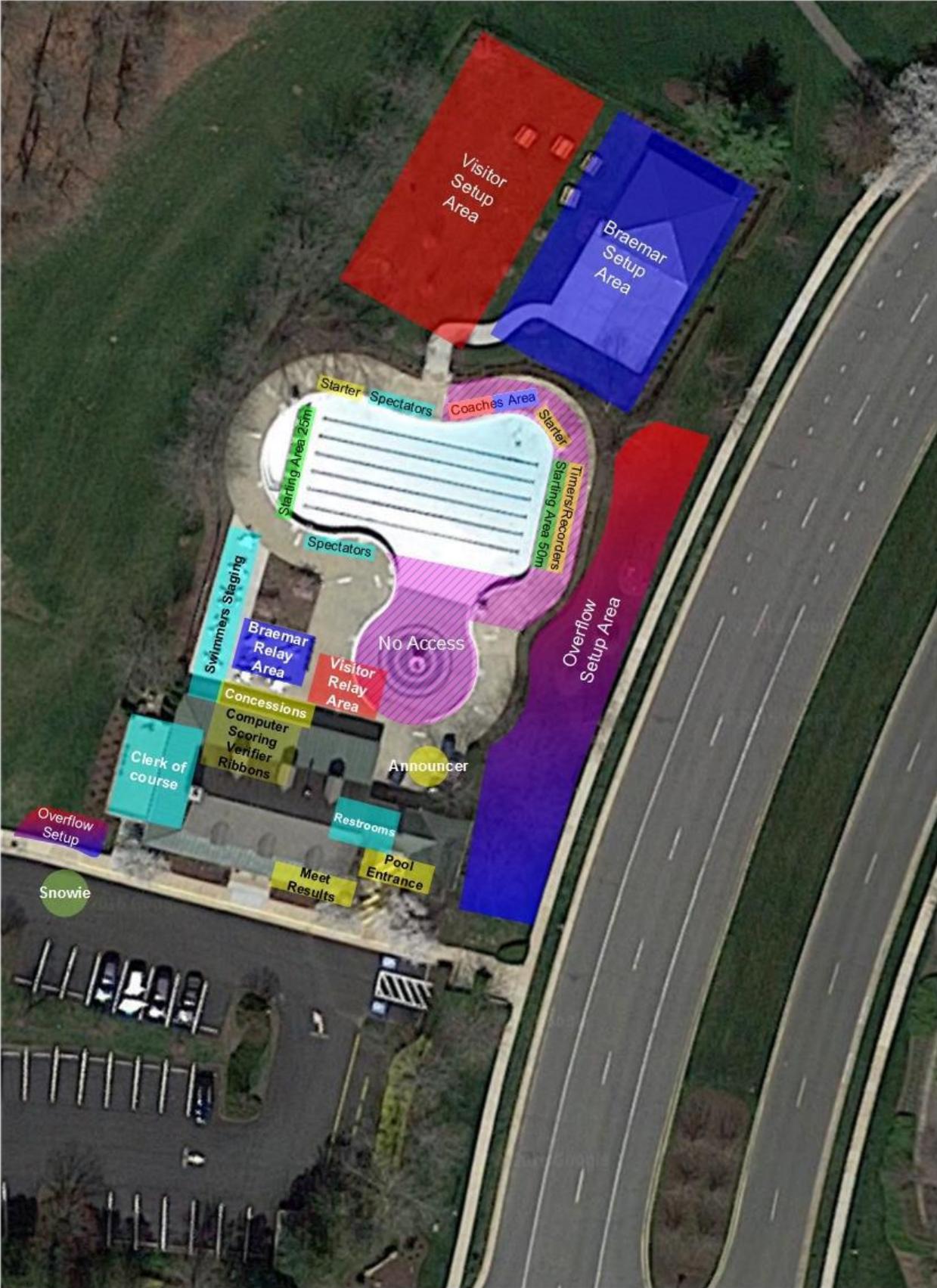
The Braemar Blasters area is located adjacent to the swimmer staging area, in front of concessions. The visiting team may set up a relay assembly area next to the pool zero entry, in front of the record board. We ask that you do not block the walkway around the pool. Please refer to the pool layout diagram for the location of the Relay areas.

