



# FISH LINES

## Back to the Starting Blocks...

Published by Monika Paris, Team Manager

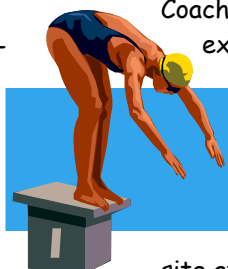
We hope everyone had an inspiring break and hopefully, you are ready to get back into the water. There have been a lot of changes over the past months within the FISH family and we are happy to announce our new staff members at this point.

Meet **Josh Hyde**, our new Assistant Age Group Coach who joined us at the end of June. He arrived from Fond du Lac, Wisconsin where he worked as the Head Coach of a small swim team. Full of energy and enthusiasm, he is taking over the Advanced Age Group and working with Coach Ray in coaching the Awesome Group. Welcome Coach Josh!

Meet **Gunther Niklas**, our new Age Group Coach. Gunther joined the team at the beginning of July. He came from Mongolia, where he taught English and swimming at an American school. Prior to his one-year tenure in Ulaanbataar, he worked in California and made his name known as a successful age group coach. All that solid coaching experience is now applied to our Terrific FISH who will benefit from Gunther's expertise. Welcome Coach Gunther.

Meet **Josh Morgan**, our new Assistant Head Coach. Josh is joining the FISH family at the end of September he will be working with the Incredible and Mini FISH. Josh is joining us from Michigan, where he worked at Club Wolverine for many years. He was named Age Group Coach of the Year by ASCSA in 2007, 2008 and 2009. Welcome Coach Josh!

Meet **Matt Jennings**, our new Age Group coach. As a Virginia native, and former Head Coach at Wakefield Chapel,



he has homefield advantage over the other new coaches as he already knows many of the kids in our program. Coach Matt will be working primarily at Wakefield. Welcome Coach Matt.

Meet **Art Vera**, our new Mini FISH Coach. As a competitive swimmer and an expert in stroke mechanics, Art will be in the water with the Mini's and help them perfect their strokes. Welcome coach Art.

For complete bios on our new coaches, please refer to our website at [www.pvfish.org](http://www.pvfish.org).

As the summer came to an end, we had to say goodbye to our FISH graduating seniors and college swimmers. We all wish them best of luck with their studies and swimming over the next school year.

**Class of 2009:** Alec Contag, Alex, Au, Alissa Avilov, Becky Shaak, Caroline O'Dwyer, Caylyn Tate, Emily Diener, John Baldwin, Matthew Benecki, and Michael Flach.

Once again this has been a phenomenal season for the team! Swimmers made incredible strides and we had a strong showing at championships in both the spring and summer.

### USA Swimming GOLD Medal Club

In the midst of it all, we were recognized by USA Swimming's Club Excellence Program as a **Gold Medal Level Club** for the 1st year. There are only 21 gold Medal Clubs nationwide.

We have an exciting year planned for you and we are aiming for substantial improvements for all swimmers. Please be sure to check our website regularly!

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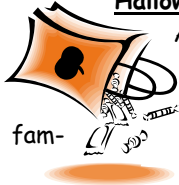


## FUNDRAISING—Helping Us, Helping You!

As you may or may not know, Fairfax County continuously raises pool rental rates and USA Swimming continuously raises registration fees. In order to compensate for these increases and also keep our team dues the lowest in the area, we have identified many different forms of fundraising. Fundraising is vital to our organization, while also generating public awareness for the sport of swimming and our team.

Fundraising helps us in so many areas; our pool rental costs go up every year, continuing education for our staff, equipment purchases, and we are trying to find ways to improve your child's swimming experience by inviting USA Swimming experts so they can share their knowledge with us. We are also proud to award scholarships to swimmers who otherwise wouldn't be able to swim. Also, this is one of the fundraisers that will count toward your child meeting the end of the year FISH Award criteria.

### Halloween Candy Sale:



At this time of the year, what is the most widely sold item in grocery stores? CANDY!! Why not help your neighbors, friends, and family by delivering their favorite candy right to their door. You can also purchase candy for your own distribution. This is also an opportunity for you to support your child's swim team. You will find the candy order form in your folder on September 21st and you have until October 20th to sell candy and place your order. We will track the progression of our candy sales in each group via a gigantic pumpkin displayed on the bulletin board. For additional questions please contact Claudia Bernstein at (703) 851-5568 or cswana@aol.com.

