

MSTA 2016

Member Handbook



McLean Swimming and Tennis
Association

703-821-9317

1700 Margie Drive

Mail: P.O. Box 391

McLean, VA 22101

For current information on events and dates, please visit

www.mcleanswimandtennis.org

Summer 2016

The 2016 McLean Swim and Tennis Association season kicks off on Saturday, May 28th! We look forward to another great season with longtime friends—and new ones. MSTTA continues to strive to bring you quality facilities and excellent swimming and tennis programs.

2015-2016 Board of Directors

J. J. Campbell, President and Co-Director Pool Operations

Jamie Hartnett, Vice President and Grounds Director

Amy Ellis, Treasurer

Jeff Theibert, Secretary

Bill Luebke, Swim Lessons/Swim Team and Co-Director Pool Operations

Joseph O'Rourke, Social Activities Director

Emily Lampkin, Communications Director

John Donelson, Tennis Director

Bret Michael, Tennis Committee

Matt Williams, Tennis Committee

Nadine Laszlo, Strategic Planning Director

Jeannifer Jeannot, At-Large Director

Paige Farrington-Himes, Co-Director Pool Operations

Kathleen Markey, Membership Director

The Board works hard for the membership over the course of the year, and your help is needed! **This summer, please consider serving on the Board of Directors.** MSTTA needs enthusiastic people to help guide it through both the summer fun and the off-season. Elections are held at the Annual Meeting currently scheduled for **Saturday, July 16, 2016**. The exact time will be announced later in the summer!

CLEAN UP DAY

Please join us at Clean-Up Day scheduled for **Saturday, May 14th**. One way MSTTA attempts to keep costs low, is to rely on volunteer work to get the club in shape for the upcoming season. Please consider volunteering and donating your time, even if it's for a little while. It's a great way to pitch in, get the pool and courts ready, and meet new members.

TENNIS PROGRAMS

We are pleased to welcome Nicholas "Nick" Bennett back as MSTTA's Director of Tennis! Nick is an enthusiastic part of the MSTTA team and offers many opportunities for seasoned and new players to enjoy the game.

PREMIER AQUATICS

Consistent with the last few years, Premier Aquatics will provide pool staffing and management at MSTA. The Premier staff is here to prevent accidents, keep swimmers safe and ensure your family has an enjoyable summer. Maintaining a safe, clean facility for you and your family is always a top priority for MSTA and Premier. Introduce yourself to the Premier Staff, and be sure to communicate with them by discussing any of your questions or issues.

POOL HEATER

In response to our members, a heater was installed on the big pool. For those who have experienced the chill of early season swimming, this should make the pool more enjoyable.

SNACK BAR

The MSTA Snack Bar will again be managed by long-time members, the Pyne Family. They have done a terrific job providing snacks, drinks and ice-cream for everyone.

EVENTS

Get involved and participate! Be sure to read the bulletin boards, email, Facebook and the MSTA web site for different events, which will be taking place throughout the season.

This summer's social activities include Memorial Day, Fourth of July, and Labor Day celebrations. We'll also have movies nights, weekend coffees, kids activities, and more. We'll provide updates on social events on MSTA's social activities board, the website, and Facebook.

If you would like to volunteer to help with an event, or you have an idea for an event, please contact Joseph O'Rourke (joseph.orourke@live.com) who is coordinating the activities this summer.

As always, MSTA's playground set, volleyball net, basketball court, and picnic areas with BBQ grills are for your use and enjoyment!

The club keeps costs down through volunteer efforts. So special thanks go to all the volunteers who have worked many hours to get the facility in shape and to keep it running.

You will find additional information on swimming, tennis and social events planned for the summer but be sure to visit the websites for the different teams and activities, as well as www.mcleanswimandtennis.org and our Facebook page. If you have any questions, thoughts or suggestions, please email me at: president@mcleanswimandtennis.org.

Finally, in an effort to reduce our environmental impact, the Board is planning to transition to an electronic format for the 2017 member handbook. Paper copies will be made available to those members that opt to receive a hard copy.

