

2014

**Washington Golf and Country Club**  
*Swim and Dive Teams Handbook*

## 2014 Washington Golf and Country Club Swim and Dive Teams Handbook

This handbook is designed as a reference for both the swim and dive teams for the 2014 summer season. For additional questions or concerns, please contact one of the following:

**Head Swim Coach:**

Matt Wolff  
mwolffswim@gmail.com

**Head Dive Coach:**

Amy Kress  
amykress@ymail.com

**Pool Committee Chair:**

Cook Edens  
cookedens@hotmail.com

**Clubhouse Manager:**

Brian Darlak  
bdarlak@washingtongolfcc.org

**Swim Representatives:**

Amy Otteni  
amyotteni@verizon.net

Mary Kay Palmer  
marykaypalmer@me.com

Dawn Gentry  
rdrgentry@verizon.net

**Dive Representatives:**

Paige Nassetta  
paigen@comcast.net

Kathy Didawick  
didawicks@verizon.com

Lynne McTague  
lynnemctague4kids@mac.com

## Table of Contents

<b>Fees.....</b>	<b>4</b>
<b>General Information.....</b>	<b>5</b>
<b>Swim Team.....</b>	<b>6</b>
<b>Dive Team.....</b>	<b>14</b>
<b>Directions.....</b>	<b>20</b>

## Swim Team and Dive Team Registration Fees

<b>Swim or Dive only</b>	\$150.00
<b>Swim and Dive</b>	\$230.00

The Registration Fee is assessed per child and will be charged to your club number and seen on your monthly bill. This fee includes coaching, a personalized cap (if registered by May 1st), t-shirt, pep rallies and spirit favors. Dive Team members receive a “sammy” in place of the personalized cap.

## A Message From Our Coaches

We expect our swimmers, divers and parents to represent us well when competing with outside teams and communities. We will have a ton of fun this coming summer, and learn more about the sport of swimming and diving than ever before. While winning will always be a top priority, teaching these young children hard work, dedication, sportsmanship, team camaraderie, and leadership skills are always far more important to the coaching staff. As a member of the swim and dive team, we expect that you will now take your role as a leader and representative of our community seriously. Poor sportsmanship, inappropriate behavior, and overall dis-tractions will not be tolerated by the club or the coaching staff. Remember that often times, we are the only examples of what our community is all about. We can create a negative or

positive image of WGCC based on our behavior at meets and practice. As leaders of the community you are to obey all club rules while at the pool. You are to also behave as an upstanding citizen outside of the club as well while representing our community. Always be conscious of your behavior and follow the rules of other clubs while attending meets. Breaking this rule could result in being asked to sit out from the team for a period of time, or being asked to leave the team in some circumstances. WGCC swim and dive team members are expected to always have a high level of character, and a deep sense of personal responsibility when representing our club. We appreciate everyone’s commitment to sportsmanship and overall proper moral behavior.

## General Information for the Summer Season

### Team Website

All information pertaining to swim and dive teams can be found on its own website, [www.lightninginthepool.com](http://www.lightninginthepool.com). This site should be used as a reference for swimmers, divers and parents and contains vital information on registration, schedules, meet notifications, coaches, merchandise and pool locations. Team members will also use this site to declare participation in meets.

### Team Suit & Merchandise

We have a new team suit for this year. Samples will be available to try on at Meet the Coaches night or you may visit Ardvark in Chantilly. All orders must be placed by MAY 1st in order to have the suits before the first meet. Also, we will be ordering caps and t-shirts again this year and the cost is included in your registration fee. If your registration is not received by May 1st, you are not guaranteed to receive a personalized cap. Extra latex caps and t-shirts will be ordered and provided to those that register late. A limited supply is available. Suits will be billed directly to your WGCC club account and distributed prior to the first swim and dive meets.

All other WGCC merchandise will be offered through a new vendor, Marlow Sports. Purchases can be made via their website by using your own method of payment. Charges will NOT be billed to your WGCC club account. A link to their website can be found on our team website.

### Family Folder

After you have registered, you will have a family folder in the team file cabinet

located in the coach's office. Any ribbons or medals won throughout the season will be located in your family folder. All other communication will be by email.

### Team Pictures

A team picture will be taken on Friday, July 11th at 8 am courtesy of Mary Kay Palmer and Lynne McTague, swim parents and professional photographers. Individual swimmer or diver pictures will be offered. Members may purchase the picture and the fee will be charged directly to their club bill. The swim team picture will be taken first with the dive team to immediately follow. Please wear your team suit for the picture.

### Team Trip

Every year all swimmers and divers will be invited to join in a team building activity designed by our coaches. Our team trip will take place on July 31st, 2014. Specific information will be communicated early in the season.

### Towels

Swimmers and divers must provide their own towels for all practices AND meets. Club towels may not be used. Should a child forget his/her towel during practice, they will need to speak to a coach directly before asking for a towel in the Guard area.

