

# Splash & Smash!

*Chesterbrook Swimming & Tennis Club, Inc.*  
*PO Box 494*  
*McLean, VA 22101-0494*  
*Website: [www.chesterbrookclub.com](http://www.chesterbrookclub.com)*

*Pool Phone: (703) 356-4471*  
*Membership Hotline: (703) 241-8508*  
*E-mail: [membership@chesterbrookclub.com](mailto:membership@chesterbrookclub.com)*  
*April 2004*

## *From the President . . .*

The Board and I would like to welcome returning members. And to new members, we are pleased that you made Chesterbrook your choice for summer recreation. We believe you will enjoy the facility as we do and will be involved, as you please, in the activities and social events offered.

The weather has not been kind to us since the end of last season. As many of you know, or have seen, we lost several trees in the area behind the pool due to rain and winds. The damaged trees have been removed and we will make necessary repairs to walk ways and fencing. The tree stumps will be removed and the area will be finished with topsoil and will be seeded. We will look to add shade, lost by the downing of the trees, with additional canvas tents/canopies and the planting of new trees. Unfortunately, the trees we plant will not be of the size we lost. We have identified several other maintenance items that will be taken care of before the pool opens.

The Club offers a great variety of swimming, diving, and tennis activities for all age groups. These programs are offered at a competitive as well as a recreational level. We also offer a host of social activities throughout the summer. Club activities are explained in the Splash and Smash.

In anticipation of the upcoming season, we wish everyone a safe and an enjoyable summer season. During the summer, or before, if you happen to see a Board member, please feel comfortable to introduce yourselves, we would be pleased to make your acquaintance.

Michael Penn

## **BOARD OF DIRECTORS**

Michael Penn, President	448-8857
Chris Cole, Vice President	534-2286
Bill Huber, Treasurer	893-4699
Ron Kennedy, Secretary	536-3976
Charlly Enroth, Membership	241-8508
David Morris, Maintenance	917-0470
Anne Lauer, Swimming	237-3950
Karen Stuver, Swimming	821-8982
Jacky Longwell, Diving	533-8111
Sally Evans, Diving	556-8624
Liz Creel, Tennis	534-1744
Kelly Black, Tennis	534-6545
Betsy Kuzmuk, Social	538-6742
Susan Bennett-Spellman, Social	918-9318

## ***Front Desk & Snack Bar***

As we did last year, we will be seeking four primary candidates to work the front desk and four who will work in the snack bar. These employees will work a regular shift throughout the summer. We will also be seeking two or more substitutes for each area who can work as a 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: [ccole6@cox.net](mailto:ccole6@cox.net). Please be sure to include your name, street address, e-mail address, telephone number, age, area of interest, and whether or not you have worked before at Chesterbrook. Mike Duffner or I will be contacting people at the end of April and holding a meeting on a weekend in early May to explain more and hopefully fill out positions. So don't delay - write today!

Chris Cole

# Social

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 May 28. 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 23. Kids get to bring their own rafts for the upper pool. Then food and drinks are served at the breaks. Please sign up at the front desk and look for our posters.

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

Come dance and swim the night away at our third annual adult party on July 10th. Don't miss this lively event, including dinner and music.

Our family party will be held July 17th, with great food, music and entertainment provided by our fabulous lifeguards. Last year's perfect weather highlighted a spectacular evening for the whole family.

Of course, we welcome suggestions and volunteers for all these activities. Contact us to become part of the fun at Chesterbrook.

Susan Spellman 703-918-9318  
Betsy Kuzmuk 703-538-6742



## Opening Day at the Pool is Saturday, May 22nd

### Until school ends (May 22 – 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  
6 PM – 8:30 PM\*  
2-3 Lanes: 2 PM – 6 PM  
Sundays (adults only) 11 AM – Noon  
School Hours: 1 PM – 3:30 PM  
6 PM – 8 PM

\*At Manager's discretion.

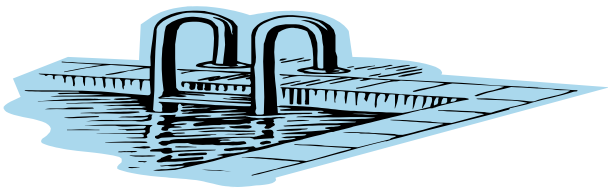
**Upper Pool:** One lane will be open at all times with no usage restriction. Note that all lap lanes in the upper pool will be closed during diving meets (usually Tuesday evenings). No flotation aids or water toys are allowed in the large pools at any time.

## Water Aerobics

Get into the swim of things and exercise too! Water Aerobics classes are held in the upper pool on Tuesday and Thursday evenings at 7:30 pm and on Sundays at noon. Just bring a towel and pool shoes

if you've got them and get ready to work up a sweat, cool it off and have a great time.

Classes start June 13th. For more information call Beth Lehnert at 703-356-5841 or e-mail her at [byte.me@erols.com](mailto:byte.me@erols.com).



