

Splash & Smash!

Chesterbrook Swimming & Tennis Club, Inc.
PO Box 494
McLean, VA 22101-0494
Website: www.chesterbrookclub.com

Pool Phone: (703) 356-4471
Membership Hotline: (703) 241-8508
E-mail: membership@chesterbrookclub.com
April 2005

From the President ...

The Board and I would like to welcome all of you back to what should be another great summer at Chesterbrook. Based on the activities that are listed in this *Splash and Smash*, this summer will be a busy one. With the exception of a few new faces, just about all of our swim, dive and tennis coaches are returning. We won't know exactly how many of our lifeguard and managerial staff will be returning until the pool opens, but it looks like much of the same staff will be coming back.

When I was on the Board five years ago, the Club was facing a lifeguard shortage and we were seriously considering hiring lifeguards from professional pool service companies. Now, we are blessed with an overabundance of lifeguard and other staff applicants just from among our own members. Our staff can tell you that Chesterbrook is a great place to work in the summer, which is the reason so many of our staff return year after year. We have great facilities, great members, and we have a great manager, Mike Duffner, to lead the staff.

During this spring, Mike and certain Board members will be reviewing proposals to renovate the lower pool, which is now over 50 years old and is in need of some repair. I will let you know later how much this renovation will cost. The earliest we could begin such project would be in the fall after the Club closes for the year.

Every summer, my three kids participate in the swimming, diving and tennis teams and consider Chesterbrook to be their second home. I hope that you will take advantage of the activities listed in this *Splash and Smash* and enjoy the Club as much

as our family does. If at anytime, you have a question or complaint, don't hesitate to contact one of the Board members. I look forward to seeing you when the pool opens, which will be one week prior to Memorial Day, May 21st!

Chris Cole

Board of Directors

Chris Cole, President	534-2286
Candy Penn, Vice President	448-8857
Bill Huber, Treasurer	893-4699
Ron Kennedy, Secretary	536-3976
Maja Lee, Membership	241-8508
David Morris, Maintenance	917-0470
Anne Lauer, Swimming	237-3950
Nancy Leach, Swimming	241-1109
Sally Evans, Diving	556-8624
Julie Avis, Diving	536-3893
Liz Creel, Tennis	534-1744
Kelly Black, Tennis	534-6545
Betsy Kuzmuk, Social	538-6742
Susan Bennett-Spellman, Social	918-9318

Pool Jobs

Thank you everyone who has contacted us with an interest in working at Chesterbrook this summer. We have received an abundance of e-mails and will not be requesting additional applicants for lifeguard, front desk or snack bar positions, at this time. The enthusiasm of these early responses is impressive. Mike Duffner or I will be contacting people in April to fill the positions. If you have any questions, please contact Candy Penn at: mcpenn@cox.net.

Social

*Happy 50th Birthday Chesterbrook
Swim & Tennis!!!*

This summer we have planned two birthday celebrations. Saturday, July 9th, will be the “Family” party when all, young and old, can have a great time! By popular demand, we will hold the second celebration, “Las Vegas Night,” for adults, on Saturday, July 16th. Please plan to come and enjoy both events with a DJ, dancing, and a delicious catered dinner!

TGIF nights will begin on Friday, May 27th. Bring your favorite appetizers and we’ll provide an assortment of beverages, including beer, wine, and soft drinks. You’ll be surprised by an occasional “Wine Tasting Evening,” a big hit last summer!!!

Adults will be able to enjoy the beautiful, lazy summer mornings by the pool, while relaxing with coffee, juice, and goodies. These light Sunday brunches, and adult swim times, will begin on Sunday morning, June 5th, from 11:00 -12:00.

The children can look forward to the ever popular “Raft Parties.” They are planned for mid July and August.

Please look for posters and flyers at the front desk for all these coming events. We look forward to seeing all of you for another summer season of fun!!!

Susan Spellman & Betsy Kuzmuk

Bridge Anyone?

Looking for fellow bridge players interested in meeting at the pool to play social bridge this summer. Schedule is flexible. If you are interested, call Adrienne Bush at 703-533-9539.

Opening Day at the Pool is Saturday, May 21st

Until school ends (May 21 – June 24):

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

Starting June 25th, 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.

2005 Chesterbrook Team Triathlon

We'll be repeating our Chesterbrook Team Triathlon for adults this summer. As we did last year, 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 this year we hope to have you log in your times via the web.

We will count on the team captains to encourage their members to keep their logs up-to-date, and possibly enter information for those who may not have Internet access. 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.