### Post Season Banquet

This year our Post-Season Banquet to celebrate our swim and dive team successes will be held on Friday, August 1st, 2014. You will be given more information about this banquet later in the season

## The 2014 WGCC Swim Team

The next three months will be filled with exciting swim meets, challenging practices and the FUN of being part of the Washington Golf and Country Club swim team (the “Swim Team”). Every effort will be made to provide the best instruction and organization required for the growth of our young and growing team here at Washington Golf and Country Club.

Participation on the Swim Team is intended to teach sportsmanship, cooperation, and team spirit. It provides team members with an opportunity to learn proper swim techniques in a fun-filled atmosphere. It allows swimmers a chance to compete as individuals and as a team. It is a great way to exercise and have FUN at the same time!

The Swim Team is committed to each swimmer. This commitment is based on the understanding that there is communication and support among swimmers, parents and coaches. WGCC expects each swimmer to demonstrate their commitment to the team by attending practice on a regular basis, by supporting their teammates on deck and in the water, and by conducting themselves in a responsible and sportsmanlike manner at all times.

Parents are expected to support the Swim Team and its swimmers by contributing their time to assist with various swimming and social activities. In turn, these swimmers and parents should expect WGCC to provide the utmost level of instruction in a well-organized, safe and friendly environment.

## Swim Coaches

### Head Coach

Matt Wolff

[mwolffswim@gmail.com](mailto:mwolffswim@gmail.com)

Matt grew up locally in Annandale, Va. He began his swimming career at Forest Hollow Swim Club in Annandale at the age of four. Later, Matt was their Head Coach from 2001-2004. He graduated from Annandale High School in 2002. In his senior year he was the Captain of the swim team while leading them to a third place finish in the state and a member of the State Record Setting 200 Medley relay team. After high school Matt went on to swim for the College of William and Mary. Matt qualified for Junior Nationals in three events as a member of the Arlington Aquatic Club. While swimming for William and Mary, he received the “Fresh-

man of the Year” award and continued to make more National qualifying times. He still holds three all-time top ten swim times at William and Mary. Matt started coaching for the Williamsburg Aquatic Club in the summer of 2006. After graduating in 2007 with a degree in Marketing and Information Technology, Matt went back to AAC and still coaches today as the Lead Coach of the Senior Group and the Assistant Coach to the National Prep Group at the Wakefield site. Matt has built a great reputation in the swim community and we look forward to him returning for his second season at WGCC.

**Assistant Head Coach**

Christian Doud  
christiandoud@yahoo.com

**Co-Head Developmental Coach**

Brian Yost  
Byost01@gmail.com

**Co-Head Developmental Coach**

Carter Cline  
carter.marrin@gmail.com

**Assistant Coach**

Daniel O'Berry  
doberry@bowdoin.edu

**Assistant Coach**

Mason Nassetta  
mason.nassetta@yahoo.com

**Assistant Coach**

Amanda Didawick  
amandarae14@icloud.com

**Hytek & Computers**

Kristin Wolff  
kristinbryant@hotmail.com

**Junior Coach**

Kirby Nassetta  
kirby.nassetta@gmail.com

**Junior Coach**

Sydney Nassetta  
sydney.nassetta@gmail.com

**Junior Coach**

Faith Palmer  
faithpowerspalmer@gmail.com

**Junior Coach**

Caitlyn O'Berry  
Cberry97@aol.com

**Junior Coach**

Jacob Beckner  
jbeckner@flinthehill.org

**Junior Coach**

Meredyth Von Seelen  
Meredyth.vonsee@gmail.com

**Junior Coach**

Karina Barria  
Karina.barria23@gmail.com

**Junior Coach**

Ryan Baker  
r.baker1097@gmail.com

**Junior Coach**

Kate Rita  
Kate.rita23@gmail.com

## Swimmer Eligibility

Any child of a WGCC member, 18 years of age or younger as of June 1, 2014, may join the Swim Team. In order to be a member of the team, the child must be able to swim one length of the pool (25 meters) unassisted. Coaches need to enforce this rule in order for each child to be safe and receive the best instruction possible. Group or private lessons are encouraged to prepare children for the Swim Team should they not meet this requirement. Once the child is able to swim the length of the pool unassisted, they may contact

Head Coach Matt Wolff about joining the team.

Children must be registered to participate in swim practice and have the chance to swim in regular season meets as well as the championship meet at the end of the season. Please visit the Swim and Dive team website [www.lightninginthepool.com](http://www.lightninginthepool.com) and click on the "Registration" tab on the right side of the homepage. The child's competition age will be determined by how old they are as of June 1st, 2014.