## **Chesterbrook Team Triathlon is Back!**

We'll be repeating our Team Triathlon for adults this summer. As we did in 2002, we're planning on mixed teams of six adults who will keep track of their progress when swimming, running or cycling (treadmills and exercise cycles will count!). We'll also 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 logbook at the pool, or alternately the team captains will be responsible for sending weekly e-mail logs (Excel-based form to be provided). The Triathlon will run from July 1<sup>st</sup> to July 31<sup>st</sup>, 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.

We are reducing the maximum per day to 60 minutes on weekdays and 100 minutes on weekends and holidays to prevent overuse injuries from our high achievers. Watch for signs and handouts at the pool in June. 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 [f.macd@verizon.net](mailto:f.macd@verizon.net). 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.

If this activity continues to grow as in the previous years, I will need some help from the participants; if you would like to volunteer, or if you have any questions, contact Francine Macdonald via e-mail at [f.macd@verizon.net](mailto:f.macd@verizon.net).

# **Swim Team News**

## ***New Swimmers Welcome!***

**The Chesterbrook Tiger Sharks are raring to go for another great summer in 2004.** The team and its Developmental Program both provide healthy exercise, improved swimming, outstanding role models, and an opportunity to get to know the Chesterbrook community. Moreover, those of you who attended the bowling reunion in March can confirm that the Tiger Sharks help build strong and lasting friendships in a fun atmosphere. The team is seeded first in the top division of the Northern Virginia Swim League after its third consecutive sweep of the team and relay championships. Tiger Sharks have a full schedule, including Saturday morning league meets, Monday night non-league meets, and a range of social events geared to all swimmers. As has been Tiger Shark tradition, the team's developmental program will continue to excel in turning novice swimmers into full-fledged Tiger Sharks.

**Tiger Sharks welcome swimmers ages 5 (by 1/15/04) to 18** who are found to be a good fit, based on assessments, for either the Developmental Program or the swim team. No previous competitive swimming experience is necessary. The Developmental Program is for 5-10 year-olds with limited experience in their stroke development or as a team swimmer. Those swimmers not previously part of the lower-pool swim team program must be assessed, and **these assessments will be posted on the bulletin board in the pool house by 4:00 p.m. on Tuesday, June 1<sup>st</sup>.**

**Assessments.** When your children are assessed, they need to swim an unassisted recognizable free-style and backstroke across the shallow end of the upper pool. In addition, they should demonstrate comfort with their heads submerged in water. At the time of assessment, children may also demonstrate their skills in butterfly and breaststroke, although these two strokes are not expected or required for participation in the developmental program. Those found not ready for the swim team will be recommended for swim lessons.

**Coaching Staff.** We are thrilled to have some alumni returning and some new faces too. Jen Sympson York will be back as head coach and Chris Kuzmuk will return as assistant coach. In addition, Chesterbrook Tiger Sharks will have the opportunity to work with Erin Pankey from Goucher College. Erin brings a wealth of swimming and dry land experience to the lower pool programs. We are also delighted to welcome Beth Boyd from St. Stephens – St. Agnes as our new head of the Developmental Program. Beth has a broad range of experiences with younger children and with swimming that makes her an ideal fit for this particular slot. We know Tiger Shark families will make our newcomers welcome.

**Practice Times.** For practice times before school ends, see the calendar of swim team dates to remember. *Morning* practice times for the team and its Developmental Programs will remain the same as they were last year. **Starting on June 21<sup>st</sup>, the 9-10s will practice from 7:00 to 8:00, 8 and under will practice from 8:00 to 8:45, 11-12s will swim from 8:30-9:30, and 13 and ups will swim from 9:30 to 11:00. For its Developmental Program, there will be two practices from 7:30-8:30 and one from 8:15-9:15.**

**Back-to-Pool Night.** Please come to meet the coaches, learn about the program, register for the summer season, sign up for assessments, and get your team swim suits on **Thursday, May 13<sup>th</sup>, at 7:30 p.m. 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 and Splash.

**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 19<sup>h</sup> through August 7<sup>th</sup>.

**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, bringing with him a cap, a positive attitude and a set of goggles that fit

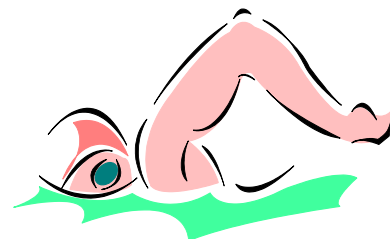
well. Secondly, discuss with your coach the appropriateness of individual lessons to improve technique and efficiency. Individual lessons cost a little extra, but they can be a good investment. Look for the lesson sign-up notebook at the front desk as soon as the pool opens.

**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 the team dues check to Chesterbrook Swimming & Tennis Club, c/o Karen Stuver, 1837 MacArthur Dr, McLean, VA 22101. This year's dues are \$95 for the first swimmer in a family, \$85 for the second, and \$35 for each additional swimmer from the same family. (See the registration form). This is a small increase for each swimmer in a family, but still a bargain! Swim dues contribute to rising NVSL insurance costs and to salaries for our tremendous coaches, and with expenditures on each swimmer averaging more than \$150. Tiger Shark participation is still one of the best bargains around.

