

## Important Contact Information

### Wahoo Team Representatives

|                              |                  |   |
|------------------------------|------------------|---|
| Team Reps:                   | Shawn Mansfield  | Home: 703-560-2347<br>Cell: 703-507-4756<br>E-mail: shawn.e.mansfield@gmail.com |
|                              | Rob Gaskins      | Home: 703-978-1742<br>Cell: 703-881-2786<br>E-mail: robert.f.gaskins@gmail.com  |
|                              | Rick Richter     | Cell: 703-606-8753<br>E-mail: richterphotography@mac.com                        |
| Membership and Financial:    | Joyce Schaefer   | Home: 703-323-4605<br>E-mail: joycecpa@verizon.net                              |
| Volunteer Coordinator:       | Jill Rummel      | Home: 703-595-3367<br>E-mail: rummel5@verizon.net                               |
| Social Coordinator:          | Cindy Houttekier | Home: 703-573-9103<br>E-mail: thehouts5@gmail.com                               |
| Officials Coordinator:       | Bill Sprance     | Home: 703-426-8166<br>E-mail: thesprances@verizon.net                           |
| Wakefield Chapel Pool Phone: |                  | 703-323-8303  |

### Wahoo Coaches

|                           |  |
|---------------------------|--|
| Head Coach:               | Steve Menard   |
| Assistant Head Coaches:   | Meghan Lynn<br>Nathan Hackfeld   |
| Stroke Development Coach: | Emily Menard   |
| Senior Lane Coaches:      | James Barker<br>Josh Keller  |
| Lane Coaches:             | Grant Barnsback<br>Mathew Bergthold<br>Ashley Britton<br>David Herbert<br>Molly Keck<br>Katie McCann<br>Micah McIntyre<br>Matt Merz<br>Elizabeth Sprance<br>Cynthia Temeles<br>David Temeles |

**Wakefield Chapel Recreation Association**  
4625 Holborn Avenue, Annandale, VA  
Follow us on Twitter: <http://twitter.com/WCRA/>  
[www.wakefieldchapelrec.org](http://www.wakefieldchapelrec.org)

**WAKEFIELD CHAPEL WAHOOS  
SWIM TEAM  
2014 HANDBOOK  
[www.wakefieldchapelrec.org](http://www.wakefieldchapelrec.org)**

Welcome to the Wakefield Chapel Wahoos Swim Team! This handbook is designed to provide helpful information to swimmers and their parents. Please take a few minutes to review this handbook and use it as a reference throughout the season.

**GENERAL INFORMATION**

We are looking forward to a great Wahoo team this year and working with all those families whose spirit make this one of the best swim clubs in the NVSL! Our goals remain the same: spirit and fun, participation, and swimmer technical improvement.

On Saturday mornings in 2013, we will be competing in Division 1 of the Northern Virginia Swim League (“NVSL”) ([www.nvsl.nvblue.com](http://www.nvsl.nvblue.com)). The other teams in Division 1 of the NVSL this summer are Chesterbrook, Highlands Swim, McLean, Overlee and Tuckahoe. We will also be competing in the Evening Stars Developmental League on Monday evenings. The other teams in the Evening Stars Developmental League are Fairfax Station, Oakton, and Little Rocky Run.

A calendar outlining the scheduled meets and other activities appears on the back cover of this Handbook.

**Sportsmanship**

The NVSL stresses the importance of safety and sportsmanship. Excellent behaviour is the number one rule!! Please keep in mind that we are all representatives of our Wakefield Chapel neighborhood. All people connected with the WCRA Swim Team should conduct themselves in a responsible and respectful manner. The following are some guidelines:

1. Warm-up time is to be used seriously. There is NO horseplay. Diving is only permitted in sprint lanes. In sprint lanes swimmers must dive in, sprint the lane, exit the pool, and walk back to the start on the deck; swimmers may NOT swim back
2. All persons attending the meet must follow and respect the rules of our pool and the host pool.
3. All persons attending the meet must show proper respect and behaviour during the playing of “The Star-Spangled Banner.”
4. Swimmers may not leave the team area without the permission of the coach or the parents on duty (see “Wahoo Watchers” below) so no events will be missed. Only current coaches and swimmers are allowed in the team area unless assigned as Wahoo Watchers or approved by the Head Coach or Team Rep.
5. Swimmers should sit quietly and listen to directions. Swimmers need to report to the Clerk of Course on time and remain in that area until they are told to leave. Swimmers are responsible for being in the right place at the right time for their events.
6. Unsportsmanlike behaviour will not be tolerated. There will be no booing, vulgarity, nastiness or any form of poor sportsmanship.
7. All swimmers should report to their coaches before and after they swim.
8. After the meet, the team area must be clean. Please pick up any trash you see.

## **Meet Schedule**

The Wahoos participate in two separate swim leagues. Saturday morning swim meets are part of the Northern Virginia Swim League (NVSL). There are usually five “NVSL” meets during a typical swim season. Participants in the “NVSL” meets are chosen by the coaches using times (for more information, please see “Ladders” and “Time Trials” below).

The Wahoos also participate in the Evening Stars Developmental League, a friendly league of similarly-sized teams. The developmental meets usually occur on Monday nights, and there are usually five developmental meets during a typical swim season. Any swimmer deemed to have a minimum swim ability as determined by the coaches is eligible to swim in a developmental swim meet. **We strongly encourage all swimmers to participate in as many meets as they can.**

Below is the full meet schedule for the Wahoos this year. This schedule also appears on the calendar on the back page.

May 27: First day of practice  
June 14: Time Trials 8:30 a.m. @ WCRA  
June 21: Tuckahoe @ WCRA 9:00 a.m.  
June 23: WC @ Fairfax Station 6:00 p.m.  
June 28: WC @ Chesterbrook 9:00 a.m.  
June 30: Little Rocky Run @ WC 6:00 p.m.  
July 5: Overlee @ WCRA 9:00 a.m.  
July 7: WC @ Little Rocky Run 6:00 p.m.  
July 9: Divisional Relay Carnival @ Overlee 6:30 p.m.  
July 12: WC @ McLean 9:00 a.m.  
July 14: Oakton @ WCRA 6:00 p.m.  
July 16: All-Star Relays @ Hunt Valley 4:00 p.m.  
July 19: Highlands @ WCRA; Senior Day  
July 21: Blue and Orange Meet at WCRA 6:00 p.m.  
July 23: Developmental Relay Carnival  
July 26: Divisionals @ Tuckahoe 9:00 a.m.; Wahoo Banquet @ 4:30  
August 2: Individual All-Stars @ Annandale 9:00 a.m.

## **Absences for Saturday Meets**

**It is absolutely essential that the Team Reps be notified as soon as possible if a swimmer cannot participate in a Saturday “NVSL” meet.** Substitutions at meets are done under very specific and strict rules. Surprises about vacations can affect the whole team, so please keep us informed. Please try to record all planned absences during the registration process and notify the Head Coach and Team Reps of any unplanned absences as soon as possible.

## **Where to Get Information**

In addition to this Handbook, Wahoo swim team news will be distributed by e-mail as much as possible, and will be available on the website ([www.wakefieldchapelrec.org](http://www.wakefieldchapelrec.org)), on the Wahoo Bulletin Board (next to the ladies’ bathroom door). The Wahoo Mailbox, two plastic file cabinets which contain a folder for every family participating on the Wahoo swim team, is used to pass out swimming ribbons and some information. The Wahoo Mailbox is usually available at most practices. Please take the contents from the mailbox, but leave the folder in place. You may leave notes for the Team Reps, the Developmental Reps, and the coaches in their folders.

We send most Wahoo swim news by e-mail. Please make sure that the Team Reps have your most recent e-mail address when you submit your registration. **PLEASE READ YOUR E-MAIL**, as it may contain important information regarding your swimmer! Late breaking news, announcements, sign-up sheets, meet results, and such will also appear on the Bulletin Board. Some of this information will be on the Wakefield Chapel Recreation website.

Finally, for up-to-the-minute updates on swim events such as rain delays, etc., please follow us on Twitter (WCRA) or like us on Facebook.

