



HIGHLANDS NEWS

Highlands Swim and Tennis Club P.O. Box 9 McLean, VA 22101 703-821-9894

Summer 2013

Highlands Swim Team Returns to Division 1 in 2013!

The Highlands Whomping Turtles are looking forward to another great season. Our team continues to grow and gets stronger each year. The excellent coaching and hard work from all the swimmers were evident last summer as we have returned to Division 1 for the 2013 season, seeded 5th! Highlands Swim sent 15 relay teams to All-Star Relay Carnival and 17 individual swimmers to twenty-six events at the NVSL Individual All-Stars. Among the largest number sent to All Stars! In Division 1 this year, we will swim Chesterbrook, Tuckahoe, McLean, Overlee and Vienna Aquatics. We have a terrific season planned, with many activities! Dale Proctor returns as Highland's Team Rep this season, supported by Laura Nammo as Assistant Team Rep and Cindy Cruzado as Data Coordinator. We will do our best to make the season a great one. We are looking forward to welcoming everyone back and meeting new members.

Highlands Swim welcomes Dylan Jones back as the Head Coach for the Whomping Turtles. Dylan grew up swimming in NVSL and has been an NVSL

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Construction Update

== Change is in the Air! ==

From the start of Highlands' season last year to the upcoming start this season, you will notice many significant changes, both completed and in progress. Primary among these are the new front entrance ramp, new infant pool, decking for the lower pool, mechanical pool lift, and initial, external, construction for the new Snack Bar.

The new ramped walkway and stairway to our front entrance will be a welcome respite to many. After some 45 years of our members and guests lifting strollers, picnic supplies, and swim equipment up a couple flights of steps, we have completed a ramped walkway and undertaken some of the necessary landscaping associated with the new entrance. We are continuing to consider ways to beautify the new ramp area; please feel free to contact any of the board members if you would like to help in this effort.

For the Snack Bar itself, we have time only to complete external construction for this season, weather permitting. While county permits were approved to enable us to begin

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Highlands Dive Team Welcomes New Head Coach!

This year promises to be a season of great technical development while also another season of great fun for our Dive Team.

We are extremely pleased and excited to welcome Zach Hawley as our Head Dive Coach. Coach Hawley is currently a National team coach and Program Coordinator at Montgomery Dive Club (MDC). Before arriving at MDC last July, Hawley coached at South Dakota State University. There, he played a vital role transforming the program. In his first season all of his divers had personal best performances and the team broke every school record in 1m, 3m, and platform. During the summers (2010-2012) Hawley worked alongside some of the top coaches in the nation to further develop his coaching technique. In his college diving career at the University of North Dakota, Hawley was a four-time NCAA Division II National qualifier and a five-time honorable mention All American. In

Dive Team News continued on page 3

Highlands Tennis 2013

The Turtles are ready for a great 2013 season of tennis with returning Tennis Professional John Kratzke and Assistant Tennis Professional Sam Shroder. This year, they will continue to coach our competitive teams, expand spring, summer, and fall junior programs, run a summer tournament training camp for top juniors, and offer an expanded evening group lesson program to allow day campers to enjoy Highlands Tennis! Both Sam and John will also be available for private instruction for all ages and levels!

Highlands Tennis Professional

John Kratzke has been teaching in Northern Virginia full-time for 13 years. He worked with both Fairfax Racquet Club and 4 Star Tennis Academy as he gained experience from the two largest programs in the area. He developed the program at Oakton Swim and Racquet Club prior to his start at Highlands in 2010. He lives in Vienna with his wife Elisha and their 11 year old son (and future tennis star!) Sean. Until early April, John teaches at Renaissance in Tysons Corner. If you are interested in lessons

Tennis News continued on page 6

2013 Highlands Swim and Tennis Club Board of Directors and Managers

President:

Steve Pelak
steven.pelak@gmail.com

Vice President/General Counsel:

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Vice President:

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Social Events Coordinators:

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Tennis Team Rep:

Rick Connor
Connors41@msn.com

Swim Team Rep:

Dale Proctor
dale.proctor@whompingturtles.org

Dive Team Rep:

Ann Gray
aegray@mindspring.com

Tennis Professional:

John Kratzke
john@fuzzylittleball.com

Membership Records:

Mary Tenney
mary.tenney@gmail.com

Pool Opens May 25th

Key Dates

After a very successful 2012 season, we are pleased that US Aquatics will once again be providing their management services to Highlands. We will be opening May 25th, Memorial Day weekend, and closing September 8, the week after FCPS starts, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 9 pm on Saturday, Sunday, and Monday.** During the early season weekdays, daily hours will be as usual: 3:30 pm – 9pm. **Early Bird swim will begin June 23rd at 6:30am and be held Monday thru Friday from 6:30am-8:00am through August 31st.** The start date of Early Bird swim as always is the weekday after the FCPS school year is over. **Group swim lessons will begin Monday, June 24th, at 10:00am and run consecutively for three two-week sessions ending August 2nd.**

When we must alter our printed hours of operation, such as unforecasted Swim Team and Dive Team events and competitions, we will post these changes on the bathhouse/office door at the main entrance and on the manager's voice mail on 703-821-9894 ext 4. When FCPS is on summer vacation we will be open, weather permitting, from 10:00am to 9:00pm daily.

See the online and printed calendar for a complete list of times and events

Highlands Phone Numbers

Front Desk (Direct Line)	703-821-9893
Snack Bar	703-821-3167
Tennis Director	571-246-1926
Main Phone Number	703-821-9894
Membership Info	703-821-9894, Ext 1
Hours and Directions	703-821-9894, Ext 2
Swim Team Hotline	703-821-9894, Ext 3
Pool Manager	703-821-9894, Ext 4
Tennis Team Hotline	703-821-9894, Ext 5
Snack Bar	703-821-9894, Ext 6
Special Events Hotline	703-821-9894, Ext 8
Highlands Website	www.highlandsswim.org

Please see other sections of this Newsletter for details of specific planned activities and schedules.

Pool Staff Needed!

Interested in working at Highlands this summer? Calling all future

**Life guards...
front desk, and...
snack bar!!**

Not certified as a lifeguard? No worries! Contact Jeremy Fish at 703-996-8191, or email at jfish@usservicesinc.net to discuss training options.

To apply, you can download an application at http://www.highlandsswim.org/hiring/hiring_shtml and mail the completed form to Jeremy Fish at 45935 Maries Road Unit 180, Sterling, VA 20166. Call Jeremy Fish at 703-996-8191, or email at jfish@usservicesinc.net with any questions.

Facebook at Highlands!

A big SHOUT OUT to Lori Boerner for maintaining our now one-year-old Highlands Facebook page! Periodic updates and notices will be made as we seek to reach out to members through your preferred communication channels.

So take a look, Like us, check out what's new, and keep up on what's current.



Annual General Meeting

This year's **AGM** is currently scheduled for July 28th at 4pm in the Snack Bar. An email notice will go out to permanent members announcing the meeting and confirming the date and time, as well as notices posted at the club.

Dive Team News continued from page 1

college, he spent his summers coaching a city recreational team in Lincoln, Nebraska. Coach Hawley holds certifications in Lifeguarding, First Aid/CPR/AED, Lifeguard instructor and is a USA Diving Safety instructor. He graduated with a Bachelor's degree in Exercise Science and is currently in the process of finishing his Master's degree in Sports and Recreational Management.

Coach Hawley would like to extend a special invitation to those who have never given diving a try. The dive team is open to all boys and girls, ages 6 through 18, who are members at Highlands.

Joining the Highlands Dive Team is not just about developing new diving skills, it is also about being a part of team that has fun and supports each other. It is a great way to build friendships with kids of all ages. Our spirit has been recognized by the other teams in our division – **we have won the sportsmanship award for 3 years in a row!**

Season: Five "A" Dive meets will be held on Tuesday nights beginning June 25th. The Head Dive Coach determines when a diver can perform the dives required at his/her age group and is able to compete in an "A" meet. Three "B" Dive meets will be held on Thursday nights beginning June 27th. "B" Meets (which also includes an intra-squad meet/social for all dive team members on Thurs., June 20th) are scheduled to give all of our divers (especially beginners and those whose skills are still developing) an opportunity to compete. All meets begin at 6:00 pm. Highlands competes in Division 4 of NVSL Dive, which is a developmental league. For more information, check out the NVSL website at:

http://nvsldive.nvblu.com/plasma/core/site/nvsldive/site/nvsldive?ef_sn=Home

Training Methodology: Coach Hawley will be implementing "Stations" training, which is used in the training of top divers at the MDC. He will set up 5 to 6 stations beginning with dry-land warm-up exercises and finishing with board time. His training approach is built upon a philosophy that "position is power". He will work to develop each diver's muscle memory through proper mechanics, which is critical to a successful dive. Coach Hawley will have 3 assistant coaches, who will undergo coaches training at the MDC facility before the season begins. Biographical information on assistant coaches will be posted on the website shortly. While dedicated to improving diver skills, when interviewed for this article, Coach Hawley emphasized that safety is always his top priority.

