

The Woodland Swim Team Newsletter

Newsletter Change

Change is a good thing. Especially when it means providing information more quickly and efficiently. As most of you know our website is up and running. It is updated when new information or events are scheduled, which can sometimes be daily. The goal of the website is to be a one-stop shop for information about the team. The site will become your link to up-to-date information concerning practice times and changes, upcoming meets, coach's articles, newspaper articles, meet results, and much more.



This leads to the changes in the newsletter. Beginning this month the newsletter will become a bi-monthly publication. The newsletter will feature detailed meet results, a focus on swimmer accomplishments, birthdays, and articles about team related items (that aren't urgent). You can expect the newsletter to be sent out in June, August, October and December.

Bookmark our website at: www.woodlandswimteam.org

Then and Now—March and April Recap

March marked the end of the short course season for the Woodland Swim Team. With Sierra Nevada Short Course Junior Olympics, Junior Far Westerns, and Western Spring League Championships, all team members had a chance to participate in season ending meets. The team's effort in each of these meets proved that the Woodland Swim Team is well on it's way to becoming a formidable opponent in the swim community. Congratulations to all swimmers who were able to attend one of the meets. Your hard work over the last few months paid off!

April was a time for recuperation and relaxation for our team. The Olympian clinic kicked off the month with a fun and informational day for the participants. The Age groups and Seniors took a week off from practices and other than the high school swimmers there weren't any swim meets to attend. All swimmers are now back in the water, putting in the yards, in preparation for the long course season.

Read The Coach's corner for more information concerning the long course season and what the summer will bring for the Woodland Swim Team.

WST Newsletter

Volume 2, Issue 4

April/May 2006

Woodland Swim Team is hosting a swim meet May 19-21st. Please sign up to volunteer with Tom Bei, the Meet Director. As always thank you for your help!

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The Coach's Corner

The Woodland Swim Team just completed a very successful short course season. We had outstanding swims by many of our swimmers at the season ending focus meets, culminating with incredible performances at the Junior Olympics and Far West-erns. At JO's we had many great swims with 17 Woodland Swim Team wins. To top it off, Dylan Newsom and Matt Whittle won high point awards for the 9-10 age group. At Far Westerns we also had some great swims highlighted by Mallory McGowan winning the 200 breast and also winning the 100 breast, achieving a US Open cut.

Now it is time to focus on the long course season. Beginning May 15th, the pool will be switched from it's current set up of 25 yards to 50 meters. Long course is when the kids are swimming the "longest" width of the pool (north to south/parking lot to flag). Along with the change in season, the team will begin it's summer practice schedule. **Beginning on Monday June 12th the team will have new practice times, which are reflected on page 3 of this newsletter.**

The new web site is up and running. As mentioned on page 1, it will be an important communication tool for our swim team. Please make it a point to check it on a regular basis for updates and other information.

Below is the long course meet schedule. There are not many opportunities to swim long course so please circle your calendars and plan on attending the long course meets. We will also be adding two "Do Your Own Thing Meets" to the schedule.

2006 Long Course Meet Schedule

MEET	DATE	LOCATION	COMMENTS
Davis B Meet (sc)	05/6-7	Davis	Less than A times
WOODLAND BB+/-	05/19-21	Woodland	All
Davis LC Dual Meet	06/02	Woodland	Tentative
WOODLAND LD MEET	06/04	Woodland	Long Distance Meet
CCA Senior Meet Jr+	06/9-11	Roseville	All qualifiers
Swim-A-Thon	06/16	Woodland	All Swimmers
Irvine AA Meet	06/22-25	Irvine	Seniors w/AA times
Lodi BB+/-	06/23-25	Lodi	All
WOODLAND BB+/-	07/7-9	Woodland	All
Junior Olympics (BB)	07/20-23	Davis	All qualifiers
Far Westerns	07/26-30	Concord	All qualifiers
Western Zones	08/8-12	Fresno	Qualifiers (opt.)

Mallory McGowan Trains at Olympic Training Center!

Mallory McGowan was selected to represent the Woodland Swim Team and Sierra Nevada Swimming for a training camp at the Olympic Training Center in Colorado Springs on April 12-15. Mallory was joined by other swimmers from Sierra Nevada Swimming. This was a good opportunity for Mallory to experience altitude training. The next newsletter will feature an interview with Mallory—we want all the details of this fantastic opportunity! Congrats, Mallory.