## Skills Assessment

All 11 and over swimmers will begin practice at 3:30 pm on May 12, 2014 and will not require a skills assessment. All 10 and under swimmers, however, will be evaluated at 4:30 pm that day. If you are unable to make the first day of practice, please contact Head Coach Matt Wolff to set up an alternate time to have your swimmer evaluated. All swimmers participating in this evaluation should be able to swim one length of the pool, using any stroke, unassisted.

Due to the large number of swimmers in the 10 and under group, two practices will be held. This will allow all children in this age group to receive more attention to stroke and racing technique and

to prevent overcrowding in lanes. 10 and under swimmers will be placed based on their swimming skills, not age, and will be told the day of their evaluation what practice they should be attending. One practice will be reserved for 10 and under swimmers who are legal in all four strokes. The other practice will be reserved for those 10 and under swimmers who are not legal in all four strokes. Once a swimmer progresses and is legal in all four strokes, they will move to the other practice. With the addition of the second practice, as well as additional coaching staff in place at each of the practices, swimmers should be able to more easily achieve their goals and improve their overall swimming performance.

## How to Join

This year we will again be using an on-line registration process. Please go to the team website, [www.lightninginthepool.com](http://www.lightninginthepool.com) and click on the "Registration" tab on the right hand side of the home page. If you are new to the team, please follow the instructions to create a new user name and passcode. If you have registered a swimmer or diver in prior years, please DO NOT create a new account.

For user name and passcode retrieval, please contact Dawn Gentry (rdrgentry@verizon.net).

Swimmers may join at any time during the season. Swimmers who will miss part of the season due to camp, vacation, or summer school are still welcome to join the Swim Team. However, we encourage you to please plan these events around our important meets. If a child does not compete in three dual meets, they will be ineligible for Championships. A successful team requires committed swimmers in order to have a strong showing at each meet. Divisionals and Divisional Relays are also important meets in which Washington Golf hopes to be very competitive and have a strong showing.

## Lessons

Group lessons and private lessons for swimmers of all skill levels will be available this summer starting in May. Private lessons can be scheduled by either email-

ing the coach you are interested in working with, or approaching the coach of your choice before or after practice. Coaches will do their best to accommodate sched-



ules. If you have a younger swimmer, it may be best to sign up for lessons with the coach they have on a daily basis as they have already established a relationship,

and should feel comfortable with them. Any questions regarding lessons can be directed to the Head Coach, Matt Wolff.

## Meet Information

Each meet will have up to 50 different events. These events are divided equally between boys and girls. Girls events are odd numbered. Boys events are even numbered. Swimmers may compete in no more than three individual events and two relays per meet.

All entries are at the discretion of the coaching staff. Generally, there are unlimited heats of freestyle and everyone interested may swim that stroke. For backstroke, breaststroke, and butterfly, there are limited heats and again, entries are at the coaches discretion. In an effort to increase team participation at the swim meets, coaches will make every effort to work with other clubs coaches to add additional heats of breaststroke, butterfly and backstroke for our 12 and under, 10 and under and 8 and under age groups. There is always the possibility, however, that due to inclement weather or certain unforeseen events, these extra heats may need to be eliminated in order to complete the meet.

Swimmers will be given their assignments at practice on the morning of each meet. Assignments can also be found on the swim and dive team website the day of the meet. Parents should make sure their children have this information with them when they arrive at the meet.

### Meet Start Time

All evening Dual Swim Meets are sched-

uled to start at 6:30 p.m. unless communicated otherwise. Please be sure to read meet notices carefully for the specified time.

### Warm Up is Required

All swimmers must arrive at the meet at the beginning of the scheduled warm-up period for each meet. Warm ups occur approximately 60-75 minutes before the start of a meet. Exact times will be communicated via the team website and through emailed meet notices. Each swimmer should report to the swim coach upon arrival at the meet.

### Meet Conduct

All swimmers are asked to stay in the area designated for WGCC swimmers throughout the meet. Swimmers who leave the area can easily miss their event. Coaches need to be able to find team members at any time during the meet. Parents are not allowed on deck at any time during a meet unless they are working in an official capacity.

Swimmers who are scheduled to swim in relays must stay at the meet until the end. One swimmer who leaves early can cause the entire relay to be "scratched." In addition to showing support for the team, staying to the end allows coaches to substitute another team member for a swimmer who has to leave a meet for unexpected and unavoidable reasons.

## Divisionals

Divisionals for the “A” Division of the CCSDA will be held on Tuesday, July 22nd, 2014 at WGCC. Due to the limited number of swimmers in each event, not all swimmers will be able to participate in Divisionals.

Each club may swim two individuals in each event in addition to an exhibition

swimmer. A swimmer is allowed to participate in three individual events and two relays. . The coaches determine who will swim in this meet, basing their decisions primarily on speed. Even if a child does not swim in Divisionals, they still may be asked to participate in the CCSDA Swim League Championship Meet.