Swim Suits: The dive and swim teams will wear the same suits as last year. The style is "Mighty Python" and suits can be purchased at the Registration & Sales Open House at Highlands Swim & Tennis Club from 11 a.m. to 1 pm on Saturday, May 25th. Team suits can also be purchased at Sports Fair at 5010 Lee Highway, Arlington.

Parent Volunteers: The Dive Team cannot function without parent volunteers—for both meets and team activities. Brigitte Trono is the new Highlands' Dive Team Rep and is joined by Ann Gray as Assistant Team Rep. Kristen Venderame has agreed to coordinate Bagel Mondays. Kathy Brown will once again maintain dive statistics and will also take on coordination of the end of year party. **We are looking for a Volunteer Coordinator.** Please contact Brigitte @

highlandsdive@gmail.com for more info on how to help! We would like to have a parent of each diver attend an NVSL clinic on judging, "ref-ing" (if already a judge), or tablework. We are losing several of our judges and referees and need more folks to step into these positions this season. Please attend one of the clinics this year—even if just as a "refresher" course:

Table Workers/Officials Clinic: Sun., June 9. 9:45 am at Mantua

Referee Clinics (for experienced judges): Tue., June 11, 6:30 pm at Mantua or Thurs., June 20, 6:30 pm at Truro

Judges' Clinics: Sunday, June 9 at 9:45 am at Mantua
Tuesday, June 18, 6:30 pm at Sleepy Hollow Rec Assoc
Wednesday, June 26, 6:30 pm at Annandale

Parents are relied on to be judges at A & B dive meets.

While not mandatory, it is highly recommended that parents attend a Judges Clinic. ***You need attend only one session.*** Attending a clinic does not commit you to judge at meets -- and you will have a much better understanding of the sport if you attend.

DIVE TEAM PRACTICE SCHEDULE

Afternoon Practices, 5/28 – 6/18 M–F; 3:30 – 5:30pm
Regular Practices begin on June 19

Mornings: 9:30 – 10:30; 10:30 – 11:30 AM (M-F) led by assistant coaches

Afternoon M,W,F

Session I: 4:00 - 4:30pm - dry land training
4:30 – 5:15pm – "on boards"

Session II: 4:45 – 5:15pm - dry land training
5:15 – 6:00pm – "on boards"

**Due to swim meets, dive practice will be 3-5pm on the following Mondays: 7/8; 7/15; 7/22*

Please register early either on-line or by snail mail (see Dive Team registration web page on website) and seriously consider where you might volunteer to help make the season a success. For more information, please don't hesitate to contact Brigitte Trono or Ann Gray by email at HighlandsDive@gmail.com or Brigitte by phone at 804 389-1316.

IMPORTANT DIVE TEAM DATES

May 25 **Swim & Dive Open House Registration & Swim Suit Sales:**
11:00 – 1:00 pm at Highlands

May 28 Afternoon Dive Team Practices Begin

June 19 Regular Season Dive Practices Begin

June 20 Dual Intrasquad Meet at Home & Picture Day

June 25 Home "A" Meet (vs. Rolling Hills)

June 27 Away "B" Meet @ Overlee

July 2 Away "A" Meet @ Oakton

July 9 Home "A" Meet (vs. Wakefield Chapel)

July 11 Away "B" Meet @ Chesterbrook

July 15 Wally Martin 3-Meter Meet @ Oak Marr

July 16 Away "A" Meet @ Tuckahoe

July 18 Away "B" Meet @ Hamlet

July 21 Crackerjack Invitational Meet @ TBA

July 23 Away "A" Meet @ Sleepy Hollow B&R

July 25 Awards Banquet at Highlands

July 28 Divisionals @ TBA

Aug 4 All Stars Meet @ TBA

head coach for the past 6 years. He has coached with High Point, Tuckahoe and other NVSL teams. Dylan has coached winter swim with the Sea Devils for the past 8 years. Dylan's coaching philosophy is to encourage swimmers to challenge themselves in a positive environment. Dylan graduated from James Madison University in 2005 with a BFA in sculpture and currently works as an instructional assistant at Langley High School.