April birthdays

Miranda Baumgardener - 3 AnnClaire MacArt - 16
 Alex Bellini - 5 Jonathan MacArt - 23
 Keegan McElligot - 8
 Ashlee Hubert - 11
 Taylor Payne - 11
 Allison Ruanto - 11

May birthdays

Kelly Neal - 1 Gannon McElligott - 9
 Marilyn MacArt - 7 Anna Blake - 22
 Brock Earley - 25



The Coach's Corner

2006 Summer Practice Schedule

Beginning June 12th

Workout Groups	Mon	Tues	Wed	Thurs	Fri	Sat
DEVELOPMENTAL PROGRAM						
Water Frogs (am)	off	8:30-9:15	off	8:30-9:15	off	
Water Frogs (pm)	4:00-4:45	off	off	off	4:00-4:45	
Developmental One's (am)	8:30-9:30	off	off	off	8:30-9:30	
Developmental One's (pm)	off	5:30-6:30	5:30-6:30	5:30-6:30	off	
Developmental Two's (am)	7:00-8:15	off	off	off	7:00-8:15	
Developmental Two's (pm)	off	4:45-6:00	4:45-6:00	4:45-6:00	off	
AGE GROUP PROGRAM						
Junior One's (am)	off	7:00-8:30	off	7:00-8:30	off	
Junior One's (pm)	4:30-6:00	off	4:30-6:00	off	4:30-6:00	
Junior Two's (am)	7:00-8:30	7:00-8:30	off	7:00-8:30	7:00-8:30	
Junior Two's (pm)	off	4:00-5:30	4:00-5:30	4:00-5:30	off	
Junior Three's (am)	7:00-8:30	7:00-8:30	off	7:00-8:30	7:00-8:30	8-10
Junior Three's (pm)	4:00-5:30	off	4:00-6:00	off	4:00-5:30	
SENIOR PROGRAM						
SENIORS (am)	7:00-9:00	7:00-9:00	off	7:00-9:00	7:00-9:00	8-10
SENIORS (pm)	4:00-5:30	4:00-5:30	4:00-6:30	4:00-5:30	4:00-5:30	
MASTER'S PROGRAM						
Master's (am)	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	TBA
Master's (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	TBA
OTHER						
High School Prep (pm)	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	6:00-7:00	

Talk with your coach if you have any questions

The Coach's Corner

Coaching staff Updates

We are sad to announce that Nicole will be leaving the Woodland Swim Team coaching staff. Nicole is heading into her senior year in high school and has a lot of demands on her schedule so she is unable to continue coaching for us. She will coach until the end of the school year. At that time Coach Becky will coach the Water Frogs and Developmental One group through the end of the summer. This was a hard decision for Nicole to make and we wish her the best of luck! Thank you, Nicole, for all of your efforts and hard work - we will all miss you.

In other coaching staff news, Rick Henderson is back coaching the morning Master's. Coach Rick will be the Master's coach until next fall, when he begins a new season with UC Davis. At that time Coach Becky will coach the morning group. Another change for the Master's coaching staff - former Woodland Swim Team member Kaydi Barrus is replacing Coach Adina as the evening Master's coach. Adina wanted to get a little more free time. She will remain on the staff coaching the D2's and J1's. Thank you to Coach Adina and Welcome to Coach Kaydi!

Lake Berryessa Open Water Swim

The 25th Annual Lake Berryessa Open Water swim will be held on Saturday June 3rd. Several of the morning masters have already signed up for this event. This isn't just a Master's event, there are events for all ages and swimming levels. More information is available on our web site under the "Master's" link. Join the fun and challenge yourself!!

Team Fitting - Nike/Norcal Swim Shop

The Woodland Swim Team has switched brands from TYR to NIKE. This means that we are now a NIKE sponsored swim team. The agreement will give the team discounts on all Nike products through Norcal Swim Shop. Although we will be expected to wear NIKE gear at swim meets, swimmers may still use their current gear (swim suits, warm-ups, swim bags...) until they wear out. We also have TYR suits available to purchase at a discounted price that can be used. Under the NIKE agreement we will receive 25% discount, once a year, on all NIKE swim gear.

To capitalize on this discount as quickly as possible, we have scheduled a **suit fitting for Tuesday May 16th** at the pool. NorCal Swim Shop will be at the pool at 3:00pm. Swimmers should get to the pool as early as they can to get fitted (before getting wet).

The following is a list of available NIKE discounted products:

- Team Suits - with embroidered logo
- Racing Suits - no logo (season ending racing suits similar to Fastskin...)
- Team Warm-ups - embroidered with logo and name opt.
- T-shirt
- Goggles
- Swim bags
- Sweats - with embroidered logo
- Polo shirts - with embroidered logo

We will be sending out an order form before the fitting.