## Championship Meet

The CCSDA Swim League Championship Meet will be held Monday and Tuesday, July 28th and 29th. Monday will be qualifying day for all age groups and Tuesday will be finals (for those placing in the top 16 in Monday’s events) for all age groups. The Championship Meet this year will be held at Army Navy Country Club.

Each club may swim two individuals in

each event. A swimmer is allowed to participate in two individual events and two relays. The coaches will determine who will swim in this meet, basing their decisions primarily on speed and the times of swimmers from other clubs. The Divisional structure for the 2015 season is largely determined by our final standings of the Championship Meet.

## Parents’ Role in the WGCC Swim Team

Parents must register their children on the team website. They are responsible for making sure swimmers are at practices and meets, on time and fully prepared (fins, towels, goggles, etc.). They are also

responsible for ensuring swimmers follow team rules and are respectful to teammates, coaches, parent volunteers and WGCC staff.

## Swim Team Volunteers

Volunteers play an integral role in running each of the swim meets and promoting team spirit. At least one parent from each family should expect to volunteer their time at various times during the season. At every meet we will be looking for timers, starters, take-off judges, stroke and turn judges, ribbon writers, and hy-tek/

Colorado system operators. And throughout the season we will need volunteers to organize pep rallies and team events. Please contact Amy Otteni (amyotteni@verizon.net) with your preference.

Clinics are being held in early summer to train parent volunteers to be stroke and

turn judges and to function as referees and starters. Dates and times for these clinics will be provided at a later date and posted

on the swim and dive team website. Please consider becoming certified.

## Swim Coach Policies and Procedures

Please review the following policies and procedures with your child prior to the first day of practice.

### Competing On Other Swim Teams

Many of our swimmers compete on an additional swim team (Private club teams or other NVSL swim teams). While this is ok with our coaching staff, we still expect WGCC to be a priority to be fair to the other swimmers. We ask that if you compete with another team, that you still attend one WGCC practice a week to promote team camaraderie and equality. Remember you must also compete in time trials to be eligible for meets. You must also compete in three dual meets to be eligible for the Championship meet at the end of the season. You may not swim in any meet without being time trialed in an event prior. Please work with us if you are on the fence about swimming for two teams. Having every member participate is a sure way to get us another championship this coming season. Don't just assume that because you will miss a meet or two, that you should not participate this summer. Our staff will work with you on your schedule and will help work around PVS and NVSL commitments.

### Lane Etiquette

Once placed into groups for training this summer, each swimmer will be assigned a lane based on skill level. All practices will be organized so that swimmers with similar skill levels are swimming together. In order to give our team the best chance for success throughout the summer, we must have organized lane assignments that ensure each swimmer is being trained to

their maximum potential. Having swimmers in the same lane that are not at the same level of skill can hold back the entire group from our overall goals. The coaching staff will move swimmers up and down lanes at practice as necessary in order to ensure that each swimmer is getting an adequate level of training.

### Five Seconds Apart

We ask that all swimmers give at least 5 seconds of space for the swimmer in front of them in the lane.

### Passing Another Swimmer

When passing another swimmer in your lane, we ask that you please do so according to the guidelines we set forth as a coaching staff. Start by tapping the foot gently of the swimmer in front of you (this does not mean grab or scratch). If tapped by a swimmer behind you, please do not stop in the middle of the lane. Please stop at the nearest wall, and allow the swimmer behind you to pass. If a swimmer in front of you refuses to let you go ahead, please notify the closest member of the coaching staff.

### Always Swim Down the Right Side of the Lane

We ask that while training at practice, each swimmer always stays to the right side of the lane to avoid head on collisions in the pool. We do realize this may be difficult for swimmers performing backstroke, but we ask each swimmer to do their very best.

### Goofing Off at Practice

While summer swimming should be fun

(and we expect to have a ton of fun this summer), we still will not put up with bad behavior during practice. If the coaching staff feels like a swimmer is not paying attention or distracting other swimmers from their ability to train, we may ask a swimmer to leave practice or sit out. In the event that this occurs, the parents or guardians of the swimmer will be notified. If the behavior continues on a regular basis, the coaching staff reserves the right to ask a swimmer to be removed for an amount of time agreed upon by the coaching staff, team rep, and parents of the swimmer.

**Questions/Comments**

If a parent or swimmer ever has questions or concerns, please feel free to discuss the situation with Coaches Matt Wolff, Christian Doud, Brian Yost, or Carter Cline. Please make sure you approach the coach at the appropriate times. For numerous reasons, we ask that you NEVER approach a coach while they are on deck at practice as it distracts from all swimmers. Email is also an appropriate means of communication. Thank you for your help on this issue.