**SCRIP:** This is our easiest and most popular fundraiser. By purchasing popular "gift cards" (restaurants, hotels, gas stations, Best Buy, Home Depot, etc), every single purchase you make will credit a small percentage back to your swim team. Even better, using gift cards will not disrupt any other sales, special deals, or discounts offered by retailers, such as using AAA rates at a hotel. These gift cards are the same as those commonly given to friends and family during the Christmas holidays. Simply sign up on the SCRIP website - we have a special FISH account already setup with SCRIP. Then, place your orders each month, print off the order form, pass it to the SCRIP Coordinator Keri Greenblatt, and begin seeing your swim team succeed.

**scrip.com™**

### **What is SCRIP?**

We are all familiar with "gift cards" that have become popular around the holidays (those plastic gift cards that nearly every store has available and loaded with any denomination). This fundraising program works while you shop. SCRIP simply

means "substitute money". You purchase these certificates/cards from national and local retailers. Here is the best part - *a percentage of your card electronically gets applied to your swim team!* Percentages range from 2-25% (average 10%) depending on the vendor (note - the hotel chains seem to have the *best deals*: most of them return 10-20% of your stay right back to the FISH regardless of the hotel rate you pay - AAA, military rate, senior, etc.) at [www.scrip.com](http://www.scrip.com).

### **What retailers can I purchase gift certificates for?**

Hundreds! The question becomes: what retailers can you not purchase cards for? Many popular retailers participate in the SCRIP Program including: Lowe's, Speedway, major chain hotels, JCPenney, The Gap, Shell, Kohl's, Pizza Hut, Red Lobster, Old Navy, Bath & Body Works, and hundreds of others. See the retailer list by logging into the scrip website.

Remember that this is a "no cost" way to fundraise for your swim team. This is also an opportunity for your swimmer to complete their requirements for the end of the season award.

For additional questions please Karie Greenblatt at 703.865.6678 or [kdgreenblatt@aol.com](mailto:kdgreenblatt@aol.com).

**FISH hosted Swim Meets:** Hosting swim meets is an important part of our team's success. We are able to keep our team dues one of the lowest in the area, because of the success we have had hosting meets. We would not have had success without your support. Throughout the season we will be asking for volunteers to officiate, to time, to run concessions, to sell t-shirts, to create and sell programs, to run hospitality, and to donate food and drinks. Some of you indicated already on your swimmer's registration forms that you are interested in certain areas of volunteering and you will be contacted soon regarding these positions. Besides volunteering at the meets, you can also help out by identifying meet sponsors, sponsoring program ads, and sharing your expertise and professional services with the team. Please mark your calendars:

- **November Open at Cub Run—November 6th -8th**
- **Fish Qualifier at Spring Hill— February 6th —7th**
- **The FISH Derby at GMU—May 8th—9th**
- **June Invitational at GMU—June 12th—13th**

## We are GUESTS: at Wakefield, Spring Hill, GMU, and Madeira

Remember we are guests at any facility we practice at. We ask that you treat the facilities as if they were your home. Be courteous to the employees and make sure you take your empty water bottles with you.

There are some rules that the facilities managers have asked us to pass along.

### Spring Hill and Wkaefield Swipe Cards

You will receive a swipe card at the beginning of the season and you must use it each time you enter the facility. It is only good for our practice times.

### Entrance to Spring Hill and Parking

When you arrive at Spring Hill RECenter you will notice the parking lot down by the soccer fields. That entrance is **ONLY** to be used during non-business hours of the RECenter; for example, the early morning practices, 4:50-6:20 AM, Saturday morning practices, and the Saturday evening practices. During business hours you **MUST** enter and exit through the **facility's main entrance** and use your swipe card.