**Tiger Shark T-Shirts!!** Newly designed Chesterbrook team T-shirts are available for \$15. Order now for delivery at Back-to-Pool Night (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, please contact team reps. Karen Stuver, [stuverzoo@aol.com](mailto:stuverzoo@aol.com), 703-821-8982, or Anne Lauer at [anne\\_lauer@hotmail.com](mailto:anne_lauer@hotmail.com), 703-237-3950.

**Back-to-Pool Night**  
**Thursday May 13<sup>th</sup> 7:30-8:30 p.m.**  
**Chesterbrook Elementary School**  
**Swim, Dive and Tennis Sign-ups**



## 2004 SWIM TEAM DATES TO REMEMBER

### May

13 <sup>th</sup>	Thurs	7:30	Orientation meeting, Chesterbrook Elementary
22 <sup>nd</sup>	Sat	8:00-10:30	Team practices: 11 & over 8:00-9:30, 10& under 9:30-10:30
23 <sup>rd</sup>	Sun	12:00-2:00	Swimmer assessments, upper pool
24 <sup>th</sup>	Mon	3:30-4:30	Regular team, first practice, ages 13 & over
		4:30-5:30	Regular team first practice, ages 9-12
		5:15-6:00	Regular team first practice, ages 8 and under
27 <sup>th</sup>	Thurs	4:00-6:00	Swimmer assessments, upper pool
29 <sup>th</sup>	Sat	8:00-10:30	Swim team practices
		9:00-10:30	Transitional team practices
30 <sup>th</sup>	Sun	12:00-2:00	Swimmer assessments, upper pool

### June

1 <sup>st</sup>	Tues	4:00 p.m.	Swimmer assessment results posted at pool
2 <sup>nd</sup>	Wed	4:30-6:00	Transitional swimmers' practice (TWTh until 6/17)
5 <sup>th</sup>	Sat	8-10:30	Regular & transitional practices
12 <sup>th</sup>	Sat	8-10:30	Regular & transitional practices
16 <sup>th</sup>	Wed	7:00-8:00	Developmental Program Orientation Meeting
18 <sup>th</sup>	Fri	6:00-8:00	Swim Season Kick Off Party
19 <sup>th</sup>	Sat	9:00 a.m.	Red-Black Time Trial Meet, Regular & Transitional
21 <sup>st</sup>	Mon	7-11 a.m.	Swim team practices begin, lower pool
		7:30-9:15a.m.	Developmental practices begin
		6:00 p.m.	First Home meet: Kent Gardens at Chesterbrook
25 <sup>th</sup>	Fri	6:00 p.m.	All-Team Pasta Party & Pep Rally
26 <sup>th</sup>	Sat	9:00 a.m.	Home meet: Vienna Aquatic Club at CB
28 <sup>th</sup>	Mon	6:00 p.m.	Away meet: Chesterbrook at Poplar Heights
30 <sup>th</sup>	Wed	8:30 a.m.	All-Team photos

### July

1 <sup>st</sup>	Thurs	8:00-9:00	Developmental mini-meet, upper pool
2 <sup>nd</sup>	Fri	6:00 a.m.	All-Team Pasta Party & Pep Rally
3 <sup>rd</sup>	Sat	9:00 a.m.	Home meet: Overlee at Chesterbrook
5 <sup>th</sup>	Mon	6:00 p.m.	Home meet: McLean at Chesterbrook
9 <sup>th</sup>	Fri	6:00 p.m.	All-Team Pasta Party & Pep Rally
10 <sup>th</sup>	Sat	9:00 a.m.	Away meet: Chesterbrook at Tuckahoe
12 <sup>th</sup>	Mon	6:00 p.m.	Away meet: Chesterbrook at Great Falls
14 <sup>th</sup>	Wed	6:30 p.m.	Division 1 Relays at Vienna Aquatic Club
16 <sup>th</sup>	Fri	6:00 p.m.	All-Team Pasta Party & Pep Rally
17 <sup>th</sup>	Sat	9:00 a.m.	Home meet: Hunter Mill Road at Chesterbrook
			Family Pool Party and Seniors' Progressive Dinner
19 <sup>th</sup>	Mon	6:00 p.m.	Home meet: All-team M&M meet
21 <sup>st</sup>	Wed	4:00 p.m.	All-Star Relays at Greenbriar
23 <sup>rd</sup>	Fri	8:00 a.m.	Chesterbrook Tiger Shark Pancake Breakfast
		6:00 p.m.	All-Team Pasta Dinner & Pep Rally
24 <sup>th</sup>	Sat	9:00 a.m.	Away Meet: Chesterbrook at Fairfax Station
		7:00 p.m.	6 <sup>th</sup> Annual Cocktail Party & Auction Fundraiser
26 <sup>th</sup>	Mon	6:00 p.m.	Home Meet: Tuckahoe at Chesterbrook
31 <sup>st</sup>	Sat	9:00 a.m.	Individual Divisionals at Tuckahoe
		5:30 p.m.	All-Team End of Season Awards Party