**2014 Swim Team Practice Schedule**

**May 12th through June 20th** *(prior to Arlington County school release)*  
Monday through Friday

- 11 & Over..... 3:30- 4:30 p.m.
- 10 & Under legal in ALL four strokes..... 4:30- 5:30 p.m.
- 10 & Under NOT legal in ALL four strokes..... 5:30- 6:30 p.m.

**June 23rd through July 16th**  
Monday through Friday

- 10 & Under legal in ALL four strokes .....7:30 - 8:30 a.m.
- 11 & Over ..... 8:30 – 9:30 a.m.
- 10 & Unders NOT legal in all four strokes..... 9:30-10:30 a.m.

All practices after July 16th will be reserved for Divisional and Championship swimmers only. We will send out a list of who qualifies for these meets a few days prior. July 16th will be a game day for the entire team to celebrate a regular season well done!

+Please note: the coaching staff may schedule optional training practices on Saturdays and in afternoons as needed and will let you know when and if they will take place.

## 2014 Washington Golf Swim Meet Schedule

<b>Date</b>	<b>Opponent &amp; Meet Location</b>
Thursday, June 19th .....	Time Trials vs. Overlee* – Home
Tuesday, June 24th .....	Columbia – at Columbia, "B" meet
Thursday, June 26th .....	Edgemoor – at Edgemoor
Friday, June 27th .....	SUPER NOVA – Home
Saturday, June 28th .....	Lolli Pop Meet – Home, for 10 & under swimmers only
Tuesday, July 1st .....	Congressional – at Congressional
Thursday, July 3rd .....	BYE
Tuesday, July 8th .....	Army Navy – at Army Navy
Thursday, July 10th .....	Divisional Relays – at Kenwood
Saturday, July 12th .....	Squirt Gun – at Belle Haven for 10 & under swimmers only
Tuesday, July 15th .....	Kenwood – Home
Thursday, July 17th .....	Open/Rain Date
Tuesday, July 22nd .....	DIVISIONALS – Home

\*This is a mandatory meet for all swimmers and will be the only guaranteed opportunity to earn a time in all four strokes

### CCSDA Championship at Army Navy Country Club

Sunday, July 27th	Pool Familiarization <i>mandatory for those participating</i>
Monday, July 28th	Preliminaries – All Age Groups
Tuesday, July 29th	Finals – All Age Groups
Thursday, July 31st	WGCC Swim and Dive Team Activity
Friday, August 1st	WGCC Swim and Dive Awards Banquet at WGCC

## The WGCC 2014 Dive Team

We invite you to become a part of the rich tradition of the Washington Golf and Country Club Diving Team. This season the team will work toward earning a 17th straight CCSDA Championship title.

The experienced staff instills safe and solid mechanics starting at the beginner level. Our number one goal is to see that each diver achieves personal success and feels a sense of accomplishment. All of the coaches work in a coordinated effort to ensure proper technique and good sportsmanship during practices and meets. In addition, the coaches make every effort

to use positive reinforcement and keep morale high on the diving team.

For up to date information regarding the Dive team, please refer to the WGCC Swim and Dive team website, [www.lightninginthepool.com](http://www.lightninginthepool.com). There you will find everything you need to know about the Dive team and the 2014 season. For any questions regarding the website, please contact Paige Nassetta at [paigen@comcast.net](mailto:paigen@comcast.net). For any questions regarding your diver, please contact Amy Kress at [amykress@ymail.com](mailto:amykress@ymail.com).

## Dive Coaches

### Head Coach, Amy Kress

[amykress@ymail.com](mailto:amykress@ymail.com)

Amy returns for her 19th season at WGCC, where she has led the Dive team to 16 straight championship titles! Amy grew up in Falls Church, Virginia and began diving at the age of eight in the Northern Virginia Swim League (NVSL). Amy was recruited to dive at North Carolina State University where she competed all four years and earned All ACC Academic Honors and qualified for NCAA

Zone Diving Championships. After college, Amy coached six years in the NVSL league and eight seasons at Georgetown University where she produced several NCAA Zone Championship Qualifiers. She also founded Starr Dive Club and produced a Junior National Qualifier. Amy is married to Adam Kress and has three sons, Matthew, Peter and John.

### Head Assistant Coach,

Jordan Lesser  
[jlesser@emich.edu](mailto:jlesser@emich.edu)

### Assistant Junior Coach,

Carlyn Caruthers  
[ccaruthers@gmail.com](mailto:ccaruthers@gmail.com)

### Assistant Junior Coach,

Gennie Gilson  
[GGilson926@gmail.com](mailto:GGilson926@gmail.com)

## Diver Eligibility and Assessment

Children ages six to eighteen that pass the pool manager's swim test and show a reasonable attention span and maturity level during an entire practice are encouraged to join the Dive team. The Dive team consists of two groups of divers; Novice Divers and Competition Divers.

