



# FISH LINES

Published by Coach Norm Wright

**INSIDE THIS ISSUE:**

## Back to the Starting Blocks...

We hope everyone had an inspiring break and hopefully, you are ready to get back into the water. Just to recap a bit on this past season: Kate Ziegler qualified for the Olympics in the 400 and 800 Freestyle. We are all very proud of her and all her accomplishments; along with Kate, Coach Ray was part of the USA Olympic Team staff.

Kim Case and Matthew Benecki both qualified and swam at the US Open Championship in Minnesota. At the US Open, Matthew qualified for the USA National Junior Team while swimming the 800 Free, he also finished 7th over all in this event. Minnesota also hosted the Junior National Championships for which FISH swimmer Michael Flach qualified.

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. Congratulations to Caitlin Marsilii who re-



ceived a scholarship at ECU.

Once again this has been a phenomenal season for the team! Swimmers made incredible strides and we had a strong showing at championships in the spring and summer. In the midst of it all, we were recognized by USA Swimming's Club Excellence Program as a Silver Medal Level Club for the 4th year in a row.

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 to keep up with the latest news.

Parents: your athletes need your support by ensuring good nutrition, providing proper clothing when it's cold after practices, getting them to practice on time (15 minutes before we get in the water) and through the ups and downs of competition. Please be prepared to volunteer at the meets. Each and every meet needs volunteers to time and officiate.

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## Back-to- Pool Night [www.pvfish.org](http://www.pvfish.org)

The FISH swim team is excited about the upcoming season and we want to share this excitement with you by inviting you to our Back-to-Pool Night on **Thursday, October 2nd at 7:15pm Spring Hill Elementary School.**

The evening presents an opportunity for us to tell you about our program, our coaching philosophy, and how we would like to communicate with you during the season. We would like to demonstrate to you that within our program your child will become the best swimmer he or she can be. Coach Norm will take you through an exciting evening starting out with a video of swimming champions and how we can apply this spirit to every single swimmer in our program.

Meet our staff:

- Olympic Coach and Head Coach Ray Benecki
- Team Manager Monika Paris
- Coach Gabe Incredible and Mini FISH

- Coach Megan Age Group FISH
- Coach Julie Mini FISH
- Coach Grady Advance Age Group and Terrific FISH

We will cover swim meet schedules, practice policies and procedures, team administration and communication procedures. We would like everyone there (new and veteran families alike). There are always many questions at the start of a new season and this is the perfect forum to ask questions and receive answers.

We kindly ask all families to RSVP to our Team Manager, Monika Paris, at [mparis@pvfish.org](mailto:mparis@pvfish.org).

Remember this is a very important event for the success of your child in the upcoming season, please mark your calendar.

We look forward to seeing you at the Back-to-Pool Night.

## FUNDRAISING—Helping Us, Help You...

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

These are our major fundraising events of the season:

**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 just purchase candy for your own Halloween candy distribution. This is also an opportunity for you to support your child's swim team.

FISH will receive 42% of all the money brought in from the candy sold. You could just go to the store and get your candy for a cheaper price but we need your support. Fundraising helps us in so many areas; our pool rental costs go up every year, renting the location for the Back-to-Pool Night, 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. There is an incredible demand for candy at this time of the year, so why not supply it and help us help you reap the rewards. Also, this is one of the fundraisers that will count toward your child meeting the end of the year FISH Award criteria. You will find the candy order form in your folder on September 22nd and you have until October 19th to sell candy. We will track the progression of our candy sales in each group via a gigantic pumpkin displayed on the bulletin board. For additional questions contact Coach Gabe at [gibanez@pvfish.org](mailto:gibanez@pvfish.org)

**SCRIP:** This is the FISH Swim Team's 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 child's 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 Coach Norm, and begin seeing your child's swim team succeed.

### What is SCRIP?

This is one of the easiest and most powerful fundraising programs ever. 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 child's 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.

Email Coach Norm with any questions ([nwright@pvfish.org](mailto:nwright@pvfish.org)).

**Swim Meets We Host:** 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 successful fundraising we do at our meets. These meets can not be hosted without your support. Throughout the season we will be asking for volunteers to officiate, to time, to run concessions, to sell t-shirts, to sell programs, to run hospitality, and to donate food and drinks. Some of you indicated already on your registration forms that you are interested in certain areas of volunteering and you will be contacted soon for 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.

In advance we thank you for your volunteering and dedication in making this one of the best teams in the country.

**scrip.com™**

## Remember you are a GUEST: at Spring Hill, GMU, and Madeira

Remember you are guest at any facility you 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 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 will receive badges to gain access to the building.

### 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.

## 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, but 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, Coach Norm Wright (nwright@pvfish.org.)

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 Coach Norm very soon.**

## Meet the New FISH Coaches...

**Coach Megan Marsilii** is in her 2<sup>nd</sup> season working with the FISH team. Coach Megan will be in charge of the Age Group program. Coach Megan swam for the FISH swim team until she graduated from high School and in college joined the University of Virginia Swimming Club. Coach Megan is currently studying at Marymount University to earn her Doctorate in Physical Therapy.