### Aug.

7 <sup>th</sup>	Sat	9:00 p.m.	Individual All Stars at Waynewood
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# Dive Team News

**Join Us...**for an exciting 2004 season!! All divers between the ages of 6 and 18 are invited to join the Chesterbrook Diving Dolphins Dive Team. No previous diving experience is necessary, just an interest in learning to dive and the ability to swim safely to the ladder. It's a great way for kids and parents to meet new people and enjoy a fun-filled summer. Yes, it is possible to also be on dive team *and* the swim team and/or tennis team.

**Goals:** The Dive Team's goals are to promote safe and fun diving for the competitive and non-competitive diver, while emphasizing good sportsmanship. We are especially interested in having boys join the dive team!

**Coaching Staff:** We are proud to have two fabulous returning dive coaches this season: Caroline Hightower and Hannah Mendelson. Caroline and Hannah are both highly accomplished divers and coaches who will help new divers learn to dive safely, and help more experienced divers make progress with their dives.

**Getting Started:** If you are new to the pool, or new to the dive team, come to any Saturday Open Practice during the pre-season (9:30-11:00am) to meet with the coaches, have them evaluate your skills and place you in the appropriate practice session.

**Dive Practices:** Practice sessions are devoted to improving skills and learning the required dives for each diver's age group. We have done our best to coordinate with the swim and tennis programs so that practices and competitions do not conflict. Monday and Wednesday afternoon practices and Saturday practices accommodate summer campers. Please arrive to dive practice with two dry towels and sunscreen already applied.

**Competition:** The Chesterbrook Diving Dolphins are a fun and social group that also happens to be NVSL-Diving's 2003 Division I Champions. The regular season consists of five Tuesday night "A" meets and three Thursday night "B" meets. Dive meets usually start at 6:00pm, with a warm-up session beforehand (usually 3:45pm for home meets and 4:45pm for away meets). Divers only use the "low board" for regular season meets.

**Team Swimsuits:** The Dive Team and Swim Team will again be using identical suits this year, and they are the same suits as 2003. The black with red trim suits will be available for sizing and purchase at Back to Pool night as well as at Sport Fair in Arlington for those who have grown over the winter. Boys may wear the traditional Speedo brief or the longer Speedo "jammer."

**T-Shirts:** Just Rip It! Not the shirt... "rip" the dive entry into the water. Chesterbrook "Just Rip It" Dive Team t-shirts will be included in the cost of registration this year. You can pick them up at Back to Pool night and at dive practices. Additional t-shirts will be available for purchase while supplies last.

**Social Events:** We are starting the year with a dive team potluck and dive parents meeting. During the year, look forward to joining the swim team and tennis team for a kick-off pasta party, the "Lollipop Meet", the End of Season Party, after meet pizza delivery and other fun events. Join us and see what other fun we can whip up!

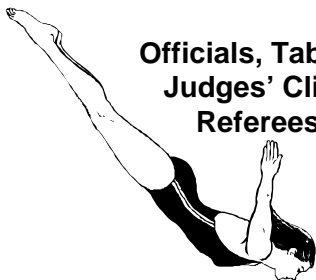
**Parent Involvement:** Parents of divers are needed to help with announcing, judging, social events and working at the officials' table during meets. It is a great way to find out more about the sport, with just one **Free** clinic:

**Officials, Table workers, Announcers and Judges Clinic:** Sunday, 6/6, 9:30am at Woodley Pool

**Judges' Clinics:** Sun, 6/6 at Woodley Pool; Tues, 6/15 at Mansion House; Wed, June 30 at Camelot

**Referees' Clinics:** Tuesday, 6/8 at SHBR; or Thursday, 6/17 evening at Cardinal Hill

**Questions?** For more information, please call or e-mail your Dive Team Representatives:  
Sally Evans at [sally6evans@hotmail.com](mailto:sally6evans@hotmail.com) (703-556-8624) or  
Jacky Longwell at [jackylongwell@cox.net](mailto:jackylongwell@cox.net) (703-533-8111)



**Get in top condition with the Pre-Season Dive Clinic at Patriot Dive Club: [www.patriotdive.com](http://www.patriotdive.com)**

