



WCRA Spring 2017 Newsletter

Message from the President

Scott Arenholz, President

Welcome to the 2017 season! Your WCRA Board, Team Reps and Activities Coordinators are busy at work to make the upcoming season a great one. These folks are putting in countless volunteer hours prepping the pool & grounds, organizing teams and lining up fun events and activities. Please thank them if you see them. The season will be its most successful with the help of all members. The folks already busy at work cannot do everything themselves. Please find a good fit for you to volunteer, as there are many ways to help. While you and your family are at the facility please be sure that everyone treats it as you would like your property to be treated. Helping to ensure the facility remains clean and safe should be something we all want, so help kids remember to clean up after themselves, pick up that piece of trash instead of walking by it and let a Board member know if something is not working properly (we'll get to it as quickly as we can). After all, WCRA really is "yours", as we all own a piece of the Bond.

Board Meetings/ Website Postings: The WCRA Board meets on the second Tuesday of the month from 7pm-9pm at the Sprague Center. Open discussion for membership is 7pm-7:15pm. Any member is welcome to attend; if they wish to have an item be on the agenda their request should be made a week in advance of the meeting (email to secretary@wakefieldchapelrec.org). Various organizational documents (i.e. Rules & Regulations, Board Meeting Minutes and other policies) can be found on the website, www.wakefieldchapelrec.org.

IMPORTANT Dates:

Dues Paid – by May 3rd
Family Profile completed – by May 26th
Opening Day – May 27th
Opening Day Picnic – May 28th

**WCRA Opening Day
May 27, 2017**

See page 9 for pool closings/partial closings

MEMBERSHIP

Tim Hartmann, Director for Membership, and Katherine Schultz

Welcome to the 2nd year of the WCRA online membership system, which allows members to update their own information, eliminating the need for membership volunteers to key and submit all the data. The online membership system allows each member to update their family and contact information, as well as renew and pay dues electronically. It's a fast, easy and convenient way to accomplish everything relating to your WCRA membership at one time!

To access the membership site click the link to the right >>> [WCRA Membership Link](#)

We urge everyone to pay on time and avoid incurring the late fee of **\$66**. Please note that the late fee is automatically added to any dues not **paid by May 3, 2017**. **As a reminder, if you do not pay the annual dues / fees, you will not have access to any part of the facility (pool, tennis courts, etc.).** **Additionally, if you are a member of any of the teams (Swim, Dive and/or Tennis), you will not be permitted to participate in those activities until your membership account is current.**

REMEMBER: you are responsible for updating the contact fields in your membership profile (in the system) when you login to pay your 2017 annual dues. This contact information ensures that you receive all the WCRA news updates, events and activities. If you have forgotten or misplaced your username and password, please email membership@wakefieldchapelrec.org and we will provide that information to you.

DO NOT FORGET: 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 membership site will also provide most (if not all) electronic communication for WCRA. Again, this is another reason why each family needs to update their email addresses and family profile information.

If you do not have the ability to pay online, please make your check payable to **WCRA** and mail to:
WCRA
P.O. Box 1248
Springfield, VA 22151

(Mail is not delivered to the pool. Any envelope received that is postmarked after May 3, 2017 will be considered late and you will be responsible for the late fee of \$66. The front desk system will not allow you to check-in and use the pool, so please be prompt in paying your 2017 Annual Dues.)

Front Desk Check-in

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

Guest Passes (must purchase at time of Annual Dues payment)

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 27, 2017) guest 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 (email is authorized as well) to WCRA signed by all owners of the membership. Once received, you will be placed on the sale waiting list by order that your request was received. Please note, the bylaws state that you are responsible for paying annual dues until your membership is sold.