Enjoy the summer!

Sincerely,

J.J. Campbell, MSTA President

POOL HOURS
START OF SUMMER SCHEDULE
May 28 - June 24th

Weekdays
All Pools
2pm - 9pm

*Weekends**
All Pools
10am - 9pm

**ALL POOLS WILL BE CLOSED THE MORNING OF JUNE 18th (SWIM TEAM TIME TRIALS).
ALL POOLS WILL OPEN AT NOON.*

MIDDLE OF SUMMER SCHEDULE
(But be sure to check the Swim Team/Swim Lesson Schedule below):
June 24th - July 27th

Weekdays
Main Pool
12pm - 9pm

Intermediate and Wading Pools
Generally - 10am - 9pm; But see Swim Lesson Schedule below!

Weekends
All Pools
10am - 9pm

SWIM TEAM/SWIM LESSON SCHEDULE

Practice and Lesson Schedule:

June 24th - July 26th
Monday - Friday 7:45am - 12pm
July 27- August 5
9am - 10am

During Swim Team and Swim Lessons:

Wading Pool: Open 10am-9pm
Intermediate Pool: Open 10am-11:30am; Closed 11:30-Noon; Open Noon - 9pm

THREE SATURDAY SWIM MEETS: 8am - 12pm: June 25th, July 16th, and July 23rd.
***ALL POOLS ARE CLOSED DURING MEETS. ALL POOLS OPEN IMMEDIATELY AFTER THE CONCLUSION OF
THE SWIM MEETS! COME EARLY AND CHEER ON YOUR MARLINS!***

LATE SUMMER SCHEDULE - All Pools:

July 28th - September 5th (Labor Day)
10am - 9pm

The pool will also be open for early morning adult swim that will run from June 27 through July 31.
Adults age 18 and up will have the pool weekdays from 6 a.m. to 7:30 a.m. for lap swimming and other
water exercise.

General Information/FAQs

Can I bring guests to MSTA?

Yes! Passes for guests can be purchased in advance or paid for upon arrival at the front desk. Grandchildren (and their parents) and grandparents from out of town who occasionally visit a member are welcome without guest passes. The Board reserves the right to monitor usage and request guest fees if the pool is being used on a frequent basis. **A member must always accompany a guest.**

Guest Fees: \$3/person on weekdays, \$4/person on weekends,\$30 for 10 passes

What is the keytag system?

Each member of every family has his own keytag that must be presented at each visit to the pool. Members will be photographed on the first visit of each summer.

Returning MSTA members may use their keytags from previous years. Replacements are available for \$3 each if keytags are lost. New members will have keytags issued and waiting for them at the front desk after the club opens.

At MSTA, we welcome your caregiver, babysitter or nanny to the club at no charge. The caregiver should bring the keytag of one of the parents to the front desk and use it to scan in. Please have your caregiver inform the front desk staff member that he/she is a caregiver when checking in.

What picnic facilities are available?

MSTA has several picnic tables and gas grills available on a first-come/first-served basis at various locations around the pool. Adult supervision is required to operate gas grills. Please ask the pool manager if you need assistance with the grills. After using the grill, clean the cook surface thoroughly.

What is the pool rental policy for private parties?

The rear picnic area may be reserved for private parties with **no less than 10 days notice** and no more than 60 days notice. Payment in full and a security deposit of \$50 is required when the request is made. Your deposit will be forfeited if party is cancelled within 10 days for reasons other than weather. Party reservations are made on a first come first served basis. An MSTA pool board member must approve this request. Fees to host a 2 hour private party on the back patio during pool operating hours: up to 20 participants \$80; up to 30 participants \$100; up to 40 participants \$120. After hours, up to 75 participants, \$150 plus pool operator costs. The member host agrees to review the private party guidelines and to adhere to all pool rules and regulations. Rental forms can be downloaded from the MSTA website.