### **Wahoo Team Wear and Equipment**

Swimmers should wear their team t-shirts to every meet. Swim caps and the official team suit are optional but encouraged if possible. During meets, swimsuits containing logos for other swim teams are not banned but are strongly discouraged. If a swimmer chooses to wear a swim cap, it must be a Wahoo team cap or a plain (no writing or symbols of any kind) cap. Additionally, a swimmer may wish to wear swim goggles while swimming. Swim goggles are widely available at local swim stores such as Sport Fair, 5010 Lee Highway, Arlington, 703-524-9500, and SuitUp Water Sports, 10631 Braddock Road, Fairfax, 703-278-8202, as well as Target, Wal-Mart and most sporting goods stores.

### **Practice Times**

|               | <u>May 27 – June 16</u> | <u>June 17 – July 23</u> |
|---------------|-------------------------|--------------------------|
| All 11 & Over | 3:30 - 4:30 p.m.        | 7:30 - 9:00 a.m.         |
| 7-10*         | 4:30 - 5:30 p.m.        | 9:00 - 10:00 a.m.        |
| 6 & Under     | 5:30 - 6:15 p.m.        | 10:00 - 11:00 a.m.       |

\*Swimmers who attend schools that release too late to attend the 3:30 practice may attend the 4:30 practice until practices switch to the morning. At that point, swimmers age 11 or greater should join the 11 & Over practice at 7:30 and swimmer 7-10 should join the 9:00 – 10:00 practice unless otherwise coordinated with the Team Reps.

Please note that Thursday, July 24 is the Lollipop Meet. The Lollipop Meet, a fun developmental meet for our younger swimmers. Swimmers ages 9-12 year old practice are encouraged to come participate as timers, announcers, clerk of course, and starters. The practice on Friday, July 25 will be for Divisionals swimmers only; the time of this practice will be determined at a later date.

There will be swim practices for All-Star swimmers (for more information, please see “Individual All-Stars” below) only the week of July 28-August 1. The times of the practices will be announced later. Swimmers swimming in Divisional Relay Carnival, All-Star Relay Carnival, and Divisionals (for more information, please see “Divisional Relay Carnival” and “Divisionals” below) may have separate practices before the event. Swimmers participating in these events will be notified of these special practices.

Please let us know if a swimmer cannot swim at his or her assigned time. The coaches will try to fit the swimmer into other workouts.

### **Practice Rules**

Swimming lanes work best when swimmers are performing at a similar level. Swimmers will be assigned a practice time and lane based upon their swimming ability. Most swimmers will be assigned a

practice time based on age but practice time for some swimmers may change when determined by the head coach to be in the best interest of the swimmer and the team. Each lane will have a specific coach assigned to it. The specific coach may be absent from time to time due to pre-existing obligations, but in general the lane coach will remain the same throughout the swim season. Swimmers may change lanes from time to time as appropriate when determined by the coaches.

**Parents are NOT to be on the cement pool deck during practices.** The snack bar, hill, bleachers, wooden pool deck and baby pool areas are available for those who want to hang out until practice is over. Guide ropes will be set up during practice. Please do not cross these ropes without permission from the Head Coach, Assistant Coach, or in an emergency situation. You may drop off your children and pick them up at the end of practice unless your child is 8 years old or under, in which case you must either be present with your child or have an adult present who is responsible for your child. If there is another adult present who is responsible for your child, please make sure that we have contact information for that person. Cold or inclement weather may shorten practices, so please make plans for your children for those occasions. Please pick your children up on time.

It is important that the swimmers listen to the coaches and are not disruptive to the other children in their lane. During practice, swimmers will be warned twice and then they will have a time out for a short but appropriate amount of time. If there is still a discipline problem, the parent will be notified. **Problems or questions about coaches should be addressed with the Team Reps.**

### **Recreational Swimming During Practice**

According to our Association rules and NVSL safety regulations regarding insurance, no child who is not a member of the swim team should be left at the pool during the hours of summer swim team practice without a parent present. The pool opens at 11:00 a.m. for general membership swimming and not before. Any child not covered by swim team insurance is not covered by our pool insurance until regular operating hours. We appreciate your cooperation and understanding of this important matter.