Novice Divers are those divers who do not meet the dual meet requirements listed under the Dual Meets section. These divers can become Competition Divers at any time during the season when they meet the dual meet requirements and when the Head Coach deems him or her ready to compete.

Competition Divers are those divers who

have met the dual meet requirements listed under the Dual Meets section and show a readiness to compete. These divers must also be committed to competing in each of the dual meets during the regular season and make every effort to be available for the championship meet at the end of the season.

If you are not sure of your diver's skill level, then they will need to be assessed by the Head Coach. All NEW divers regardless of age will need to be assessed at their first dive practice. Please email Head Coach Amy at amykress@ymail.com with any questions. There is no cost for an assessment.

## How to Join

Divers must be registered before participating on the Dive team. Please visit the WGCC Swim and Dive team website, [www.lightninginthepool.com](http://www.lightninginthepool.com) and click on the "Registration" tab on the right hand side of the home page. If you are new to the team, please follow the instructions to create a new user name and passcode. If you have registered a swimmer or diver in prior years, please DO NOT create a new account. For user name and passcode retrieval, please contact Dawn Gentry (rdrgentry@verizon.net). The child's competition age will be determined by how old they are as of June 1st, 2014.

Divers may join the Dive Team at any time during the season. Divers who miss part of the season due to camp, vacation, or summer school are still welcome to join the team. However, we encourage you to make every effort to plan those events around the scheduled dive meets.

**PLEASE NOTE:** If a diver does not com-

pete in 3 dual meets during the season, they will be ineligible to participate in their championship meet in July.

A successful dive team requires committed divers in order to have a strong showing at each meet. Divers who know they will not be attending the championship meet in July are asked to please inform the coaches as soon as possible so that they may put their best championship team forward. Preparing a diver for Champs takes time, as they are required to compete more dives in a Championship meet. It can sometimes take weeks for a diver to learn a new dive and have it be "meet ready."

### Lessons

Private lessons and group lessons for divers of all skill levels will be available this summer. Lessons may be scheduled by contacting the coach of your choice through email or on deck before or after practice. Please do not interrupt a practice to schedule a lesson with a coach.

## Meet Information

### Meet Signup

Divers must sign up for each meet online. All meets will be entered on the swim and dive website at least 3 days in advance of the meet. An email will be sent out when it is time to sign up. Once you receive the email, please make sure to click on the “More Info” link, log in and then sign your diver up by declaring “committed” or “not committed.” You must sign up before the deadline listed in the email so that there is plenty of time for our coaches to prepare the dive list for your diver. Also, please declare “Not committed” even if your diver will not be diving. This is important for record keeping. Please contact Paige Nassetta via email at paigen@comcast.net with any questions regarding the website.

### Meet Warm-Ups

For all HOME meets, WGCC divers will warm up from 4:30-5:30pm. For all AWAY meets, WGCC divers will warm up from 5:30-6:00pm. Please arrive at least 15 minutes ahead of the scheduled warm up period for both home and away meets.

### Meet Start Time

All dual meets will begin promptly at 6:00 pm unless communicated otherwise due to weather or a large number of divers entered into the meet.

### Meet Conduct

Divers are asked to remain with their coaches while diving in their age group. All other spectators, including parents, are not allowed on the pool deck unless they are working the meet as a judge or table worker. All divers should remain in the team area during the meet to support their teammates. Younger divers are encouraged to remain at the meet to cheer on their older teammates. This promotes team unity and allows the younger divers to see some great diving!

### Diving Up an Age Group

Younger divers may be asked to dive up during a dual meet or Championship meet. Diving up age groups is at a coach's discretion and often involves diving people where they are most prepared.

## Dual Meets

Divers may compete in a dual meet so long as they meet the proper competition requirements in their age group. Those divers who do not meet the dual meet requirements are considered Novice Divers and may only participate in the home dual meets and the scheduled “B” meet.

**PLEASE NOTE:** Due to the large number of WGCC divers and the time limitations at the meets, only the first 10 Novice Div-

ers who sign up on line for a home dual meet will be allowed to participate. Thus, it is important that you declare your diver as soon as possible for each meet.

The “B” meet has been specifically designed for WGCC Novice Divers (no number limit) or divers from other clubs who need to meet the 3rd dive meet requirement in order to participate in a Champs meet.



## Dual Meet Requirements

### 8 & under

forward dive, 1 optional dive

### 10 & under

1 required dive, 2 optional dives

### 12 & under

2 required dives, 2 optional dives

### 14 & under

3 required dives, 2 optional dives

### 18 & under

3 required dives, 3 optional dives

## Championship Meet

There are three championship meets in the month of July.

