



WCRA Spring 2016 Newsletter

Message from WCRA President- Cary Fichtner-Vu

The 2016 season is going to be GREAT!

A huge thank you to our volunteer WCRA Board for their dedication and time spent on behalf of the WCRA! Our new Social Director, Melissa Aune has fabulous events and activities planned this year– stay tuned to the website and email! Please feel free to email or call our fabulous volunteers with constructive, helpful commentary OR better, volunteer! WCRA is a volunteer administrated association – many hands.....
Please thank your board members and volunteers!

Board Meetings/ Website Postings: The WCRA Board meets on the second Wednesday of the month from 7pm-9pm at the Sprague Center. Open discussion for membership is 7pm-7:15pm. . Any member is welcome to attend and if a member wishes to be on the agenda, a 1-week notice is required. The web site has the following posted: basic agenda, Rules and Policies, Age Policy, Bylaws, Monthly Minutes etc..please familiarize yourself with all the information.

EVERYTHING is on our web site: www.wakefieldchapelrec.org

Membership- Shelley and Tim Hartmann

We updated the WCRA pool membership system with a new system which allows members to update their own information eliminating the need for membership volunteers having to enter all the data from the old paper invoices. The old process was very tedious and time consuming especially when updated data was not provided. The new system allows each member to update their family information, renew and pay their dues online. It's a fast, easy and convenient way to get everything accomplished at one time. We urge everyone to pay online (eliminating volunteer hours), pay on time and avoid the late fee of \$66. Please note that late fees will automatically be added to your dues if not paid by **May 10, 2016. If you do not pay the annual dues/fees AND complete your family profile, you will not have access to the pool.** Additionally, if you are a member of any of the teams (Swim, Dive, and Tennis) you will not be allowed to participate in those activities.

Over the winter the membership team reviewed all 2015 paper invoices all member email addresses solely based on the information provided by members who updated their contact info (which took multiple volunteer hours). We exported all existing data from the old system and imported it to the new system. Don't forget to update the required fields in your profile of the system upon your first log in. If you did not receive the "Welcome email" (delivered on 04 April 2016) containing your username and password please contact membership@wakefieldchapelrec.org so we can provide that information to you and ensure that you receive all WCRA news updates, events and activities. If you opt out of the "promotional emails" you will no longer receive any pool information emails including annual dues invoices and the WCRA Board will not be responsible for correspondence as required by the Bylaws.

The new software will also provide most if not all electronic communication. Again, this is another reason why we need each family to update their email addresses and family profile.

If you choose to pay via check please make checks payable to WCRA and mail to:

WCRA, P.O. Box 1248
Springfield, VA 22151
(Mail is not delivered to the pool)

Front Desk Check-in

After Opening day at the pool and things settle down we will have instructions for the guards to request new photos of everyone. Family members should know their pool ID number to enter the pool. (Ask your kids if you forget your number!) The guards will input your picture into the new membership software and use the software to verify your pool membership when you arrive at the pool.

Guest Passes

You have the opportunity to purchase up to 25 guest passes before the season starts at \$1 per pass. These virtual passes are credited to your account and then deducted as they are used. Once the season begins (May 28, 2016) passes can be purchased at \$5 each. You will need guest passes for any planned event or party. Are you expecting visits from family or friends this summer? Remember you will need a guest pass for each person who is not a member of your immediate household. Purchase now and save!

Sale of Membership

If you want to sell your membership, you must provide a written request to WCRA signed by all owners of the membership. Once received, you will be placed on the waiting list by order that your request was received. Please note the bylaws state that you are responsible for paying annual dues until the membership is sold.

Contact

If you have questions or need further information, please contact us via email at membership@wakefieldchapelrec.org.

Operations- Scott Arenholz

Another winter filled with kids out of school and aching backs from shoveling. Thank goodness that's over!! If you've been by the facility lately, you've likely noticed that it looks pretty good. The landscapers have already been hard at work. We've had the hill behind the tennis courts cleaned up, as well as the area behind the diving boards. We'll be looking to get some planting done in those areas, but haven't quite figured out what that is. If you've got ideas or would like to be involved please let us know.

We've had some great Eagle Scout projects done this off season to help with runoff and erosion issues from the hill near the sheds. A big shout out to the scouts for their great dedication and work.

