

Splash & Smash!

Chesterbrook Swimming & Tennis Club, Inc.
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April 2002

From the President . . .

Dear Members,

Spring is here! Trees and flowers are in full bloom. Days filled with the promise of summer's warmth remind me that the new season is just around the corner for the Chesterbrook Pool and Tennis Club. This year the Club will open on Saturday, May 25th.

For most of us, twenty-five years is a long time. If we look back at this time span, much change has occurred in our lives. Mike Duffner, our General Manager, has been responsible for many of the changes at Chesterbrook over the last twenty-four years. Mike works at the club year round. His endless dedication and excellence over the years have helped to make Chesterbrook one of the finest clubs in the area. It is with great pleasure, that we welcome Mike back again for his 25th year!!!

Lots of time, planning and hard work is required to make each season a success. Repairs have been made to the clubhouse, pool and pool deck. New tables, chairs and umbrellas have been repaired or replaced. A committee has been formed to evaluate future plans for the tennis courts. Contained in this issue are reports from the Swim, Diving and Tennis Reps about the coming season. Make sure you have your calendars ready to mark our famous social events. There are so many wonderful opportunities at Chesterbrook. I hope you will take full advantage of all your club has to offer.

At our March meeting the Board accepted the resignation of John Abood, our Board member in charge of maintenance. Due to the events of September 11th, John has been required to take on an ever-increasing work schedule and felt he would not be able to serve on the Board. I would like to take this opportunity to thank John for his hard work and willingness to serve.

The Board is pleased to announce the appointment of Michael Penn to complete the remainder of the term vacated by John. Michael and his family have been members for 17 years.

I look forward to seeing you this summer,

Jane Cronk

Who's Who On The Board Of Directors

Jane Cronk, President	893-2006
Hunter Moore, Vice President	534-1744
Janine Andriole, Treasurer	848-2682
Penny Kennedy, Secretary	536-3976
Kathi Beutler, Membership	241-8508
Craig Kramer, Swimming	276-8159
Karen Stuver, Swimming	821-8982
Kim Ward, Diving	248-0878
Jacky Longwell, Diving	533-8111
Patrice Herring, Tennis	827-8539
Nabeel Alsalam, Tennis	356-6032
Barbara Hightower, Social	532-6493
Julie Avis, Social	536-3893
Michael Penn, Maintenance	448-8857

Summer 2002

**CHESTERBROOK SWIM AND
TENNIS CLUB IS OPENING
MEMORIAL DAY WEEKEND**

SATURDAY MAY 25th

NOW RECRUITING

It is that time of year again. We are looking to fill lifeguard, front desk and snack bar positions. I have already heard from several people interested in joining the Chesterbrook staff this summer. I hope you will consider a position as well.

GUARDS: As usual we will be looking for a whole lot of guards and hope to fill the ranks with a combination of experienced and new members. There will be a starting rate for new guards and a return-incentive rate (for each year of service) for guards who have worked with us in past summers.

FRONT DESK & SNACK BAR: We will be trying something new this year at both the front desk and snack bar. To help improve consistency and service we will be seeking four primary candidates for each area who will be both paid more and work a regular shift through the summer. We will also be seeking two people who can work fill-in, as needed, for vacations and unexpected events.

If you are interested in having fun this summer, being part of the team and getting paid, please send an e-mail to me at: Huntermoo@aol.com or write a letter to: Hunter Moore, 3605 N. Albemarle St., Arlington, VA 22207. Please be sure to include your name, address, telephone number, age, area of interest and whether you have worked at Chesterbrook before or not. Mike Duffner or I will be contacting people in April to fill the positions. So don't delay – write today!

2002 Chesterbrook Team Triathlon

We'll be repeating our Team Triathlon for adults this summer. We're planning on teams of 5 adults who will keep track of their progress when swimming, running or cycling (treadmills and exercise cycles will count!) Due to popular demand, we'll expand our "accepted" set of activities to include other aerobic exercise/machines, such as rowing, cross-training or stairmaster. We'll count minutes of activity (without asking how fast you were going), and record them in a log book at the pool. The

Triathlon will run from July 1st to July 31st, with a "team meeting" kickoff at a TGIF in late June, ending with a celebration at one of the August TGIF's or Sunday Brunches.

There will be a maximum of 100 minutes per day per person. Watch for signs at the pool in June, and more information in the June newsletter at the pool. In the meantime, find a captain, a team name and form your team. You can register your team ahead of time by sending an email to fmacdonald@aol.com. Please include everyone's name, email address and designated captain. If you don't have a full team and want to register, send your information and we'll form teams as we go.

For more information, contact Francine Macdonald via email at fmacdonald@aol.com.



Take your mark, get set, GO. This summer we are planning a variety of fun activities for all.

Adults can start off their weekends with our popular TGIF from 6:30 – 8:30 P.M. starting mid-June. Beer and wine are provided for a nominal donation and guests bring delicious hors d'oeuvres to share. New members are encouraged to join us to meet other members and get to know the different pool events.

Children can look forward to our ever-popular raft parties. Mark your calendar for our first one on Wednesday, June 19th. Kids get to bring their own rafts for the upper pool. Then food and drink are served at the breaks. Please sign up at the front desk and look for our poster.