March Meet information

MARCH MEET:

Over 500 swimmers came to Woodland for the “Last Chance Qualifier”. Team parents did a fabulous job working the meet. Your help and continued support is very much appreciated. A special thanks for Kate Barichievich, Shelley Bei, and Janet Clarke for providing hospitality snacks and lunches. The meals were a big hit with the meet volunteers.

JUNIOR OLYMPICS:

Woodland came home with a 6th place finish, 16 first place wins and two swimmers who won the highpoint trophy! It was a perfect weekend for a Championship meet. Held at Solano College in Fairfield, the Junior Olympics included all Sierra Nevada swimmers who qualified within their respective age group.

8-under Girls: Haleigh Bei; 35th in the 25 freestyle (20.37), 28th in the 50 free (44.42), 19th in the 100 free (1:42.74), 28th in the 25 back (24.60), and 23rd in the 50 back (54.37). Allie Blake: 26th in the 25 free style (18.69), 31st in the 50 free (44.87), 16th in the 100 free (1:33.98), and 29th in the 25 back(25.38). Killion Newsom; second in the 25 free (14.49), 50 free (33.20), 25 back (18.90), 50 back (38.96), and 100 IM(1:23.52). Alyssa Torricelli; 28th in the 25 freestyle (18.95) and 26th in the 25 back (24.03). Stacey Truitt; 33rd in the 25 freestyle (19.94), 10th in the 25 breast(25.39) and 9th in the 50 breast (54.77). **8-under Boys:**

Taylor Payne; 2nd in the 50 free (36/08), 100 free (1:21.69), 25 back (20.78), 50 back (45.83), 25 fly (20.05), and 50 fly (49.00).