Concessions

Concessions will be sold next to the swimmer staging area starting at 6:00 a.m. A variety of items will be available. Of note, at 6:15 a.m. we will have Chick-fil-A breakfast items as well as donuts; at 9:30 a.m. we be serving Chili's lunch items. Please visit our website under About>Concessions Menu for a full list of available items. Outside in the parking area, Snowie will be offering Shaved Ice. You don't want to miss this, especially during the hot summer day!

Please Note these PWSL Rules/Policies

- Swimmers will not be allowed to compete in PWSL meets if they have body paint, hair paint, and/or sharpie ink on their body beyond event information. The event information may only be written on one arm or the hand. The child will be given the opportunity to remove the paint, hair color, and/or sharpie ink before their first scheduled event. If it cannot be removed the child will not be able to swim.
- Heat ribbons will NOT be given to relay winners.
- The distance to the backstroke flags and pool length of the Braemar pool have been measured, and are in compliance with USA swimming regulations.
- Braemar will utilize dive over starts for 11 and over swimmers only. If you have any questions, please contact our head official prior to the start of the meet.



Braemar Blasters Pool Layout

Swim Meets 101

Procedures: Governed by the PWSL and outlined in its By-Laws. Meets are generally held on Saturdays during June and July. At the end of the season, a Divisional Championship meet is held, usually the last Saturday in July. To qualify for the Divisional meet, a swimmer **MUST** participate in at least two dual meets during the current swim season. Each swimmer is restricted to entering those events in which a legal time was recorded at a meet during the season.

Age Group: Swimmers will compete the entire season in one of the following age groups: 8 & under, 9-10, 11-12, 13-14, and 15- 18, as determined by their age as of June 1, 2015.

Required Equipment: Team caps are required for the meets. This is how judges, coaches, and fans identify our swimmers once they are in the water.

Participation: Each swimmer may compete in a maximum of three individual events and two relays. The coaches will determine the individual and relay events in which each swimmer is entered. Relays are a team event. They include the Medley Relay (four swimmers each swimming a different stroke), and the Freestyle Relay (all four swimming freestyle). The A, B & C relay teams will be determined by the fastest possible combination of swimmers that benefits the team, at the discretion of the coaches. As swimmers improve their times, the relay teams may change

For Swim Meets commitment to meets for all swimmers will be done through our website, www.vlpiranhas.com. Meet attendance is important, but if you do know your swimmer cannot attend a meet please sign out in advance online. The coaches spend a great deal of time working out events. If a swimmer is committed to a meet but plans change please decline them before the deadline. This allows for those entries to be filled by other swimmers. Swimmers who are 'no shows' are lost entries and potentially lost points for the team. If your swimmer is a 'no show' for meet without reasonable explanation, it is possible their events at the next meet may be reduced.

Scoring: 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. In individual events, the same team cannot score points for more than six places. In relay events, the same team cannot score points for more than one place.

What to Bring...



Team swim suit & cap	T-shirt and shorts
Warm-up suit, Goggles (many pairs)	Sunscreen
Towels (two or more per swimmer)	Cards, books, games
Money for concessions & heat sheets	Snacks & Cooler packed with water
Tent, tarp, umbrella, lawn chairs	Patience

Continued...

Swim Meets 101 continued...

What to Bring: Swim meets can last four hours+, with lots of downtime between events. Swimmers are encouraged to bring cards, games and other toys to help pass the time. Some swimmers bring tents, tarps and/or a large umbrella to get out of the sun or just to have a place to hang out. Since many swimmers have the same or similar equipment/clothing, please write your swimmer's name on EVERYTHING. The lost and found gets very full. The following is a sample swim meet checklist:

What to Expect: If you've never attended a swim meet before, here are a few things you can expect:

- parents, officials, towels, and kids everywhere!
- lots of noise!
- chilly early mornings and hot late mornings (even on the same day!)
- extremely limited viewing space (except for deck volunteers)
- boredom between your kid's events if you don't volunteer for a shift (or two!) timing, recording, working concessions, etc.
- new friends and a great time if you get involved with the team!

Arrival: Plan to arrive 15 minutes before warm-ups start. This way you can stake out your area, find your goggles, and report to coaches to receive any last minute instructions or changes when the announcer calls for warm-ups.

Camp Areas: Each family will need to locate a spot to "camp out" and get settled. For swimmers, each team will be assigned a specific area for "camping." Staying together as a team not only fosters team unity, but also makes it easier for coaches to locate swimmers.

Continued...