We are still in need of help to get the place ready for the season and we'll be scheduling some clean up days for the spring. We need to clean up some of the wooded areas along the path from Holborn and along the sidewalk on Holborn. We'd like to get some power washers up to the pool to work on the pool deck and the Ledo deck. Then there are always the annual things, like getting all the tables and grills out and cleaned up, fixing up things that may have broken. We are looking into an enhanced security system to hopefully diffuse some of the vandalism issues of last summer. We have a couple of volunteers to go through the sound system to determine if it is salvageable and hopefully repair it or we'll be looking at a new solution. Please check the WCRA website or the emails coming for dates for Clean Up Days and the tasks we'd like to tackle.

Helping at the pool is akin to helping the community, so it is a great opportunity for any of our younger members to get credit toward service project hours. If anyone in your family is in need of service hours, please have them contact us at operations@wakefieldchapelrec.org to work out a schedule.

We always welcome feedback from our members, so please e-mail operations@wakefieldchapelrec.org with your constructive comments and suggestions to help keep our Association the best in Northern Virginia. Looking forward to another great summer season at WCRA.

WCRA Handicap Accessible Pool Lift Fundraiser Day- June 4th

WCRA Families, As we prepare for another tennis, swim, and dive season it is with great sadness that we reflect upon the loss of Dan Phillips. Dan was an amazing provider for his family and made sure they were well taken care. However, Julie, Madison, and Emily can still use our emotional support as they embark upon their first summer season without him. Dan had a strong passion for children with special needs and a great love for the Wahoos. When the Wahoos had a home meet you could always count on Dan to be there on the hill just by the stairs supporting Madison and the Wahoo swimmers. Please keep the Phillips family in your prayers this summer.

In honor of Dan's love for the pool and his passion for special needs, the WCRA is hosting a community fun and fundraising day to support the Phillips family and raise funds for a handicap lift for the pool that will be dedicated in honor of Dan Phillips.

On Saturday June 4th, the WCRA will be hosting a family day filled with fun and fundraising events to bring the community back together for the summer, honor Dan, and raise funds for the next big handicap item for the pool. More details will be coming soon from the event coordinators but please reserve the afternoon and early evening of Saturday, June 4th to participate in this event. We are planning a car wash early in the day followed by a family pool party from 4:00 – 8:00 PM with food and games. There will also be a special donation site setup for those who want to donate directly for the handicap chair fund.

If you are interested in helping organize this event, please email Erin Kramer at ekramer@cox.net.

Keep an eye out for more information about this special event.

Snack Bar

The Snack Bar adds enjoyment to our members and their guests by offering a wide variety of snacks and drinks during pool operating hours, in a clean and friendly environment. Each year the snack bar grows in popularity, and requires a group of hardworking teens to run and oversee the operation.

We will be hiring two snack bar student managers, two purchasing agents and 12-15 student workers. The due date for applications was May 3, 2016. The snack bar will be streamlining hours, workers to minimize expenses and volunteer hours. **WOULD LOVE MORE VOLUNTEERS**-please email Cary Fichtner-Vu at cary@caryfvu.com if you would like to enhance our WCRA snack bar experience!

Snack Bar cards will be available on line on at www.wakefieldchapelrec.org after May 15look under social for snack card purchases of \$10 or \$25.00 increments. All snack cards purchased by May 20 will be ready for OPENING DAY!

SWIM TEAM- Liz Modder and Cathy Read

This summer, the Wakefield Chapel Wahoos will be bringing the fun to Division 1 of the NVSL as well as our usual Monday night developmental meets! Please check www.wakefieldchapelswimteam.org for information on dates and times. In addition to swim meets, we will have our spirited Wahoo social activities such as the team picnic, pasta dinner, ice cream socials, pancake breakfasts, and pep rallies. Practice starts on Tuesday, May 31 in the afternoon and moves to mornings on Friday, June 24.

Liz Modder and Cathy Read are our Team Representatives this summer; our Developmental Meet Team Representatives are Andi Ferrari and Renee Dondes.

Swim Team Registration & Fees Swim team registration is available online at www.wakefieldchapelswimteam.org. Swim team registration for this year will be \$170 for one swimmer; \$310 for two swimmers; \$430 for three swimmers; \$530 for four swimmers; and \$600 for five or more swimmers. To be eligible to participate on the swim team, a child must be between the ages of 4 and 18 as of June 1, 2016. In the NVSL, a swimmer is considered to be the same age that the swimmer is on June 1 of that year.