### Jr. Champs Meet

*(divers ages 12 and younger)*

### Sr. Champs Meet

*(divers ages 13 and older)*

For the Jr. and Sr. Champs there is a 2-person entry limit per age group and one Wild Card spot. In order to be eligible and to be chosen to compete in a Jr. or Sr. Championship Meet, a diver must have competed in at least three regular season dual meets (the "B" meet may also serve as a required meet). The diver must also be able to perform the required amount of

dives stated below. Please note your diver will need to add 1 or more new dives to their list depending on their age group. The top two divers in each age group are selected to compete. Considerations may include dual meet performances, attendance, good sportsmanship, and divers that have a complete list of safe and meet ready dives for the Championship Meet. A wild card diver will be chosen by the Head Coach and can be selected from any age group. The wild card choice is not to be taken lightly and can be a very difficult choice to make. This selection can make or break a close Championship Meet.

## Championship Meet Requirements

8 & under.....	forward dive, 2 optional dives
10 & under.....	2 required dives, 2 optional dives
12 & under.....	3 required dives, 2 optional dives
14 & under.....	4 required dives, 3 optional dives
18 & under.....	4 required dives, 4 optional dives

Required dives in this league are 101 forward dive, 201 back dive, 301 reverse dive, 401 inward dive and 5111 forward dive ½ twist.

Optional dives are anything else including a dive in the required dive list that is not

already being used in their dive list as a required dive.

### Championships Warm-Up Time

Warm ups for the Championship meets are from 7:30-9:00 am.

**Championships Start/End Time**

The Championship Meets start at 9:00 am and conclude by 4:00 pm. All Championship Meets are long days. Please prepare your diver as there may be delays. If possible, please do not plan other activities on Championship Meet days.

The All Star Meet is for divers and alternates who do not compete in either the Jr. or Sr. Champs Meet. This meet follows the same format as a dual meet. Novice Divers are also welcome to compete in this meet and there is no limit to the amount of divers who may participate.

**Parents' Role/Volunteers within the WGCC Dive Team**

Each dive meets requires the participation of parents. Parents are responsible for making sure that divers are at all practices and meets, on time and fully prepared (towel and/or sammy). They are also responsible for ensuring that divers follow team rules and are respectful to their teammates, coaches, parent volunteers and WGCC staff. Parent volunteers are also needed to work the Scorer's Table, write dive articles for The Tee and local newspapers, take photos and videos, and help with the end of the year banquet. There will be an online signup for parent volunteers and we encourage each family to lend their support at least once during the season. Please contact Paige Nassetta

at paigen@comcast.net if you have any general team questions or if you would like to volunteer.

We are in need of two to three judges per meet to run a successful event. A judges diving clinic will be held on Monday, June 16th at WGCC from 6:00-7:30 pm. Please contact Kathy Didawick at didawicks@verizon.net if you are interested in becoming a judge and attending the clinic. We are looking for several new judges to replace those judges whose divers have since graduated from the program. Judging is a great way to understand and become involved in the sport.

**2014 Dive Team Practice Schedule**

If a diver misses a practice, it is the responsibility of that diver to prove his or her readiness for the upcoming meet. This is meant as a safety precaution. Attend-

ing practices on a regular basis enables the coaches to plan the meet entries in a timely fashion.

**May 27th through June 20th** *(prior to Arlington County school release)*

Monday through Friday *(All ages can come to either time slot)*

- 11 & Over..... 4:30-5:30 p.m.
- 10 & Under and Novice Divers.....5:30-6:30 p.m.

**June 23rd through July 16th**

Monday through Friday

- Novice Divers.....9:00-9:30 a.m.
- 10 & Under..... 9:30-10:30 a.m.
- 11 & Over.....10:30-11:30 a.m.

## 2014 WGCC Dive Team Schedule

<b>Date</b>	<b>Opponent and Meet Location</b>
Monday, June 16th.....	Judges Clinic for New & Returning Judges at WGCC 6:00 - 7:30pm <i>All Parents Welcome</i>
Wednesday, June 18th.....	Red/White Intrasquad Meet - Home <i>All WGCC Divers</i>
Sunday, June 22nd.....	Synchro Meet – at Chevy Chase <i>All CCSDA Divers</i>
Monday, June 23rd.....	Manor – at Manor <i>(Competition Divers only)</i>
Wednesday, June 25th.....	BYE
Monday, June 30th.....	Congressional – at Congressional* <i>(Competition Divers only)</i>
Wednesday, July 2nd.....	OPEN/RAIN DATE
Monday, July 7th.....	Chevy Chase – at Chevy Chase <i>(Competition Divers only)</i>
Wednesday, July 9th.....	Kenwood – Home <i>(Competition and Novice-10)</i>
Sunday, July 13th.....	Congressional “B” Meet – Home <i>(All Novice Divers)</i>
Monday, July 14th.....	Army Navy – Home <i>(Competition and Novice-10)</i>
Wednesday, July 16th.....	Bethesda – Home <i>(Competition and Novice-10)</i>
Wednesday, July 23rd.....	Champs Practice Day Jr. at Congressional Sr. at Kenwood <i>(Selected Divers)</i>
Thursday, July 24th.....	Jr. Champs – at Congressional <i>(Selected Divers)</i>
Friday, July 25th.....	Sr. Champs – at Kenwood <i>(Selected Divers)</i>
Saturday, July 26th.....	All Stars – at Bethesda <i>(All CCSDA Divers except Champs Divers)</i>
Thursday, July 31st.....	WGCC Swim and Dive Team Activity
Friday, August 1st.....	WGCC Swim and Dive Awards Banquet at WGCC

\*This meet may change locations and be hosted by WGCC.