You will be ticketed by the Fairfax County Police if you are parked illegally in the lower parking lot. If a coach sees you entering through the back entrance door (this applies to all

groups) you will be asked to go around the building and enter or exit through the front entrance. During non-business hours there are 7 parking spots available in the lower lot



which you can use, but if you park in fire lanes or up against the fence, you will be ticketed and probably towed. To avoid any confusion and issuing of any tickets, please park in the regular parking lot and walk with your swimmers back to the car. This is a great opportunity to hear how practice went and to provide parental support.

### George Mason University Drop Off

GMU Aquatic Center has specific drop off procedures for swimmers. Swimmers should be dropped off and picked up in the designated area, Lot C. **DO NOT** use the circle drive in front of the facility for drop off and pick up purposes. It is a privilege to use GMU and the FISH coaches expect everyone to adhere to the rules that have been explained. In addition, the swimmers need badges to gain access to the building and parents require parking permits if they choose to park in the parking lot next to the aquatic building.

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### Coach Josh and his plan for the Advanced Age Group ( By Coach JOSH) ...page5

I would like to say that I am looking forward to this season and am very excited about having the opportunity to work with the Advanced Age Group for the 2009-2010 season. I believe we will make great progress towards helping the athletes improve. In the following pages I will outline what goals I have for the group and also how we plan on reaching these goals.

*"Believe deep down in your heart that you're destined to do great things."*

-Joe Paterno

Taking that quote to heart and applying it to our seasonal plan is the core focus for the Advanced Age Group this season. Our theme for the group will always be that **big dreams equal big achievements**. We will focus on this thought every day in practice and make sure we are building confidence, ....page5

## Become a PVS Deck Official

FISH encourages all interested parents to become certified as a Potomac Valley Swimming (PVS) deck official. PVS is the Washington area branch of USA Swimming (the governing body for competitive swimming in the United States). If you have officiated in summer league swimming (such as NVSL) that experience provides a good foundation for officiating in PVS, as USA Swimming rules govern in the summer leagues.

There is no better seat in the house to watch your child swim, than on deck. Taking an active, supporting role in swimming is a great way to show your child the importance of his or her activity. We also host 4 swim meets each season and parents will be needed to fill various officiating positions during those meets. Also, when we attend a meet, hosted by another club, we are required to provide a certain number of officials based on how many swimmers we enter into the meet. If you are interested or have questions regarding becoming an official please contact our officials coordinator, Al Meilus (cara\_and\_al\_meilus@yahoo.com)

To get started you should register for a Stroke & Turn official's clinic administered by PVS. A current list of times and locations is provided on the PVS website ([www.pvswim.org](http://www.pvswim.org)). Please visit our team website ([www.pvfish.org](http://www.pvfish.org)) for a complete list of the upcoming clinics. To register go to the PVS website, click the link which corresponds to the session which is most convenient for you. Note that these sessions occur early in the fall.

**Meets cannot be run without officials on deck. We really appreciate all of the parents willing to step up and contribute in this way. A special thank you goes to many FISH parents who have already expressed interest in becoming an official when they sent in there registrations. You will receive a personal email from Al Meilus very soon.**