A more relaxing affair is our Sunday morning brunch for adults from 11:00 A.M. to 12 noon. You are invited to swim, lounge, sip coffee, and enjoy the complimentary breakfast foods.

Our family party will be held in mid-July with great food, music, and entertainment provided by our fabulous lifeguards. Last year's perfect weather added to a spectacular evening for the whole family.

If you would like to share your ideas, talents, and time please call either Julie Avis (703 536-3893) or Barbara Hightower (703 532-6493). All those that joined us last year, thank you and we would love to see you again.

Membership

New members: As we say goodbye to a few of our long-time senior members, we are welcoming new families. Chesterbrook Swim and Tennis Club is extremely popular; we can all be proud that the Club has such a fine reputation. We filled our new member waiting list within 6 hours of opening! For next year, the waiting list will open at noon on January 15th, 2003-please tell you friends to email ChesterbrookMemb@hotmail.com or call 703-241-8508 promptly *after* noon. It now takes up to two years for a summer member to move to full member status-*be patient!*

Dues: For current members, the time for payment of dues without the 25% late penalty has passed. All payments received after March 15th must include the late fee or will be returned. If you have extenuating circumstances, please email that information to ChesterbrookMemb@hotmail.com; the Board will consider your request at the next meeting.

Family status changes: email us, or write on your invoice, any changes in family status, including birthdates of new babies and childcare providers. Changes in share ownership require the signature of both owners. Please do not ask us to include extended family members, or more than one childcare provider on your membership. The number of members is limited to maintain a comfortable environment. The Bylaws on membership eligibility and guest access were written to prevent overcrowding.

Contacts: Access the website for common membership questions at FAQs at <http://www.chesterbrookclub.com>. For other questions, please email or call the hotline. Please include you membership number in all correspondence.

Membership Directory: The directory will be available in mid June at the front desk for \$1.00 per copy. A limited number of copies will be printed, so get yours early.

Pool Sign-In: When you arrive at the pool, you need to check in at the front desk. Note that this applies to all tennis members with guests. Please give your membership number, your full name, the number of members as well as the number of guests who are with you. Guest fees are \$3.00 for weekdays and \$5.00 on weekends and

holidays. Booklets of 10 guest coupons can be purchased by members only for \$30.00 per book. The coupons are valid for weekends as well as weekdays. Guest fees are reduced after 6.p.m. Chesterbrook's guest fees are very reasonable, and we count on our members' honesty to follow the sign-in procedures for their guests.

Opening Day at the Pool is Saturday, May 25th

Until school ends (May 25 – June 18):

Saturday & Sunday: 12 Noon – 8 PM
Sunday Brunch (Adults): 11 AM – 12 Noon
Weekdays: 1 PM – 8 PM

Starting June 19th, the Club will be open:

Saturdays

Baby Pool Opens at 10 AM
(if no home swim meet)
Large Pools 12 Noon – 9 PM

Sundays

Baby & Upper Pools 12 Noon – 8 PM
Lower Pool (Adult Brunch) 11 AM – 12 Noon

Weekdays

Baby Pool: 10 AM – 9 PM
(Exception) (Opens at 11:45 if group swim lessons)
Lap Pool 12 Noon – 8:30 PM
Upper Pool 12 Noon – 9PM
(Exception) (Upper pool closed during home dive meets –Tuesday evenings)

Lap Lanes

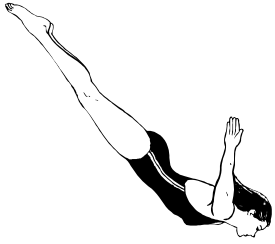
Lower pool lanes are for adults only (16 and over) and will be open per the following schedule:

All Lanes: 12 Noon – 2PM and
5 PM – 8:30 PM*
2-3 Lanes: 2 PM – 5 PM
Sundays (adults only) 11 AM – Noon
School Hours: 1 PM – 3:30 PM
6 PM – 8 PM

*At Manager's discretion.

Upper Pool: One lane will be open at all times with no usage restriction. Note that all lap lanes in the upper pool will be closed during diving meets (usually Tuesday evenings). No flotation aids or water toys are allowed in the large pools at any time.

The pool will close at 3:00 on July 10th for Division 1 Relays.



BACK TO POOL NIGHT

Attention Dive, Swim and Tennis: Plan to come to Chesterbrook Elementary Thursday May 9. We will hand out schedules and answer questions.

Dive Team orientation is at 7:00 P.M.
Tennis Team orientation is at 7:00 P.M.
Swim Team orientation is at 7:30 P.M.

Dive Team News

Give it a try! If you are new to the pool or just developing an interest, we welcome you to become a member of the Chesterbrook Diving Dolphins. If you are between the ages of 6 and 18 and new to the team, come to any Saturday open practice during the pre-season (see schedule) and the coaches will watch you go off the board, and place you in the correct practice session. The team's goals are to promote safe and fun diving for the competitive and non-competitive diver. Practice sessions are devoted to improving skills and learning the required dives for each diver's age group.

