

Splash & Smash!

POOL OPENS SATURDAY, May 16th!!!

CHESTERBROOK SWIM & TENNIS NEWSLETTER

Spring 2009

April 2009

President's Letter

Greetings to all - hope you are all enjoying spring, knowing that summer and the opening of the Chesterbrook season are just around the corner! in fact, our season begins in less than one month, on Saturday, May 16. And with a successful Back-to-Pool/Dive/Tennis night on April 13, we are well on our way towards launching a fabulous summer season for our teams and activities.



I am very pleased to let you know that the Board has retained the services of an architect, Stan Stewart, to guide us through the planning phase of our clubhouse renovation project. Stan comes to us with a wealth of experience in Fairfax County, including with the Lee-Graham clubhouse project. We have put together an advisory committee of members to work with him, with the goal of having some sketches and options available for your review during the summer season. Stay tuned to our email notices for further information on this important topic.

In addition to the usual make-ready projects for the summer, the Board is also considering ways to make our facility more "green" and environmentally conscious. Please share any suggestions with a Board member or with Mike Duffner, Chesterbrook Club Manager.

See you very shortly around the pool!

Gretchen Welch, President
gretchen.welch@yahoo.com

Social

Come Enjoy a Summer of Social Fun!

Celebrate the Pool Opening at the first Sunday Brunch and TGIF of the season. We extend a special invitation to all members, especially NEW MEMBERS, to celebrate the opening of another great season at CST and to meet the Board.

Sunday Brunch/Meet the Board reception - Our first Sunday brunch will be held on May 17 from 11 am to Noon. Please come and enjoy a quiet, relaxing hour of adult swimming. The Social Committee will provide a generous continental breakfast. This will be an opportunity to meet Board members as well. See who is responsible for rules, regulations, and all the great things that CSTC is known for! Suggestions welcome!

TGIF/Meet the Board/New Member Reception -Please join us for the first TGIF on Friday, May 22, from 6 to 8 pm. Typically, TGIFs are BYOB & light hors d'oeuvres events to unwind and chat with fellow members. For our first TGIF, we would like to extend a special invitation to all old and NEW MEMBERS to come meet the Board and mingle with other members. Your Social Chairs will provide some hors d'oeuvres as well!

We will keep you informed throughout the Spring and Summer as more fun social events are scheduled.

Mary Lou Spear, Social Rep, mspear@cox.net
Tammy Lindquist, Social Rep, thlinquist@verizon.net

MEMBERSHIP

Membership News

A warm welcome to all new Chesterbrook Families! It is great to have lots of new faces joining the summer fun at CST.

A special thank you to everyone who mailed a check and updated remittance notice by March 15th. Your timeliness helps the club meet its cash flow responsibilities and enables us to process incoming and outgoing members by opening day.

If you have a membership question, feel free to contact me.

Kathie Hager, Membership
membership@chesterbrookclub.com
703-516-9691

WATER AEROBICS

Stay Cool in the Pool & Get a Workout Too!

Come join our water aerobics classes at the Upper Pool:

- **Sundays 12 -1 pm &**
- **Wednesday evenings 7:30 - 8:30**

Sunday, June 21st is the first class. Hope to see you there! No experience necessary. Just bring a suit, towel and pool shoes if you have them. No age group (students run from 25

- 90) - anyone can come...yes, it's open to men and women!

Classes are \$7 each or buy a book of six tickets for \$36. Tickets are available at the class, and are not sold ahead of time.

Beth Lehnert, Water Aerobics Instructor
703-356-5841,
byte.me@verizon.net

SWIM TEAM NEWS

CST Swim Practice - is only a few weeks away! Regular practice begins May 18th, and a complete schedule of the Practice times and Swim Meets can be found on the new Swim Team web site listed below. 2009 is going to be a great year for CST with the return of Coach Joe in the lower pool and the exciting addition of our newest coach, Kelli Morris Larkin, for the upper pool. Kelli is taking the reins of our growing Little Jaws team (formerly known as the development program).



Little Jaws Team - For those of you new to Chesterbrook or with young children, our Little Jaws team will consist of our youngest Tigersharks as well as swimmers that decided to start swimming a little later than others. We believe this team is the future of CST and hope to make their experience rewarding while providing top-notch instruction.

Eligibility for the Little Jaws team is based on the following requirements, based on practices of other local area swim programs, feedback from our coaches, and to ensure the safety of your child as well as the safety of other swimmers on the team.

- Swimmer must swim a recognized freestyle one length of the pool, without stopping.
- Swimmer must swim one other recognizable stroke the length of the pool, without stopping.
- Swimmer must be able to tread water for at least one minute.

CST coaches reserve the right to ask any children on the Little Jaws team who cannot keep up in practice to take additional swim lessons. Any children asked to supplement their practices with lessons will still be allowed to swim in our Monday night meets.

There are two practices for the Little Jaws Program. Practice group 1 will be from 7:30 am to 8:30 am. Practice group II will be from 8:15 am to 9:15 am. Request for particular groups will be accepted but cannot be promised. Following assessments, swimmers will be grouped according to ability and placed in the appropriate lane. We hope to have 6 to 8 swimmers per lane during each practice time. All

of this information and more can be found on our website listed below.



Chesterbrook Dive Team 2009 Registration Form--Page 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.

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

DUES CALCULATION FOR DIVE TEAM:	First diver in a family
\$125 _____	
(dues cover dive meets, team incentives, NVSL	Second diver in family
\$100 _____	
dues, special events, and trophies)	Each additional diver
\$75 _____	
	TOTAL DIVE TEAM DUES
\$ _____	
One Team T-shirt per diver is <u>INCLUDED</u> with Dive Team Registration (indicate size on diver info form).	
Additional Dive Team T-shirts will be available for purchase while supplies last.	

oYS oYM oYL oAS oAM oAL

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 check at Back-to-Pool Night at Chesterbrook Elementary School (across from the pool), or mail this form with dues check to:

Melissa Brown 1601 Maddux Lane; McLean, VA 22101

Questions? Contact your Dive Team Reps:

Melissa Brown 703 847- 4622 melissabrown01@verizon.net or

Julie Esanu (703) 532-1274 jesanu@verizon.net

Chesterbrook Swim and Tennis Club