

Splash & Smash!

Chesterbrook Swimming & Tennis Club, Inc.
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April 2006

From the President . . .

Welcome back to another year at Chesterbrook! Based on the activities that are listed in this Splash and Smash, this summer will be another busy one for members. Most of our swim, dive and tennis coaches are returning as well as much of last year's staff led by Mike Duffner, our Club manager. Everything seems to be in place for another great summer at Chesterbrook.

Since the first of the year, your Board of Directors has been considering a number of important issues including lower pool and clubhouse renovation, and whether to install a slide in the upper pool. Under pressure from Fairfax County inspectors, we removed the three-meter diving board in the upper pool since the upper diving well did not meet specific County depth requirements. I know many of you and particularly your kids will miss the three-meter diving board—it had become a Club institution. However, we have replaced it with a second one-meter diving board. Hopefully, two one-meter diving boards will provide the same fun and recreation for our members as the three meter and one meter diving boards did. But some members, like my ten-year-old daughter, will always remember the good old days when we had the “high dive.”

The Board also considered installing a slide in the upper pool but was split on a number of issues including its size and where it should be installed. Currently, we do have a slide in the upper pool but we close it when the upper pool gets busy. Hopefully, the Board will be able to get sufficient feedback this summer from members to determine whether purchasing a larger slide for the upper pool is a good idea and exactly where such a slide should be installed.

More importantly, the Board has authorized its officers to enter into a contract to excavate the lower pool and

install a brand new pool in its place. The Board had been considering just renovating the lower pool, but after receiving very competitive bids for replacing the pool, decided that a pool replacement was the better option. We are also considering expanding the lower pool to seven lanes rather than the current six and installing a heater. If the construction contract is executed this spring, the timeline would be to complete the engineering and permitting for the new pool this spring or summer so that work could start following Labor Day weekend when the pool closes for the year.

We will be opening the pool a week earlier this year—on Saturday, May 20th. So please mark your calendars for another great summer at Chesterbrook and have your family take advantage of all the summer activities that this great Club offers! As always, your comments and suggestions are welcome.

Chris Cole

BOARD OF DIRECTORS

Chris Cole, President	534-2286
Candy Penn, Vice President	448-8857
Bill Huber, Treasurer	893-4699
Jim Dykstra, Secretary	893-2912
Maja Lee, Membership	241-8508
Marie Morris, Maintenance	917-0470
Mike Moriarty, Swimming	395-2594
Nancy Leach, Swimming	241-1109
Sally Evans, Diving	556-8624
Julie Avis, Diving	287-2735
Liz Creel, Tennis	534-1744
Kelly Black, Tennis	534-6545
Allison Moore, Social	532-0039
Susan Bennett-Spellman, Social	918-9318

2006 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 6 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 like last year we prefer 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 1 to July 31, with a "team meeting" kickoff at a TGIF in late June, ending with a celebration at one of the August TGIFs or Sunday Brunches.

We are changing the maximum to 2,500 minutes for the whole month (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, select a team name, and form your team. You can register your team ahead of time by sending an email to dianalaird@gmail.com. Please include a team name, everyone's names, 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.

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, contact Diana Laird via email at dianalaird@gmail.com.

Summer Jobs

Thank you everyone who has contacted us with an interest in working at Chesterbrook this summer. We have received an abundance of emails 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 me, Candy Penn at: mcpenn@cox.net.

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 begin on Sunday, June 18, at noon, as well as weekly on Tuesday and Thursday nights at 7:30. Cost is \$6 a class, or buy a book of 5 tickets for \$26.

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 email me at byte.me@erols.com

Social

The Social Committee welcomes you to another fun summer at Chesterbrook Swim and Tennis. The Family party has been planned for Saturday, July 8th. All are welcome and we plan to have a blast! The Adult party is planned for Saturday, July 15th. Please plan on attending: both events will have a live DJ, dancing and a delicious catered dinner.

We will kick off TGIF nights on Friday, May 26th. Beer, wine and soft drinks are provided for a nominal donation. Bring your appetizers to share and join us for many relaxing evenings by the pool. Adults only are invited to attend these weekly cocktail soirees.