Coaching Staff Do you believe in miracles? Coaching together for their fourth year are former Dolphins Dede Kane (Head Coach) and Chris Gates (Asst. Coach). Dede and Chris are available for private lessons during the season, please contact them directly, once the season starts, to arrange a time.

Competition The dolphins are in the Northern Virginia Swim League- Diving Division 1 which means that we have 5 Tuesday night meets and 3

Thursday night "B" meets scheduled for the season. Take a look at the schedule for specifics and dates for invitational meets.

Social Events We are starting the year with a dive team cookout/pot-luck which will be a good time to have a parents meeting. During the year, look forward to our swim/dive/tennis pasta party, a tie-dye party, the "lollipop" meet, the end of the year party, and other events.

Swimsuits and T-Shirts After tabulating the results of an exhaustive email survey, we are using the suit that the swim team used last year, black trimmed in red, and we are adding a dolphin logo. Please remember that your dive team reps tried to please "most of the people, most of the time" with this decision and next year a new suit will be chosen. New t-shirts will be available for purchase at "Back to Pool Night" and swimsuits will be available for sizing and purchase.

For More Information please call or email Kim Ward kward60@aol.com (703.248.0878)
Or Jacky Longwell jackygraphics@erols.com (703.533.8111)

Diving Dolphins-Event Schedule 2002

THUR	May 9	Back to Pool Night	Chesterbrook Elementary 7:00pm
FRI	June 7	Dive team cookout-Pot Luck & Parents' Meeting	Chesterbrook Pool at 6:00pm Parents' meeting- 7:00pm
FRI	June 21	Swim/Dive/Tennis Pasta Dinner	at 6:00pm at Chesterbrook
TUES	June 25	Chesterbrook	at Parliament
THUR	June 27	"B"-Meet with Tuckahoe	at Chesterbrook
TUES	July 2	Tuckahoe	at Chesterbrook
TUES	July 9	North Springfield	at Chesterbrook
THUR	July 11	"B"-Meet with Arlington Forest	at Chesterbrook
FRI	July 12	Team Photo	at Chesterbrook- 9:30am
SUN	July 14	<i>Wally Martin Memorial 3-Meter</i>	<i>at Lee Graham</i>
TUES	July 16	Chesterbrook	at Truro
THUR	July 18	"B"-Meet with Lee Graham	at Chesterbrook
SUN	July 21	<i>Crackerjack Invitational Meet</i>	<i>at Overlee</i>
TUES	July 23	Orange Hunt	at Chesterbrook
SUN	July 28	<i>Division Individual championships</i>	<i>at Truro</i>
SUN	August 4	<i>All-Star Meet</i>	<i>at Lakeview</i>

Diving Dolphins-Practice Schedule 2002

Pre-Season: June 2-21 Afternoon Practice Schedule

Senior (15 & older)	M-F 6:00 - 7:00 p.m.
Junior/Intermediate (11 thru 14)	M-F 5:00 - 6:00 p.m.
Freshman (10 & under)	M-F 4:00 - 5:00 p.m.
Open Practice/Evaluations	Sat. 9:30 - 11:00 a.m.

Regular Season: Begins June 24 Morning Practice Schedule

Novices	M-F 11:15 - noon
All boys	M-F 10:30 - 11:15 a.m.
Freshman Girls	M-F 9:30-10:30 a.m.
Jr./Intermediate/Senior Girls	M-F 8:00-9:30 a.m.
Open Practice	Mon & Wed. 3:45-6:00 p.m. 'Sat. 9:30-11:00

Swim Team News

NEW SWIMMERS WELCOME! All Chesterbrook swimmers between the ages of 5 and 18 are invited to join the Tiger Sharks swim team. No previous competitive swimming experience is necessary. It's a great way for kids to have fun, get healthy exercise, improve their swimming, meet outstanding role models, and get to know the Chesterbrook community.

THE CHESTERBROOK TIGER SHARKS are looking forward to another great summer of swimming fast and having fun in 2002. The team is seeded first in the top division of the Northern Virginia Swim League after sweeping the team and relay championships last summer. The team has a full schedule, including Saturday morning league meets, Monday night non-league "B" meets, and a range of social events. In addition, the team's developmental program will continue its tradition of excellence in turning novice swimmers into full-fledged Tiger Sharks.

COACHING STAFF. We are thrilled to have Jen Sympton York returning as head coach after a one-year sabbatical. (Former head coach Rob McNeil decided to "go out on top" after his championship summer at the helm.) Chris Kuzmuk will be returning as assistant coach, and Teri Harper as head of our developmental program.

ORIENTATION MEETING: Please come to meet the coaches, learn about the program, register for the summer season, and get your team swim suits on **Thursday, May 9, at 7:30 PM at Chesterbrook Elementary School, across the street from the pool.** This meeting is especially important for new families. If you can't attend the meeting, you can register by mail using the registration form in this issue of Smash & Splash.