Email party@mcleanswimandtennis.org for all reservations. Attention Jennifer Jeannot

Party hours: *Friday, Saturday & Sunday:* 2 hour parties between hours of 12-2pm or 3-5pm. *Monday through Thursday:* 2-hour parties at any time. Party Blackout Dates: Memorial Day, Fourth of July, Labor Day, Annual Meeting Day and during official pool functions.

Clinics & Lessons at MSTA

Swim Lessons

Coordinator: Jo Podlasek Vera

Email: learntoswim@mcleanswimandtennis.org

MSTA Board Contact: Bill Luebke

Email: wluebke1@gmail.com

Group Swim Lessons: MSTA offers swim lessons to children of MSTA members. Lessons are not available to non-members. Instruction is coordinated by Jo Podlasek Vera, a longtime swim instructor for MSTA. The lessons are taught by our lifeguards and top swimmers on our McLean Marlins swim team. The program offers five levels of group instruction from pool familiarity to stroke development:

Level 1: Introduction to Water Skills (16 months – 3 years)
Gentle instruction, learn to relax in water safely

Level 2: Fundamental Aquatic Skills (3 – 5 years)
Swimmers introduced to the large pool. Focus is on learning basic skills: bubbles, floating.

Level 3: Stroke Development (4 – 6 years)
Learning to master the basics: bubbles, floating, kicking. Preparation for stroke readiness.

Level 4: Stroke Improvement (4 – 7 years)
Able to do basic skills unassisted. Beginning stroke development.

Level 5: Stroke Refinement (5 – 8 years)
Freestyle, Backstroke, diving and safety skills. Learning to swim lengths.

Lessons are held from 11:30 am to 12:00 noon.

Fees for one session are **\$85 (one child)** The fee for **2 or more children for one session is \$85 for 1st child + \$50 for each additional child.** Each session is two weeks.

Fees for **two sessions** are **\$160 (one child).** The fee for **2 or more children for two sessions is \$160 for 1st child + \$95 for each additional child.**

At the end of each session each child will receive a **progress report** that will assess his/her skills & will give a recommendation of what next level would be best for the child to proceed to.

Session 1: July 5-8 & July 11-15 (No class July 4)

Session 2: July 18, 19, 21, 22.& July 25-29 (No practice on July 20 due to All-Star Swim Event)

To register: go to the lessons registration portal
www.mcleanswimandtennis.org/swimming/swim-lessons/

Semi-Private Swim Lessons:

New this year! Semi-private lessons will be offered in 30 minutes sessions on Friday and Sunday afternoons for Swim Levels 2, 3, and 4. These are one day per week classes offered in blocks of four lessons. Lessons will be taught by our Marlins Coaching Staff and class size will be limited to four participants.

Fees \$60 per session per child (four 30 minute classes/one day per week)

Session 1: Fridays June 3, 10, 17, 24 OR Sundays June 5, 12, 19, 26

Session 2: Fridays July 8, 15, 22, 29 OR Sundays July 10, 17, 24, 31

Class Schedule*

Fridays

Level 2: 3:00PM-3:30PM

Level 3: 3:30PM-4:00PM

Level 3: 4:00PM-4:30PM

Level 4: 4:30PM-5:00PM

Sundays

Level 2: 12:00PM-12:30PM

Level 3: 12:30PM-1:00PM

Level 3: 1:00PM-1:30PM

Level 4: 1:30PM-2:00PM

***Semi-Private lesson registration is for one 30 minute class per week on Fridays OR Sundays.**

To Register: go to the lessons registration portal
www.mcleanswimandtennis.org/swimming/swim-lessons/

Private Swim Lessons: Private swim lessons are available for swimmers of all levels. Arrangements for private lesson times and payment will be made directly to the instructor. To connect with an instructor please contact Jo Vera, Developmental Swim Director, at learntoswim@mcleanswimandtennis.org

MCLEAN



SWIM AND TENNIS

TENNIS at MSTA

Nicholas F. Bennett (PTR- Professional)

Director of Tennis

Head Tennis Pro

Professional Certifications (10 & Under, 11-17 YR, Adult Development, High Performance)

Owner MatchPoint Tennis LLC

Nicholas Bennett continues his role as the director of tennis and head tennis professional at MSTA. He began teaching at MSTA in 2006 as an assistant professional. Since 2006 he has earned three Professional certifications from PTR. In 2013, Nick received the Virginia Member of the Year from the Professional Tennis Registry (PTR) for his “dedication and diligence in promoting and supporting tennis and the PTR.