Attention all Adult Sunday Morning Swimmers!!
A light Sunday brunch is back and will start on June 4th from 11:00-12 noon. Bring your newspaper and join us for coffee, conversation, juice and goodies by the pool.

Look for posters and flyers at the front desk to remind you of these upcoming events. Here's to another summer of sun and fun.

Susan Spellman and Allison Moore



Swim Team News

The Chesterbrook Tiger Sharks head into the 2006 season planning to build on the team's unparalleled history while also striving for a new beginning, as the club embarks on its second half-century. The team saw a record turnout for its winter social, held in early March at the Ft. Myer Bowling Center, a signal of enthusiasm that can only bode well for the upcoming season.

The Tiger Sharks will swim into uncharted waters this summer, as the team is seeded 2nd in the NVSL's Division 1 – the first time the team has been out of the top slot since it started its remarkable run of four straight league titles in 2001. But with that second seeding comes an enviable position: the team is now “the hunter”; its quarry is the top-seeded Vienna Aquatic Gators, who last year toppled Chesterbrook from its perch atop the NVSL.

The Tiger Sharks' slate of meets includes many familiar places and faces. The season will open with the Tiger Sharks playing host to Little Rocky Run, which returns to Division 1 competition after a four-year hiatus. Next up, the Tiger Sharks will host nearby Tuckahoe for the second year in a row. The team hits the road in Week 3, heading west to familiar foe Fairfax Station, which comes into the 2006 season riding a nine-meet losing streak that spans all of 2005 and most of 2004.

In Week 4, the fur (and fins and scales?) is expected to really start flying as the team visits Vienna Aquatic for the Division 1 Relay Carnival on Wednesday night, followed three days later by a Saturday home meet against Overlee, the NVSL's all-time winningest club, and one that has been clawing its way closer to title contention each of the last three years.

In Week 5, Chesterbrook expects to send a large contingent of swimmers and screaming fans out to Little Rocky Run for the All Star Relay Carnival, then wrap up the week with the season's second visit to VAC, where the host Gators will defend the Division 1 regular season title they wrested from the Tiger Sharks last year.

A complete meet schedule has been emailed to all swim team families on the 2005 roster. Copies will be available at *Back to Pool Night* (see below). A complete list of *Dates to Remember* is also included on the page with the pool schedule.

ONE MISSION, ONE TEAM, ONE STAFF

Over the last 10 years, the Chesterbrook Swim Team has grown to more than 200 swimmers, including an unprecedented number of families and achieving equally unprecedented levels of success – in and out of the water. This season the team intends to recommit itself to the notion of “one mission, one team, one staff.”

Our mission remains consistent with the NVSL's: “the promotion of a love of the sport, advanced aquatic skills, teamwork, and the principles of good sportsmanship.” At Chesterbrook, we like to add “promotion of a rollicking good time!” but more on that later... As part of our effort to refocus on aquatic skills, the team this year will institute new minimum requirements for the Developmental Program.

The Chesterbrook Developmental Program has long been among the leading such programs in Northern Virginia, playing a major role in reaching out to the club's youngest members. Positioned as the critical interim step – between swim lessons and competitive swimming – the Developmental Program is where swimmers transition from learning *how to swim* to learning *how to swim and compete* effectively.

Developmental Program Tryouts. This season, the team will place renewed emphasis on that transitional role, starting with the Program's entry point: team tryouts. To ensure that youngsters who enter the Program are prepared to start building on basic swimming skills developed in lessons, they

will be required to demonstrate the ability to swim a complete length of the pool. Youngsters will not be required to perform a “legal” stroke, nor must they swim the length fast; but they must be able to swim a continuous length of a recognizable freestyle (with regular breathing) or backstroke.

Who must try out?

Generally, all swimmers must complete a tryout in order to qualify for the Developmental Program. **Parents of ALL youngsters** planning to try out for the Developmental Program should send an email to tsharkrep@hotmail.com, including in the email the swimmer’s name, age, previous experience with Chesterbrook swim team, and any winter swim experience. Parents should also include in that email a first and second choice from among the seven tryout sessions listed below. Please note that tryouts are being conducted in two rounds.