## Tentative Meet Schedule—2009-2010 (subject to change)

Date	Meet Name & Location <a href="#">(Complete meet information can always be found at</a>	Groups Attending Meet	Registration Deadline
<b>(Awesome Schedule is still in the works)</b>			
<b>October</b>			
3	PVS Swimposium	Gerorgetown Pre	All
10-11	Harvest Moon Invitational Meet	<a href="#">Herndon Community Center</a>	Invited 12 & U
17-18	Eastern State Clinic	Cherry Hill, NY	IF and TF and by Invitation
24-25	MSSC Invitational	Fairland	MANDATORY for all who qualify
<b>November</b>			
6-8	PVS November Open Meet hosted by the FISH	<a href="#">Cub Run Rec. Center</a>	Invited 9&O
14	Boys vs. Girls Meet	<a href="#">Spring Hill</a>	Mini, AG, AAG FISH 4:50 PM – 8:00 PM
<b>December</b>			
3-6	Tom Dolan Holiday Invitational Meet	<a href="#">George Mason University</a>	MANDATORY for all who qualify
5-6	Reindeer Mini Meet	<a href="#">Providence Recreation Center</a>	Invited Mini FISH
11-13	Christmas Champs	Fairland	9 & O no Tom Dolan Cuts
26	Time Trials	<a href="#">Spring Hill</a>	Mini, AG
28	Time Trials	<a href="#">Spring Hill</a>	Mini, AG
29	Time Trials	<a href="#">Spring Hill</a>	Mini, AG
30	Time Trials	<a href="#">Spring Hill</a>	Mini, AG
<b>January</b>			
2	Time Trials	<a href="#">Spring Hill</a>	Mini, AG
23-24	The Snow Dude Mini Meet	TBD	Invited 9&O
23-24	PVS January Open Meet	TBD	Invited 9&O
<b>February</b>			
6-7	FISH Qualifier Hosted By the FISH	<a href="#">Spring Hill Rec. Center</a>	Qualified Age Group, Advanced, Terrific, Incredible
13-14	Winter Gator Mini Meet	<a href="#">Wakefield High School</a>	Invited Mini FISH
13-15	President's Day Classic	TBD	14 & U
<b>March</b>			
4-7	PVS Junior Championships	MLK	MANDATORY for all who qualify
13-14	Mini Championships	Olney	All 8 & U
11-14	PVS Senior Champs	GMU	MANDATORY for all who qualify
18-21	PVS 14 & U Junior Olympics	Fairland	MANDATORY for all who qualify
25-28	Eastern Zone Southern Sectional Meet	Germantown	MANDATORY for all who qualify
26-28	Spring Champs	Fairland	Qualified Swimmers
<b>MAY</b>			
1	Boys vs Girls Improvement Meet	Spring Hill	Mini, AG, AAG
8-9	FISH LC DERBY	GMU	MANDATORY for all who qualify
<b>JUNE</b>			
12-13	June Invitational	GMU	MANDATORY for all who qualify

### INCLEMENT WEATHER POLICY

If there is *inclement weather* we will have practice as long as the facilities are **OPEN**. Practice will still be held even if there is no school. The facilities we practice at may even cancel their activities, but the FISH will still have practice. If the facilities are open the probability that we still have practice, is 99.99%.

How do I find out if the facility is open?

- Call Spring Hill at 703-827-0989. You will hear an automated message. At the end of the message, you need to press zero to speak with a member of the staff. Only ask if the facility is open, if they say "YES" then we

### have practice.

The FISH is not associated with school closings. **WE PRACTICE WHEN THE POOL IS OPEN.**

- Another way to find out if we are having practice is to contact **your coach**. You need to e-mail your coach and ask them for an emergency contact phone number in the case of bad weather.
- In addition, go to **our website** to find out whether practices are taking place.

## Swim Meets — What do I do...??

### Meets in General

#### **FISH caps are required at all swim meets - no exceptions!**

The FISH participate in a variety of swim meets ranging from the novice level dual meet to statewide and regional championship meets. Many meets are low key and designed to be a learning experiences. Winning means improving starts, strokes, turns, paces, and times. Racing, the ability to race, and the strategies in racing are a close second priority. Beating someone else is a bonus not overly emphasized except for the higher levels of competition. We try to attend invitational meets about every four to six weeks. We also hold meets twice at our home pool and two meets at GMU.

Coaches will ask parents for permission to enter their children in swim meets by handing the swimmer an entry form about two weeks before the meet. Once approval has been made, the coaches will enter the swimmers in events of the coaches' choosing. Be sure to submit the entry sheet by the **deadline**, as late entries **will not be accepted**.

Swim meets are preceded by a warm up period of 60 to 90 minutes. The coaches will tell the parents what time the



swimmers are expected to be at the meet (in general, 15 minutes before warm-ups start; plan for traffic.) Once at the meet, swimmers must stay in the team area, unless excused by their coach, in order to avoid missing events. The coach will manage all the warm-up swimming, speak with the swimmers before each swim, and review the swim with the swimmer immediately after. Parents should either volunteer to time (meets cannot be run without volunteer timers) or find a comfortable place to view the meet away from the immediate side of the pool (most swim parents sit together). Parents are not to engage in coaching their children at the meets. However, parents are welcome to speak with coaches at appropriate times during the meet.

