



Team Reps' and Coaches' Guide to the

NVSL Individual All Stars


July 27th 2024 at 8:30AM

Hosted by Pinecrest Swim & Tennis Club

Meet Managers	Amy Downey (NVSL) at amywdowney@yahoo.com & Richard Knight (Pinecrest) at swimteam@pinecrest20171.com and Billy Eckardt (Pinecrest) at president@pinecrest20171.com
Pool Location	12515 Pinecrest Rd, Herndon, VA 20171\ Pool Telephone (703) 860-8027 Pinecrest Swim & Tennis Club (PC) is located between Fairfax County Pkwy (Rt. 286) and Reston Pkwy (Rt. 602). Please see parking restrictions below, but there will be no general parking available at PC or along Pinecrest Rd between Magna Carta and Fox Mill Rd. Swimmer and spectator drop-off for access to the team areas will be at the field gate along Pinecrest Rd. Recommend approaching PC from the West, avoiding turning onto Pinecrest Rd from Fox Mill Rd. See map for details.

Meet Prep

IAS Qualifiers	Division Coordinators meet on Saturday after Divisionals and notifications to the teams are made.
Scratches and Substitutions	ASAP Team reps should report any swimmer scratch to your Div. Coordinator and Michelle Hale/NVSL Technology Team at NVSLTechnology@gmail.com allowing notification to alternates. Please make sure you receive a response acknowledging receipt of your email. Scratches made before 5 PM Tuesday, will allow for alternates to be named in the meet program and scratches to be acknowledged as well. Patches are given to the original top 20 swimmers and anyone else participating on meet day. After Tuesday 8 PM, scratches should continue to be reported to NVSLTechnology@gmail.com. Please make sure you receive a response acknowledging receipt of your email. On meet day, Team Reps are to advise the Scratch Table of any last-minute scratches.
Meet Officials provided by your team	Each Div. Coordinator will let teams know their requirements for Meet Officials and Volunteers. Team Reps are to provide names and emails to their Div. Coordinator by 5 PM, Tues. Failure to provide a name prior the publication cutoff times does not relieve the Division/Team of their obligation. Officials working the 1st session should check-in and report for instruction no later than 7:30 am. Officials for the 2nd session should check in no later than 10:00 am and be ready for instruction. Please notify amywdowney@yahoo.com if you have any extra volunteers wanting to work and that you would recommend.

<p>All Star T-shirts and Caps</p>	<p>After receiving your list of All Stars, submit your Team Order Form to purchase All-Star Shirts, Swim Caps and Programs. Order forms can be found on mynvsl.com under the Document Tab. Team orders will receive a discount. Teams will be guaranteed T-shirts in the sizes and quantities ordered if the team order is sent to designated email by no later than Tuesday, July 23rd, before 5pm. Orders can be placed after that time and will be filled with supplies available. Orders will be available for pickup and team payment will be collected on Friday, July 26th, during the Merchandise pick-up event/pool area familiarization at Pinecrest pool from 7:00-11:00a. Any unfilled orders and Team Orders of Meet Programs will be available on Meet Day for pick-up by the person designated by the team rep.</p>
<div style="text-align: center;">  <p style="margin-left: 200px;">Shirt Color: Red</p> </div>	
<p>Meet Programs</p>	<p>It is recommended that teams pre-order meet programs. A limited supply will be sold at the meet.</p>
<p>Happy Ads</p>	<p>The deadline for submission of the Meet Program Happy Ads is 5 PM Tuesday. Ads submitted after that time cannot be accepted. Ads must be submitted electronically to nvslhappyads@gmail.com (PDF or JPG format preferred) and in its final version. Payment (checks made out to NVSL or cash) may be received at Merchandise pick-up or mailed to: NVSL c/o Michele Bergen, 7636 Webbwood Court, Springfield, VA 22151 and received by Monday, July 29. Information to submit Happy Ads can be found in the documents tabs of the NVSL website, All Stars (Individual) 2024-Pinecrest file Direct questions to nvslhappyads@gmail.com.</p>
<p>Pool Familiarization</p>	<p>Pool Familiarization will be held on Friday, July 26th 7:00 AM – 11:00 AM. Swimmers will be allowed to swim in the pool at Pinecrest. The condition of the pool will be as close to meet conditions as possible. There will be limited parking at Pinecrest. You may also park in the surrounding neighborhood. Please be considerate by obeying posted signs and not blocking driveways.</p>
<p>Friday July 26, 7-11 AM</p>	<p>Pool Familiarization is not to be used as a team practice. This is an Open House warm-up for swimmers to become familiar with the pool and for the Coaches and Team Reps to become familiar with the site configuration. Please arrive as a team and sign in by coaches for lane space will be required. Teams will only be granted one 15-20 minute time slot to use the pool. There will be designated start/sprint lanes. Site maps will be available.</p>
<p>ALL STAR Merchandise Pick-up/Pool Familiarization</p>	<p>Team orders of All Star merchandise will be available for payment and pick-up. All-Star T-shirts, Swim Caps, and meet programs will be available for purchase by individuals. A Happy Ads representative will be present to take orders and payments. Direct questions to nvslhappyads@gmail.com</p>