**Coach Julie McAvoy** has coached for the FISH swim team for seven years and has seen many of her swimmers grow up, continue to swim in college and to continue to love the sport. Coach Julie will be in charge of the Mini FISH program.

It is certainly one of her greatest joys to see a past swimmer who credits his or her swimming experience (goal setting, work ethic, time management) with their current success in life.

For Coach Megan's and Coach Julie's complete biographies please visit our teams website at [www.pvfish.org](http://www.pvfish.org)

## Criteria for the end of the season TEAM AWARD



What is a team? A TEAM is a distinguishable set of two or more individuals who interact dynamically, interdependently and adaptively to achieve specified, shared and valued objectives.

At the end of each season, the FISH honors its members who meet the team award criteria as defined below. Each swimmer must earn his or her award by meeting the following standards. **This is very important as your swimmer will not receive his or her award if he or she does not meet the criteria.**

**First**, swimmers must come to practice. Practice is the only way to make improvements and it is also the best way to become part of the team. The coaches are at practice as well and they are ready to be part of the team and its members.

### Practice Attendance:

A minimum of 50% of the total practices during the season is a must.

**Second**, attend the swim meets. Members of the FISH team put in a lot of hours practicing and training and

the real payoffs are the results at the swim meets. In addition, meets are another great chance to be a team with the coaches and other swimmers.

### Meet Attendance:

- Team scored meets- all swimmers who qualify must attend to help the team score points towards the team placing. Examples are Junior Olympics, Sr. Champs & Mini Champs.
- Team-Hosted Meets- a minimum of 2 if invited. The entire team must help to put on the meets and parents have to volunteer just like swimmers need to compete. It will take everyone to make the team successful.
- Coach required meets - For example the January Distance Meet..

**Third**, support the team by participating in FUNDRAISERS. These help the team financially, but also give the team members a chance to interact and grow closer as a team.

### Fundraisers:

- Required fundraiser for everyone is the *Swim-A-Thon*
- In addition a FISH team member is required to choose among the following fundraising opportunities Candy Sale, SCRIP program, become a Swim Meet sponsor, website sponsor, or corporate sponsor. For more detail

contact our Team Manager, Monika Paris at mparis@pvfish.org.

**Finally**, the FISH team wants everyone to attend the team activities.

Such as:

- Halloween Haunted House
- Christmas Bowling Party
- Team Breakfasts (individual group basis)
- International Swim Team Exchange
- Awards Picnic

Completing the listed team requirements will earn the FISH member an award and make them a part of the

### **FISH SWIMTEAM...!!**

### **Recap of Criteria:**

- 50% of practices
- attendance at all mandatory (team-scored) meets
- attendance at all mandatory (coach-required) meets
- participation in two fund-raisers
- participation in two team social events

If there are any questions about the criteria please talk to your coach ASAP to make sure you understand the rules, and so you receive your award.

## **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 the facilities that we

practice at, or the local schools. WE WILL HAVE 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.

Coach Norm: nwright@pvfish.org

Coach Gabe: gibanez@pvfish.org

Coach Grady: gradyhough@aol.com

Coach Megan: megan@pvfish.org

Coach Julie: coach.julie@pvfish.org

# 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. The FISH try to attend invitational meets about every four to six weeks. The FISH will 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 below (and on our website); 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)*

General Meets	Location:	Date:	Eligibility:
Boy vs. Girls Meet	Springhill Rec	Nov. 16	Mini, AG, AAG
Time Trials	Springhill Rec	Fri. Dec 26 4:00- 6:00pm	Mini and AG
	Springhill Rec	Sat. Dec. 27 6:00- 8:00pm	Mini and AG
	Springhill Rec	Mon. Dec. 29 4:00-6:30pm	Mini and AG
	Springhill Rec	Tues. Dec. 4:00-6:30pm	Mini and AG
	Springhill Rec	Fri. Jan. 2 4:00-6:00pm	Mini and AG
Boy vs. Girls Improvement Meet	Springhill Rec	Sat. May 9	Mini, AG, AAG
Mini Meets			
Reindeer Mini Meet	Providence	Dec. 6-7	9-under swimmer (Coaches recommendation)
Winter Gator Mini Meet	Wakefield HS	Feb. 14-15	8-unders
PVS Mini Championship**	Olney	Mar. 14-15	All 8- unders
Age Group Meets			
Harvest Moon	Herdon	Oct. 11-12	12-under only (Summer swimmers only)
RMSC Kickoff Meet	MLK	Oct. 17-19	13-over only (summer swimmers only)
PVS November Open	Cub Run	Nov. 7-9	9- over only
January Open	TBA	Jan. 17-18	9-over swimmers (Coaches recommendation)
FISH Qualifier	Springhill Rec	Feb. 7-8	9 - over swimmers (without championship cuts)
PVS Junior Champs	TBA	Mar. 6-8	Qualifying Times
FISH LC Derby	GMU	May 16 -17	
Swim Like a FISH LC	GMU	June 13-14	9- over only (Summer registered Swimmers)