## Diving Dolphins-Event Schedule 2004

THU	May 13	Back to Pool Night	Chesterbrook Elementary 7:30 pm
FRI	June 11	Dive Team Pot Luck/Parents' Mtg.	Chesterbrook Pool 6:00/7:00 pm
FRI	June 25	Swim/Dive/Tennis Pasta Dinner	at 6:00 pm at Chesterbrook
TUE	June 29	Dive Meet #1 - vs. Orange Hunt	at Orange Hunt- AWAY
THU	TBD	"B"Tri-Meet w/Tuckahoe & Highlands	at Highlands- AWAY
TUE	July 6	Dive Meet #2 - vs. Donaldson Run	at Chesterbrook- HOME
TUE	July 13	Dive Meet #3 - vs. Tuckahoe	at Chesterbrook- HOME
THU	July 8	"B"-Meet with Arlington Forest	at Chesterbrook- HOME
		Dive Team Photo	at Chesterbrook
SUN	July 11	<i>Wally Martin Memorial 3-Meter</i>	<i>at Tuckahoe</i>
TUE	July 20	Dive Meet #4 - vs. Lee Graham	at Lee Graham- AWAY
THU	July 15	"B"-Meet	TBD
SUN	<i>July 18or25</i>	<i>Crackerjack Invitational Meet</i>	<i>at Overlee</i>
TUE	July 27	Dive Meet #5 - vs. Truro	at Chesterbrook- HOME
SUN	<i>Aug 1</i>	<i>Division Individual Championships</i>	at Truro- AWAY
SUN	<i>Aug 8</i>	<i>All-Star Individual Championships</i>	at Cardinal Hill

HOME meets: Arrive at 3:45 pm for warm-ups • AWAY Meets: Arrive at 4:45 pm for warm-ups • Meets Start: 6 pm

## Diving Dolphins-Practice Schedule 2004

**Pre-Season: From Tue, June 1-June 19 Afternoon Practice Schedule\***

Freshman (10 & under)	M-F 4:00 - 5:00pm
Junior/Int. (11-12/13-14)	M-F 5:00 - 6:00pm
Seniors (15 & older)	M-F 6:00 - 7:00pm
Open Practice/Evaluations	SAT. 9:30 - 11:00am (no practice/evals June 5)

**Regular Season: Begins June 21<sup>st</sup>**

**Morning Practice Schedule\***

Freshman (9-10 yrs)	M-F 8:00 - 8:45am
Freshman (8 & under)	M-F 8:45 - 9:30am
Juniors (11-12 yrs)	M-F 9:30 - 10:15am
Novices (new divers, all ages)	M-F 10:15 - 11:00am
Intermediates/Seniors (13-14 yrs/15+)	M-F 11:00 - noon (through July 20)
Open Practice	M & W 3:45-6:00 p.m. SAT. 9:30-11:00am

\*Subject to change

# SWIM INSTRUCTION PROGRAM GUIDE

# SUMMER 2004

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, or send an e-mail to [jsyork@comcast.net](mailto:jsyork@comcast.net) for information.*

<b>TINY TOTS</b>	<b>16 MONTHS - 3 YEARS</b>	<b>FEE: \$65</b>
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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.

<b>No Session 1</b>	<b>Session 2: M-F, June 21 - July 2</b>	<b>Session 3: M-F, July 12 - July 23</b>
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

<b>PRE-BEGINNER</b>	<b>3 - 5 YEARS</b>	<i>(SWIMMERS MUST BE TOILET-TRAINED)</i>	<b>FEE: \$65</b>
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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.

<b>No Session 1</b>	<b>Session 2: M-F, June 21 - July 2</b>	<b>Session 3: M-F, July 12 - July 23</b>
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

<b>BEGINNER</b>	<b>4 - 6 YEARS</b>	<b>FEE: \$65</b>
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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.

<b>No Session 1</b>	<b>Session 2: M-F, June 21 - July 2</b>	<b>Session 3: M-F, July 12 - July 23</b>
	Class #1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class #2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

<b>ADVANCED BEGINNER</b>	<b>4 - 7 YEARS</b>	<b>FEE: \$65</b>
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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.

<b>No Session 1</b>	<b>Session 2: M-F, June 21 - July 2</b>	<b>Session 3: M-F, July 12-July 23</b>
	Class # 1 10:30 - 11:00am	Class # 1 10:30 - 11:00am
	Class # 2 11:15 - 11:45am	Class # 2 11:15 - 11:45am

<b>DEVELOPMENTAL</b>	<b>5 - 8 YEARS</b>	<b>FEE: \$65</b>
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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.

<b>Session 1: M-F, May 31-June 11</b>	<b>Session 2: M-F, June 21-July 2</b>	<b>Session 3: M-F, July 12-July 23</b>
Class # 1 4:30 - 5:00pm	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

## Swim Classes Summer 2004 Chesterbrook Swim & Tennis Club

Parent Name(s) \_\_\_\_\_ Share No. \_\_\_\_\_

Address \_\_\_\_\_

Home \_\_\_\_\_ Cell/Beeper \_\_\_\_\_

Work Ph. (M) \_\_\_\_\_ (F) \_\_\_\_\_ E-mail \_\_\_\_\_

Child's Name (Last, First)	AGE	Sex M/F	Class Name	Start Date	Start Time	Fee
Make checks payable to: <b>Chesterbrook Swimming &amp; Tennis Club</b> Mail forms and checks to: <b>Jenny York</b> <b>12116 Maiden Hair Drive</b> <b>Gainesville, VA 20151 Phone:(703) 568-3024</b>				<b>TOTAL FEE</b>		<input type="text"/>
				<b>ENCLOSED:</b>		