Contact

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

OPERATIONS

Brian Collins, VP for Operations

I am happy to report that this summer we will have the cleanest and brightest pool in town! Over the winter, the pool was white-coated as part of scheduled general maintenance. This involves stripping the old pool surface down and then applying a fresh, new surface. We also found that we needed to replace the sand (the primary cleaning component) in the pool filters because over time it starts to clump together, which makes it less and less effective in cleaning the water. Eventually, it would stop filtering completely and the pool would have to be shut down. In advance of this issue, we researched the filtration options and decided to upgrade the filtration system from sand to crushed glass. Crushed glass has twice the longevity of sand and filters much smaller particles more effectively, resulting in cleaner and clearer water. Between the new filtration system and whitecoat, the pool is looking great!

We also had a couple of unusual and unexpected surprises. First, a large sinkhole formed below the pool deck, about 10 yards to the left the Ledo deck. Many thanks to Brian George, who filled the sinkhole in for us! Then just in the past couple of weeks, a severe storm knocked down several old growth Pine trees on the Hill. The tress took out a bit of fence, the bleachers closest to the building and one of our sheds. We are in the process of getting that all cleaned up now.

We need volunteers to help to get the facility ready for the season and we'll be scheduling some clean up days this spring. We'd like to get some power washers up to the pool for a deep clean of the pool deck and the Ledo deck. And there are the important annual tasks, like getting out all the tables and grills and cleaning them up, fixing things that may have broken over the winter, etc. Please check the WCRA website or the emails coming for dates for Clean Up Days and the tasks we need your help to tackle. Helping at the pool is part of helping our 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 needs service hours, please have them contact me at operations@wakefieldchapelrec.org to work out a schedule. I am happy to say we already have one Boy Scout and a Girl Scout group scheduled to come help beautify our pool.

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!

SNACK BAR

Cary Fichtner-Vu, Snack Bar

The WCRA Snack Bar services 500 member families with a variety of snack foods from candy and ice cream to guacamole/chips, hot dogs, pretzels, hot pockets, as well as provides an array of beverages. The snack bar is also subject to Fairfax County food service requirements.

We have hired two managers, Matthew Ferrari, returning manager and Alex McGarey, new assistant manager. We will be hiring 10 to 12 snack bar workers, ages 14+ and they must be WCRA members. The application is on the website and should be submitted no later than MAY 1st (no exceptions) to the WCRA PO Box address in the web site. The snack bar worker position is a job, paying minimum wage, requiring typical and state firms plus a signed employee agreement which specifies expectations and responsibility of the position. The snack bar has strict policies and procedures, such as the expectation that employees will honor their schedules or get a substitute. Any questions should be directed to Cary Fichtner-Vu [703-861-8259](tel:703-861-8259) or cary@caryfvu.com.

Snack bar cards will be available for purchase in increments of \$25.00 and \$10.00. Please see order form and information on the web site.

Volunteer Opportunities:

Sales receipts & deposits will be made by Georgette Diez for the second year – thank you!

Snack card maker – ???Anyone???

Supply purchaser – (we have credit cards for Costco, BJ's, etc and are looking for a once a month purchaser)

Anyone interested in taking over Snack Bar overseer responsibility or volunteering for specific help, contact Cary Fichtner-Vu [703-861-8259](tel:703-861-8259) or cary@caryfvu.com

SWIM TEAM

Cathy Read and Martha Murray, Swim Team Representatives

This summer, the Wakefield Chapel Wahoos are back by popular demand in Division 1 of the NVSL! There are also several Monday night developmental meets scheduled. Please check www.wakefieldchapelswimteam.org for information on meet dates and times. In addition to swim meets, the team will host spirited Wahoo social activities such as the team picnic, pasta dinner, ice cream socials, pancake breakfasts and pep rallies. Practice starts on Tuesday, May 30 in the afternoon and moves to mornings on Monday, June 26.

Cathy Read and Martha Murray are our Team Representatives this summer; our Developmental Meet Team Representative is Andi Ferrari. The Great Wahoo is still seeking that one, lucky parent to step up and help Andi with the Monday Development Meets. If you are interested in answering the Great Wahoo's calling, please contact Cathy or Martha.