The Minnow Program fee is an additional \$60 per swimmer (see the website for more information). All 4 and 5 year old swim team swimmers are required to register for the Minnow Program. Six year olds with limited swim ability – those that cannot swim safely and independently for more than one 25 meter lap (one length of the pool) at a time -- should also join the Minnow Program. If a swimmer does not join the Minnow Program initially and a coach later recommends that the swimmer should be placed in the Minnow Program, we will need to move the swimmer into the Minnow Program and charge the family the extra Minnow fee.

Please register by May 15 to guarantee your requested t-shirt size. If in doubt regarding the t-shirt size, size up for best fit!

Coaches Steve Menard will return as our Head Coach this year. Joining Steve will be Meghan Lynn, Katie McCann, Elizabeth Sprance, and Cynthia Temeles as Assistant Head Coaches. We will also have our capable crew of lane coaches on deck.

Team Suit and Spirit Wear For this summer, the Wahoos will continue to use last summer's TYR Sharkbite suit. Team suits are optional, not mandatory. Team suits are available for purchase at SuitUp Water Sports in Fairfax or can be purchased using <http://shopumall.com/collections/wakefield-chapel-wahoos>. Other Wahoo spirit wear can also be ordered at SuitUp. Team swim caps with personalization must be ordered by May 15.

Volunteering The Wahoos cannot operate without the help of our volunteers. If your child swims, you are expected to volunteer! Please consider how you would like to help your child have a great swim team summer and sign up.

If you have any questions, please ask Liz or Cathy. Go Wahoos!

Liz Modder and Cathy Read
WCRA Team Representatives

Dive Team– Izabella Thomas

Welcome to Wahoo Diving for 2016! The Wakefield Chapel Wahoos will remain stable in NVSL Division 4 after finishing with a 2-3 record last year in an extremely close division. The dive team is open to anyone ages 5-18. No experience is necessary. Even our most experienced divers and coaches started out as newcomers on the WCRA team. The only requirements are for divers to be comfortable in deep water and to be able to swim the length of the dive well. We are also happy to let people try out diving before they commit for the full season.

Dive Team Registration Fees

Team dues will be the same as in 2015: \$125 per diver, \$230 for two divers, \$300 for three children, and \$355 for four or more.

Registration is available online at our swim and dive team site: www.WakefieldChapelSwimTeam.org.

Meet Schedule (additional B meets may be added)

June 28: Sleepy Hollow Bath @ WCRA 6:00 p.m. (A meet)
June 30: WC at Truro 6:00 (B Meet)
July 5: Mantua @ WCRA 6:00 p.m. (A meet)
July 12: WC @ Chesterbrook 6:00 p.m. (A meet)
July 14: WC @ Crosspointe 6:00 p.m. (B meet)
July 17: Wally Martin 3-meter/synchro meet @ Oak Marr - 8:00 a.m.
July 19: Orange Hunt @ WCRA 6:00 p.m (A meet)
July 24: Cracker Jack meet (tentative)
July 26: WC @ Great Falls - 6:00 p.m. (A meet)
July 28: Blue & Orange Meet @ WCRA at 5:30 p.m.
July 31: Divisionals @ Mantua
August 7: Individual All-Stars @ Oakton

Coaches

Joe Amato, past assistant coach for the Wahoos, will be our head coach! Joe is completing his senior year at Woodson and dove for Woodson and the Mason Dive Academy. Joining Joe as an assistant coach is WCRA's own Owen Collins, moving up from Junior Coach. This means that Olivia Rummel will be our new Junior Coach, a developmental position used to train divers to be assistant coaches.

Practices (Please Note Changes in Practice Times from Previous Years)

Practices start on May 31 in the afternoon. Divers 10 and under should practice from 4:00-5:00 and divers 11 and over should practice from 5:00-6:00. For divers with schedule conflicts, just let us know and we will be flexible if your diver needs to attend the practice outside of his/her age group. Once school lets out, practices will move to the mornings most days. The specific times are getting finalized. We will also offer some afternoon/evening practice options on nights when there are no swim or dive meets.

We Need Volunteers! The Dive Team is asking for your help. We need to provide judges and table workers for each meet. We also need certified referees. Families are required to volunteer in some capacity. For those interested in learning to judge or referee, here are some dates for clinics. They are quick and painless and you learn A LOT about diving! No experience is required and you do not need to register in advance. They are free and all are located close to WCRA!

Judging Clinics:

June 12: 9:30 a.m. @ Sideburn Run
June 19: 2:00 p.m. @ Oakton
June 29: 6:30 p.m. @ WCRA (AT OUR OWN POOL!!!)