### PRIVATE SWIM LESSONS

Qualified instructors offer private swim lessons at Chesterbrook Pool. Parents work with the instructor personally to create a program and schedule that fits the needs of the individual swimmer. The fee starts at \$15 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 once the pool has opened. No scheduling for private lessons will take place until the pool has opened. For more information, call Jenny York at (703) 568-3024, send an email to [jsyork@comcast.net](mailto:jsyork@comcast.net) or call the pool this summer to speak with Mike Duffner, at (703) 356-4471.

### LIFEGUARD CERTIFICATION

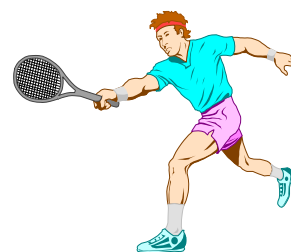
Jenny York, Red Cross Lifeguard Trainer, will offer a course in lifeguard certification and lifeguard recertification. These courses will be open to members and non-members of Chesterbrook. The lifeguard recertification course will be offered the weekend of May 15th. The full lifeguard certification course will be offered the weekends of May 15th and May 22nd, both required. **All CPR courses for certification and recertification will be held the weekend of May 15th.** Additional courses may be offered in June. Participants must be at least 15 years old. Call Jenny York at (703) 568-3024, or email [jsyork@comcast.net](mailto:jsyork@comcast.net) for more information or to register for class. Payment must be received prior to class at time of registration. Make checks payable to Jenny York.

### 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, 12116 Maiden Hair Drive, Gainesville, VA 20151.** 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, or send email to [jsyork@comcast.net](mailto:jsyork@comcast.net).

# CHESTERBROOK TENNIS PROGRAM

## Summer 2004



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 from beginners to recreational or tournament-level. Christian Canepa will return as the Head Tennis Pro. Ryan Herring will assist Christian with the junior team and with tennis clinics. Please come meet our pro and participate in our programs!

### 2004 TENNIS COMMITTEE

<u>POSITION</u>	<u>NAME</u>	<u>PHONE</u>	<u>E-MAIL</u>
Tennis Representatives	Kelly Black (junior)	703-534-6545	kelly.d.black@att.net
	Liz Creel (adult)	703-534-1744	lizcreel@comcast.net
Men's Day (A) Captain	Roy Lavik	703-533-0585	alavik@cftc.gov
Men's Evening (B) Captain	Joe Lerner	703-534-4711	cstmen@earthlink.net
Women's Evening (B) Captain	Elizabeth Ravesteijn	703-532-5532	meisjes3@aol.com
Junior Program T-shirts	Susan Cole	703-534-2286	crazycoles@aol.com

### ADULT TENNIS

#### **League Tennis:**

Chesterbrook has one women's team and two men's teams 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 Lavik	703-533-0585
Men's B	Wednesday	PM	3.0-4.0	Joe Lerner	703-534-4711
Women's B	Monday	PM	3.0-4.0	Elizabeth Ravesteijn	703-532-5532

Adult League competition begins the week of April 26th. Team practices begin the week of April 12th. The men's practices are on Monday evenings from 7:00-8:30 p.m. The women's practices are scheduled for Wednesdays 11a.m. -12:30 p.m. Please contact your team captains for NVTL and Tyson's Cup match information.

#### **Social Tennis:**

We are planning some new activities this year. On June 27, please come join us for a Family Fun Day from 2-6 p.m. Kids and adults alike will have the chance to participate in a variety of games (e.g., beat the pro, tennis and water toss), demo rackets, and compete with others in their age group. We'll cap off these activities with a potluck/barbeque from 5-6 p.m. Please check the CST website – [www.http://www.chesterbrookclub.com/tennis/](http://www.chesterbrookclub.com/tennis/) for further details.

We're also planning several round robins over the course of the summer. Come and have some relaxed tennis fun from 2-4 p.m. on June 13 (mixed doubles); July 11 (parent/child); July 25 (women's singles); and August 8

(men's singles)! Again, please check the CST website for more information. Sign up sheets will be available on the gazebo a week ahead of each round robin.

Court time is set aside every week 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:

<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>COURT NO.</u></b>	<b><u>GROUP</u></b>
Sundays	9 a.m. – Noon	1&2	Men
		3	Women
Thursdays	7-9 p.m.	1	Men
		2	Women

## **JUNIOR TENNIS**

Our organizational meeting for junior tennis is **Thursday, May 13<sup>th</sup>, 7:30 p.m. in the Chesterbrook Elementary School** cafeteria. You will be able to register for the tennis team, purchase a team T-shirt, and say hello to Chris Canepa, all in the same evening! **SEE YOU THERE!!**

**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 ongoing. 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 \$40.00. Team T-shirts are \$15.00. Please complete the enclosed form and mail it to Kelly Black, 4349 N. 40<sup>th</sup> Street, Arlington, VA 22207. Checks should be made out to the Chesterbrook Swim and Tennis Club.