Invitational Meets with Qualifying Times	Location:	Date:	Eligibility:
Tom Dolan Invitational ** &	GMU	Dec. 4-7	Qualifying Times (mandatory for all qualified)
Retriever Classic Invite &	UMBC	Jan. 16-18	Qualifying Times
or Mid-Atlantic A+ Elite Meet &	TBA	Jan. 24-25	Qualifying Times
New England Senior Champs &	TBA	Feb. TBA	TBA
PVS Senior Champs ** &	TBA	Mar. 12-15	Qualifying Times (Mandatory for all qualified)
PVS 14-under Junior Olympics **&	TBA	Mar. 19-22	Qualifying Times (Mandatory for all qualified)
Eastern Zone Southern Sectional Meet **&		Mar. 26-29	Qualifying Times (mandatory for all qualified)

*Meet schedule is tentative, and subject to change; participation in meets is at discretion of your coach.*

**\*\* - designates team scored meets; entries are automatic for any swimmer who qualifies; your participation is mandatory!**

**& - designates meets with prelims and finals; swimmers may not scratch finals, unless approved by coaches**

You can visit our teams website to download a complete meet schedule ([www.pvfish.org](http://www.pvfish.org).)

**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. The FISH will be hosting four meets this year; November Open, FISH Qualifier, The FISH Derby, and Swim Like a FISH 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 and this gives 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 Coach Norm 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 seven, you will find a form to submit your swimmer's best times from the summer league season. In order to accurately reflect your child improvements at the

end of the season, we are using the summer league times as a starting point. Please fill out the form and place it by October 31st in Coach Norm's folder or e-mail this information to him at [nwright@pvfish.org](mailto:nwright@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 Coach Norm's folder. The balance will carry over from season to season or you can request a refund at the end of the season. Chris Loeser, the team's treasurer, can be reached for refund requests at [twochris@aol.com](mailto:twochris@aol.com). 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 Norm ([nwright@pvfish.org](mailto:nwright@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.

If you have any questions regarding your account please direct them to Chris via e-mail ([twochris@aol.com](mailto:twochris@aol.com)). Please consider the escrow account option it will really make the process of signing up for meets much easier on everyone.

Chris Loeser: [twochris@aol.com](mailto:twochris@aol.com)

Coach Norm: [nwright@pvfish.org](mailto:nwright@pvfish.org)

**Welcome our Visitors from Germany**

by Team Manager, Monika A. Paris

Don't be surprised when you see the Awesome group double in size this week. We are happy to let you know that 13 swimmers from the SG Essen in Germany will join the Awesome practices from September 25<sup>th</sup> through October 8<sup>th</sup>. Not to worry, extra lane space will be provided.

It was only last October, when we established a relationship with the team in Essen. Kate Ziegler was invited to swim in their short course kick off season meet where she swam a world record in the 1500 meter short course event. Due to Kate's and Coach Ray's popularity at the meet and the generous hospitality experienced by the FISH team, it was decided that we need to foster the ties to the team and invite them to train with us for two weeks. The planning for this "cultural exchange" has been on-going ever since and we hope for a positive experience for everyone involved.

Please say hello to our guests when you see them on deck and make them feel welcome.

I also would like to thank all Awesome parents who are making this experience possible. It shows true team spirit when families open their homes to host a FISH guest swimmer, who are willing to provide meals, who are willing to organize tours at the White House or at Congress, who are willing to introduce the American college system to potential students, who are willing to help with general logistics, or who are willing to give a helping hand when needed. It is truly amazing how everyone is trying to help out and make this the foundation for future exchanges.

The Awesome Group is planning a return visit, perhaps as early as Spring 2009.

## Communication

The first thing you should do is go to **www.pvfish.org** website. This is our official team website. Included on the website is the 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 that 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 Norm: [nwright@pvfish.org](mailto:nwright@pvfish.org)

Coach Gabe: [gibanez@pvfish.org](mailto:gibanez@pvfish.org)

Coach Grady: [gradyhough@aol.com](mailto:gradyhough@aol.com)

Coach Megan: [megan@pvfish.org](mailto: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: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Swimmers Name(s)

Mail to:

Chris Loeser - the FISH  
7531 Camp Alger Ave.  
Falls Church, VA 22042  
Attn: Meet Entry Account

E-mail:  
[twochris@aol.com](mailto:twochris@aol.com)

# Meet Entry Escrow Account Form

Please pick one of the recommended amounts based on the group your swimmer is in or just put in your own amount, 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 Chris Loeser by October 31st, 2007. **No checks will be accepted at practice.**



Best Times from Summer League Season

EVENT	BEST TIME	METERS (M) or YARDS (Y)	DATE
25 free			
50 free			
25 back			
50 back			
25 breast			
50 breast			
25 fly			
50 fly			
100 I.M.			
Others			

Please fill this out as completely as possible.

We prefer that you email this information to Coach Norm ([nwright@pvfish.org](mailto:nwright@pvfish.org)) or you can also place in Coach Norm's folder at the pool.

This is very important as your summer times will count toward your improvement goals for the end of the season.

Name: \_\_\_\_\_

If you have more than one swimmer please make copies of this form.