Swim Team Registration & Fees

Swim team registration will be available online from April 3 through June 19 at www.wakefieldchapelswimteam.org. Swim team registration fees remain unchanged: \$170 for one swimmer; \$310 for two swimmers; \$430 for three swimmers; \$530 for four swimmers; and \$600 for five or more swimmers. A child must be between the ages of 4 and 18 as of June 1, 2017 to be eligible to participate on the swim team. In the NVSL, swimmer eligibility is determined by a swimmer's age on June 1, 2017. For example, a swimmer age 18 as of June 1, 2017 is still considered an 18 year old

swimmer even if s/he turns 19 after the June 1 date.

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 25 meters (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 be placed in the Minnow Program, the family will be charged the additional Minnow fee.

During registration please note that the system will ask for your swimmer's t-shirt size and if you would like to order personalized swim caps for an additional \$30.

Please register by May 8 if you plan to order personalized caps and by May 20 to guarantee t-shirt size. If in doubt regarding the t-shirt size, size up for best fit!

Coaches

Steve Menard is returning as Head Coach in 2017 assisted by two new co-Head Coaches: Kira Bonomo and Johann Shim. Kira is a former Wahoo lane and assistant coach. She is pursuing a graduate degree, currently coaches Special Olympics and Masters swimming, and teaches swimming lessons at Audrey Moore RECenter. Johann will graduate in May with a Physical Education degree. He is a Potomac Marlins swim coach and the former Head Coach at Ilda.

Steve is pursuing a firefighting career that will require him to be away from the pool every third day. All three Head Coaches may be at practices, meets, pep rallies and other team functions, especially at the beginning of the season. At a minimum, at least one Head Coach will be at each Wahoo event.

In addition to the Head Coaches, Elizabeth Sprance is returning as an Assistant Coach. And joining Elizabeth will be David Herbert and Grant Barnsback.

We're excited about the wealth of coaching experience Steve, Kira and Johann bring to Wakefield Chapel. Our swimmers will benefit greatly from our Head Coaches, Assistant Coaches, and Lane Coaches.

Team Suit and Spirit Wear

The Wahoos new suit is the TYR Glisade suit. Click on the team suit ordering tab on www.wakefieldchapelswimteam.org to view and order. Suit Up Water Sports will be at WCRA during practices on Friday, June 2 for suit sizing and purchase. The suit is also available for purchase at Suit Up located at 10631 Braddock Road. Purchase of the team suit is optional.

Team swim caps with personalization must be ordered by May 8 through the registration process.

Volunteering

The Wahoos cannot operate without the help of our volunteers! The coaches are the only paid employees. In 2016, the team had 235 swimmers from 126 families. Half of the 235 swimmers were age 8 or younger. Parents are expected to volunteer even if their child is not yet ready to participate in a meet and continue to volunteer as long as they have a swimmer on the team.

Parents must **volunteer a minimum of 10 hours per swimmer** (5 hours at swim meet) **or 20 hours for families with 2 or more swimmers** (8 hours at swim meets). Volunteer sign up will be on the web site www.wakefieldchapelswimteam.org in early June after registration is complete.

Please volunteer. It is a great way to meet your neighbors and ensure that your swimmer's has a fun and successful season!

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

Cathy Read and Martha Murray
Wakefield Chapel Swim Team Representatives

DIVE TEAM

Izabella Thomas and Courtney Collins, WCRA Dive Team Representatives

Welcome to Wahoo Diving for 2017! Wakefield Chapel will move to the NVSL Division 5 for this summer season. Our divers were very competitive in Division 4, but we need more participants to fill all of our age and gender groups. PLEASE ENCOURAGE YOUR CHILD to give dive team a try!! The dive team is open to all members 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.

Dues

The dues are \$135 per diver, \$240 for two divers, \$310 for three children and \$365 for four or more. Register online or you can email the dive reps (wakefieldchapeldive@gmail.com) for a paper form.