DEVELOPMENTAL PROGRAM TRYOUTS

APRIL

30th – Sunday (indoors)

- 7-8 pm, Spring Hill Pool

MAY

14th – Sunday (indoors)

- 11am-12 noon, Yorktown HS
- 14th – Sunday, 7-8 pm, Spring Hill Pool

21st – Sunday (indoors)

- 11am-12 noon, Yorktown HS
- 7-8 pm, Spring Hill Pool

27th – Saturday (outdoors)

- 9:30-11 am, Chesterbrook Pool

29th – Monday (outdoors)

- 9:30-11 am, Chesterbrook Pool

June 1 – Round 1 Tryout Results Posted

JUNE (all outdoors)

22nd – Thursday

- 4-5:30 pm, Chesterbrook Pool

23rd – Friday

- 9:45-11 am, Chesterbrook Pool

June 25 – Round 2 Tryout Results Posted

IMPORTANT: Final tryout results will be posted by noon on Sunday, June 25. Later that day, at 5:00 p.m., will be a mandatory Developmental Program parents’ orientation meeting. Developmental practice will start the following morning, June 26.

What if my child doesn’t qualify for the Developmental Program? Youngsters who don’t qualify for the program will be referred to swim lessons. The club offers a series of 2-week group lessons, and individual lessons will be available from members of the Guard staff and the Developmental Program coaching staff.

In addition, the second round of tryouts, scheduled for immediately after the school year ends, will offer young swimmers a final opportunity to join the team for the 2006 season.

Several changes are planned for the Developmental Team this summer, starting at the top: the club’s Head Coach, Jenny York, plans to devote a substantial amount of time to the program, both as a bridge between the Developmental and Regular teams and as part of a concerted effort to mentor the youngest members of the coaching staff. Specifics are still taking shape, but Coach Jenny has indicated she may spend as much as two mornings a week at the upper pool, working with aspiring Tiger Sharks and the swimmer-coaches.

The team’s renewed emphasis on developing competition level swim skills will carry through to the team’s Coaching Staff. Head Coach Jenny York, returning for her 14th season at Chesterbrook, will oversee operations of both the Developmental Program and the Regular team. Returning as the team’s senior Assistant Coach will be Chris Kuzmuk, who last year guided the team through another successful campaign. Johnny Haffey also will return for a second season on the Tiger Shark coaching staff.

Bringing new depth to the staff’s technical swimming skills will be two recent Tiger Shark graduates, All-Americans Jeff Linn and David Hahn. Jeff, coming off his first year at Cal State University-Humboldt, and David, heading off to Duke University in the fall, are expected to join Coach Jenny on both the upper and lower decks, assisting with the Developmental Program and the regular team.

Finally, while Coaches Jenny, David, and Jeff will split their time between the Developmental Program and the Regular team, a strong contingent of Swimmer Coaches will devote their efforts exclusively to the Developmental Program. Tiger Shark Swimmer Coaches for the 2006 season will include: Kate Dibble (McLean High, heading to Villanova University); Emma Welch (McLean High, headed to Stanford); Alex Leach (Gonzaga College High School, also headed west, to Cal Berkeley); Colin Stuver (Bishop O'Connell High, still weighing his higher education opportunities); Will McDonnell (Gonzaga College High School); Emily Boland (Maret School); and KC Linn (migrating east for the summer, from Hart HS in Santa Clarita, Calif.). All Assistant Coaches and Swimmer Coaches will be available for individual swim lessons throughout the season.

***Back to Pool Night:
Thursday, May 18, 7:30 pm***

Believe it or not, the 2006 season will soon be upon us, and that means Back to Pool Night at Chesterbrook Elementary School. If you're a returning swim team family, we encourage you to come on out and renew old friendships or make new ones. If you're new to the program, or just interested in learning more about it before diving in, we invite you to stop by, meet the coaches and other parents and see what all the noise is about. New and veteran families will be able to **register** for the upcoming season, take care of team dues, and pick up some Tiger Shark gear (sleek swim suits, cool caps, the 2006 edition T-shirt, and more).