### **2004 Summer Schedule**

**Junior practices begin on Wed. June 2nd.** Pre-season practices are scheduled on M/W/F from 4-6 p.m. (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.

There will be seven matches, beginning on Thursday, June 24, as follows:

- ✓ June 24: 15/18: CST at Tuckahoe  
10/12: Tuckahoe at CST
- ✓ June 29: 15/18: McLean Swim & Tennis Association at CST  
10/12: CST at McLean Swim & Tennis Association
- ✓ July 1: 15/18: CST at Mantua  
10/12: Mantua at CST

- ✓ July 6: 15/18: Poplar Heights Recreation Association at CST  
10/12: CST at Poplar Heights Recreation Association
- ✓ July 8: 15/18: CST at Langley Club  
10/12: Langley Club at CST
- ✓ July 15: 15/18: CST at Cardinal Hill Swim & Tennis Club  
10/12: Cardinal Hill Swim & Tennis Club at CST
- ✓ July 22: 15/18: Hamlet at CST  
10/12: CST at Hamlet

All players need to be at the courts by 2:30 p.m. on match days. Practices during the season are tentatively scheduled as follows:

- 3-4 p.m. 10 and under
- 4-5 p.m. 11-14 year olds
- 5-6 p.m. 15-18 year olds

### **Developmental Programs:**

As in previous seasons, Christian offers a wide range of clinics for all ages and levels. He is available for private lessons throughout the tennis season. Adult clinics may be arranged if members are interested. Please call Christian at 571-434-1992 or email [clctennispro@msn.com](mailto:clctennispro@msn.com).

### **Court Rules and Regulations:**

- ✓ A court may be reserved for singles for one 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 \$5.00 from Kelly Black.
- ✓ 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 times.
- ✓ 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.



# Chesterbrook Dive Team 2004 Registration Form

(Please fill out both sides.)

## FAMILY INFORMATION

Parents' Names:		
Address:		
Home Phone:	Mother's Work/Cell Phone:	Father's Work/Cell Phone:
E-mail Address(es) -- will be used for dive team communication only:		
Emergency Contact:	Phone:	
I/We understand that it takes many volunteers to run a dive meet and that I/we must help at dive meets in some capacity (see volunteer opportunities on reverse side):    Yes _____    No _____		

## DIVER INFORMATION

Diver #1 Name:	T-Shirt Size (Included with Registration): <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> AM <input type="checkbox"/> AL <input type="checkbox"/> AXL	
Sex: M    F	Date of Birth:	Age on 6/1/04:
Prior Diving Experience: Dive Team 2003	Winter Dive Program: _____	
Medical Conditions or Allergies We Should Know About:		
Diver #2 Name:	T-Shirt Size (Included with Registration): <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> AM <input type="checkbox"/> AL <input type="checkbox"/> AXL	
Sex: M    F	Date of Birth:	Age on 6/1/04:
Prior Diving Experience: Dive Team 2003	Winter Dive Program: _____	
Medical Conditions or Allergies We Should Know About:		
Diver #3 Name:	T-Shirt Size (Included with Registration): <input type="checkbox"/> YM <input type="checkbox"/> YL <input type="checkbox"/> AM <input type="checkbox"/> AL <input type="checkbox"/> AXL	
Sex: M    F	Date of Birth:	Age on 6/1/04:
Prior Diving Experience: Dive Team 2003	Winter Dive Program: _____	
Medical Conditions or Allergies We Should Know About:		

See reverse side for dues calculation and mailing instructions



## Chesterbrook Dive Team 2004 Registration Form--Side 2

### PARENT VOLUNTEER INFORMATION (MANDATORY)

It takes many parents to successfully run dive meets and dive team events; fortunately, it's also 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 (judges, referees) for both Tuesday night meets and Thursday night "B" meets. The training involves one FREE clinic on the following dates: Officials and Judges (June 6, 9:30 a.m.); Referees (June 8 or June 17, p.m.); Judges (June 6, 15, 30 p.m.). For more info contact Jacky Longwell 703-533-8111; jackylongwell@cox.net

Volunteer Opportunities	Mother	Father
<b>Referee</b> (NVSL Certified or willing to train; if certified, write last training year)		
<b>Judge</b> (NVSL certified or willing to train; if certified, write last training year)		
<b>Official</b> (NVSL certified or willing to train; if certified, write last training year)		
<b>Head Table Worker</b> (Table work experience required--recruit and train table workers)		
<b>Table Worker</b> (record scores, calculate scores, write ribbons)		
<b>Announcer</b> (Announce events, divers, and dive results at meets)		
<b>Public Relations (make posters, contact media)</b>		
<b>Social Events</b> (help with potluck suppers, outings, various social events)		
<b>Dive Meet Snack Coordinator (coordinate parents to bring healthy snacks for meets)</b>		

#### DUES CALCULATION FOR DIVE TEAM:

First diver in a family	\$85	
Second diver in family	\$75	
Each additional diver	\$25	
<b>TOTAL DIVE TEAM DUES</b>	<b>\$</b>	

OneTeam T-shirt per diver is **INCLUDED** with Dive Team Registration (indicate size on diver info form).