### **Meet Information**

#### **NVSL Meets**

During “NVSL” meets, the home team has lanes 1, 3, and 5 while the visiting team has lanes 2, 4, and 6. The fastest swimmers swim in lanes 3 and 4, and the remaining swimmers are allocated accordingly. Swimmers are seeded based upon their fastest times attained in prior competitions. Lane 1 is always on the right side as you stand facing the pool at the starting end.

The Saturday “NVSL” meets consist of 38 individual events and 12 relays. The events swum for each stroke and age group are shown in Table 1. Each pool length is 25 meters. The events swum on Saturday morning are:

USA Swimming is the governing body for swimming in the United States (for more information, please visit [www.usaswimming.org](http://www.usaswimming.org)). USA Swimming establishes rules for the strokes and for the conduct of competition. The NVSL swimming rules are USA Swimming rules with minor changes to accommodate the facilities and skill levels found in the NVSL.

**Table 1. A meet Events and Distances**

| Age Group       | Freestyle | Backstroke | Breaststroke | Butterfly | Freestyle Relay | Medley Relay |
|-----------------|-----------|------------|--------------|-----------|-----------------|--------------|
| 8 & Under Boys  | 25 M      | 25 M       | 25 M         | 25 M      | 100 M           |              |
| 8 & Under Girls | 25 M      | 25 M       | 25 M         | 25 M      | 100 M           |              |
| 9-10 Boys       | 50 M      | 50 M       | 50 M         | 25 M      |                 | 100 M        |
| 9-10 Girls      | 50 M      | 50 M       | 50 M         | 25 M      |                 | 100 M        |
| 11-12 Boys      | 50 M      | 50 M       | 50 M         | 50 M      |                 | 100 M        |
| 11-12 Girls     | 50 M      | 50 M       | 50 M         | 50 M      |                 | 100 M        |
| 13-14 Boys      | 50 M      | 50 M       | 50 M         | 50 M      |                 | 200 M        |
| 13-14 Girls     | 50 M      | 50 M       | 50 M         | 50 M      |                 | 200 M        |
| 15-18 Boys      | 50 M      | 50 M       | 50 M         | 50 M      |                 | 200 M        |
| 15-18 Girls     | 50 M      | 50 M       | 50 M         | 50 M      |                 | 200 M        |
| Mixed Age Boys  |           |            |              |           | 200 M           |              |
| Mixed Age Girls |           |            |              |           | 200 M           |              |

**Notes:**

- The order of events is down each column starting, left to right except the mixed age relays are the last two events of the meet. Meet Sheets are available for sale at each NVSL meet.
- The Mixed Age Relays are swum by, in order, an 11-12 year old, a 9-10 year old, a 13-14 year old, and a 15-18 year old. Swimmers for the relay are selected based on the fastest freestyle time over the season.

Saturday “NVSL” meets are scored meets; the team with the most points wins the meet. Three swimmers can be entered in each individual event, and no swimmer may swim more than two individual events. In the individual events, a first place finish earns 5 points for the team, a second place earns 3 points, and a third place finish earns 1 point. Relays are scored as 5 points for the winner and 0 points for the other team. There are 420 points up for grabs in an “NVSL” meet. Unless there are one or more places not awarded in an event, due to DQs or lack of swimmers, a team needs 211 points to win. In the event of a tie, the points for the places involved are equally split among the swimmers.

Participation in “NVSL” meets is based on time. The best time used by our coaches is the individual’s fastest official time in any meet. A record of these times is kept on the “ladder” (see “The Ladder” for more information). The needs of the team, as decided by the head coach, ultimately determine the stroke or strokes in which a swimmer will be entered. The needs of the team may occasionally dictate that a swimmer be asked to swim above his/her age group; however, this will only be done if there are no available swimmers in the older group. The one exception to the seeding rule is Senior Day.