Important Note about Registration & Dues: Swimmer dues this year will be as follows: \$95 for the first swimmer in a family, \$85 for the second, and \$75 for each additional child. If you are unable to attend Back to Pool Night to register and pay your dues, please complete the enclosed registration form and mail it (along with a check for team dues) to Chesterbrook Swim Team, c/o Mike Moriarty, 6032 Franklin Park Rd., McLean, Va 22101.

2006 Practice Schedule

For practice times before the school year concludes, please see the 'Dates to Remember' later in this issue of *Splash & Smash*. Starting on Monday, June 26, the practice schedule will be as follows:

Regular Team

7:15-8:15 am – 9&10 Age Group
8:00-8:45 am – 8 & Unders
8:45-9:45 am – 11-12 Age Group
9:45-11:15 am – 13 & Over

Developmental Program

Two practice sessions will be held each day. Swimmers will be assigned to one or the other. The first practice will run from 7:30-8:30 a.m. and the second will run from 8:15-9:15 a.m.

Questions?

A dedicated email box has been set up for team-related inquiries. Please send any & all questions to tsharkrep@hotmail.com. Alternatively, feel free to call Team Reps Nancy Leach (which # do you want?) or Mike Moriarty (703-395-2594).

Looking for Potential Board Members!

Beginning 2007, six positions on the current Board will become vacant including two officer positions (President and Treasurer), one dive, one social and two tennis positions. If you are interested in participating on the board next year to help manage CST's affairs, please feel free to contact current Board members or officers to let them know. A nominating committee will be established later this year to recommend individuals for the 2007 board, and the new board will be voted on in the annual meeting. You must be a full member to serve on the board, and a Board commitment is for three years. Remember – board members do not pay annual dues!

Dive Team News

Dive in: The 2006 Dive Team welcomes all new and returning divers. No previous diving experience is necessary. To participate, children must be between the ages of 6 and 18, have the ability to swim safely to the ladder and have an interest in learning new dives.

Coaching Staff: The dive team is thrilled to announce that last year's head coach, Hannah Mendleson, and assistant head coach, Nina Avis will again be leading the divers. These coaches are experienced, enthusiastic, technically skilled, and best of all, "homegrown."

Practice: 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. Exact practice times will be published in the handbook. With the addition of a second 1M board, practices should be even more fun and efficient than ever before. Please arrive to dive practice with two dry towels and sunscreen already applied.

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. Attending Back-to-Pool night is an excellent way to get started and get more information.

Meets: The regular season consists of five Tuesday night "A" meets and several Thursday night developmental "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, and the NVSL All Stars Championship.

Suits: Both the Swim Team and the Dive Team will wear the same suit as last year, the Speedo "Revolution," available at Back-to-Pool night and at Sport Fair. Boys may wear the traditional Speedo brief or the longer Speedo "jammer."

T-Shirts: Getting the look of the team is the best bargain of the summer! Dive Team t-shirts are included in the cost of registration! Additional t-shirts will be available for purchase while supplies last.

Parental 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.

Registration: Registration may be accomplished at Back-to-Pool Night or by mailing forms and fees to: Sally Evans, Dive Rep
6441 Tucker Ave.
McLean, VA 22101

Forms and fees are due prior to children participating in the program. Please make checks payable to Chesterbrook Swim and Tennis Club and note "dive team dues" in the lower left corner of the check.

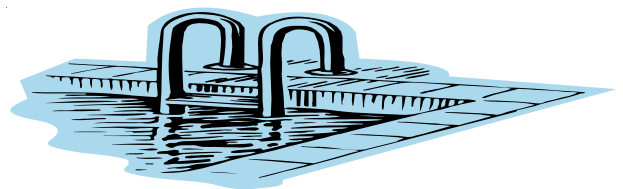
Mark Your Calendar:

Tue	6/27	Donaldson Run @ CB
Thur	6/29	B Meet CB @ Arlington Forest
Wed	7/5	CB @ Truro
Th	7/6	Team Photo
Sat	7/8	Swim/Dive Senior Progressive Dinner
Tue	7/11	North Springfield @ CB
Thur	7/13	B Meet Tuckahoe @ CB
Tue	7/18	CB @ Cardinal Hill
Tue	7/25	CB @ Sideburn Run
Su	7/30	Divisionals @ Donaldson Run