Coaches

Our coaches are familiar to returning families. Joe Amato, past Head Coach for the Wahoos, will return to Wakefield Chapel to lead the team! Joe has just completed his freshman year, diving and studying at George Mason University. He dove for Woodson and for the Mason Dive Academy during his high school years and is continuing to thrive in college dive. Joining Joe again this year as assistant coach is WCRA's own Owen Collins. Owen dove for Woodson High School and continues to dive with Mason Dive Academy. Olivia Rummel will also be returning as Assistant Coach to round out our trio of homegrown coaches!

Division V Meet Schedule (all locations, with addresses & maps, can be found at mynvsl.com)

June 27: Kent Gardens @ WCRA 6pm (A meet)
July 5: WC @ Woodley at 6pm (A meet)
July 11: Lakeview @ WCRA 6pm (A meet)
July 13: WC @ Truro 6pm (B meet)
July 18: WC @ Hamlet 6pm (A meet)
July 25: WC @ Greenbriar 6pm (A meet)
July 16: Wally Martin 3-meter/synchro meet @ Oak Marr at 8am
July 27: Dive Team Year End Banquet: "Blue & Orange Meet" @ WCRA at 5:30pm
July 30: Division V DIVISIONALS @ WCRA
August 6: Individual All-Stars @ Oakton

Practices (Please note changes in practice times from previous years)

Practices start on May 30 in the afternoon. Divers 10 and under should practice from 4pm-5pm and divers 11 and over should practice from 5pm-6pm. For divers with schedule conflicts, just let us know and we will be flexible with attendiif your diver needs to attend the practice outside of his/her age group. Once school lets out for summer, practices will move to the mornings most days (10am-11am for 11+ divers and 11am-12pm for 10 & under divers).

We Need Volunteers!

To run a successful team, it truly takes a village. The Dive Team is asking for your help. We need to provide judges and table workers for each meet. We also need certified referees. Divers families are required to volunteer in some capacity. For those interested in learning to judge or referee, please see the training clinic dates. They are quick and painless and you learn A LOT about diving! No experience

is necessary and you do not need to register in advance. They are free and all are located close to WCRA!

Table Workers:

June 11: 9:45am @ Sideburn Run

June 25: 2pm @ 6318 Glenbard Road Burke, VA 22015

Judging Clinics:

June 11: 9:45am @ Sideburn Run

June 18: 2pm @ Oakton

June 28: 6:30pm @ WCRA (*so convenient – at our own pool!!*)

Referee Clinics:

June 15: 6:30pm @ Truro

June 25: 4pm @ Hamlet

Team Rep Contact Information:

Izabella Thomas: 703-503-5865 (Home), 703-798-3788 (Cell)

Courtney Collins: 703-503-8846 (Home), 703-220-8215 (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, Colleen George and LeeAnn Alonso

Despite the snowy winter, outdoor tennis season is right around the corner! It's time to dust off the tennis racquet and get ready for another fun and exciting year of Wakefield Chapel Tennis.

A new team of pros from RJ Tennis® will lead our adult and junior programs this year. Our spring classes begin early May and run through early June. Full details for class dates and times will be posted on the website by mid-April.

The five-week summer Junior Tennis program begins the week of June 26. As always, our pre-team tennis players ages 8 & under will practice on Mondays, Tuesdays, Thursdays and Fridays. All levels of experience are welcome! Kids 9 & up will play on our Wakefield Chapel boys and girls NVTL teams. Matches are held on Wednesdays and the team players practice three days a week. The tennis team is fun, social and an easy way to get exercise. So, if you already enjoy tennis or want to try it out for the first time, come out and play for Wakefield Chapel this summer with a whole new team of coaches and pros!

If adult competitive tennis is your thing, Men 18 and over Saturday morning tennis league begins early June. Our adult mixed doubles team begins play on Sunday afternoons, Captained by Jacke Lluy. And if social tennis is your thing, please join us for Friday night strokes on the courts and drinks on the tennis deck.

Look for information regarding social tennis events, team details and class & team registration on the website soon!

For more information or to volunteer to help with any of our tennis programs, contact Jackie Lluy @ [571.839.9040](tel:571.839.9040) or jlluy@aol.com.