If a swimmer is selected to swim on Saturday, the swimmer will be notified by the coaches by Thursday morning at practice. Additionally, meet sheets listing the swimmers for the “NVSL” meets will be

posted on the Wahoo Bulletin Board on Thursdays after practice. If parents learn of their child swimming on Saturday prior to the Thursday practice, parents should not tell their children that they are swimming until the announcement is made at Thursday practice.

“NVSL” Meets will be followed with a team lunch each Saturday. We encourage all team swimmers and their families to join us. See the schedule and watch for announcements to be sure of what we are doing after each meet.

#### Evening Stars Developmental League Meets

The Wahoos are part of the Evening Stars Developmental League. Evening Stars meets are on Monday nights during the swim season, and are for all swimmers. **We encourage all of our swimmers, including Minnows, to swim in these meets as soon as the swimmer and the coach feel the swimmer is ready.**

The events at a Evening Stars Meet are essentially the same as Saturday meets except as follows:

- In freestyle and backstroke, a 6 & under age group is added.
- Individual Medley (“IM”) events are added for 10 & unders, 11-12s, 13-14s, and 15-18s.
- There are multiple heats of each event, if necessary.
- There are no relays.

The specifics regarding events and eligibility are determined by the host team and may vary from meet to meet and league to league.

Sign-up sheets for each developmental meet will be posted on the Wahoo Bulletin Board on the Thursday before each Monday night meet. Swimmers wishing to participate in a Monday night developmental meet must sign up on the sign-up sheet before Sunday at 2:00 p.m. At that time, the sign-up sheet will be taken down by the Developmental Meet Reps; no guarantee of swimming can be made to any swimmer who is late to sign up.

The following outlines the basic eligibility requirements for swimming in the Monday meets:

1. Swimmers that do not swim any individual events in the previous Saturday “NVSL” meet are eligible to swim 2 individual events on Monday for RIBBONS plus the I.M. for a RIBBON.
2. Swimmers that swam 2 individual events on the previous Saturday are eligible to swim 1 individual event for EXHIBITION ONLY plus the I.M. for a RIBBON.
3. Swimmers that swam 1 individual event on the previous Saturday are eligible to swim 1 individual event not swum on Saturday for a RIBBON and 1 individual event for EXHIBITION plus the I.M. for a RIBBON.
4. Exhibition swimmers may be mixed in age and gender. Exhibition swimmers are swimming for time only; they do not compete for ribbons or places in that event. Exhibition heats will be swum after each stroke.
5. The maximum number of events any swimmer can swim on Monday is 3 but may be less based upon the rules in 1-3 above.
6. Swimmers must have approval from their lane coach and the Assistant Coach/Fix-It Coach before signing up for breaststroke or butterfly. A swimmer must have been approved as “legal” in breaststroke or butterfly before that swimmer will be permitted to swim it. This is an Evening Stars league-wide rule.
7. Ribbons are awarded for first through sixth places.

### Time Trials

This year, Time Trials are on Saturday, June 14 at 8:30 a.m. Warm-ups begin at 7:30 a.m. Time Trials gives swimmers a competitive atmosphere for timing. In essence, it is a “meet” with our own swimmers competing against each other in meet conditions. We run Time Trials so that the coaches will have times for swimmers and will be able to seed our first Saturday “NVSL” meet with as much information as possible. It is also the basis for personal bests (for more information, see “Goal Setting and Personal Bests”). Time Trials are for practice and experience. No ribbons will be awarded. All swimmers are encouraged to participate if they can swim across the pool. IM is not swum at Time Trials since it is not swum at Saturday “NVSL” meets.

If a swimmer is unable to come to Time Trials, there is a make-up on the Monday after Time Trials. Please see the Wahoo Bulletin Board and your e-mail for additional information as the date gets closer. If a swimmer does not get a time at one of these two opportunities or have a legal time from last year, they cannot swim in the first “NVSL” meet. There is one exception to this rule: if the Wahoos do not have enough legal swims at Time Trials in an event to be able to fill the lanes at a Saturday meet and there are no other eligible swimmers who can swim a particular event, the coaches may run a separate time trials at practice under meet conditions (for example, using a starter, having a stroke & turn, and three timers per lane) in order to try to get another swimmer. We appreciate your understanding of this rule.

