

Division 13, Dual Meet Results -Week 1

June 23, 2007 was a beautiful, sunny morning and the Arlington Forrest Tigers swam against the Little Hunting Park Gators. The final score was Arlington Forest 221 - Little Hunting Park 181. The double first place winners were Eric Newton in back and fly, Georgia Allin in free and fly, Hannah Aiken in free and back, Michelle Moriarty in free and breast, Elizabeth Palmer in back and fly, and Michael Allen in back and fly. Tigers also took first place on seven of the relays. The team had 53 new Personal Bests at this meet. Tiger swimmers that improved more than 6% were David Hemingway and Alexandra MacCallum in Freestyle; Zoe Edwards, Rebecca Bean, and Max Rosenberg in Backstroke; Adam Michalak, Andrew Long Rohan Kochereker, Bryn Edwards and Lucy Banks in Breaststroke; and Adam Michalak in Butterfly. We won the first meet of 2007. Great job Tigers-- keep it up.



Upcoming Events

DATE	DAY	WHAT'S HAPPENING	WHEN
June 24	Sun	<i>Ice Cream Social</i> and B- Meet sign ups	3:30 – 4 pm
June 25	Mon	Morning Practice Begins – see schedule	7:30-9:15
June 25	Mon	B Meet AFC @ Chesterbook warm ups 5:30	6 pm *
June 26	Tues	Afternoon practice begins T & Th – see schedule	4-5 pm
June 26	Tues	NVSL Scholarships due 6 pm	7 pm
June 30	Sat	A Meet AFC @ HRA warm ups TBD	9 am
July 1	Sun	<i>Ice Cream Social</i> and B- Meet sign ups	3:30 – 4 pm
July 2	Mon	FH Individual Medley (IM) Meet	6 pm *
June 3	Tues	<i>Ultra Zone Night @ Bailey's Crossroads</i>	7 pm
July 4	Wed	Adams All Arlington Relays (Family Fun)	Morning TBD
July 7	Sat	A Meet AFC @ W warm ups TBD	9 am *
July 8	Sun	<i>Ice Cream Social</i> and B-Meet sign ups	3:30 – 4 pm
July 9	Mon	B Meet AFC @ DT warm ups TBD	6 pm *
July 11	Wed	Division 13 Relay Carnival Meet @ LHP warm ups TBD	6:30 pm *
July 12	Thurs	<i>Six Flags Trip</i>	After practice

NVSL Scholarship Week

NVSL Scholarship week is June 30 through July 7. Every swimmer and diver in NVSL is asked to bring at least \$1 to either the Chesterbrook or HRA this week to help rebuild the NVSL scholarship fund. Ginnie Nicholas will collect your donations and send them on to NVSL. Thanks for your support of this worthwhile endeavor.

Tigers Swam Fast at Opening B-Meet

Wow, the season just opened and the Tigers were roaring to swim. This year we were fortunate to have great weather for our first developmental meet. I remember last year when we hid in our cars in the parking lot while a thunderstorm let loose and our meet against Dominion Hills was eventually called because of rain. This year, there were seventy-five personal best times swum at the Dominion Hills vs Arlington Forest meet on June 18th. Nine Tiger swimmers showed an improvement of more than 10%; these swimmers are:

John Tridico	25M	BACK	18.7%
Marisa Shotwell	50M	BREAST	17.8%
Tommy Fitzpatrick	25M	FREE	17.3%
Colleen Aiken	50M	FREE	16.8%
Zoe Edwards	2M	BACK	16.6%
Callie Randall	50M	BREAST	12.6%
Zoe Edwards	25M	BREAST	12.5%
Rebecca Wroblewski	50M	BACK	11.8%
Adam Michalak	50M	FREE	11.5%

Get ready for our next developmental meet against Chesterbrook (CB) on June 25th. Parents, parking at CB will be tight, you can also park in the church parking lot next to the pool. CB will have food available for purchase at the meet and their upper pool will be open, if swim team siblings want to cool off.