**Contact: Nicholas F. Bennett, nicholasfbennett@gmail.com 703-399-5057
www.matchpoint10s.us**

Court Rules and Reservations

Court #1 is reserved for the Tennis Pro and all scheduled clinics. Team matches take priority for court use. Courts are open to all members on a first-come/first-served policy. If other members are waiting to use the courts, please be courteous and limit your play to 1 hour for singles and 1.5 hours for doubles.

Youth Tennis Clinics

MatchPoint’s Junior Tennis program utilizes the most modern teaching techniques and equipment which includes appropriate sized racquets and courts to successfully lay the proper foundation for future success. We believe that using these modern techniques, and equipment create an environment that encourages players to not only to have fun and learn, but to have immediate success.

Each season MatchPoint Tennis lays out a foundation of unit plans for each program. These unit plans are broken down into four-week “micro units.” These micro units are

designed to develop specific sets of skills including agility, balance and coordinate and the fundamentals to make them successful tennis players.

Kids Club Red (8 & under)

Kids Club Red is designed for children from 5-8 years of age. The emphasis in this course will be on the rally. Each class is designed around a theme of the day along with movement and technical skills that are age appropriate.

Kids Club Orange (9 & 10 years old)

The Orange Ball program is designed for children between the ages of 9 and 10. This is the greatest transition for players to make as these Orange Stars move from the 36-foot court to the 60 ft. course with orange compression balls (50% speed of the neon ball). As with Red Stars, each practice at this stage has a theme of the day, accompanied by movement and skills portions as well.

Kids Club Green (11 & older)

The Green Ball program is designed for players from 11-17 years of age. This level can be played on both the 60-foot and the 78-foot court. The balls are green felt and are 25% slower than the neon tennis balls. Players will continue to build on their technical skills, while learning to understand tactics and decision making from different areas of the court based upon their position. This will allow for a smooth transition to the standard 78-ft. court with neon tennis balls.

Spring Junior Tennis

Spring clinics run Wednesday/Friday or Saturdays for 10 weeks.

Spring Session: The 10-week session begins March 28.

Choose one day per week: Monday or Wednesday

Kids Club Red (8 & under)	\$200
Kids Club Orange (9-10 yrs.)	\$200
Kids Club Green (11 & older)	\$200

Additional Fee: +\$20.00 for non-members

Summer Junior Tennis

No tennis clinics interfere with the swim team.

Kids will have 15-minutes to get to and from swim, so no missing tennis or swim!

Junior Clinics

Summer clinics are held Monday through **Friday** and run for one hour.

Kids Club Red (8 & Under)	8:45-9:45am
Kids Club Orange (9-10 years old)	10:15-11:15am
Kids Club Green (11 and up)	10:15-11:15am
Red, Orange, Green (all ages)	11:30am-12:30pm

Week 1: June 27-July1

Week 2: July 4-July8

Week 3: July 11-July 15

Week 4: July 18-July22

Week 5: July 22-July 29

Week 6: August 1-August 5

Week 7: August 8-August 12

Week 8: August 15-August 19

Week 9: August 22-August 26

Fees: \$115/week members; \$135/week non-members

To register for clinics or camps go to www.matchpoint10s.us for and select the **program/registration** tab.

Tennis after Swim (Monday-Friday)

This is for members only. Tennis after swim allows members to maximize their children's on court time. Due to the popularity of the program we will be offering 4, 5, or 6-week options for parents.