### What to Bring to a Meet

Swimmers should wear their team suits, team t-shirts and shoes to every meet. Swimmers should also bring 2 towels (one to sit on, one to dry off with), swim cap (if they choose to have one), and swim goggles. Swimmers may wish to bring a spare cap and goggles as “malfunctions” have been known to happen! Swimmers should bring a water bottle. Swimmers may, if they choose, bring cards, books or other quiet amusements. Electronics are fine, but the team is not responsible for lost or stolen articles. **PLEASE LABEL EVERYTHING.** The Wahoo Lost & Found is huge after every meet. If your things are labelled, we will make every effort to get them back to you. If they are not labelled, they will be put in Lost and Found at the pool.

### Transportation and Directions

Directions to and addresses of all meets are at the back of this book. Swimmers are responsible for their own transportation to and from the meets. We meet in the parking lot and caravan to the Saturday “NVSL” meets. For the Saturday “NVSL” meets, there is a check-in at the parking lot, so it is essential to let the Team Rep know if you are not going to caravan with the team. There is no check-in for Developmental Meets.

### Warm-Ups

Warm-ups for each team occur before each swim meet. Typically, the home team warms up first in the pool, and the visiting team warms up second. For Saturday “NVSL” meets, this means that the home team will have warm-ups from 8:00 – 8:20 a.m., and the visiting team will have warm-ups from 8:20 – 8:40 a.m. Similarly, for Monday Night Developmental Meets, the home team will have warm-ups from 5:00 – 5:20 p.m., and the visiting team will have warm-ups from 5:20 – 5:40 p.m. These times are strictly enforced. **Please make sure that your swimmer makes it to the pool in time for warm-ups!**



## SOCIAL EVENTS

### Pictures

As of the date of publication of this Handbook, the time and place of the team picture has not been determined. Information will be forthcoming as this gets closer.

### Pasta Dinner

The team gathers to eat some great pasta and side dishes (not to mention dessert) on the eve of our first Saturday “NVSL” meet. The Pasta Dinner will take place this year on Friday, June 20. Dinner will be served at 6:00. Swim team members are assigned dishes (pasta, side dish, etc.) based upon the first letter of their last name, so please watch the Wahoo Bulletin Board and your e-mail for signs detailing what to bring and to sign up to help. **ALL SWIMMERS SHOULD BE THERE WEARING THEIR TEAM SUIT (if they have one) AND TEAM T-SHIRT.**

### Ice Cream Socials and Pancake Breakfasts

We have two ice cream socials and three pancake breakfasts planned. Please see the calendar on the back page for dates and check the Wahoo Bulletin Board for sign-ups to help.

### Pep Rallies

We will have five pep rallies this year, the first to be held at the Pasta Dinner on Friday, June 20. The remaining pep rallies will be on consecutive Fridays, with the last occurring on Friday, July 18. Unless otherwise stated on the calendar, pep rallies start at 6:00 p.m. **Pep rallies are for all swimmers.** They are a great chance for all the age groups to mix. This year our theme is fairy tales “Winning Spirit that Never Loses”.

### Senior Celebration

On Saturday, July 19, during our last home “NVSL” meet, we will celebrate our Class of 2014 swimmers. This is a wonderful tradition where we highlight our seniors and thank them and their families for their years of participation and support of the Wakefield Chapel Wahoos. It is a touching time for all and truly showcases what makes our team so special.

### The Banquet

Our end of year banquet will be on Saturday, July 26 at 4:30 p.m. We will have a catered meal, lots of awards, dancing and games. Reminder – this is an event to celebrate our children’s successful summer swim season. Please use discretion regarding alcoholic beverages at this event. **ABSOLUTELY NO GLASS BOTTLES!**

### Team Picnic

The team picnic on the hill will start at the end of the Saturday, July 5 “NVSL” meet, at approximately 11:15 a.m. Come early and support the swimmers in the Saturday meet!