We are seriously thinking of changing the maximum to 500 minutes per week (vs. a variable daily limit), to allow more flexibility in the timing of your exercise. 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. Please include everyone's name, e-mail 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.

We already have a few volunteers to help with the t-shirts and the website, but we can always use additional help to plan for events. If you would like to help, or have any ideas on how to improve our Triathlon, please contact Francine Macdonald via e-mail at f.macd@verizon.net.

Back-to-Pool Night
Thursday May 19th 7:30-8:30 p.m.
Chesterbrook Elementary School
Swim, Dive and Tennis Sign-ups

Water Aerobics

Stay cool in the pool and still get a good workout! Summer water aerobics is back again so come to the pool and see what everyone is talking about.

Classes are Sundays at noon to 1 pm starting June 12th and Tuesdays and Thursdays 7:30 to 8:30 pm starting June 28th. The cost is \$6 a class or buy a book of 5 tickets for \$25. No prior experience necessary. Just bring a towel, pool shoes if you got 'em and meet us at the upper pool. If you need more information call Beth Lehnert at 703-356-5841 or e-mail me at byte.me@erols.com.

Swim Team News

New Swimmers Welcome!

The Chesterbrook Tiger Sharks are raring to go for another great summer in 2005. 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 pizza reunion in March can attest 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 fourth 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 1/15/05) 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, May 31st.

Assessments. When it is your child's turn to be assessed, he or she needs to swim an unassisted recognizable free-style and backstroke across the shallow end of the upper pool. In addition, your child should demonstrate comfort with the head submerged under water. At assessment time, children may also demonstrate their skills in butterfly and breaststroke, although these two strokes are not expected nor required for participation in the developmental program. Those 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 Sympton York and Chris Kuzmuk will share head coaching responsibilities this year. In addition, Chesterbrook Tiger Sharks will have the opportunity to work with Johnny Haffey from the University of Virginia. Johnny is a former High Point pool swimmer and one of Chesterbrook's own lifeguards, and he brings a wealth of NVSL swimming experience to the lower pool program.

We are also delighted to welcome back Beth Boyd from St. Stephens – St. Agnes as head of the Developmental Program. Joining her and our lower pool coaches will be Teri Harper in a newly created position entitled Transitional Director. Chesterbrook parents know how lucky we are to have Teri join us in this new capacity as our team continues to grow. We know our Tiger Sharks and their parents will make returning and new coaches alike feel at home!

Practice Times. For practice times before school ends, see the calendar of swim team dates to remember. Morning practice times for the team have shifted slightly in an effort to meet requests for a later start. The developmental programs will remain the same as they were last year. **Starting on June 27, the 9-10s will practice from 7:15 to 8:15, 8 and under will practice from 8:00 to 8:45, 11-12s will swim from 8:45-9:45, and 13 and ups will swim from 9:45 to 11:15. For the 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 19th, 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 newsletter.

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 18^h through August 6th.

Formula for Competitive Success. If your child wants to be a competitive swimmer, there is a time-tested and simple formula for maximizing the chance of success. First, make sure your child attends the team workouts, bringing 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 can be a good investment. Look for the lesson sign-up notebook at the front desk when 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 Anne Lauer, 317 West Columbia Street, Falls Church, Va. 22046. This year's dues will be \$95 for the first swimmer in a family, \$85 for the second, and \$50 for each additional swimmer from the same family (see the registration form). This is a small increase for the third or more swimmers in a family, but still a bargain! Swim dues contribute to rising NVSL insurance costs and to salaries for our tremendous coaches. 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 will be available for \$15. Be sure to purchase one at Back-to-Pool night May 19 or at the Pool.

2005 SWIM TEAM DATES TO REMEMBER

May

19 th	Thurs	7:30	Orientation meeting, Chesterbrook Elementary
22 rd	Sun	12-2	Swimmer assessments, upper pool
23 th	M-F	3:30-4:30	Regular team, first practice, ages 13 and over
		4:30-5:30	Regular team first practice, ages 9-12
		5:15-6:00	Regular team first practice, ages 8 and under
26 th	Thurs	4-6	Swimmer assessments, upper pool
28 th	Sat	8-10:30	Swim team practices, lower pool
29 th	Sun	12-2	Swimmer assessments, upper pool
31 st	Tues	4pm	Swimmer assessment results posted at pool