Additional Dive Team T-shirts will be available for purchase while supplies last.

YM   YL   AM   AL   AXL   AXXL   **Additional T-Shirt Total @\$15: \$** \_\_\_\_\_

**CHECK TOTAL: \$** \_\_\_\_\_

Please make checks payable to: **Chesterbrook Swimming & Tennis Club**    **CHECK #:** \_\_\_\_\_  
and note "Dive Team Dues" in the lower left corner of the check.

**Thank you!**

**Please turn in this form with your dues check at the dive team orientation on May 13th at Chesterbrook Elementary School (across from the pool), or mail this form with dues check to:**

**Sally Evans, Dive Rep • 6441 Tucker Avenue McLean, VA 22101-5266**

**Questions? Contact your Dive Team Reps: Sally Evans 703-556-8624, sally6evans@hotmail.com  
or Jacky Longwell 703-533-8111, jackylongwell@cox.net**

# Chesterbrook Swim Team 2004 Registration Form

(Please fill out both sides)

## FAMILY INFORMATION

Parents' Names:		
Address:		
Home Phone:	Mother's Work Phone:	Father's Work Phone:
E-mail Address(es):		
Emergency Contact:	Phone:	
List the Saturdays 6/26/04-7/24/04 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 :	Date of Birth:	Age 6/26/04-8/7/04:
M    F		
Prior Swimming Experience:		
Swim Team 2003	Developmental Program 2003	Winter Swim Program: _____
Medical Conditions or Allergies We Should Know About:		
Swimmer #2 Name:		
Sex:	Date of Birth:	Age 6/26/04-8/7/04:
M    F		
Prior Swimming Experience:		
Swim Team 2003	Developmental Program 2003	Winter Swim Program: _____
Medical Conditions or Allergies We Should Know About:		
Swimmer #3 Name:		
Sex :	Date of Birth:	Age 6/26/04-8/7/04:
M    F		
Prior Swimming Experience:		
Swim Team 2003	Developmental Program 2003	Winter Swim Program: _____
Medical Conditions or Allergies We Should Know About:		

**See reverse side for dues calculation and mailing instructions.**

## Chesterbrook Swim Team 2004 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 meets. The training usually involves one *free* three-hour clinic on a weekend or evening in late May or early June. Call Nancy Leach at 703 241-1109 for more details on 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 Opportunities	Mother	Father
<b>Referee</b> (NVSL Certified or willing to train; if certified, write last training year)		
<b>Starter</b> (NVSL certified or willing to train; if certified, write last training year)		
<b>Stroke and Turn Judge</b> (NVSL certified or willing to train; if certified, write last training year)		
<b>Announcer</b> (announce events, swimmers, and race results at meets)		
<b>Clerk of Course</b> (organize swimmers and time cards for races in swim meets)		
<b>Timer</b> (default choice, everyone needed. Easy and fun!)		
<b>Table Worker</b> (record times, score (Sat. meets) and write ribbons)		
<b>Monday Night Meet Helper</b> (round up swimmers, write & pass out time cards. Easy)		
<b>Equipment</b> (set up starter equipment & PA system, tents if necessary and water)		
<b>Photographer</b> (photograph swimmers with our digital camera at meets/social events)		
<b>Social Events</b> (help with potluck suppers, outings, various social events)		
<b>Concessions</b> (Help sell or cook food at Saturday and/or Monday night meets)		

**DUES CALCULATION:** Chesterbrook Swim Team dues are \$95 for the first swimmer in a family, \$85 for the second swimmer, and \$35 for each additional swimmer (*1 swimmer: \$95; 2 swimmers: \$180; 3 swimmers \$215; 4 swimmers, \$250, 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** \_\_\_\_\_ **Adult Small**  
 \_\_\_\_\_ **Adult Medium** \_\_\_\_\_ **Adult Large** \_\_\_\_\_ **Adult XL** \_\_\_\_\_ **Adult XXL**

**Please turn in this form with your dues check at the swim team Back to Pool Night on May 13, 7:30PM Chesterbrook Elementary School (across the street from the pool), or mail this form with dues check to:**

**Karen Stuver  
 1837 MacArthur Drive  
 McLean, VA 22101**

**Questions? Problems? Contact one of the team reps – Karen Stuver (703 821-8982, [stuverzoo@aol.com](mailto:stuverzoo@aol.com)) or Anne Lauer (703 237-3950, [anne\\_lauer@hotmail.com](mailto:anne_lauer@hotmail.com))**