### About the Meet Schedule

Please see the FISH meet schedule on page 6; meet recommendations will be made by the coaches. All FISH members will not swim at every meet; if you are required to swim the coach will either hand you an entry form or one will be placed in your folder.

*(Continued on page 6)*

### Coach Josh and his plan for the Advanced Age Group ( By Coach JOSH)

and beginning to see in ourselves that we can achieve great things both as an athlete in the water and as a person out in the world.

Building around this focal point will help us to greatly improve and begin developing into the athlete and person each of us is striving to become.

#### **2009 - 2010 Advanced Age Group Goals:**

- We will average at least 80% practice attendance as a group
- We will have at least 75% of our athletes qualify for Junior Olympics
- We will close out races better and stronger than any of our competitors
- We will take advantage of every opportunity to better ourselves both as a team and as an individual
- We will always cheer on our teammates when they are representing The Fish
- We will have fun while maintaining the will to get better
- We will be one of the most active groups both in the water and out

In order to achieve these goals we will:

- Attend** every practice session offered
- Maintain** a high level of focus and determination while at practice
- Train hard** and make sure we are always staying focused on meeting our goals
- Take advantage** of morning practice sessions both at Spring Hill and, occasionally, Audrey Moore
- Develop** the will to win
- Actively volunteer** or help at Fish hosted meets and put forth the strongest effort in all extracurricular activities including social and fundraising events.

Our training focus for the Advanced Age Group will be on developing basic endurance levels while also improving technique and strength in all four competitive strokes. While working on developing these skills, we will also focus largely on the details (for example streamlines) - making sure we are always performing these small, but very important, skills better than our competition.

I am very much looking forward to this season and truly believe we are all going to make big strides towards reaching our goals.

*Swim Meets (Continued from page 5)*

### **Volunteering at a Meet**

#### **Only the best seat in the natatorium**

Due to USA Swimming insurance policies parents are not allowed on deck unless assisting in running the meet. Meets require many people to run smoothly. Whether it is officiating, timing, etc...parents are needed to help make a meet an enjoyable experience for their swimmers. We will be hosting four meets this season; November Open, FISH Qualifier, The FISH Derby, and the June Invitational. At these meets, we will be asking families to volunteer time and donate food for concessions and hospitality. Team hosted meets require the team's joint effort to run them. Even meets we do not host, we will need your support. Signing up to be a timer will ensure that the meet runs smoothly. Besides, volunteering at a meet gives you one of the best seats in the house - right on deck!

#### **Age Group & Mini FISH at Meets**

A few things to let you know about how we handle meets for these groups. A swimmer can only participate in a meet when invited by a coach. We want the swimmers to have a positive experience, especially, if it is their first meet with us. When we think the swimmer is ready, he or she will bring home a meet entry form. Most of the time the coaches will choose the events for the swimmers. This is to ensure that they have a chance to compete in a wide variety of events, while giving them the best chance to swim all the events for their age group during the season. Please pay attention to when the entry form is due back to your coach as it is important to get it back to him by the due date so the swimmer doesn't miss the chance to swim in that meet. Each meet entry must be accompanied by a check made out to "*the FISH*" for the correct entry fee. Entries will not be accepted without a check or an escrow account.

In addition, on page eight, you will find a form to submit your

swimmer's best times from the summer league season. In order to accurately reflect your child's improvements at the end of the season, we are using the summer league times as a starting point. Please fill out the form provided in your folders and return it to Coach Ray by October 31st or email him directly at rbenecki@pvfish.org.

#### **Escrow Account**

The families who used the meet entry fee escrow account last season loved it. If you are new, the escrow account helps streamline our meet entry process and simplifies paying entry fees. This is also the preferred method by the FISH staff.