SWIMMER EVALUATIONS. Swimmers are divided into two groups: the regular team and the developmental program. To determine which group is best for them, new swimmers (and returning developmental program swimmers) will be evaluated on Tuesday, May 28, 4-6 p.m. and Sunday, June 2, 12-2 p.m. Children who are 5 years of age on January 15, 2002 and who can swim the width of the

pool (about 15 yards) unassisted on their fronts and backs will be placed in the developmental program or, if they are ready, on the regular team or in a transition program to the regular team. Children not placed in these programs will be referred to swim classes or private swim instruction. Sign up for evaluations at the orientation meeting or at the pool bulletin board. Evaluation results and practice assignments will be on the bulletin board Tuesday, June 4.

DEVELOPMENTAL PROGRAM PRACTICES

May 28 & June 2: Swimmer evaluations (see above)
June 5-19: Transition swimmers, 4:30-6 PM, MWF
June 20-July 19: All developmental swimmers, daily morning practices, 8:45-10:30 AM

REGULAR SWIM TEAM PRACTICES

May 29 through June 18 (school still in session):
M-F, 4-5 PM, ages 11 & over
5-6 PM, ages 10 & under
Sat., 8-9:30 AM, ages 11 & over
9:30-10:30 AM, ages 10 & under

June 19 through July 26:
M-F, 7-8:45 AM, ages 13 and over
8:45-9:45 AM, ages 9 to 12
9:45-10:30 AM, ages 8 and under
Afternoon practices for selected swimmers
July 29 through August 2
Practices for All-Star swimmers only

SWIM MEET SCHEDULE. The swim meet schedule is shown on the next page along with other important dates. Mark your calendars! Prospective swim team members should plan on swimming every weekend from June 16 through August 3.

FORMULA FOR COMPETITIVE SUCCESS. If your child wants to be a competitive swimmer, there is a time-tested and simple formula for maximizing your child's chance of success. First, make sure your child attends the team workouts, which build strength and endurance. Second, arrange individual lessons – we recommend at least one per week during the summer – to improve technique and efficiency. Individual lessons cost a little extra, but they're a good investment. Look for the lesson sign-up board as soon as the pool opens.

REGISTER BY MAIL: Swim team families who cannot attend the orientation meeting may register by mail. Just fill out the enclosed registration form and mail it along with a team dues check to Chesterbrook Swimming & Tennis Club, c/o Craig Kramer, 4949 Little Falls Road, Arlington, VA 22207. This year's dues will be \$65 for the first swimmer in a family, \$50 for the second, and \$10 for each additional swimmer from the same family (see the registration form). This is a small increase for the first swimmer in a family, but still a bargain!

TIGER SHARK T-SHIRTS!! Chesterbrook team T-shirts in an attractive new design are available for \$15. Order now for delivery at the orientation meeting (or at the pool if you miss the meeting). Just fill out the order blank on the registration form and mail it in with your dues check, adding \$15 for each shirt.

FOR MORE INFORMATION on any of the topics discussed above, please contact team reps Craig Kramer (703-536-8129, leekramer@comcast.net) or Karen Stuver (703-821-8982, stuverzoo@aol.com).

2002 SWIM TEAM DATES TO REMEMBER

MAY	9	THU	7:30 PM	Orientation meeting, Chesterbrook ES
	28	TUE	4-6 PM	Swimmer evaluations, upper pool
	29	WED	4-5 PM 5-6 PM	Regular team, first practice, ages 11 & over Regular team, first practice, ages 10 & under
JUNE	2	SUN	Noon- 2 PM	Swimmer evaluations, upper pool
	4	TUE	7 PM	Swimmer evaluation results posted at pool
	5	WED	4:30-6 PM	Transition Swimmers, first practice
	12	WED	7-8 PM	Developmental Pgm parents meeting at pool
	15	SAT	9 AM 11 AM	Red-Black Time Trial Meet Tiger Shark Car Wash Fundraiser
	17	MON	6 PM	Home "B" Meet vs. Kent Gardens
	19	WED	7-10:30 AM 8:45-10:30 AM	Regular team, morning practices begin Developmental Program, first practices
	22	SAT	9 AM	Away Meet at Vienna Woods
	24	MON	8 AM 6 PM	Team photos (ALL SWIMMERS) Away "B" Meet at Hamlet
	29	SAT	9 AM	Home Meet vs. Hamlet
JULY	1	MON	6 PM	Home "B" Meet vs. Donaldson Run
	4	THU	8:30 AM	4th of July McLean Relays (ALL SWIMMERS)
	6	SAT	9 AM	Home Meet vs. Overlee
	8	MON	6 PM	Away "B" Meet at High Point
	10	WED	TBA	Division 1 Relays at Chesterbrook
	13	SAT	9 AM PM	Away Meet at Tuckahoe Senior Progressive Dinner
	15	MON	6 PM	M&M Intrasquad "B" Meet
	17	WED	TBA	All-Star Relays at Woodley
	19	FRI	9 AM	Developmental Program, last practice
	20	SAT	9 AM PM	Away Meet at Fairfax Station Swim Team Auction
	22	MON	6 PM	Away "B" Meet at Tuckahoe
	27	SAT	9 AM	Individual Divisionals at Overlee
	29	MON	5:30-10 PM 7-10:30 AM	End-of-Season Party (ALL SWIMMERS) Practice begins for All-Star swimmers only
AUGUST	3	SAT	9 AM	Individual All-Stars at Cardinal Hill

Tennis

We are excited about this summer's tennis program and invite all members to join in the fun. We have tennis programs for all levels of play. So whether you are a beginner, a rusty high school/college level, a recreational or tournament level player, please come meet our pros and participate in our programs.