June

1 st	Wed	4:30-6:00	Transitional swimmers practice (MWTh until 6/23)
4 th	Sat	8-10:30	Regular & transitional practices
11 th	Sat	8-10:30	Regular & transitional practices
16 th	Thurs	7:00-8:00	Developmental Program Orientation Meeting
17 th	Fri	6:00-8:00	Swim Season Kick Off Party
18 th	Sat	8AM	Red-Black Time Trial Meet, Regular & Transitional
20 th	Mon	6PM	First Monday night meet: Chesterbrook at High Point
24 th	Fri	6PM	All-Team Pasta Party & Pep Rally
25 th	Sat	9AM	Home meet: Tuckahoe at CB
27 th	Mon	7:15AM	7:15-11:15AM Swim team practices begin, lower pool 7:30-9:15AM Developmental practices begin, upper pool Home meet: Langley at Chesterbrook

July

1 st	Fri	6PM	All-Team Pasta Party & Pep Rally
2 nd	Sat	9AM	Away meet: Chesterbrook at Hunter Mill
4 th	Mon		Regular practice times; No meet
7 th	Thurs	8AM	All-Team photos
8 th	Fri	8:00AM	Developmental mini-meet, upper pool
		6PM	All-Team Pasta Party & Pep Rally
9 th	Sat	9AM	Away meet: Chesterbrook at Overlee
		6PM	Family Pool Party and Seniors' Progressive Dinner
11 th	Mon	6PM	Away meet: Chesterbrook at Tuckahoe
13 th	Wed	6:30PM	Division 1 Relays at Vienna Aquatic Club
15 th	Fri	6PM	All-Team Pasta Party & Pep Rally
16 th	Sat	9AM	Home meet: Fairfax Station at Chesterbrook CST 50 th Anniversary/Adult Casino Party
18 th	Mon	6PM	Home meet: All-team M&M meet
20 th	Wed	4PM	All-Star Relays at Little Rocky Run
22 nd	Fri	8AM	Chesterbrook Tiger Shark Pancake Breakfast
		6PM	All-Team Pasta Dinner & Pep Rally
23 th	Sat	9AM	Home Meet: VAC at Chesterbrook
		7PM	7 th Annual Cocktail Party & Auction Fundraiser
25 th	Mon	6PM	Away Meet: Chesterbrook at McLean
30 th	Sat	9AM	Individual Divisionals at Tuckahoe
		5:30PM	All-Team End of Season Awards Party

Aug.

6 th	Sat	9AM	Individual All Stars at Waynewood
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SWIM INSTRUCTION PROGRAM GUIDE

SUMMER 2005

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 jenny.york@fcps.edu for information.

TINY TOTS	16 MONTHS - 3 YEARS	FEE: \$70
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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 27 - July 11	Session 3: M-F, July 18 - July 29
	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	FEE: \$70
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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.

(SWIMMERS MUST BE TOILET-TRAINED)

No Session 1	Session 2: M-F, June 27 - July 11	Session 3: M-F, July 18 - July 29
	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: \$70
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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 27 - July 11	Session 3: M-F, July 18 - July 29
	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: \$70
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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 6 - June 17	Session 2: M-F, June 27 - July 11	Session 3: M-F, July 18 - July 29
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: \$70
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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 6 - June 17	Session 2: M-F, June 27 - July 11	Session 3: M-F, July 18 - July 29
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

Swim Classes Summer 2005 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: Chesterbrook Swimming & Tennis Club Mail forms and checks to: Jenny York 12116 Maiden Hair Drive Gainesville, VA 20151 Phone: (703) 568-3024				TOTAL FEE ENCLOSED:		

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 e-mail to 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 14th. The full lifeguard certification course will be offered the weekends of May 14th and May 21st, both required. **All CPR courses for certification and recertification will be held the weekend of May 14th.** Participants must be at least 15 years old. Call Jenny York at (703) 568-3024, or e-mail 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 20155. 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 e-mail to jsyork@comcast.net.

Dive Team News

Join Us...for an exciting 2005 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.

Coaching Staff: We are delighted to announce the return of last seasons head coaches Caroline Hightower and Hannah Mendelson. Nina Avis will be the assistant coach. All three are 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 (9:30-11:00 a.m.) 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 regular season consists of five Tuesday night "A" meets and several Thursday night "B" meets. Dive meets start at 6:00 p.m., with a warm-up session beforehand (3:45pm for home meets and 4:45pm for away meets). In addition to dual meets our divers compete in the NVSL Division 1 Individual Championships, The Wally Martin Memorial 3m Championship, The Crackerjack Invitational Meet, and the NVSL All Stars Championship.