8 and under 8:45-9:45am

9 and older 10:15-11:15am

All ages 11:30am-12:30pm

Sessions (Member/Non-member)

4-week: June 27-July 22 (\$280/\$300)

5-week: June 29-July 29 (\$350/\$365)

6-week: July 6-August 5 (\$420/\$440)

MSTA Tennis Team

MSTA is a member of the Tysons Cup League and is looking for players to participate in juniors, women's, men's, and mixed doubles competition.

Junior Team – 2008 Champions of the Tysons Cup League

The team welcomes players 18 years and younger. Participants must be comfortable playing competitive matches on their own, being familiar with the rules of match play and scoring.

We will compete in the Tysons Cup League and field the following teams:

8 & Under Girls and Boys singles (2 boys and 2 girls)
10 & under Girls and Boys singles, doubles and mixed doubles
12 & under Girls and Boys singles, doubles and mixed doubles
14 & under Girls and Boys singles, doubles and mixed doubles
18 & under Girls and Boys singles, doubles and mixed doubles

Practices are held during the week, except Friday's, beginning June 20 at the following times: 8 & under- 3-4pm; 10 & under/12 & under – 4-5pm; 14 & under/18 & under – 5-6pm.

Matches are held on either Tuesday's or Thursday's (sometimes both) at **3:30 pm (NEW TIME)** beginning June 20 and ending July 21 (end of year party). Transportation is the responsibility of parents, but coaches will help.

Fee: \$75 (includes Dry-Fit Shirt).

Schedule: TBD

Fall Junior Tennis

Fall clinics run Wednesday/Friday or Saturdays for 7 weeks.

Fall Session: The 7-week session begins September 12.

Choose one day per week: Monday or Wednesday

Kids Club Red (8 & under) \$140

Kids Club Orange (9-10 yrs.) \$140

Kids Club Green (11 & older) \$140

Fee: +\$20.00 for non-members

Adult Tennis

Adult tennis clinics are run by Coach Renice and are in 10-week sessions.

- Session I: March 28 — June 3

- Session II: June 7 —August 12
- Session III: August 15 — October 21

Beginner/Advanced Beginner Clinic: Tuesdays 6:30pm-8:00 pm

Wednesdays: 10:00am—11:30am

Fridays: 10:00am—11:30am

Fee: \$270/session for members; \$290/session for non-members

To register online, go to www.matchpoint10s.us

Tyson's Cup (members only)

Adult Teams

Women's Team Co-Captains:

Kathy Mallard, kdg4g@virginia.edu

Beth Keene, keene1512@aol.com

Men's Team:

Paul Wood, paulandangelawood@msn.com

Mixed Doubles:

Kathy Mallard, kdg4g@virginia.edu

LADIES' MATCHES:

4/11 HAM at CHS MCL at CAR POP at MAN TUC at LAN

4/18 POP at CHS HAM at CAR MAN at LAN MCL at TUC

4/25 CAR at TUC HAM at LAN CHS at MAN MCL at POP

5/02 CAR at LAN TUC at CHS MCL at MAN POP at HAM

5/09 MAN at HAM LAN at MCL TUC at POP CHS at CAR

5/16 MAN at TUC CAR at POP HAM at MCL LAN at CHS

5/23 CHS at MCL LAN at POP TUC at HAM MAN at CAR

5/30 ***Raindate***

6/06 ***Raindate***

6/13 ***Raindate***

MEN'S MATCHES:

4/13 MAN at CAR MCL at LAN HAM at POP CHS at TUC

4/20 MCL at TUC HAM at MAN CAR at CHS LAN at POP

4/27 MCL at POP HAM at CAR CHS at LAN TUC at MAN

5/04 LAN at HAM MAN at CHS MCL at CAR POP at TUC

5/11 TUC at LAN CAR at POP MAN at MCL CHS at HAM

5/18 POP at CHS CAR at TUC LAN at MAN HAM at MCL

5/25 CHS at MCL MAN at POP TUC at HAM LAN at CAR

6/01 ***Raindate***

6/08 ***Raindate***

6/15 ***Raindate***

MIXED DOUBLES MATCHES:

4/15 CAR at LAN HAM at TUC MCL at POP MAN out

4/22 POP at TUC HAM at CAR MCL at MAN LAN out
4/29 LAN at MAN CAR at POP MCL at TUC HAM out
5/06 HAM at LAN TUC at MAN MCL at CAR POP out
5/13 CAR at TUC MAN at HAM LAN at POP MCL out
5/20 MAN at CAR POP at HAM LAN at MCL TUC out
5/27 TUC at LAN HAM at MCL POP at MAN CAR out
6/03 ***Raindate***
6/10 ***Raindate***
6/17 ***Raindate***

Special Events

Rally for a Cure: This event is in place of our annual May Mixer. This event is to raise money for early detection of breast cancer. The event will be n May 28th from 10:00am-1:00pm. This will be a round-robin event with a gift bag for attendees. All proceeds will go to Rally for a Cure. Cost \$25.00

Wimbledon Doubles Tournament (featuring HEAD products): Saturday, June 25, 10:00am-1:00pm.

To celebrate Wimbledon we wear all white and play some doubles!!! Bring a wood racquet if you have one. This will be a round robin event. For more information, contact Coach Nick.

Junior Tennis Tournament: Saturday, July 16 8-12pm

We will be hosting a tournament the weekend of July 16. All ages and skill levels are welcome at the event. This will be an elimination tournament that will cost \$20. More information will be given as the date gets closer.

July Junior Tennis End-of-Season Party: July 20 (after the last matches). Junior tennis team End-of-Season party immediately follows last match. All families are asked to bring a dish to share. Team awards will be given.

Women's Only Tennis Socials Fridays (6:15pm-8:30pm):

That's Right Ladies! A social just for you, run by our very own Coach Renice! Our tennis social will be a drop-in format and be round-robin play. Ladies you are encouraged to bring food or drink to share. Come out meet new people, play some tennis and have fun!!

- June 3
- July 15
- August 12

Tennis Social Fridays; 6:30pm-Dark. Beginning June 19, 2015. Our tennis social will be a drop-in format for adults. You are encouraged to bring food or drink to share. Come out meet new people, play some tennis and have fun!!

- June 10
- July 22
- August 19

For more information about the tennis programs offered at McLean Swim and Tennis or to register online, go to www.matchpoint10s.us or email nicholasfbennett@gmail.com

Tennis Program

Private Instruction

We offer both private, semi-private and additional group lessons. Fees depend on the number of participants and the number of sessions desired.

Nicholas Bennett: \$55/hour or \$35/half-hour

Contact Nicholas at 703-399-5057

Email: nick@mcleantennis.net

We sell private lessons in packs of five or ten.

5-Pack of lessons*	\$270
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10-Pack of lessons**	\$550
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*Get an additional sixth lesson FREE with purchase

** Get two additional lessons FREE with purchase

Gift Certificates are available. Contact Coach Bennett at 703.399.5057 or nick@mcleantennis.net for more details.

Special Services

Racquet purchase and stringing featuring HEAD can be purchased through the Director of Tennis. For more information, contact Nicholas at nick@mcleantennis.net

See you on the courts!

- Nicholas

2016 McLean Marlins Swim Team

Team Representative: Kristie Helfrich, kristiehelfrich@mac.com

Asst. Team Representative: Meg Luebke, mmluebke@gmail.com

B Meet Coordinator: Suzanne Walters, suzjaf@hotmail.com

Volunteer Coordinator: Catherine Sheeran, cpsheeran@gmail.com

Coaches: Art Vera (Head Coach), Tyler Fritz (Asst. Head Coach)

Assistant Coaches: Liddy McCulla, Riley Pfadenhauer, Ryan Lucas

Developmental Director: Jo Podlasek Vera

Assistant Developmental Director: Anna Sargent

McLean Marlins

Youths aged 5-18 are encouraged and invited to join the McLean Marlins. We compete in the Northern Virginia Swim League (NVSL) at the Division 1 level. All ages are needed on the swim team—children should be able to swim freestyle one full length of the pool unassisted and one full length of another stroke. If you have an older swimmer who has taken time off due to other obligations, we would love to have them return for the summer! If you are new to the team, the coaches are available to evaluate new swimmers during the first week of practice after Memorial Day to recommend appropriate placement. For more detailed information about the Marlins and a complete calendar of events, please check the website www.mstamarlins.org.