Parent Volunteers are Important!!!

Swimming is unlike many other sports. We have all taken our children to soccer, baseball, or other sports and probably stood by as two or three parents helped run the team. The summer swim program only succeeds with substantial parental help. ***In fact, it takes over 40 parents to time, officiate, and score a typical swim meet!*** Additional support is required to conduct all the other social events planned for the team that involve activities other than swimming. Swimming is unique in that there is a place on the team for anyone eighteen years old and younger who can swim across the pool without assistance. How many other sports have children ages five to eighteen on the same team participating in the same competition with their parents helping out?

We **NEED** your **Dues and Registration Forms** NOW!!! If you haven't turned yours in, **please** give it to the Team Rep! Thank you.

Weekly Ice Cream Socials to Sign-Up for B-Meets

B Meets are for **EVERYONE** on the Team and we encourage you to swim every Monday in as many events as you like!

Every Sunday afternoon, before Monday B-Meets, join the Team for an ice cream social from 3:30–4:00 PM under the Tiger Pavilion. Sign-up for your Monday swim meet events and enjoy refreshing ice cream all at the same time! You can also select your Monday events at the Monday morning practice, but there won't be any delicious ice cream!

End of Season Party - July 29, 2007

The annual Swim and Dive Banquet and Midnight Madness will be here before we know it. For the new swimmers and families, this is our Fantastic end of year party. We have a potluck dinner, an awards ceremony, and a late night private pool party with a DJ. It is a lot of fun for both parents and kids.

We still need someone to organize this important event as well as additional volunteers to help with setup and cleanup. Please contact Ginnie Nicholas if you are interested in coordinating this event.

Week 2

The Arlington Forest TIGERS will travel to Holmes Run Acres (HRA) for our 2nd Dual Meet on Saturday June 30. Warm-ups will begin at 8:30. If you'd like to join the vehicle caravan to the meet, we will leave AFC at 7:55 am. Parents keep your eyes open for the meet assignments. Please make sure you inform the coach and Team Rep of an anticipated absence by Wednesday morning, so the coaches can finalize Saturday's line up.

Swim Fast Tigers.....

IM Carnival

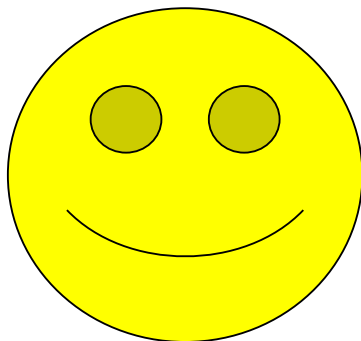
The AFC Tigers have been invited to swim in the *Todd Potts IM Carnival* at Forest Hollow on the evening of Monday July 2nd. The Meet is conducted in memory of a former Forest Hollow swimmer and proceeds support a scholarship fund in his honor.

The 100 Meter Individual Medley is the only event at the meet. Individual ribbons and a team champion trophy are awarded. If you are interested in swimming, **you must sign up by June 26th**. A sign-up sheet is posted on the bulletin board. Any questions, talk to Coach Julie.

We'd like to have as many swimmers as possible swim in this meet, so if you want to try this fun meet, please sign up. Swimmer parents, we will need to supply deck officials and volunteers for this meet including at least two stroke & turn judges, awards, several timers, and a marshal. Please let Ginnie Nicholas know how you will help staff this meet.

Stroke of the Week - Freestyle

The freestyle is defined as any means of swimming across the pool. Any stroke and kick are acceptable and you may stop to rest. There are, however, a few other rules associated with this stroke, specifically: (1) you cannot walk on the bottom, pull yourself along using the lane lines or propel yourself off the bottom; and (2) in a 50 Meter race (two pool lengths) you must touch the wall at the 25 meter end before touching the wall at the 50 meter end (this may seem obvious, but sometimes swimmers miss touching the wall at the turning end of the pool).



“I’m a very happy TIGER Swimmer”