9-10 Girls: Anna Blake; 38th in the 100 free (1:20.20), 20th in the 200 free (2:51.05), 34th in the 50 back (43.71). Ann Claire MacArt; 6th in the 500 free (6:23.92), fifth in the 50 free (30.71), 16th in the 100 free (1:10.00), 9th in the 200 free (2:28.43), 17th in the 50 back (38.22), 19th in the 100 IM (1:22.90), and 10th in the 200 IM (2:51.57). **9-10 Boys:** Zack Anderson; 17th in the 100 backstroke (1:31.80), 7th in the 100 breast (1:37.49), 14th in the 50 fly (39.54), 4th in the 100 fly (1:23.52), 13th in the 100 IM (1:29.05), and 10th in the 200 IM (3:04.41). Logan McElligott; 12th in the 500 free (7:18.52), 6th in the 50 free (32.26), 14th in the 100 free (1:14.75), 15th in the 200 free (2:52.38), 14th in the 50 back (40.60), 18th in the 100 back (1:33.43), and 16th in the 200 IM(3:17.32). Dylan Newsom; 1st in the 500 free (6:02.97), 50 free (28.60), 100 free (1:03.09), 200 free (2:19.06), 100 back (1:14.63) and 200 IM(2:40.47). Ryan Payne; 7th in the 500 free (6:57.65), 11th in the 200 free (2:41.63), 15th in the 50 back (40.97), 12th in the 100 back (1:26.49), 14th in the 50 breast (46.19), 9th in the 100 breast (1:36.95), 9th in the 200 IM(3:04.02). Matt Whittle; 5th in the 500 free (6:48.43), 1st in the 50 back (35.32), 50 breast (38.52), 100 breast (1:24.47), 50 fly (33.02), 2nd in the 100 fly (1:17.94), and 100 IM (1:14.61). 200 free relay (Whittle, R Payne, L McElligott, Newsom) placed 1st (2:04.04). 200 Medley Relay (R. Payne, Whittle, Anderson, Newsom) place first (2:27.74). **10-under girls:** 200 free Relay; ‘A’ Team (Newsom, Borchard, Blake, MacArt) placed 10th (2:17.91), ‘B’ Team (Blake, Torricelli, Truitt, Bei) placed 14th (2:52.62). 200 Medley Relay; ‘A’ Team (Newsom, Borchard, Blake, MacArt) placed 11th (2:46.79), ‘B’ Team (Torricelli, Truitt, Bei, A Blake) placed 17th (3:21.04). **11-12 Girls:** Evelyn Borchard; 22nd in the 100 breast (1:24.88), 17th in the 200 breast (3:00.26), 46th in the 100 IM(1:19.94), 26th in the 200 IM(2:49.34). Nina Cooper; 23rd in the 50 free (29.76), 15th in the 200 free (2:19.12), 16th in the 500 free (6:01.35), 18th in the 50 back(35.32), 24th in the 100 breast (1:25.42), 24th in the 100 IM (1:15.08), 16th in the 200 IM(2:40.49). Hailley Duty; 32nd in the 100 free (1:08.89), 21st in the 200 free (2:24.11), 22nd in the 500 free (6:10.75), 20th in the 100 back (1:16.64), 16th in the 200 back (2:47.85), 44th in the 100 IM(1:19.66), 25th in the 200 IM(2:49.07). Mikayla Gness; 16th in the 50 free (28.99), 7th in the 100 free (1:01.92), 19th in the 500 free (6:10.22), 18th in the 50 breast(38.22), 18th in the 50 fly (32.59), 14th in the 100IM (1:12.92), 13th in the 200 IM (2:39.78). 200 FR (Cooper, Borchard, Duty, Gness) placed 13th (2:02.23). 400FR (Cooper, Borchard, Duty, Gness) 9th (4:28.64). 200MR (Cooper, Borchard, Gness, Duty) placed 8th (2:17.15). 400 MR (Cooper, Borchard, Gness, Duty) placed 9th (5:01.86). **11-12 Boys:** Keegan McElligott; 9th in the 50 breast(38.78), 5th in the 100 breast (1:22.63), and the 200 breast (2:57.25). **13-14 Girls:** Marissa Hildebrand; 8th in the 100 free (58.90), 6th in the 200 free (2:05.25), 2nd in the 100 back (1:03.21) and 200 back (2:17.36), 30th in the 100 breast (1:20.61). Mallory McGowan; 2nd in the 50 free (25.13), 4th in the 100 free (54.71), 3rd in the 200 free (2:00.45), 1st in the 100 breast (1:08.02) and 200 breast (2:27.27) **13-14 Boys:** Tanner Bei; 36th in the 100 free (1:01.42), 27th in the 200 free (2:11.21), 22nd in the 500 free (5:36.75), 12th in the 1000 free (11:36.29), 5th in the 1650 free (19:22.15), 21st in the 200 IM (2:32.78). Alex Bellini; fourth in the 50 free (25.91), 17th in the 100 free(56.84), 16th in the 200 free (2:03.84), 17th in the 500 free (5:28.06), 16th in the 100 breast (1:14.23), 11th in the 200 breast (2:37.85). Jonathan MacArt; 1st in the 50 free (23.93) and 100 free (51.41), 2nd in the 200 free (1:53.54), 4th in the 500 free (4:58.61) and 1000 free (10:25.68), 6th in the 100 back (1:03.43), 15th in the 100 breast (1:13.79). Patrick MacArt; 13th in the 50 free (26.98), 25th in the 100 free (58.43), 22nd in the 200 free (2:08.64), 18th in the 500 free (5:23.73), 18th in the 200IM (2:28.35). 4th place finishes in 200 FR (P. MacArt, Bei, Bellini, J. MacArt) (1:45.50), 400 FR (J. MacArt, Bellini, P. MacArt, Bei) (3:58.11), 200 MR (Bei, Bellini, P. MacArt, J. MacArt) (2:04.96), 400 MR (Bei, Bellini, P. MacArt, J. MacArt) (4:38.10).

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March Meet Information

(Continued from page 5)

Junior Far Westerns

Each year Pacific Swimming Association holds the Junior Far Westerns meet. Swimmers from around the country attend this trials and finals meet. Entry into the meet is based on possessing a qualifying time. This year the Woodland Swim Team was represented by nine swimmers; Ariel Stephens, Jonathan MacArt, Marissa Hildebrand, Mallory McGowan, Matt Whittle, Zack Anderson, Logan McElligott, Ryan Payne and Dylan Newsom.