Christian Canepa will return as the Head Tennis Pro. We extend a warm welcome to Cyrus Joubin as the Assistant Pro this season. Cyrus will assist Christian with the junior team and tennis clinics.

2002 TENNIS COMMITTEE:

<u>Position</u>	<u>Name</u>	<u>Phone</u>
Tennis representatives	Patrice Herring	703-827-8539
	Nabeel Alsalam	703-356-6032
Men's Day (A) Captain	Roy Lavick	703-533-0585
Men's Evening (B) Captain	Craig Annear	703-734-3043
Women's Evening (B) Captains	still looking!	
Mixed Doubles Captain	Sarah Annear	703-734-3043
Junior Program Representatives	Susan Cole T-shirts	703-534-2286
	Patrice Herring 10-12 year olds	703-827-8539
	Lauren Murray 13-18 yr. boys	703-734-4925
	Linda Burchfiel 13-18 yr. girls	703-506-4310

ADULT TENNIS

League Tennis:

Chesterbrook has 1 Women's team, 2 Men's teams and 1 Mixed Doubles team that participate in league competition. Below is the schedule for these teams. If you are interested in participating, please contact the appropriate captain.

<u>League</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>	<u>Captain</u>	<u>Phone #</u>
Men's A	Saturday	AM	4.0-5.0	Roy Lavick	703-533-0585
Men's B	Wednesday	PM	3.0-4.0	Craig Annear	703-734-3043
Women's B	Monday	PM	3.0-4.0		
Mixed Doubles	Friday	PM	3.0-4.5	Sarah Annear	703-734-3043

Adult League competition begins April 29th. Team practices begin April 1st. The men's practices are on Monday evenings from 7:30 – 9:00 P.M. The women's practices are scheduled for Wednesdays 11:00 A.M. - 12:30 P.M.

Social Tennis:

Every week court time is set aside for round robin play. Anyone is welcome. There is no need to arrange for a partner. Just come and enjoy some social tennis. Courts for round robin social tennis are reserved as follows:

<u>Day</u>	<u>Time</u>	<u>Court#</u>	<u>Group</u>
Sundays	9 A.M. - Noon	1 & 2	Men
		3	Women
Thursday	7-9:00 P.M.	1	Men
		2	Women

JUNIOR TENNIS

Our organizational meeting for junior tennis is Thursday, May 9th at 7:00 P.M. in the Chesterbrook Elementary School Library.

Is your child ready for team tennis? It depends on a number of factors. It is important that juniors feel competent before they compete. They require basic tennis skills and should feel comfortable and excited about competition. What are these skills? They include the ability to serve, return serve, hit baseline shots, volley, and call lines accurately. If you are not sure if your child is ready for a competitive program, consider a clinic first. This gives your child the opportunity to develop the confidence and skills he/she needs to have a positive competitive experience. Registration for the tennis team is on going. If juniors develop during the summer they can join the team at any point during the season.

Junior Tennis Team:

The junior tennis team practices focus on rules, strategy and competition. Basic technical ability and comprehension of the rules is required to participate on the team. Lessons and team participation are not mutually exclusive. If you want your child to develop as a tennis player, consider both. Registration for the season is \$30.00. Team T-Shirts are \$15.00. Please complete the enclosed form and mail it to Patrice Herring. Checks should be made out to Chesterbrook Swim and Tennis.

2002 Summer Schedule

Junior practices begin on June 3. Pre-season practices are scheduled on M/W/F from 4-6pm(all ages). Please pay team dues before the first practice or bring your form and check to the first practice. We are requiring early registration this year. Your form needs to be completely filled out.

Thursday, June 20th is our first match. After that, practices are as follows:

3:00	12 and under	M-F	Matches are on Thursdays this year. Two of them will be on Tuesday. There will be seven matches. You need to be at the courts by 2:30 on match days.
4:00	13-14 year olds	M-F	
5:00	15-18 year olds	M-F	

Developmental Programs:

As in previous seasons, Christian offers a wide range of clinics for all ages and levels. Christian is available for private lessons throughout the tennis season. Adult clinics may be arranged if members are interested. Please call Christian at 703-434-1992 or email clctennispro@msn.com.

Court Rules and Regulations:

Again, this year a few reminders:

A court may be reserved for singles for 1 hour and for doubles for 1 1/2 hours. Only one reservation may be made at a time. Once a reservation time has been played, another may be scheduled.

Keys may be purchased for \$3.00 from Nabeel Alsalam.

Please, close the gate after you leave the court.

Turn off the lights after you finish playing at night.

Keep the courts clean; throw away your trash.

Shirts must be worn at all time.

No rollerblading or skateboarding on the courts.

Only tennis shoes that don't leave marks should be worn on the courts.

The guest fee is \$5.00 and is payable at the Clubhouse.