SOCIAL ACTIVITIES

Melissa Aune, Director for Social Activities

Summer is getting closer and we can't wait! We'll kick off pool season with our annual Opening Day Picnic and keep the fun going all summer long with a variety of events that offer a little something for everyone. Stay up-to-date with everything happening at the pool by checking www.wakefieldchapelrec.org or follow us on Facebook: <https://www.facebook.com/wakefield.chapel.rec.assoc/>

Here is just a little of what we have planned:

- 5/28 Opening Day Picnic – 5pm-8pm
- 6/10 Ladies Night – 7pm-11:30pm
- 6/17 **Family Fun Day – Breast Cancer Benefit from 4pm-8:30pm**, more details soon!
- 7/15 Adult Party – 7pm-11:30pm, hosted by Will and Season Crawford
- 7/22 Craft Beer Night – 6pm-9pm, hosted by the Aune family
- 9/4 Closing Day Picnic – 5pm-8pm
- 9/9 Men's Night – 7pm-11:30pm, hosted by Patrick Smith

This summer we will be continuing **Food Truck Fridays** at the pool. Join your friends at the pool on Friday evenings from 5pm-8pm and enjoy food trucks, special activities, trivia and more. No pre-registration required and open to all – just grab the family and your favorite Friday night beverage and head on over! Food Truck Fridays will be held on 6/2, 6/9, 6/16, 6/30, 7/7, 7/14, 7/21, 8/4 and 9/1. Some of the food trucks that will be visiting include: Killer Tomato, Red Hook Lobster Pound, Crepe Love, Bada Bing, Ricksha and The Big Cheese.

Hosts are still needed for the Opening Day Picnic, Ladies Night, 55 and Over Party, Closing Picnic, and Kids Parties. Being a social event host is a great way to get to know newer members of the WCRA community. You can also team up with friends and host a party together. I will help with the logistics, and you get all the credit for hosting an excellent event! If you are interested in hosting or assisting in any way with these fun community events, please contact Melissa Aune at 703-399-6088 or social@wakefieldchapelrec.org.

**Dates are subject to change – please check the website for the latest information.*

ACTIVITIES

Season Crawford, Activities

Ashtanga Yoga Camp: kicks off April 10

Ashtanga Yoga Primary Series is appropriate for all levels and starts April 10, Monday and Friday, 6:30am-7:30am, on the lower tennis courts. It is 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. Our instructor, Swati Aneja, 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](tel:571-425-7846).

2017 Boot Camp Season: kicks off April 19

Now in its 13th 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 an ACE-certified personal trainer and WCRA member John Johnson. John also owns Styrke Fitness Solutions in Arlington. For more information about boot camp, contact beverly@synergyfitnessva.com or call [703-268-5336](tel:703-268-5336).

New boot campers are welcome to join anytime – and the first class is free!

Water Aerobics Boot Camp: starts end of May

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, Maria has five years of experience helping students improve core strength while tightening and toning muscles to the beat of fun music. She 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](tel:571-425-7846).

Call for Instructors and New Activity Ideas

We are looking for instructors to teach a Children’s Art Camp, Wine & Painting Class, and BOGA Fitmat or other high-intensity water exercise class. We would also love to hear ideas from members about new and exciting activities to have at the pool this summer. Please write to seasoncrawford@outlook.com or call [571-425-7846](tel:571-425-7846).

Please note: WCRA Pool Closings for 2017 season

Saturday, 6/10	Ladies Night Party, closed at 6:30pm
Saturday, 6/17	Wahoos Swim Time Trials, closed until 11:30am (½ hour after regular opening)
Monday, 7/10	Wahoos Swim B Meet, closed at 4pm
Saturday, 7/15	Adult Party, closed at 4pm
Monday, 7/17	Wahoos Swim B Meet, closed at 4pm
Saturday, 7/29	Wahoos Swim Banquet, closed at 3pm
Sunday, 7/30	Wahoos Dive hosts Divison V Divisionals, closed until 1pm (1 hour late)