Future Marlins

The Future Marlins provide group training for children ages 4-10 who can swim 15 meters of the pool unassisted. Focus is on proper breathing, stroke technique, and building endurance. Future Marlins can transfer to the competitive team when they can swim the entire length of the pool unassisted in freestyle and one other stroke. Children may be assessed for placement on the Future Marlins June 27 and June 28 from 10:45-11:15am. **Future Marlins practice begins on June 29 from 10:45 -- 11:15 am (Mon – Fri).**

Swim Team Fees: 1st swimmer \$150; 2nd swimmer \$25 less, 3rd swimmer \$50 less, 4th swimmer \$75 less each. Future Marlins is \$140. There will be no partial refunds once the practice season has begun. A late registration fee of \$25 will be charged if registering after June 1.

Volunteer Fee: To help ensure we have sufficient volunteers to run our meets, we will also require a \$100 Volunteer Deposit. This deposit will be paid at the time of registration. Upon completion of 8 volunteer hours per family, the fee may be returned at the end of the season or donated toward the coaches' end of season gift. NOTE: families

with Future Marlin Swimmers only, do not need to pay the volunteer fee nor volunteer. Volunteer opportunities may be found through our website link, Sign Up Genius, on the McLean Marlins home page, www.mstamarlins.org.

Swim Team Registration: Swim team registration is done online through the Marlins website www.mstamarlins.org. Families will need to provide their MSTA member number in order to register.

Swim Team Apparel: McLean Marlins apparel may be purchased through the online store on the Marlins home page. Please order early, so as not to miss the order deadlines. The team swimsuit may be purchased at Sport Fair in Arlington, VA and will also be available for purchase at Meet the Coaches Day on May 22.

Swim Team Practice Schedule

May 31 – June 23*

Ages 8 & under	4:45 – 5:30 pm
Ages 9 – 11	5:30 – 6:30 pm
Ages 12 & over	6:30 – 7:30 pm

June 24 – July 26

12 & over	7:45 – 9:00 am
9 – 11	9:00 – 10:00 am
8 and under	10:00 – 10:45 am

***Dependent on last day of FCPS**

Future Marlins 10:45 -- 11:15 am* (*starts on June 29th)

Extra evening practices, Tuesdays and Thursdays, 6:00 – 7:00 pm, for experienced 9 year old and older swimmers who miss morning practice. These practices are not appropriate for Future Marlins and beginning swimmers. Practices begin on June 28.

Time Trials: Saturday, June 18, 8:45 am (warm-ups at 8:15 a.m.)

All Marlin team members should plan on swimming to get initial times in each of their strokes.

Meet the Coaches Day, May 22

New families and returning families come say hello to our coaches and get excited for the season! Sport Fair will have the team suit available for try-on and purchase. Same suit as last year.

Developmental Swim Meets

On Monday evenings, all swim team members are encouraged to swim in developmental meets. The meets are organized by stroke and age group. Swimmers may choose to swim two individual events, in addition to Individual Medley at most meets. Developmental

Meet Schedule - all meets begin Mondays at 6 pm, except where noted. Coaches will advise swimmers when to arrive for warm-ups.

June 20	Great Falls @ McLean
June 27	Kent Gardens @ McLean
July 5	Langley @ McLean (TUESDAY due to holiday)
July 11	McLean @ Overlee
July 13	Intersquad @ McLean
July 20	McLean @ Poplar Heights

NVSL Swim Meets

On Saturday mornings, the Marlins swim against other NVSL Division 1 teams. Participation in the scored, competitive Saturday meets is determined by the coaches based on personal times, ability and availability, along with a competitive analysis of both teams.

NVSL Meet Schedule – all meets begin Saturdays at 9 am, except where noted. Coaches will advise swimmers when to arrive for warm-ups.