Referee Clinics:

June 15: 6:30 p.m. @ Truro
June 26: 4:00 p.m. @ Hamlet

Team Rep Contact Information:

Izabella Thomas: 703-503-5865 (Home), 703-798-3788 (Cell)
General Team Rep Email: wakefieldchapeldive@gmail.com.

Please email if you would like to be added to the email distribution list or if you have questions!

Tennis Program- Jackie Lluy and Julia Kurtz

RJ Tennis® will lead our adult and junior programs again this year starting very soon.

Our spring classes for youth and adults are kicking off May 3rd through June 23rd. Visit the WCRA tennis link from the website to register online.

Upcoming tennis events include:

- Northern Virginia Tennis League(NCTL) Adult team matches for WCRA are starting in May.
- Ladies Tennis Tuesday evenings
- Men's Tennis Saturday mornings
- Mixed Doubles Sunday afternoons. Social matches vs. Fairfax Station, Turro, Mantua and Virginia Run.

The five-week summer junior program begins the week of June 27, after FCPS wrap up. As always, our pre-team tennis players ages 8 & under will practice on Mondays, Tuesdays, Thursdays, and Fridays. All levels are welcome! Kids 9 and up will play on our Wakefield Chapel boys and girls NVTL teams. Matches are Wednesdays and team players practice three days a week. The tennis team is fun, social, and an easy way to get some exercise. So, if you enjoy tennis, come out and play for Wakefield Chapel this summer!

At WCRA you can be playing tennis everyday of the week! Check the WCRA Website for the latest information on tennis events. Please email jlluy@aol.com, or call Jackie (571)839.9040 to find out how YOU can be involved in team matches or tennis lessons from Beginner to Advanced.

Adult Tennis: Jackie Lluy (jlluy@aol.com)

Youth Tennis: Julia Kurtz (jljkurtz@gmail.com)

Social Activities- Melissa Aune

In keeping with WCRA tradition, we will be kicking off the season with the Opening Day picnic on Memorial Day weekend. It will be the first of many enjoyable events.

Questions? Melissa can be reached at wcrasocial@gmail.com.

- 5/29 Opening Day Picnic - Cary Fichtner-Vu - 5-8:00pm
- 6/4 WCRA Handicap Accessible Pool Lift Fundraiser Day in Memory of Dan Phillips - 4-8:00pm
- 6/17 Ladies Night – Hosted by Melissa French, Jenny Otto, Kara Andrews, Lori Thomas, and Gina Visco - 7-11:30pm
- 6/24 Upside Down Wine Down – Indonesian Night – McClellan Family – 6-8:30pm
- 7/1 Wine Down - Hosted by Christa Gormley, Sarah Escalera, Laurie Cowper and Stacia Aman - 6-8:30pm
- 7/9 Adult Party 7-11:30pm - OPEN
- 7/15 Craft Beer Night – Aune Family - 6-9:30pm
- 7/17 Rising K- 3rd grade Party - Michael and Rebecca Fay - 1-3:00pm
- 7/22 Upside Down Wine Down - Tennis and Pool Wide - hosted by Tennis & Jackie Lluy - 6-8:30pm
- 8/12 Upside Down Wine Down – District Taco Night – DeVito Family - 6-8:30pm
- 8/19 4-7th grade Party 3-5:00 pm- OPEN
- 8/20 55 and Over Party - Donna Smith and Winnie Keaney - 7-11:30pm
- 8/26 Crab Feast – Dawn Young - 3-7:00pm
- 8/27 Teen Party - VOLUNTEERS NEEDED
- 9/4 WC Sprint Tri – 7:00am
- 9/4 Closing Day Picnic 5-8pm - OPEN
- 9/9 Men's Night 7-11:30pm – OPEN

CRA 2016 Social Activities Posted on Calendar

WC Sprint Tri: Indeed, the Third Tri will be a charm – if you're ready for the challenge! We want everyone and anyone to be a part of the 3rd Annual WC Sprint Tri. Whether you're racing, volunteering or sponsoring, all are welcome. This year will be even bigger than last year and it's not too early to start your workouts. Save the Date: **Sunday, September 4th** at the crack of dawn. We'll have more details in the coming weeks and the group training rides and runs are set to begin real soon. If you want to get on the email list for future communications, send a note to Sean Gormley at gormleysk@ecsinsure.com. Also, follow us on twitter @WCSprintTri and like us on Facebook (Wakefield Chapel Sprint Triathlon).