Meet Day

<p>Shop NVSL</p>	<p>Pre-sale Meet Programs will be available for pick-up. NVSL Apparel, All-Star Shirts, Swim Caps and Programs can also be purchased at the meet.</p>
<p>Team Areas</p>	<p>Team areas may be set up in the field adjacent to Pinecrest NO EARLIER THAN 7 AM on Saturday morning. Anyone near or on PC pool property before 7AM will be considered to be trespassing and local authorities will be notified. Tents that are set up prior to 7AM on meet day will be removed. Access to the Team Area is through the swimmer drop off entrance. There will be a volunteer onsite to welcome teams and take them to their assigned Team Area. Teams may set up in designated areas as marked on the grass.</p> <p>PLEASE NOTE: *The NVSL and Pinecrest will assign locations for ALL teams to avoid the rush to choose a spot and set up tents from those teams with the most participants.</p> <p>*For teams sending 1-2 swimmers, Pinecrest will provide a “Single Swimmers” tented area and a covered pavilion near the tennis courts. Due to space limitations, there will not be locations assigned for these teams. Please bring chairs.</p> <p>*Teams from one division are welcome to reach out and organize a Team Area, under one tent, for their Division. Please email Bryan Haymond (iasnvsl@gmail.com) with your division number.</p> <p>The sand volleyball court is off-limits, will be clearly marked and will be strictly enforced.</p> <p>No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be in the pool parking lot/team areas.</p> <p>Tents, canopies and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas.</p> <p>As always, Coaches are responsible for ensuring that their swimmers report to the Clerk-of-Course on time.</p>
<p>Parking</p>	<p>The team area at Pinecrest will be open at 7am. Swimmers and spectators can gain access to the team areas through the gate at Swimmer Drop Off. General parking will be street parking in the surrounding neighborhood or at Fox Mill Elementary School (2611 Viking Dr, Herndon, VA 20171) which has limited parking. Parking in the Truist and Heritage Fellowship church parking lots across Fox Mill Rd is prohibited and strictly enforced; vehicles will be towed at owner's expense. Do not park on Fox Mill Rd; it is a high traffic thruway with no sidewalks or walking space. Allow plenty of time to park and walk to the pool once you drop off your swimmer(s). Please do not block driveways, park in intersections or block fire hydrants. Commercial vehicles and large buses are not permitted for this event. Be a good neighbor - Follow the guidelines please!</p> <p>The parking lot at Pinecrest and street along Pinecrest Rd between Magna Carta and Fox Mill Road are reserved for working officials and meet volunteers with heavy loads & equipment, meet concessions and vendors, and special guests.</p>