10-under boys Zack Anderson; 34th in the 100 fly (1:28.82). Dylan Newsom; 3rd 50 free (28.38), 7th 500 free (6:13.49), 9th 100 free (1:03.46), 11th 200 free (2:18.71), 15th 50 back (35.82), and 18th 100 back (1:17.37). Matt Whittle; 9th 50 back (34.18), 50 breast (38.13), and 100 breast (1:25.27), 11th in the 100 Fly (1:15.27), 18th 50 fly (33.49), 19th 100 IM (1:14.93), and 25th 50 free (31.28). 200 Free relay; 9th (2:07.14) Whittle, Payne, McElligott, Newsom and 200 Medley relay; 8th (2:27.10) Payne, Whittle, Anderson, Newsom. **13-14 girls** Marissa Hildebrand; 14th 500 free (5:15.64), 41st 200 back (2:19.04), 45th 100 free (56.22), 48th 100 back (1:04.94), and 65th 400 IM (4:56.67). Mallory McGowan; 1st 100 breast (1:05.15) and 200 breast (2:22.60), 18th 50 free (25.30), 21st 100 free (55.09), 25th 200 IM (2:15.25), and 36th 200 free (2:00.92). **13-14 boys** Jonathan MacArt; 9th 50 free (23.47), 14th 1000 free (10:24.85), 16th 100 free (51.82), 17th 500 free (4:59.97), and 23rd 200 free (1:54.13). **15-16 girls** Ariel Stephens; 4th 100 breast (1:08.41), 6th 200 IM (2:13.63), 7th 100 free (54.83), 200 free (1:58.54), 10th 50 free (25.31), 12th 100 fly (1:02.23), 18th 200 fly (2:20.42).

WESTERN SPRING LEAGUE

At this year's Western Spring League swim meet our team was joined by the Davis Aquadarts and the Lodi City Swim Club. As mentioned on page one, this meet was a season ending meet for some of our swimmers. Our swimmers proved to be great competitors!

8-under girls: Stacey Truitt; 1st 25 breast (25.79) and 50 breast (58.62), , 4th 50 back (51.86), 5th 100 free (1:36.83), 10th 50 free (46.73). Allison Blake; 2nd 25 breast (26.61) and 25 free (17.92), 4th 50 free (40.65), 3rd 100 free (1:34.48), and 8th 50 back (54.69). Alyssa Torricelli; 3rd 50 back (51.45), 4th 25 free (18.73) and 25 fly (23.87), 5th 50 free (42.51), and 6th 100 free (1:37.28). Kelly Neal; 3rd 50 fly (52.19), 4th 25 back (23.81), 6th 25 free (19.69) and 25 fly (26.17), and 9th 50 free (45.96). Mrunal Wakode; 8th 25 free (20.60) and 9th 100 free (1:55.31). Haleigh Bei; 4th 100 free (1:36.24), 5th 25 back (23.84), 6th 50 breast (1:11.45), 7th 50 free (42.98) and 50 back (54.48). 100 free relay; 2nd (1:17.67). 100 Medley Relay; 2nd (1:33.85). **8-under boys:** Taylor Payne; 1st 25 breast (23.61), 25 free (16.66), 50 breast (54.76), 25 fly (19.18), and 100 IM (1:38.80), and 2nd 50 fly (50.31). Gannon McElligott; 3rd 25 back (26.13) and 50 back (59.67), 6th 25 breast (31.35), 50 breast (1:07.37) and 50 free (55.41), and 8th 25 free (22.71). **9-10 girls:** Anna Blake; 1st 50 fly (42.28), 2nd 100 fly (1:40.74), 3rd 200 free (2:46.19) and 200 IM (3:17.19), 4th 50 free (36.03), and 6th 100 free (1:18.50). Emily Borchard; 4th 50 breast (49.73) and 50 fly (46.58), 5th 50 free (36.68), and 6th 200 free (3:02.40). Ana Viguera; 8th 50 back (47.57), 11th 100 IM (1:44.41), and 14th 50 free (43.02). Ashlee Hubert; 8th 200 free (3:12.67), 10th 50 breast (55.77), 15th 100 free (1:35.88), and 17th 50 free (43.89). Kimmie Ruanto; 13th 50 back (55.18) and 100 IM (1:58.67), and 18th 50 free (47.93). 200 free Relay; 4th (2:47.10). **9-10 boys:** Logan McElligott; 1st 50 back (40.17), 2nd 100 IM (1:27.82), and 3rd 50 free (32.78). Brock Earley; 4th 100 back (1:45.11), 5th 50 back (46.07), 6th 100 IM (1:41.57), 7th 50 breast (59.22) and 100 free (1:31.62), and 9th 50 free (39.65). Scott Wiley; 5th 50 breast (55.71), 7th 100 breast (2:00.03), 8th 50 back (55.36) and 100 IM (1:55.57), and 9th 100 free (1:43.74). 200 Medley relay; 3rd (3:28.94). **11-12 girls:** Mikayla Gnos; 1st 50 breast (37.55), 2nd 50 fly (31.90) and 100 IM (1:11.36), 4th 50 free (28.68), 50 back (35.10) and 100 free (1:04.96). Nicole Bellini; 8th 50 breast (43.67), 200 IM (3:08.01) and 100 breast (1:34.07), 10th 100 free (1:17.00) and 100 IM (1:26.36), and 12th 50 free (35.03). Kara Sheldon; 8th 50 fly (44.59), 12th 50 breast (49.19), 13th 100 free (1:25.23), 100 IM (1:32.81), and 100 breast (1:46.03), and 15th 50 free (37.97). Nina Cooper; 5th 100 free (1:05.27), 50 breast (41.09), and 100 back (1:14.94). Hailley Duty; 1st 200 back (2:46.89), 2nd 200 breast (3:11.85), 5th 100 back (1:16.56) and 100 breast (1:28.67), 6th 100 free (1:06.11) and 200 free (2:28.12). Hannah Andres; 9th 50 fly (45.42), 10th 50 back (43.12), 12th 200 free (3:11.18), 14th 100 free (1:25.25), 15th 50 breast (52.45) and 100 breast (1:58.65). Allison Ruanto; 7th 50 back (39.44), 10th 100 back (1:26.64), and 11th 200 free (2:46.58). Katie Lee; 6th 50 fly (42.37), 9th 50 back (42.36), 11th 100 IM (1:28.16), 12th 100 breast (1:44.05), and 13th 100 back (1:33.31). Evelyn Borchard; 1st 200 breast (3:04.41), 2nd 100 breast (1:22.92), 3rd 50 breast (39.03) and 50 fly (36.49), and 4th 100 IM (1:16.27). 200 free relay; A team 3rd (2:07.77), B team 4th (2:25.22). 200 Medley Relay; A team 2nd (2:20.37), B team 4th (2:51.30). **11-12 boys:** Chester Wulff; 3rd 50 breast (45.32) and 5th 100 free (1:15.58). Keegan McElligott; 1st 200 breast (2:59.96), 2nd 50 breast (39.41), 100 breast (1:22.01) and 200 IM (2:51.24), and 3rd 100 back (1:27.13). **13-14 girls:** Alexis McIlvaine; 3rd 200 back (2:50.07), 8th 100 free (1:11.70) and 10th 200 IM (3:00.57). **13-14 boys:** Tanner Bei; 1st 200 back (2:30.44), 2nd 50 free (28.64) and 200 free (2:10.10), 3rd 100 free (1:00.96), 100 breast (1:23.80), and 200 breast (2:55.24). Alex Morach; 3rd 50 free (29.29) and 100 back (1:14.93), and 4th 200 breast (3:06.21). **17-18 boys:** 400 free relay; 3rd (4:41.24).