Team Swimsuits: The Dive Team and Swim Team will again be using the same suits. They are redesigned for the 2005 season and will be available for sizing and purchase at Back to Pool Night as well as at Sport Fair in Arlington. Boys may wear the traditional Speedo brief or the longer Speedo "jammer."

T-Shirts: The t-shirt will again be included in the cost of registration. 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.

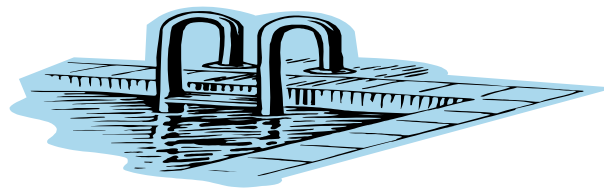
Parent Involvement: We require parents of divers to help with running the meets and organizing social events. Judges, table-workers and announcers get the best view of the meets and volunteering for one of these jobs is a great way to find out more about the sport.

Breaking News...The Lollipop Meet is back!

This is a fun meet where our experienced divers demonstrate their skills and everyone else gets to make a big splash. Events include best cannonball, the lifeguard invitational and biggest splash. Events are open to all pool members young and not so young and each competitor receives a lollipop. Watch for posters at the pool for more details.

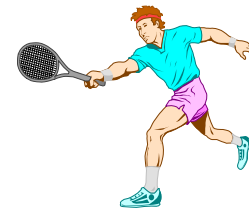
Back To Pool Night: Please join us on Thursday May 19th at 7:30 p.m. where you will get a chance to meet the coaches, check out the new suit, register for the dive team and pick up a 2005 handbook.

Questions? For more information, please call or e-mail your Dive Team Representatives: Sally Evans at sally6evans@hotmail.com (703-556-8624) or Julie Avis at julieavis@comcast.net (703-536-3893).



CHESTERBROOK TENNIS PROGRAM

Summer 2005



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 pro and participate in our programs.

Christian Canepa will return as the Head Tennis Pro and he will be assisted by Chris Rouse. Chris will help Christian with the junior team and tennis clinics. Chris Rouse has been a member of the tennis team for many years. He has been playing tennis since the age of six, and most recently was on the varsity tennis team at Bishop J. O'Connell High School. He is currently a freshman at Virginia Tech. Welcome Chris!

2005 TENNIS COMMITTEE

<u>Position</u>	<u>Name</u>	<u>Phone</u>
Tennis representatives	Kelly Black	703-534-6545
	Liz Creel	703-534-1744
Men's Day (A) Captain	Roy Lavik	703-533-0585
Men's Evening (B) Captain	Open	
Women's Evening (B) Captain	Allison Moore	703-532-0039

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 No.</u>
Men's A	Saturday	AM	4.0-5.0	Roy Lavik	703-533-0585
Men's B	Wednesday	PM	3.0-4.0	Open	
Women's B	Monday	PM	3.0-4.0	Allison Moore	703-532-0039

Adult League competition begins the week of April 25th. Team practices begin the week of April 11th. The men's practices are on Monday evenings from 7:00-8:30 p.m. The women's practices are scheduled for Wednesdays 11am-12:30 p.m. Please find a registration form for the Adult tennis team enclosed; this form can also be found on the Chesterbrook club website. Please bring your registration form and dues of \$25 to the first practice of the season.

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	9AM-Noon	1 & 2	Men
		3	Women
Thursdays	7-9:00PM	1	Men
		2	Women
		3	

The popular round robin tournaments are back!! Mark your calendars now for our five tournaments over the course of the summer. Come and have some relaxed tennis fun from 2-4 p.m. on June 12th (Parent-Child), July 10th (Mixed Doubles), July 24th (Men's singles), and August 7th (Women's singles). Sign up sheets will be posted on the tennis gazebo a week ahead of each round robin, and look for our posters at the club entrance for more details!

On June 26th, please 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 (beat the pro, clock your serve, scavenger hunt to name a few), demo racquets and compete with others in their age group. We'll cap off these activities with a potluck/barbeque from 5-6 p.m. More details to follow!

JUNIOR TENNIS

Our organizational meeting for junior tennis is **Thursday, May 19th, 7:30 pm in the Chesterbrook Elementary School cafeteria**. You will be able to register for the tennis team, purchase a team T-shirt (we're working on a new design for this year), and say hello to Chris Canepa and Chris Rouse, 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. Checks should be made out to Chesterbrook Swim and Tennis Club.