	<p>The pool will provide eight (8) Handicapped Parking spaces during the day of the meet in the PC parking lot that are available only by reservation with a valid Handicap Tag. Please email president@pinecrest20171.com to make a reservation. People who do not make prior arrangements will not be able to utilize the handicapped parking.</p>
<p>Swimmer Drop Off</p>	<p>Swimmer drop-off for access to the team area at Pinecrest will be along the south side of Pinecrest Rd, just past the driveway entrance. The drop off area will be coned off and clearly marked.</p> <p>Drivers should approach Pinecrest from the West, passing the pool on the right. After dropping off your swimmer(s), continue to Fox Mill Road, turn right, then re-enter the neighborhood on John Milton Dr. Do NOT U-Turn along Pinecrest Road.</p> <p>Please build in time to park and walk to the pool after dropping off your swimmers.</p>
<p>Check-In</p>	<p>Upon arrival, use spectator entrance. Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in at the table in the pool parking lot in front of the bathhouse to sign-in and receive your team's meet program, the Coaches' meet sheet, and one Team Rep's and one Coach's wristband for access to reserved viewing areas.</p>
<p>Viewing Areas</p>	<p>There are designated viewing areas for Team Reps and coaches.</p>
<p><i>Please be good sports and cooperate with meet marshals</i></p>	<p>Lining up early to enter the pool area is strongly discouraged. Marshals will escort the spectators for the first event to the Single Event Viewing bleachers at 8:10AM to ensure an orderly admission.</p>
	<p>Since this meet is providing SINGLE EVENT VIEWING ONLY THIS YEAR, there will be no reserving on bleacher seats. Marshals will remove materials covering bleachers to "reserve" seats. Please make your families and swimmers aware of the single event viewing plan for this year. Umbrellas are not permitted in the bleachers.</p>
	<p>There will be NO SPECTATOR ACCESS to the deck other than Single Event Viewing. The wooden deck just off the field will be a standing-room only spectator section. This will be a first-come first-serve area, no chairs are allowed. To facilitate the movement of pedestrian traffic around the grounds, certain areas will be designated "NO STANDING" and a Marshal will be positioned to maintain pedestrian flow.</p>
<p>Stroke Warm-Ups</p>	<p>An area for disabled seating and a disabled restroom will be available.</p>
	<p>There will be NO GENERAL WARM-UP BEFORE THE MEET. Two, ten-minute, stroke-specific warm-ups will be held before each stroke (starting with IM this year). Warm-up will be broken into two groups: Group 1 (12 & Under), and Group 2 (13 & Over). Warm-up for Group 1 for IM swimmers will be from 7:45-7:55 AM. This warm-up format will be continued prior to the first event for each stroke. Since the warm-up Groups are age-specific, all lanes can be used by the swimmers in each group.</p>
	<p>All swimmers must enter the pool FEET FIRST during general warm-ups. Swimmers must clear the pool in a timely manner. Entrance to the pool for Warm-Ups will be through either the main gate or through the "Swimmer Only" entrance at the Clerk of Course. One Coach per team is permitted on deck during warm-ups.</p> <p>Please see meet timeline for estimated warm up times.</p>
<p>Clerk-of-Course</p>	<p>Coaches are responsible for ensuring their swimmers report to Clerk-of-Course on time. Alternates should report to the Clerk of Course when their event is called. Alternates will be escorted to the deck and will be placed in the meet, should a seeded swimmer not be available to compete.</p>
<p>DQs</p>	<p>If a disqualification occurs, the Team Rep will be notified immediately after the heat only IF that Team Rep is available in the Team Rep viewing area. The swimmer will be notified of his or her DQ in the event before leaving the deck.</p>

Results	As events end, results will be posted at the meet and on Meet Mobile. Full results can be found on the NVSL website after the conclusion of the meet.
Awards and Patches	Medals and rosette ribbons are awarded to all swimmers and alternates immediately following each event.
Photography - Group Pictures	As in the past, a professional photographer will be present to take photos of the participants in each event, following the presentation of awards. However, the photos will now be available for download approximately three to four weeks after the meet. Simply go to https://nvslallstars.smugmug.com to locate the awards photo from your swimmer's event. Images are organized based on the order they were swum at Individual All Star this year. The site is password protected---check with your division coordinator for the password. Photos can also be purchased from this site.
Concessions and Vendors	Pinecrest's Piranha Cafe will serve breakfast sandwiches, donuts, bagels, and fruit for breakfast and burgers, hot dogs, pulled pork sandwiches and grilled cheese for lunch in addition to other concessions of snacks, candy, ice cream, and drinks. A satellite concessions stand will be set up in the field to sell cold drinks. Concessions will accept cash and electronic payment. No outside food will be allowed within the pool fence enclosure. NVSL advertisers will have products for sale throughout the morning and afternoon. Please support Pinecrest's concessions and all our NVSL and Pinecrest advertisers!