Tennis Updates:

Please keep this issue of the Smash & Splash handy since it contains detailed information about all of the tennis programs. Also check the gazebo regularly for announcements. Sign up sheets for reserving court time and for all tournaments will be located there.

SWIM INSTRUCTION PROGRAM GUIDE

SUMMER 2002

CHESTERBROOK SWIMMING & TENNIS CLUB, 1812 KIRBY ROAD, MCLEAN, VA 22101 703-356-4471

SWIM CLASSES

Age guidelines are approximate. A parent should choose a class based on the parent's assessment of the child's skills. Instructors can make placement changes after classes start. A swimmer should enroll in only one class per session. Classes are subject to cancellation due to low enrollment. Call Jenny York, Director of Swim Instruction, at (703) 568-3024 for information.

TINY TOTS	16 MONTHS - 3 YEARS	FEE: \$60
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This class, held in the baby pool, introduces toddlers and young children to the water in a gentle and developmentally appropriate way. The instructors will help the children learn to enjoy their water experience in a safe and relaxed manner. Two trained instructors work with each class of up to ten students.

No Session 1	Session 2: M-F, June 24 - July 8*	Session 3: M-F, July 15 - July 26
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

PRE-BEGINNER	3 - 5 YEARS	<i>(SWIMMERS MUST BE TOILET-TRAINED)</i>	FEE: \$60
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This class, held in a shallow end of the upper pool, introduces children to the pool environment, with emphasis on overcoming fears, learning basic water safety, and basic floating and kicking skills. Two trained instructors work with each class of up to ten students.

No Session 1	Session 2: M-F, June 24 - July 8*	Session 3: M-F, July 15 - July 26
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

BEGINNER	4 - 6 YEARS	FEE: \$60
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This class, held in the upper pool, is designed for the child who can enter the pool comfortably, fully submerge his/her face for three seconds, and demonstrate a supported kick on front and back. Students will learn stroke readiness, underwater exploration skills, and improve their kicking, floating and breathing skills. Two trained instructors work with each class of up to ten students.

No Session 1	Session 2: M-F, June 24 - July 8*	Session 3: M-F, July 15 - July 26
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

ADVANCED BEGINNER	4 - 7 YEARS	FEE: \$60
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Children who can submerge and retrieve an object in chest-deep water and swim on front and back for five yards will learn basic breathing and arm patterns in the upper pool. Instructors will work on front and back crawl and introduce the elementary backstroke and treading water. Two trained instructors work with each class of up to ten students.

Session 1: M-F, June 3 - 14	Session 2: M-F, June 24 - July 8*	Session 3: M-F, July 15-July 26
Class # 1 4:00 - 4:30pm	Class # 1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
Class # 2 4:30 - 5:00pm	Class # 2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

DEVELOPMENTAL	5 - 8 YEARS	FEE: \$60
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This class will be held in the upper pool. Children entering this class should be able to dive into the pool from a seated position on the side and be able to swim ten yards each using the front crawl and the elementary backstroke. Students will work on front crawl, backstroke, diving, and safety skills. Breaststroke, sidestroke, and wall turns will be introduced. Two trained instructors work with each class of up to ten students.

Session 1: M-F, June 3 - 14	Session 2: M-F, June 24 - July 8*	Session 3: M-F, July 15-July 26
Class # 1 4:00 - 4:30pm	Class # 1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
Class # 2 4:30 - 5:00pm	Class # 2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

***FOR ALL SESSION 2 CLASSES: THERE WILL BE NO CLASS ON THURSDAY, JULY 4TH. THE MAKE-UP CLASS WILL BE HELD ON MONDAY, JULY 8TH.**

Swim Classes Summer 2002 Chesterbrook Swim & Tennis Club

Parent Name(s) _____ Share No. _____
 Address _____
 Home Ph. _____ Cell Ph./Beeper _____
 Mother Work Ph. _____ Father Work Ph. _____

Child's Name (Last, First)	Date of Birth	Sex M/F	Class Name	Start Date	Start Time	Fee
Make checks payable to: Chesterbrook Swimming & Tennis Club Mail forms and checks to: Jenny York 4112 Mount Echo Lane Fairfax, VA 22033 Phone: (703)568-3024				TOTAL FEE ENCLOSED:		

PRIVATE SWIM LESSONS

Private swim lessons are offered at Chesterbrook Pool by qualified instructors. Parents work with the instructor personally to create a program and schedule that fits the needs of the individual swimmer. The fee starts at \$12 per half-hour lesson. More experienced instructors charge higher rates. Jenny York, Director of the Swim Instruction Program, and/or Mike Duffner will be happy to help you find the instructor who's right for you. For more information, call Jenny York at (703) 568-3024 or at the pool this summer, Mike Duffner, at (703) 356-4471.

LIFEGUARD CERTIFICATION

Jenny York, Red Cross Lifeguard Trainer, will offer a course in lifeguard certification and lifeguard recertification. These courses will be open to members and non-members of Chesterbrook. The lifeguard recertification course will be offered during the weekend of May 25th in the morning. The full lifeguard certification course will be offered May 13th -May 24th, with sessions meeting after school and on weekends. **All CPR courses for certification and recertification will be held during the week of May 13th.** Additional courses may be offered in June. Participants must be at least 15 years old. Call Jenny York at (703) 568-3024 for more information.