Volunteer Information

This will be an ongoing feature in the our newsletter. Volunteers are needed at meets, on the Board of Directors, and within other functions of the swim team. The goal is to provide clarity to our members in hopes that the number of volunteers will increase.

As many of you know, especially if you are involved with organizations like Girl Scouts or Little League, volunteers are crucial to a non-profit organization. The Woodland Swim Team is no different. Swim meets are when we need volunteers most. We need volunteers to come in large numbers so that our swim meets are run smoothly and efficiently. Our goal is to evenly distribute the workload to maintain sanity and balance! We hope to inform our membership about the areas/jobs that need more volunteers.

But what are these jobs and what does it mean to the person volunteering—how much time, what’s the level of responsibility and is it stressful? Luckily, we have the answers for you and it all equates to fun, fun and more fun! This month we are featuring three jobs that are interesting and very important to a swim meet; Snack Bar, Hospitality and Head Timer.

Snack Bar / Hospitality -

Although the snack bar and hospitality are two distinct functions the volunteers switch between the two as needed.

The snack bar sells food and beverages to all attendees of the swim meet. Two to three volunteers are needed on the Thursday prior to the meet to prep various foods and to help organize the snack bar. On the first night of the meet, Friday, two to three volunteers are needed to “man” the snack bar (sell the food and beverages) and to help prep for Saturday and Sunday. Finally, five to seven volunteers are needed on both Saturday and Sunday. A combination of prep, manning the snack bar, manning the BBQ, and clean up will be completed.

The hospitality group provides “free” food and beverages to the officials, timers, and volunteers of the swim meet. Usually we feed between 90-130 volunteers! The food is free to these folks with the team paying for the expense. There are two levels of hospitality; lunch and “maintenance”. The team has been fortunate enough to have families cook the lunches for hospitality. This means that a family will volunteer to cook and organize the meal. All the food is then brought to the meet where the other hospitality volunteers help assemble and then deliver the meals. This is quite a production but an essential part of our meet. “Maintenance” means filling up the coffee and water coolers that are placed on either side of the pool, preparing and delivering the morning and afternoon snacks to the officials and timers, prepping for the next meal or day and clean up of the hospitality room. Five to seven volunteers are needed throughout the day.