**BERKSHIRE
HATHAWAY**
HomeServices
PenFed Realty

Tracy Chandler ■ 703-581-7034
tracychandler.penfedrealty.com



Brad McGehee
Senior Loan Officer
NMLS ID #201041

703.259.0757 | bmcgehee@fhmtg.com
MyMortgageGuyBrad.com

Company NMLS ID #10044 (www.nmlsconsumeraccess.org)

Swim Meets 101 continued...

Warm Ups: Each team gets a twenty-minute warm-up. The home team always warms-up first. Our entire team warms up all at once, so it is very crowded on the pool deck. The team gathers around the coaches after warm-ups to cheer and get psyched up for the meet.

Meet Times: Meets usually start at 7:00 AM and finish around 12:00 PM. The meet begins after both teams complete warm-ups and the National Anthem is played.

Relays: Relays are the first and last events. If you are swimming a relay, report to your coach immediately after warm ups. Also, it is important to report to a coach prior to leaving before the meet conclusion to ensure you have not been added to a freestyle relay to replace a scratched swimmer.

Event Number: All events are identified by its number! Write down the event numbers that your child is swimming.

Continued...



Associates in Eyecare

OPTOMETRISTS, P.C



Swim Meets 101 continued...

Heat Sheets: During home meets and most away meets, heat (a.k.a. psych) sheets will be available most of the time online. They will include the individual events, the swimmers entered in each event, and their fastest time. Swimmers will be listed fastest to slowest using their best time for each event. Swimmers who have never competed in an event before will be listed after swimmers with times. The notation NT for “no time” will be typed next to their names. It also helps you determine how long your swimmer can rest before they have to get ready to swim again.

Clerk of Course: When the announcer calls your event, your swimmer should report to Clerk of Course ready to swim (i.e. with goggles, cap and a recent restroom visit). The Clerk of Course is the person who gets the swimmers in order for their event.

Parents: It's important to allow your child to remain at the Clerk of Course staging area alone! Your swimmer will have supervision and direction from parent volunteers who assist the Clerk of Course.

At the Clerk of Course, your swimmer will be handed a card. This card has the swimmer's heat and lane assignment for that event. When it is time to go on deck for that event, the Clerk of Course will direct the swimmers on where to go. Just before each heat begins, someone will take the card from the swimmer. The starter will announce each heat and get the race started. The finishing time for the swimmer goes on the card before it is taken to the scoring table.

What's My Time?: Swimmers learn to ask the recorder for their time as soon as they get out of the pool at the end of the race. The official results are posted approximately an hour after completion of the event. All event results are computerized and retained for each swimmer all season.

Disqualification (DQ): Our league complies with USA Swimming rules – the same rules used at all national meets. To ensure fair competition for all swimmers, these rules are equally applied to all swimmers, regardless of age or experience. During the competition, if a swimmer fails to comply with the stroke and turn rules, a Stroke and Turn Judge will raise their hand and fill out a DQ slip explaining the reason for the disqualification. The coaches receive this information after the meet and work to make the corrections in practice or in a stroke and turn clinic.



PRACTICE CANCELLATIONS/CHANGES

If there is inclement weather, an unexpected closing of the pool, or a change in practice, an email will be sent to families as soon as possible. The information will also be posted on our Facebook page.



PWSL Meet Format

The following is a list of the events swum at all PWSL meets.
The events are swum in the order listed.

Boys (or Mixed) Event #		Girls Event #
66	15-18 200 meter Free Relay	67
1	8&Under 100 meter Mixed Medley Relay	
2	9-10 100 meter Medley Relay	3
4	11-12 100 meter Medley Relay	5
6	13-14 200 meter Medley Relay	7
8	15-18 200 meter Medley Relay	9
10	8&Under 25 meter Free	11
12	9-10 50 meter Free	13
14	11-12 50 meter Free	15
16	13-14 50 meter Free	17
18	15-18 50 meter Free	19
20	10&Under 100 meter IM	21
22	11-12 100 meter IM	23
24	13-14 100 meter IM	25
26	15-18 100 meter IM	27
28	8&Under 25 meter Back	29
30	9-10 50 meter Back	31
32	11-12 50 meter Back	33
34	13-14 50 meter Back	35
36	15-18 50 meter Back	37
38	8&Under 25 meter Breast	39
40	9-10 50 meter Breast	41
42	11-12 50 meter Breast	43
44	13-14 50 meter Breast	45
46	15-18 50 meter Breast	47

PWSL Meet Format continued...