Questions: Contact your Dive Team Reps:

Sally Evans 556-8624, sally6evans@hotmail.com

Julie Avis 287-2735, julieavis@comcast.net



CHESTERBROOK TENNIS PROGRAM

Summer 2006

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. 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 Lauren Poon. Lauren was a senior player on last year's junior team and substituted as match captain for one of our matches. She is a wonderful addition to our coaching staff and we look forward to working with her. Also assisting Christian with the junior team are Joe Golding and Julia Lerner. Along with Lauren, Julia and Joe will help with skill instruction during team practices. Joe has been a member of the junior team for many years, and Julia is currently playing for the Varsity team at Washington-Lee. Welcome Lauren, Julia and Joe!!

2006 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 Lavick	703-533-0585
Men's Evening (B) Captain	Hunter Moore	703-534-1744
Women's Evening (B) Captain	Julie Lansaw	703-448-1324

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>Match 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	Hunter Moore	703-534-1744
Women's B	Monday	PM	3.0-4.0	Julie Lansaw	703-532-0039

Adult League competition begins the week of April 24th. Team practices begin the week of April 10th. The men's practices are on Monday evenings from 7:00-8:30 pm. The women's practices are scheduled for Wednesdays 11am-12:30 pm, and Wednesday evenings from 6:30-7:30 pm. Please note that men are welcome at the Wednesday morning practices! 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.

Ladies' Matches:

- ✓ April 24 Chesterbrook at Poplar Heights
- ✓ May 1 Mantua at Chesterbrook
- ✓ May 8 Cardinal Hills at Chesterbrook
- ✓ May 15 Chesterbrook at Tuckahoe
- ✓ May 22 Langley at Chesterbrook
- ✓ May 29 Chesterbrook at McLean
- ✓ June 5 Chesterbrook at Hamlet

Men's Matches:

- ✓ April 26 Tuckahoe at Chesterbrook
- ✓ May 3 Hamlet at Chesterbrook
- ✓ May 10 Langley at Chesterbrook
- ✓ May 17 Cardinal Hill at Chesterbrook
- ✓ May 24 Chesterbrook at Poplar Heights
- ✓ May 31 Chesterbrook at Mantua
- ✓ June 7 Chesterbrook at McLean

SOCIAL TENNIS:

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 3-5 pm on June 11th (Parent-Child), July 9th (Mixed Doubles), July 23rd (Women's singles), and August 6th (Men'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 25th, please join us for a Family Fun Day from 3-6pm. 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 5-6pm. More details to follow!

JUNIOR TENNIS

Our organizational meeting for junior tennis is Thursday, May 18th, 7:30 pm 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 and Lauren Poon, all in the same evening! SEE YOU THERE!!

JUNIOR TENNIS TEAM:

The junior tennis team practices focus on rules, strategy and competition. Our team of coaches will conduct volley, serve and skill specific clinics during the course of the week. It is always a good idea to supplement the practices with individual lessons! Our coaching staff, headed by Chris Canepa, will create a tennis ladder at the start of the season, with results posted at the tennis gazebo. Registration for the season is \$50.00. Team T-shirts are \$15.00. Please complete the enclosed form and mail it to Kelly Black or bring it and your check to the Back to Pool night on May 18th. Checks should be made out to Chesterbrook Swim and Tennis Club.

2006 SUMMER SCHEDULE

Junior practices begin on Monday, June 5th. Pre-season practices are scheduled on M/W/F from 4-6 pm (all ages). Thursday, June 22nd 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 courts
5:00	15-18 year olds	M-F	by 2:30 on match days.

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

TU: June 27, July 11 TH: June 22, June 29, July 06, July 13, July 20

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

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 571-434-1992 or email clctennispro@msn.com. See the list of clinics and registration form enclosed.

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 \$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.

As always, we welcome any comments or suggestions regarding our tennis programs. The Junior tennis team in particular, relies heavily on volunteers, so please don't be shy in offering to help!