The family cooks are needed to make the lunches. This is very crucial to eliminating the expense of ordering pizza. If you are interested in cooking up a storm for a meet please contact Deanna Earley at dearley@morningstarco.com

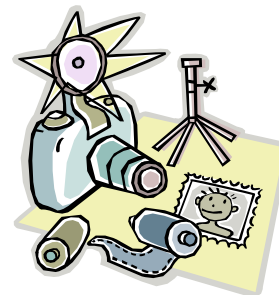
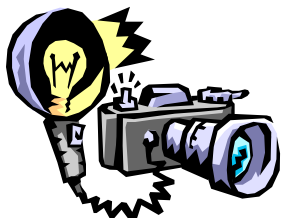
The nice part about working the snack bar and/or hospitality is that you have the ability to go in and out of the area to get your child ready for their race and be able to watch them swim! The fun factor is up to you - this is a great place to meet other swim team parents and to help the team in a very important way. Time factor: am shift (8-1130) and/or pm shift (1130 - 330), plus an early am prep shift (6 - 8:30am).

Head Timer

The Head Timer position requires one volunteer per course run - typically we have two courses per meet. The Head Timer sits pool side, near the blocks, and is responsible for managing two stop watches. At the start of the race (watching the strobe that starts the race) the Head Timer starts both watches. Should a timer need a replacement watch, due to theirs not working or they missed the strobe, the Head Timer’s watch will be used by said timer. At the end of the race the Head Timer stops his/her watch(es). This process continues with each race. The importance factor is high, being able to focus and stay on task is important for swimmers to receive accurate times. The fun factor is high. The Head Timer is able to watch all of the races and is fed by the hospitality team!! Time factor: am shift (845-12noon) and pm shift (12noon - end of meet).

Our next meet is May 19th. Tom Bei is our meet director and is looking for volunteers. Please contact him at tom-bei@eaglebag.com

If you have swim meet or team event pictures let Bret know. He would like to rotate photos on the web page.



President's Message

What a great short course season we've had! The wet March sure hasn't slowed the swimmers down. Congratulations swimmers and coaches for all the best times and accomplishments. It seems like spring lasted one week and now summer has started. I'm sure the great swims will continue.

As we head into the long course season, we have three exciting announcements to make. The first is - WE ARE A NIKE SWIM TEAM! During the last six months your Board of Directors has been considering this opportunity. Nike Swim will provide benefits to our Team and to our members, such as: Qualifiers to some swim meets will receive Nike gear; and, Woodland

Swim Team suits and Team apparel will be available at anytime at a Team webpage. Also, NorCal Swim Shop will provide fittings at our pool for Team suits and apparel. Once a year, significant discounts will be offered to our members during one of the fittings. Our 2006 fitting will be May 1th.

The second announcement is that we have a wireless network available to all members at the Swim Center. A local IT firm built a local area network for us including a wireless access point. This is a secure network, so a network key is required. The key will be posted in the office. If you would like help to setup wireless access, you can send an email to [dwhit-](mailto:dwhittle@naibt.com)

tle@naibt.com. Others at the pool can help too. We hope you will enjoy this convenience while watching practice or enjoying a swim meet.

For our masters swimmers, we are now offering a Saturday practice with Coach Bret on those Saturday mornings when the Seniors and J3s practice. Saturday practices are not held on swim meet weekends, but masters will have this opportunity most Saturdays during the year. We hope to see a great group of masters on Saturday. Talk to your coach for details.

Enjoy the sunshine!

Daron Whittle, President

WST 2006 Board of Directors

WST Board of Directors hold monthly meetings at the Woodland High School pool. Meetings are open to the public and parents are more than welcome to attend. In addition to attending a meeting please feel free to email board members concerning any WST issues, question or comment.