If so, then only Competition and Novice-10 Divers may compete.

## Directions to Away Meets

### Army Navy Country Club

*(Arlington – West Gate)*  
2400 South 18th Street  
Arlington, Virginia 22204  
(703) 521-6800

- Turn Left onto Glebe Road and continue over 66 and Route 50
- Turn Left onto 17th Road S.
- Immediately make a slight right onto 18th Street
- The club is at the end of the street and the pool is to the right

### Belle Haven Country Club

6023 Fort Hunt Road  
Alexandria, Virginia 22307  
(703) 960-3600

- Turn Left onto Glebe Road and continue until exit for 66
- Merge onto I-66 via the ramp on the left toward Washington
- Take the Va-110 South Exit – Exit 75 – toward Pentagon/Alexandria and merge onto Jefferson Davis Highway
- Continue on Jefferson Davis Highway (which becomes US 1) through Alexandria
- After crossing over Interstate 95, you must stay in the right lane and exit to right in order to turn left onto Fort Hunt Road, crossing back over US 1
- New club entrance immediately on left after crossing over US 1

### Bethesda Country Club

7601 Bradley Boulevard  
Bethesda, Maryland 20817  
(301) 365-1700

- From the Capital Beltway (I-495), take the River Road exit heading towards Potomac.
- Go approximately 1/8 of a mile and turn right onto Seven Locks Road.
- Go approximately 2 miles to the first traffic light (Bradley Boulevard) and turn right.
- Go approximately 1/4 mile and you will see the entrance to Bethesda Country Club on your left.

### Chevy Chase Club

6100 Connecticut Avenue  
Chevy Chase, Maryland 20815  
(301) 652-4100

- Turn Right onto Glebe Road
- Continue on Glebe and turn Right on Canal Road
- Turn Left onto Arizona Avenue
- Turn Left onto MacArthur Boulevard
- Turn Right onto Loughboro Road (name changes to Nebraska Ave)
- Merge onto Tenley Circle
- Keep Right onto Nebraska Ave NW
- Bear Left onto Connecticut Avenue
- Enter next roundabout and take 3rd exit onto Connecticut Avenue
- Club will be on the left before the next stop light

Or, Alternatively, you can take the beltway to Connecticut Avenue south towards Washington, DC. Go about two miles; club will be on the right.

**Columbia Country Club**

7900 Connecticut Avenue  
Chevy Chase, MD 20815  
(301) 951-5000

- Take I-495 towards Baltimore
- Take Exit 33B Connecticut Avenue towards Chevy Chase
- Stay south on Connecticut Avenue for about 1 mile.
- Turn Right into Columbia Country Club

**Congressional Country Club**

8500 River Rd.  
Bethesda, MD 20816  
(301) 469-2000

- Take I-495 toward Maryland
- Take Exit #39, Route 190 (River Rd.) toward Potomac
- Follow River Road approximately 1.2 miles
- The entrance will be on your left and the club is bordered with a white fence and white pillars marked "8500"

**Kenwood Golf & Country Club**

5601 River Road  
Bethesda, Maryland 20816  
(301) 320-3000

- Turn Right onto Glebe Road
- Continue on Glebe and turn Right on Canal Road
- Turn Left onto Arizona Avenue
- Turn Left onto MacArthur Boulevard
- Turn Right onto Loughboro Road
- Turn Left onto Dalecarla Parkway
- Enter next roundabout and take 4th exit onto Massachusetts Avenue
- Turn Right onto Little Falls Parkway
- Turn Left onto River Road

**Manor Country Club**

14901 Carrollton Road  
Rockville, Maryland 20853  
(301) 929-1700

- I-495 N/Capital Beltway toward Rockville/Baltimore
- Merge onto I-270 Spur North, toward Rockville/Frederick
- Take I-270 North to Montrose Road East (Exit 4A)
- Turn slight left onto Tower Oaks Blvd
- Make right turn onto Wooton Parkway
- Stay straight until you reach 1st St/MD-911 East
- Continue on 1st Street, which will become MD-28 E (NORBECK ROAD)
- Proceed to Manor Country Club on the Right hand side
- Turn right onto Carrollton Road.