Highlands Swim also welcomes new Assistant Head Coach, Sarah Eule to the Whomping Turles. Sara has been an active member of the NVSL since she was 5. This will be her 16th summer being part of the NVSL! Sarah grew up in Arlington, Virginia and graduated from Yorktown High School. Currently she is heading into her senior year at Clemson University where she will graduate with a degree in English Literature and a minor in French. Sarah swims on a club team at Clemson and has coached for more than 5 years in the NVSL. We are so fortunate to have her join our swim family.

Liz Dolan returns to Highlands as the **Head Coach of the Mini Whompers Developmental Swim Program.** This is Liz's 3rd year as a Highlands coach, and she is thrilled to be back! Liz has been a member of Highlands swim team for 7 summers and could not be more proud to be a Whomping Turtle! She will be graduating from McLean High School and has been on the varsity swim team for 4 years. In addition to coaching, she lifeguards and loves spending her days in the sun. She is hoping for another great summer with Highlands!

Our coaching staff would not be complete without the dedication and talent of our assistant coaches and coaches in training (CITs) who provide individual stroke instruction and encouragement at practices and meets. We are fortunate to have such a strong group of capable, knowledgeable and hard-working coaches to work with and support our swimmers. Come meet the coaches at the Swim Team Open House on Saturday, May 25th.

The Highlands Swim Team is open to swimmers that are members of Highlands Swim & Tennis Club. Swimmers between the ages of 5 and 18 are invited to join the swim team. ***Swimmers must be able to swim a recognizable freestyle (face in the water, breathing side to side) unassisted one length of the pool (25 meters), be comfortable in the water, and keep up in practice.***

The Mini Whompers Developmental Swim Program is designed to provide a sound foundation in the proper technique of all four competitive strokes for swimmers 5 to 8 years old. The Mini Whompers program will also focus on correct breathing patterns, endurance and will provide an introduction to NVSL competitive swimming. ***Swimmers in the Mini Whompers Developmental Swim Program must be able to swim the length of the pool unassisted.*** Mini Whompers may advance to the swim team when they are able to meet the swim team eligibility requirements. The maximum number of swimmers in the program will be 50. The program is a five week program that will run from June 24th - July 25th, 10:30am - 11:15am Monday - Thursday.

Coaches will be available on the first three days of practice to assess interested swimmers. Swimmers may be referred to the Swim Team, Developmental Program, group or private swim lessons.

Swim Team Practices: Practice for swim team members of all ages will begin on Tuesday, May 28th, times as follows: 13 & Over: 3:30pm - 4:30pm, 8 and Under: 4:30pm - 5:15pm, and 9-12: 5:15pm - 6:15pm. **Morning practice begins on Wednesday, June 19th** for all age groups: Mondays through Fridays: 13 & Over 8:15am - 9:30am, 9-12 9:30am - 10:30am, and 8 & Under 10:30am - 11:15am. Also starting on Wednesday, June 19th, evening practice will change to 5:30pm - 6:30pm for all ages on Tuesdays, Wednesdays and Thursdays through the end of July unless otherwise indicated on the Swim Team Calendar posted on the Swim Team portion of the website.

In addition to improving your swimming, being on the team is a lot of fun. It's a great way to meet new people. There are meets for all levels of swimmers--"B Meets" for all swimmers on Monday nights, and competitive, scored NVSL "A Meets" on Saturday mornings. Don't forget the weekly pancake breakfasts, bagel Mondays, ice cream socials and other activities.

Volunteers make the team function and are always welcomed and needed! When you register for the team, please be sure to designate those activities for which you are willing to volunteer. Swim team is so much more fun for the parents when you are involved and we guarantee your children will love to have you there. There is a place for everyone no matter what your schedule. We were all new Swim Team families at one time too! Many volunteers began watching meets from the sidelines and are now very active in several different volunteer positions. We are planning several fun activities for our swimmers and, therefore, all parents are asked to volunteer in some capacity. Parents have worked hard over the past couple of years to increase the depth and breadth of experience in all of the areas required to run our successful swim team. Please come and join us as a volunteer!

OFFICIALS CLINICS: We are always in need of additional Officials. Training is easy and fun. Please consider attending one of the training sessions below to be an official!