2005 Summer Schedule

Junior practices begin on Wed. June 1st. Pre-season practices are scheduled on M/W/F from 4-6 p.m. (all ages). 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
4:00	13-14 year olds	M-F	Tuesday. There will be seven matches. You need to be at the
5:00	15-18 year olds	M-F	courts by 2:30 p.m. on match days.

The schedule of matches for the 2005 junior season is as follows:

TU: June 28, July 5

TH: June 30, July 7, July 14, July 21, July 28

Please consult the tennis handbook available at back to pool night for more tennis team details!

Developmental Programs:

As in previous seasons, Chris Canepa offers a wide range of clinics for all ages and levels. Chris is available for private lessons throughout the tennis season. Adult clinics may be arranged if members are interested. Please call Chris at 571-434-1992 or e-mail clctennispro@msn.com. See the list of clinics and registration form.

Court Rules and Regulations:

Again this year, a few reminders:

- 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 Splash & Smash 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.

Tennis Registration Information

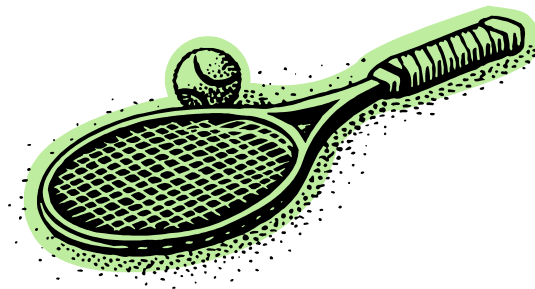
Register now! Call Chris Canepa at 571-434-1992 or e-mail at clctennispro@msn.com with any questions.

Men's Team Practice begins Monday, April 11th, 7:00 – 8:30 p.m.

Ladies Team Practice begins Wednesday, April 13th, 11 a.m. - 12:30 p.m.

Mixed Doubles Matches begin Friday night April 29th.

Jr. Team Practice begins June 1st M/W/F 4 – 6 p.m. June 20th, M – F, 3 – 6 p.m.



Adult Spring and Summer Classes Starting March 14

Ladies Morning Clinics: March 14th, 9:30 – 10:30 a.m. or 10:30 – 11:30 a.m. One day a week M – F, 8 one-hour sessions. \$120. Classes run through the end of June.

Ladies Evening Clinics: March 14th, Mondays, 6 – 7 p.m. or Wednesdays, 6:30 – 7:30 p.m.

8 one-hour sessions. \$120. Classes run through the Fall.

Men's Evening Clinics: March 16th, Wednesdays, 7:30 – 8:30 p.m. Eight one-hour sessions.

\$120. Classes run through Fall.

Junior Spring Classes Starting March 14

Spring Jr. Tennis: March 14th. Mondays or Wednesdays, 4 – 5 p.m. or 5 – 6 p.m.. 8 one-hour sessions. \$150 ages 9 – 14. Classes run through the end of May.

Intermediate/Advanced Jr. Tennis: March 15th. Tuesdays or Thursdays 4 – 5 p.m. or 5 – 6 p.m.. 8 one-hour sessions. \$150, ages 10 – 16. Classes run through the end of May.

Spring Tiny-Tot Tennis: March 14th. One day a week Mon – Fri, 3 – 3:30 p.m. or 3:30 – 4 p.m.. 8 one-half hour sessions. \$80, ages 4 – 7. Classes run through the end of May.

Summer Tennis Camps Starting June 20

Summer Tiny Tot: June 20th – August 25th. Ages 4 – 8, 8 – 8:45 a.m.. One week sessions that run Monday through Thursday. \$60. Choose one or more weeks.

Jr. Development Camp: June 20th – August 25th. Ages 7 – up: 9 – 10 a.m., 10 – 11a.m., or 11 – 12p.m.. One-week sessions that run Monday through Thursday. \$70. Choose one or more weeks.

Intermediate/Advanced Junior Development Camp: June 20th – August 25th. Ages 10 – up: 12 – 2 p.m.. One-week sessions that run Monday through Thursday. \$150. Choose one or more weeks.

All Day Tennis Camps: June 27th – June 30th, July 18th – July 21st, or August 15th – August 18th. All ages. 8 a.m. – 1 p.m.. One-week sessions that run Monday through Thursday. \$300.

Please make check payable to: Christian Canepa and send your check and registration form to: **46373 Utica Sq. Sterling Va. 20165.**

Student Name _____ **Age (if child)** _____

Phone Number _____ **Parent Names** _____

Clinic Name(s)/Dates/Time _____

Emergency Contact _____