This option is to your advantage and there is no risk at all. If you look at the meet schedule most of you will swim in about 6 meets this season. Each meet will cost around \$30 and at 6 meets we come up with about \$180 in meet fees. By using the escrow account you will not have to write separate checks for every meet. All you will have to do is to submit the entry form via e-mail (if you do not have an escrow account entries will not be accepted via e-mail.) You can also place the form in the Treasurer's folder. The balance will carry over from season to season or you can request a refund at the end of the season. Monika Paris, the team's treasurer, can be reached for refund requests at mparis@pvfish.org. There is no risk in the Escrow process, you will still control your swimmers meet attendance and your money. It is convenient, you don't have to write checks every time a meet comes around. The processing of checks is very time consuming for the FISH staff and this is the only way the team benefits. If you have any questions about the escrow process or just want more information please e-mail Coach Josh at jhyde@pvfish.org. If you want to enroll in the escrow account please fill out the form on page 8 and mail it in by October 31st, 2008.

**www.PVFISH.org**

### **Superior in Skill, Invincible in Attitude By Coach Gunther**

For the 2009 - 2010 Season, the Terrific Fish will focus on improving their competitive swimming skills and aerobic endurance. We will focus and pay attention to the details that will make us superior swimmers, from the start to the finish of a race in. While we maintain our focus on technique, we will also be working to improve our aerobic conditioning. These two factors will set a foundation that will enable our Terrific Fish to become senior level swimmers.

#### **Goals for the 2009-2010 Season include:**

Every Terrific FISH will achieve an "A" standard or better in the 500 freestyle and/or 200 IM.

Every Terrific FISH will qualify for Junior Olympics in at least one events

Terrific FISH will maintain an average daily attendance of 80%.

#### **If you want to be a winner tomorrow, you need to train like a winner today**

**Arrive** 15 minutes early to loosen up and stretch

**Bring** their training equipment including a water bottle to every practice

**Swim** all of your set including warm up and cool down with excellent technique

**Challenge** yourself to complete the tough sets and swim the sets as instructed

**Be** the first swimmer in the pool every practice. Start out with a quality racing dive.

**Always** practice race quality/legal turns and finishes set challenging goals for yourself.

Attend all of the Dry Land sessions

**Notify** the coach if you need to miss a practice

Attend a morning practice once per week

## Communication

The first thing you should do is go to [www.pvfish.org](http://www.pvfish.org) website. This is our official team website. Included on the website is meet information, team calendar, contact information and much more. We are also adding a "Parent Corner" and a "Nutrition Corner" this year. Please visit the website on a regular basis in order to stay informed. Some parents have even made the FISH site their home page so every time they get online they remember to see if there is anything new.

In addition to the FISH website there are **two other websites** that are beneficial to be bookmarked; the Potomac Valley Swimming site ([www.pvswim.org](http://www.pvswim.org)). This is the site for our LSC (Local Swimming Committee). Also the USA Swimming website ([www.usaswimming.org](http://www.usaswimming.org)). This is the site for the governing body of our sport. Swimmers can create a web account on

that site which is free of charge and will allow them to view their top times and other swimming information written for swimmers.

The **Swimmers' folders** are the next way to stay informed. Swimmers are expected to check this every time they have practice. Meet entries, announcements, along with other important information will be placed in your swimmer's folders.



Email is another form of communication. **Everyone needs to send an e-mail to our Team Manager, Monika Paris, at [mparis@pvfish.org](mailto:mparis@pvfish.org)** By sending an email to Monika you are guaranteed to be added to our email list. Email will be used for all announcements and specific information that swimmers and families need to be aware of. Make sure you add [mparis@pvfish.org](mailto:mparis@pvfish.org) to your safe sender list so your SPAM filter does not block FISH emails. We no

longer send out weekly emails regarding practice schedules. This information will be current and available at [www.pvfish.org](http://www.pvfish.org).



The coaching staff will be expecting the swimmers to relay information to the parents. As coaches we believe that the swimmer needs to learn responsibility and they will be given the chance to do so. We know that some swimmers are better than others at relaying information to their parents, but we still believe that this is a good teaching opportunity.

If you have questions please contact a coach via e-mail at any time.

Coach Josh: [jhyde@pvfish.org](mailto:jhyde@pvfish.org)

Coach Gunther: [gniklas@pvfish.org](mailto:gniklas@pvfish.org)

Coach Josh: [jmorgan@pvfish.org](mailto:jmorgan@pvfish.org)

Coach Megan: [coach.megan@pvfish.org](mailto:coach.megan@pvfish.org)

Coach Julie: [coach.julie@pvfish.org](mailto:coach.julie@pvfish.org)

## Your Personal Development Plan

The education of an athlete throughout his or her life is based on two pillars, one personal and one social.