Call for Hosts - We need hosts to make these social events happen. Your ideas and suggestions are welcome and some dates are flexible. We still need organizers for the Kid's parties, Adult party, and Men's night. If you are interested in hosting or assisting in any way with these events, please contact Melissa Aune at 703-399-6088 or wcrasocial@gmail.com.

**Dates are subject to change, so please check the Website*

Activities- Season Crawford

Synergy Boot Camp Now in its 12th season at WCRA, the Synergy boot camp combines cardio and functional training exercises designed to help you build strength, endurance and flexibility, and put you on the path to a healthier lifestyle. The class is taught by ACE-certified personal trainer and WCRA member John Johnson. John also owns Styrke Fitness Solutions in Arlington. Read his bio for details. For more information, contact beverly@synergyfitnessva.com or 703-268-5336. New boot campers are welcome to join anytime – and the first class is free!

Water Aerobics Boot Camp, May 29 – June 26, Tuesdays and Sundays, 7-8 pm

Join Maria Falzone for a fun and challenging cardio workout without compromising your joints. A certified aerobics instructor through AEA, the leading water aerobics schools, and former comedian, Falzone has five years of experience helping students improve core strength while tightening and toning muscles to the beat of fun music. Maria teaches at the Fairfax County and Burke Racquet and Fitness. She is excited to teach at our pool again. For more information, please write to seasoncrawford@outlook.com or call 571-425-7846.

Ashtanga Yoga Camp, June 28 – July 21, Tuesday and Thursday, 6:30 – 7:30 AM

Ashtanga Primary Series is appropriate for all levels. Rooted in the traditional Primary Series of Sri K. Pattahbi Jois, this style of yoga is a beautifully athletic, flowing "meditation in motion." There is a set routine of postures that are done in the same order every class. Using synchronized breath and movement, the set sequence quiets the mind and opens the heart as it cleanses and purifies the body's energy systems. Swati Aneja is teaching this summer since last year's instructor, Amy Bourne, is moving. Swati started her yoga journey at the age of six growing up in India where yoga was part of the school day. Her understanding of the classical heritage of yoga, infused with contemporary insights, has helped shape her unique teaching style focused on total wellness. For more information, please write to seasoncrawford@outlook.com or call 571-425-7846.

Call for art instructors

We are looking for instructors to teach Children's Art Camp since Sarah Gibbons and Iris Feinberg are not available this summer. WCRA members have also voiced an interest in a wine and painting classes. If you or someone you know is interested in teaching these classes, please write to seasoncrawford@outlook.com or call 571-425-7846.

-----CUT AND SAVE-----

WCRA POOL CLOSING/ PARTIAL CLOSINGS FOR 2016 SEASON

Saturday 6/4 For the Handicap Chair Lift Fundraiser in honor of Dan Phillips Closed at 2:00 pm
Saturday 6/18 - Wahoo Time Trails closed until 11:30 am (½ hour after regular opening)
Monday 6/27 – Wahoo B Meet closed at 4:00 pm
Tuesday 6/28 – Wahoo Dive Meet 6:00 – 8:00 pm ONLY OPEN FOR ADULT SWIM
Tuesday 7/5 - Wahoo Dive Meet 6:00 – 8:00 pm ONLY OPEN FOR ADULT SWIM
Saturday 7/9 – Adult Party closes at 4:00 – check back- may be cancelled due to lack of volunteers
Friday 7/15 – Craft Beer Night closes at 4:00 pm
Sunday 7/17 – K- 3rd grade party closed 12-3
Tuesday 7/19 - Wahoo Dive Meet 6:00 – 8:00 pm ONLY OPEN FOR ADULT SWIM
Saturday 7/30 – Wahoo Banquet closes at 3:00 pm
Friday 8/19 – 4th – 7th grade party closes 2:00-5:00 pm
Saturday 8/20 – 55 and over Adult Party closes at 5:00 pm
Saturday 8/27 – Teen Party closes at 7:00 pm – check back, may be cancelled due to lack of volunteers

WCRA Opening Day May 28, 2016

IMPORTANT Dates:

Dues Paid- May 10th

Family Profile completed by May 27

Opening Day- May 28

Opening Day Picnic- May 29

See page 10 for all closings/ partial closings

Note: WCRA Newsletter is EMAILED & MAILED,
Please advise if you don't get both!



Wakefield Chapel Recreation Association
P.O. Box 1248
Springfield, VA 22151