Additional Information on the following topics is available in the full handbook you received via email or is located on the WCRA website: Divisional Relay Carnival, Divisionals, All-Stars, Developmental Relays, Lollipop Meet, Ribbon/Star Chart, Disqualification Procedures, Meet Officials and Volunteers, Goal Setting, Swimming 101: Basic Stroke Descriptions, and Scholarship Applications

DIRECTIONS

\*\*\*\*\*

Monday June 23 Fairfax Station  
6203 Old Arrington Lane, Fairfax Station, VA 22039

From the pool, take left onto Holborn Avenue. Turn left at Wakefield Chapel Rd. Turn right onto Braddock Rd. Bear left at Burke Lake Rd. Turn right at Fairfax County Pky/John F (Jack) Herrity Pky, and go 1.6 miles. Bear right onto the VA-123 ramp; go 0.4 miles. Turn left at Ox Road; go 0.3 miles. Turn right at Robert Carter Road; go 0.3 miles. Turn right at Old Arrington Lane; go 0.1 miles.

\*\*\*\*\*

Saturday June 28 Tuckahoe  
1814 Great Falls Street, McLean, VA 22101

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 46B - Route 123 North. Drive approximately 1.3 miles and turn right onto Great Falls Street. Continue on Great Falls Street for 1.3 miles. The pool should be on your right.

\*\*\*\*\*

Monday July 7 Little Rocky Run  
6201 Sandstone Way, Clifton, VA 20124

From I-66 West. Take exit 55 to Fairfax County Parkway South, Springfield. Take a Right at the Braddock exit and continue on Braddock for approximately 3 miles. Then make a left on Union Mill, pass Centreville High School and make a right on Springstone and an immediate left on Sandstone Way. You can also take Braddock West or 29 West to Union Mill.

\*\*\*\*\*

Wednesday July 9 Overlee  
6030 Lee Hwy, Arlington, Virginia 22205

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 49B – I-66 East. Drive approximately 3.8 miles and take exit 69 toward US-29/VA-237/Lee Hwy. Follow slight merge on Fairfax Drive and take 1<sup>st</sup> right onto US-29 N/Lee Hwy. Continue on Lee Hwy for 0.9 miles. The pool should be on your right.

\*\*\*\*\*

Saturday July 12 McLean  
1700 Margie Drive, McLean , VA

Turn right out of pool. Take a right onto Toll House, then left onto Duncan Drive. Turn right onto Little River Turnpike. Take the exit for I-495 Beltway North towards Tysons. From I-495, take Exit 46B - Route 123 North. Drive approximately 1.3 miles and turn right onto Great Falls Street. Continue on Great Falls Street for 0.9 miles. Turn left onto Sea Cliff Rd. In 0.1 miles turn left onto Margie Drive. The pool should be on your right.

\*\*\*\*\*

\*\*\*\*\*

Wednesday July 16 Hunt Valley  
7100 Sydenstricker Rd, Springfield, VA 22152

Turn left out of pool. Turn left onto Wakefield Chapel Road. Turn right onto Braddock Road west. Drive 0.8 miles and turn left onto Burke Lake Rd. In 0.3 miles turn left onto Rolling Rd. Continue on Rolling Rd for 2.2 miles. Turn right onto Old Keene Mill Rd. In 1.0 miles turn left on Huntsman Blvd. follow Huntsman Blvd for 0.6 miles and turn left onto Sydenstricker Rd. The pool is on right in 0.6 miles.

\*\*\*\*\*

Wednesday July 23 Fairfax Station  
6203 Old Arrington Lane, Fairfax Station, VA 22039

From the pool, take left onto Holborn Avenue. Turn left at Wakefield Chapel Rd. Turn right onto Braddock Rd. Bear left at Burke Lake Rd. Turn right at Fairfax County Pky/John F (Jack) Herrity Pky, and go 1.6 miles. Bear right onto the VA-123 ramp; go 0.4 miles. Turn left at Ox Road; go 0.3 miles. Turn right at Robert Carter Road; go 0.3 miles. Turn right at Old Arrington Lane; go 0.1 miles.

\*\*\*\*\*

Saturday July 26 Tuckahoe  
See above.

.....