HOW TO REGISTER FOR SWIM CLASSES

To register by mail, complete the form at the top of this page, cut it out, and **mail it to Jenny York, 4112 Mount Echo Lane, Fairfax, VA 22033.** A swimmer should enroll in only one class per session. You may use photocopies of the form or write additional information on a separate sheet if necessary. **Make checks payable to Chesterbrook Swimming & Tennis Club.** No confirmation will be sent. Please note the classes that you sign up for on your family calendar. If a class is full, your registration will be returned to you by mail. You may also register at the pool desk after the pool opens. **Full payment is required at the time of registration.** Register early, because some classes, especially those for younger children, fill up promptly. For more information, call Jenny York at (703) 568-3024.

**Chesterbrook Swimming
And Tennis Club
Opens
On Saturday, May 25th**

Chesterbrook Swimming and Tennis Club

PO Box 494

McLean, VA 22101-0494



Junior Tennis Team Registration - Info: 703-827-8539

Child's Name _____ Birthdate _____

Home Telephone _____ Email Address _____

Parents Names _____

Parents Work Telephone _____

Emergency Contact Name _____ Telephone _____

T-Shirt Size: YM, AS, AM, AL

Style: T-Shirt, Tank Top

Dues: \$30.00, T-Shirt: \$15.00

Check Payable to: Chesterbrook Swim and Tennis Club

Mail to: Patrice Herring, 6054 Sugarstone Court, McLean, VA 22101

(Note: T-Shirts are the same as last years. Also, they are not required to be a team member)

Registration payment must be made by June 6th!!

Match dates are as follows: Circle all dates you're available to play!

TH 6/20

TU 7/02

TU 6/25

TH 7/11

TH 6/27

TH 7/18

TH 7/25

Attention All Chesterbrook Wannabe Tennis Players!!!!

Yes, you guessed it. It's that time!! Are you ready for an action packed Spring & Summer of tennis!! I know I am. I am very excited to be back with all of you for another summer, and look forward to seeing everyone soon. Please take a look at the new, simple Spring & Summer schedule, and register for the class you're interested in today. If you have any questions, please call me at 571-434-1992, or e-mail me at clctennispro@msn.com. My response will be prompt, I promise. I will be offering a 3-day spring break tennis camp for all ages & levels. I hope to see you there.

Spring Break Camp March 25-27 / Ages 4-6: 8-8:45am, **\$35** / Ages 7-11: 9-10am, **\$45** / Ages 12 & up: 10-12pm, **\$75**.

Spring pee-wee classes April 1- May 24 / ages 3-4: 1:30-2 or 2-2:30, 2 days each week for 2 weeks M/F or T/Th **\$35**. Pick 2 out of any of the 8 weeks that work for you.

Summer pee-wee classes June 3-21 / ages 3-4: 9:30-10am, 10-10:30 or 10:30-11, 2 days each week for 2 weeks, M/F or T/Th **\$35**. Pick 2 out of any of the 3 weeks that work for you.

Spring junior tennis April 1- May24 / ages 5-8: 4-4:45, **only on Mon & Fri. \$45**, Pick 2 out of any of the 8 weeks that work for you.

Summer junior tennis June 24-Aug 30 / ages 5-8: 8-8:45am, **** one week sessions****, 4 days a week, Mon-Thurs. **\$45**. Total of 10 weeks. Pick 1 or more.

Junior Development Camp June 24-Aug 30 / ages 8- up: 9-10am, 10-11 or 11-12pm ****one week sessions****, 4 days a week, Mon-Thurs **\$55**. Total of 10 weeks. Pick 1 or more.

Intermediate/Advanced Junior Camp June 24- Aug 30/ Ages10-up: 12-1pm or 1-2pm ****one week sessions****, 4 days a week, Mon-Thurs **\$55**. Total of 10 weeks. Pick 1 or more.

Ladies clinic April 1- Sept 11 / 1 day a week for 8 weeks, Mon or Wed. 6:30-7:30pm. **\$100**. Total of 3 eight week sessions.

Men's clinic April 3- Sept 11 / 1 day a week for 8 weeks on Wed. 7:30-8:30pm. **\$100**. Total of 3 eight week sessions..`

****Ladies team practice will start Wed 11:00-12:30pm April 3 & go through June 26.**

****Mens team practice will start Mon 7:30-9:00pm April 1 & go through June 24.**

Make check payable to Christian Canepa & please send check & registration form to : 21040 Stanford Square #400, Dulles, VA 20166

.....
Registration form

Name or Names----- **Class name**-----

Date of class-----

Phone #-----

Emergency #-----

E-mail-----

Diving Dolphins Team

2002 Registration

<i>Diver's Name</i>	Date of Birth	Age on 6/1/2002	Male or Female	Other Information (medical conditions, dates unavailable, etc.)