In order to achieve excellence, an athlete needs a global development plan. From school age, any youngster who has talent and the will to fulfill his or her potential is following the most demanding of paths, which can lead to becoming an elite athlete. There are many hurdles to overcome, any of which can affect performance. And given such a relatively short career, at some stage he or she will also have to prepare for a new livelihood.

It all begins at an early age within your immediate surroundings: your family, your environment (school, friends, district, etc.). A society which values the performance of its elite athletes must be willing to support and take care of anyone who, from an early age, demonstrates serious potential in this respect. To qualify for that support, an athlete must:

- strive to better him/herself, and to perform
- respect ethics and be able to determine what is appropriate

- be an ambassador for the sport and a role model for young people.

From childhood, an athlete attempts to reconcile preparation for a career as a high-level sportsman/ woman with his or her personal life, as well as research into an alternative career in the event of injury or failure. As soon as talent is detected the athlete gravitates towards high-level events, and it is at this moment that an effective means of development is needed: namely, the sport/study programs.

The sport/study programs require young athletes to manage their time as well as their daily training.

They also enable them to stay on at school and obtain their diploma. High-level athletes have good access to specialist treatment and advice in areas such as sports medicine, physiotherapy, psychology, counseling, nutrition, physical preparation and career management. The majority can, with some supplementary training, make good trainers (coaches) or sports administrators. It is important to advise and support them during their active period and when the time comes for them to retire, which often proves a difficult transition.

Sign up for:	Price
<input type="checkbox"/> Awesome FISH	\$200.00
<input type="checkbox"/> Incredible FISH	\$175.00
<input type="checkbox"/> Terrific FISH	\$150.00
<input type="checkbox"/> Advanced Age Group FISH	\$150.00
<input type="checkbox"/> Other Amount	_____

Check # \_\_\_\_\_ Total: \_\_\_\_\_

Mail to:

Monika Paris - the FISH  
1649 Kurpiers Ct.  
McLean, VA, VA 22101  
Attn: Meet Entry Account

E-mail:  
mparis@pvfish.org

## Meet Entry

# Escrow Account Form

Please pick one of the recommended \$\$ amounts based on the group your swimmer swims in with a minimum of \$100. This account will be under your families name so if you have 2+ swimmers their entry fees will be deducted from the same account.

Checks must be made out to the FISH and mailed to Monika by October 31st, 2009. **No checks will be accepted at practice.**



### Madeira Drop Off

In order to gain access to the campus at Madeira you will need a FISH parking pass. Please check your folders for the pass and display it to the guard upon entering campus.

### **About the Mini FISH by Coach Julie**

The MINI FISH program is a unique and strong developmental program where we emphasize the correct and most efficient way to swim. This is accomplished by dissecting the strokes, and working on the individual aspects of each though carefully chosen stroke drills. These are added to and build upon each week while helping swimmers understand how this applies to each stroke.

This is the reason why it is so important to attend as many practices as possible, as each week will build upon the previous.

Happily the drills and subsequent improvements generate a lot of enthusiasm within the group; swimmers learn to encourage each other, work as a group, develop discipline and focus, taking pride that they are as accomplished as the older swimmers and are becoming real athletes.

### **Age Group Swimmers,**

I am super excited for my second season as the head coach for Age Group. I love helping the Age Group swimmers perfect their stroke technique, build endurance, and develop the love of for the sport.

I like to think of Age Group as the group where swimmers learn to be on a team. Age Group swimmers will not only learn the basic strokes, turns, and starts, but they will also learn about sportsmanship and teamwork.

As many of you may know. I am a product of the FISH. I started as an Age Group swimmer when I was nine years old and continued into the Awesome Group until I graduated from high school. After I graduated from the University of Virginia, I moved back to the area to study Physical Therapy at Marymount University and work for FISH Swim Team.

I am looking forward to another great season with the FISH Swim Team.

**Coach Megan**