June 25	Wakefield Chapel @ McLean
July 2	McLean @ Highlands
July 9	McLean @ Overlee
July 13 (Wed.)	Divisional Relay Carnival @ Chesterbrook
July 16	Chesterbrook @ McLean
July 20 (Wed.)	All-Star Relays @ Greenbriar
July 23	Tuckahoe @ McLean
July 30	Individual Divisionals @ Tuckahoe
Aug 6	Individual All Stars @ Little Rocky Run

Pool Rules

EVERYONE must obey the following rules as well as any instructions given by the pool manager and the lifeguards to ensure the safety and enjoyment of all.

1. **All members must register at the front desk upon entry. Guest fees must be paid for all non-members, unless specified by the rules of MSTA. Member must accompany all guests. All members will be required to present a membership keytag to enter the facilities.**
2. Lap lanes shall be used for lap swimming and swim lessons only, and should be shared when needed. Lap lanes are occasionally reserved for swim team practice (see schedule in handbook).
3. No person shall use the pool facilities unless they are officially open and the guards are on duty. The infant pool is NOT GUARDED and the intermediate pool is GUARDED from 1:00 pm to 7:00pm and these pools require adult supervision (see Rule 18, Non-Swimmers).
4. Persons having a skin disease, eye infections, sores, communicable disease, nasal or ear discharge, excessive sunburn, or bandages may not use the pools.
5. All persons must take a thorough soap shower before entering any pool. Soap is provided.
6. Swim diapers are required for non-toilet-trained children in all pools. Disposable diapers are NOT acceptable.
7. Excessive standing or playing in the showers is prohibited.
8. Running, rough play, and personal conduct that may endanger you and/or others are prohibited.
9. Street shoes, skateboards, rollerblades, scooters, and the like are NOT permitted on the pool deck or on the tennis courts.
10. NO GLASS items are permitted in the pool area/grounds.
11. All food, drinks, and chewing gum are prohibited on the pool decks. Please use the picnic areas.
12. Pets are not permitted within the pool enclosure at any time.
13. Limited alcohol consumption is permitted within the limits of a family setting. The pool manager or any member of the board has the discretion to ask anyone not in compliance to leave the premises. Subsequent violations can result in other sanctions including temporary loss of privileges and/or membership termination. No glass items are permitted in the pool area.

14. Smoking is only allowed in the grassy area in front of the pool bathhouse. No smoking is permitted anywhere within the main pool fence.
15. Water toys are permitted in the infant and intermediate pools only, and then only at the discretion of the pool manager and lifeguards.
16. Children under 11 years of age must be accompanied by an adult 16 years of age or older. A parent/guardian phone number may be required. All children 11-18, will be required to read and sign the Pool Use Contract, to be kept on file with parent signature, at the Front Desk.
17. Any person who repeatedly breaks pool rules and receives three warnings will be asked to leave the pool by the manager on duty. Repeated offenses may result in restricted use of the facilities.
18. Non-Swimmers
 - a. The infant pool is for very young, non-swimming children. An adult MUST accompany children in this area. Guards are NOT assigned to this pool.
 - b. The intermediate pool – three-foot maximum depth – is for non-swimming children up to 12 years old. An adult MUST accompany children in this area. Guards are only assigned to this pool from 1:00 to 7:00 pm.
 - c. Non-swimmers of any other age group must stay in the shallow end of the main pool and, if under 10, must be with an adult.
 - d. Infant and intermediate pools are not to be used by bona fide swimmers during adult break.

DIVING REGULATIONS

1. Diving is NOT permitted anywhere EXCEPT in the diving area when supervised by a guard.
2. Lifeguards may require children to pass a swimming test to be in the diving area; children must use the diving board without adult assistance, except during lessons by MSTTA staff.
3. Only one person is allowed on the diving board at a time.
4. No diving is allowed until the previous diver has cleared the diving area to the wall or ladders.
5. Diving shall be in a forward position only.
6. No running on the diving board.