NEXT MEETING:
May 9th at 6:00pm

Name		Email Address
Daron Whittle	President	dwhittle@naibtcommercial.com
Mark Barichievich	Vice President	mdbarichievich@peoplepc.com
Jeff Wiley	CFO	wycoyote@sbcglobal.net
Kevin Anderson	Secretary	kevinmma@sbcglobal.net
Tom Bei		tombei@eaglebag.com
Deanna Earley		dearley@morningstarco.com
Dan McElligott		dmcelligott7510@charter.net
Kelly Newsom		krnewsom@aol.com
Julie Payne		jpayne7890@aol.com

May 2006

Swim Meet Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9 3pm Team suit fitting	10	11	12	13
14	15	16	17	18	19	20 Woodland Long course Meet
21 Wood- land Long course Meet	22	23	24	25	26	27
28	29	30	31			

- 5/9 - Team fitting 3pm at the Pool
- 5/19 - 5/21 - May Long course meet - Woodland

May Meet information - hospitality donations

Dear Team Members,

The May meet is just around the corner and your Board of Directors are busy coordinating and finalizing all details that are necessary for running an efficient and successful meet. A successful meet means return business (swimmer attendance) which in turn generates revenue that benefits the Woodland Swim Team.

One requirement of the hosting swim team is to provide "Hospitality" which includes refreshments and lunch, to all coaches, scorers, officials, announcers, and other meet personnel. In the past you have been asked to donate food supplies to help reduce the cost of hospitality, and the response has been wonderful. In an effort to better organize the duty of shopping for all products needed for both the snack bar and hospitality we are asking if as a member of the Woodland Swim Team you would prefer to make a small donation of \$10.00 that would go directly to offsetting the cost of hospitality. Historically, hospitality has cost the Woodland Swim Team an average of \$340.00 per meet; this is not money we are able to recoup during the meet and is a direct loss to the team.

If you feel a \$10.00 donation or any cash amount for that matter is fair and would like to contribute to the team please simply drop a check or cash in the designated box in the office.

Good member support is the foundation to a successful swim program. With support from the entire membership all swimmers will benefit from a more rewarding program.

Thank you in advance for your support and donations.

Deanna Earley



WST notes, events and contact information

Swim-a-Thon fundraiser

Check your mailbox for information concerning the upcoming Swim-a-Thon. This is a fundraiser for our team and will be held on June 16th. See the attached one-page at the end of this newsletter. The packet in your mailbox has additional information that you will need for the fundraiser. If you have questions after reviewing the packet please contact a coach or Mark Barichievich at mdbarichievich@peoplepc.com.

Contact information

Coaches

Head Coach: Bret Williams
Age Group Coach: Becky March
Development Coaches:
Adina Duty
Nicky March

Emails

coachbret@sbcglobal.net
swimbecky@yahoo.com
adinaduty@aol.com

Phone

Bret: 662-9783

WOODLAND SWIM TEAM
Swim-a-Thon

This year the Woodland Swim Team is holding a Swim-a-Thon. A Swim-a-Thon is supported by USA Swimming, and therefore more prizes are available.

The Swim-a-Thon is a Woodland Swim Team activity for both age group and master swimmers. Its purpose is to raise funds for the continued successful operation of the Team. Funds will be used for, but not limited to: Travel, Equipment, and Team Activities. We hope that through the annual success of this fund-raiser the Team will be able to limit the need of other fund-raisers next year.

The Swim-a-Thon begins when the pledge sheets are handed out by the coaches in early May and will need to be returned on or before June 16th, 2006 from 4:00 – 6:00 p.m. Swimmers have 2 hours to swim their laps and cannot count more than 200 laps.

Parents are needed as well to count laps. Swimmers may count the first 40/66 laps as 1000/1650 freestyle times if their lap counter records a time after those lengths. If a swimmer does complete the 1000 and/or 1650 it will count towards the 100% award given out during the banquet in the fall.

Goals for each Workout Group are as follows:

Water Frogs - 25 laps
D1 - D2 - 100 laps
J1 - 150 laps
J2 - SR - 200 laps
Master's (opt.) - 150 laps

Prizes:

Prized and awards will be handed out at our annual fall banquet. There are some great prizes lined up, starting with a prize for the top group. The Workout Group with the highest average total \$ earned per swimmer will receive an **Ice Cream Social** for that Group!

Individual awards include:

- Every swimmer that raises more than \$100.00 will be entered into a raffle for an Ipod Nano[®]
- Certificates of Participation for all Swimmers
- 100 and 200 Lap Pins
- Awards from USA Swimming based upon amount of money raised by a swimmer.
- Awards for top Fund Raisers provided by the Woodland Swim Team and outside supporters.
 - 1st Prize: \$125.00 Nike Gift Certificate
 - 2nd Place: \$50.00 Nike Gift Certificate
 - 3rd Place: \$25.00 Nike Gift Certificate
- \$200 - \$299 choose 1: t-shirt, swim bag, towel, sweat shirt
- \$300 - \$399 choose 2
- \$400 - \$499 choose 3
- \$500 + choose 4