Parents Name(s): _____

Home Address: _____

Email Address: _____

Home Phone: _____ Other Phone (specify): _____

Emergency Contact: _____

Dive Team Fees: \$50 per diver or \$100 maximum cost per family. **Fee Total:** \$_____

T-Shirts @\$13 Qty: Adult S_____ M_____ L_____ XL_____ **T-Shirt Total:** \$_____

Check # : _____ **TOTAL:** \$_____

Please make checks payable to: **Chesterbrook Swim & Tennis Club**

Volunteers

We are requesting your assistance in at least one area. Please indicate your preference.

- | | |
|---|---|
| <ul style="list-style-type: none"> ┆ Judge ┆ Referee ┆ Announcer ┆ Table Worker | <ul style="list-style-type: none"> ┆ Social Events ┆ Fundraising ┆ Newsletter ┆ Other |
|---|---|

*For more information, contact Kim Ward at 703-248-0878, kward60@aol.com
or Jacky Longwell at 703-533-8111, jackygraphics@erols.com*

Please mail checks and this form to: Kim Ward, 4612 North 23rd Road, Arlington, VA 22207

Chesterbrook Swim Team 2002 Registration Form

(please fill out both sides)

FAMILY INFORMATION

Parents' Names:		
Address:		
Home Phone:	Mother's Work Phone:	Father's Work Phone:
Email Address(es):		
Emergency Contact:	Phone:	
List the Saturdays 6/17/02-7/22/02 Your Swimmers Will NOT Be Available for Swim Meets:		
I/We understand that it takes a lot of volunteers to run a swim meet and that I/we must help at swim meets in some capacity (see volunteer opportunities on reverse side): Yes _____ No _____		

SWIMMER INFORMATION

Swimmer #1 Name:		
Sex : M F	Date of Birth:	Age 6/22/02-8/3/02:
Prior Swimming Experience: Swim Team 2001 Developmental Program 2001	Winter Swim Program: _____	
Medical Conditions or Allergies We Should Know About:		
Swimmer #2 Name:		
Sex : M F	Date of Birth:	Age 6/22/02-8/3/02:
Prior Swimming Experience: Swim Team 2001 Developmental Program 2001	Winter Swim Program: _____	
Medical Conditions or Allergies We Should Know About:		
Swimmer #3 Name:		
Sex : M F	Date of Birth:	Age 6/22/02-8/3/02:
Prior Swimming Experience: Swim Team 2001 Developmental Program 2001	Winter Swim Program: _____	
Medical Conditions or Allergies We Should Know About:		

See reverse side for dues calculation and mailing instructions.

Chesterbrook Swim Team 2002 Registration Form--Side 2

PARENT VOLUNTEER INFORMATION (MANDATORY)

It takes many parents to run swim meets and swim team social events successfully; fortunately, it's a lot of fun! Please check your areas of interest on the list below. We are especially in need of people willing to train as NVSL certified officials (stroke and turn judges, starters, referees) for both Saturday league meets and Monday night non-league "B" meets. The training usually involves one *free* three-hour clinic on a weekend or evening in late May or early June. Call Bill Stephens at 703-532-5915 for more details or to sign up for a clinic. **Note** that a child may not swim on the team unless a parent or guardian volunteers below to help in some capacity.

Volunteer Opportunites	Mother	Father
Referee (NVSL Certified or willing to train; if certified, write last training year)		
Starter (NVSL certified or willing to train; if certified, write last training year)		
Stroke and Turn Judge (NVSL certified or willing to train; if certified, write last training year)		
Head Timer (Timing experience required—recruit and train timers)		
Head Table Worker (Table work experience required--recruit and train table workers)		
Clerk of Course (organize swimmers and time cards for races in swim meets)		
Announcer (Announce events, swimmers, and race results at meets)		
Timer (Default choice, everyone needed. Easy and fun)		
Table Worker (record times, score (Sat. meets), write ribbons)		
B-Meet Helper (help round up swimmers and pass out time cards at Mon. night meets. Easy)		
Social Events (help with potluck suppers, outings, various social events)		
Concessions (Help sell or cook food at Saturday and/or Monday night meets)		

DUES CALCULATION: Chesterbrook Swim Team dues are \$65 for the first swimmer in a family, \$50 for the second swimmer, and \$10 for each additional swimmer (*1 swimmer: \$65; 2 swimmers: \$115; 3 swimmers \$125; 4 swimmers, \$135, etc.*). Please make checks payable to **Chesterbrook Swimming & Tennis Club** and note "swim team dues" in the lower left corner of the check.

TEAM T-SHIRTS! Yes, we want the latest Tiger Shark swim team T-shirt. (Please add \$15 per shirt to your dues check.) Number and size: _____ **Youth Medium** _____ **Youth Large**

_____ **Adult Small** _____ **Adult Medium** _____ **Adult Large** _____ **Adult XL** _____ **Adult XXL**

Please turn in this form with your dues check at the swim team orientation on May 9 at Chesterbrook Elementary School (across the street from the pool), or mail this form with dues check to:

Craig Kramer
4949 Little Falls Road
Arlington, VA 22207

Questions? Problems? Contact one of the team reps – Craig Kramer (703-536-8129, leekramer@comcast.net) or Karen Stuver (703-821-8982, stuverzoo@aol.com).