Boys(or Mixed) Event #		Girls Event #
48	8&Under 25 meter Fly	49
50	9-10 25 meter Fly	51
52	11-12 50 meter Fly	53
54	13-14 50 meter Fly	55
56	15-18 50 meter Fly	57
58	8&Under 100 meter Free Relay	59
60	9-10 100 meter Free Relay	61
62	11-12 100 meter Free Relay	63
64	13-14 200 meter Free Relay	65

2018 PIRANHAS PHOTO GALLERY!

Our fantastic photographers are dedicated to taking great pictures at all our meets. The pictures will be uploaded to our secure Shutterfly site.

Link: <https://vlpiranhas.shutterfly.com/>

Password: GOpiranhas20!*

Check after each meet for new pictures.

To download pictures and utilize other features, you must be logged into your Shutterfly account.

For the safety and security of our piranhas and their families we have disabled the ability to link content from this site to social media sites. If you would like to upload a photo to a public site such as Facebook or other social media platforms, please ask permission of those in the photo (or parents if they are minors) prior to posting it.

If you have pictures you would like to contribute photos to the site, click the "Ask to be a member" link at the top of the webpage.

Happy Viewing!



VICTORY LAKES PIRANHAS 2018 TIME TRIALS



2017 MEET SCHEDULE



~~June 9th Time Trials~~

June 16th Victory Lakes @ Braemar (AWAY)

June 23rd Victory Lakes vs. Brookside (HOME)

June 30th Victory Lakes @ Dominion Valley(AWAY)

July 7th Victory Lakes @ Bridlewood (AWAY)

July 14th Victory Lakes vs. Kingsbrooke(HOME)

July 21st Victory Lakes vs. Old Bridge (HOME)

July 28th Yellow Divisional Meet @ Wellington (10 lanes!!!)

UPCOMING PIRANHA EVENTS:

Tue June 19

7am sharp!

Picture Day

**Come dressed in
your team suit.**

CHEESE!



Our 1st Pep Rally is TONIGHT from 6 to 7 pm!! We will be decorating our cars so we can caravan to Braemar on Saturday! Please remember to get streamers and car paint!! The caravan will leave the clubhouse at 5:45am on Saturday!! Please join us!! We need to be there by 6:05!

Be sure to check out the Social Calendar posted on the next two pages for June and July. Of course, these events are subject to change!

Thank you to Alyce McGehee for pulling this together!

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9 7:00pm Time Trials
10	11 6pm-8pm Cookies & Cream spirit night	12	13 6pm-8pm Family picnic	14	15 6pm-7pm pep rally - Decorate the cars. Theme: Safari	16 7:00am swim meet @ Braemar
17	18 7pm 15& up volley ball game	19 7:15am SHARP swim pictures (bring \$ for donuts)	20	21	22 6pm-7:30pm Pep Rally, Bring \$ for dinner - Vocelli Pizza Theme: Dynamic Duo or Trio	23 7am Swim meet- home
24 2pm-4pm Vertical Rock - \$15/ person	25 7pm 8& under movie night in clubhouse 7pm 15& up volley ball game	26	27 4pm-8pm Spirit night @ Cold Stone - Coaches Scoop	28 5:50-7:30 laser tag @ clubhouse- \$2/ game. Bring extra \$ for pizza	29 6pm-7pm pep rally- Paint the car windows. Theme: TBD	30 7:00am swim meet @ Dominion Valley SARAH TITUS WWW.SARAHITUS.COM

July 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7pm 9-10 movie night in clubhouse 7pm 15& up volley ball game	3 Pancake breakfast after each practice- \$2 all you can eat!	4	5	6 6pm-7pm dessert wars	7 7am swim meet @ Bridlewood
8	9 5-9 Chipotle spirit night 7pm 11-12 movie in clubhouse 7pm 15 & up volley ball game	10	11 15& up Dominion Valley Relays. Time TBD	12	13 6pm-7pm Pep Rally, Bring \$ for dinner - Papa John's Pizza Theme: TBD	14 7am swim meet home
15	16 7pm 13-14 moive in the clubhouse 7pm 15& up volley ball game	17	18 7:30-8:30 Red vs. Black meet	19	20 6pm-7pm pep rally. Bring \$ for dinner Theme: TBD	21 7am swim meet home
22	23 7pm 15& up final volley ball game	24	25 3pm Splash Down	26	27 6pm-7pm Pasta Pump up	28 7am divisional @ Wellington
29	30	31				

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