The training for **Stroke and Turn** is a three hour session held on Saturday, June 8 at 8:00am @ Lee Graham, Sunday, June 16 at 9:30am @ Hunt Valley or Wednesday, June 19 at 7:00pm @ Hunt Valley & SS. **New Referee Clinics** are Thursday, May 30 and Tuesday, June 11 both at 7:00pm @ Lee Graham. **Referee/Starter Clinics** are scheduled for Saturday, June 1 at 8:00am at Falls Church HS or Sunday, June 16 at 9:30am @ Mantua. **New Starter Clinics** will be on Saturday, June 2 at 8:00am @ Falls Church High School and Sunday, June 17 at 9:30 am @ Mantua. If you are already an official, one of the team representatives will contact you if you need to be recertified to officiate this summer season. NVSL requests all officials on deck to wear white tops and navy blue shorts or pants. No jeans or denim please.

The NVSL University clinic session is **Sat., June 1** at 8:00 am at Falls Church High School. These clinics include: **Chief Timer (11:00 am), Table Worker (9:00am), Announcer (11:00am), Clerk of Course (9:00am), Referee & Starter Clinic (8:00am), New Starter (8:00am), New Referee (8am).** Another session is **Sat., June 8** at

Annandale Pool, **all at 8am: Announcer, Chief Timer, Clerk of Course, Table Worker.**

New officials are always welcomed and encouraged to “shadow” an experienced Stroke and Turn Official during a meet until they feel comfortable to officiate on their own. Being a Stroke and Turn Judge is a great way to be directly involved during a meet. We also always need timers (9 per team for each meet!) as well as parents to help with ribbon writing and food sales during the meets. Please sign up on your registration form for one of these positions so we will be organized for a smooth season.

Registration: Online registration is already activated. Members should visit the Highlands website (www.highlandsswim.org) and navigate to the Swim Team page. Click on the «Register Now for 2013» button. If you registered online last summer, simply login to your account as a Returning User and proceed to register your swimmers for 2012 (please **do not sign up as a first time user** if you registered online last season). If you are joining the swim team for the first time, please login as a First Time User, enter family/swimmer information and set up an account. Any questions concerning the online registration should be addressed to Dale Proctor - dale.proctor@whompingturtles.org.

Swim Team Open House: Saturday, May 25th, 11:00 am ~ 1:00 pm. Please join us on the 25th to meet our new coaches, confirm registration data, buy your team suits and check out our Highlands Merchandise. We look forward to welcoming new families and reconnecting with summer friends.

Suits: The Highlands team swim suit will again be Speedo's “Mighty Python” which displays our team colors, black and green. It would be wonderful for all swimmers to have a team suit, but for those who care to wear their own suits, solid black is acceptable. A representative from Sport Fair will be at the Swim Team Open House with team suits in all sizes for purchase. If you need to purchase another suit during the season, please visit Gary at Sport Fair, 5010 Lee Highway, Arlington (703)524-9500 and remember to mention Highlands Swim Team in order to receive the team discount.

IMPORTANT SWIM TEAM DATES

Sat. May 25	Open House	@Highlands @11:00-1:00pm	Come Saturday, May 25th to get a Complete Schedule and Additional Information!
Tues. May 28	Practice begins		
	13 & Overs	3:30-4:30pm	Please contact the Highlands Swim Team Reps with questions: Team Rep: Dale Proctor at 571-643-5629, or dale.proctor@whompingturtles.org Asst. Team Rep: Laura Nammo at 703- 862-1819, or lnammo@hotmail.com
	9-12 years	5:15-6:15pm	
	8 & Unders	4:30-5:15pm	
Sat. June 1	NVSL University – Various Clinics (see above)	8am (see above)	
Sat. June 15	Time Trials	@Highlands @8:30am	
Wed. June 19	Morning Practices begin		
	13 & Overs	8:15-9:30	
	9-12 years	9:30-10:30	
	8 & Unders	10:30-11:15	
	Afternoon Practice begins	5:30-6:30pm	
	all ages		
Sat. June 22	First “A” Meet	@Highlands, 8:00am	A Meet and B Meet Schedules and the 2012 Practice Schedule are posted on our swim team web site at www.highlandsswim.org .
Mon. June 24	First “B” Meet	@Langley, 5:00pm	Please check our swim team hotline at 703-821-9894, ext 3 for special announcements.
Mon. June 24	Mini Whompers Practice	10:30-11:15am	In addition to Highlands information, you can explore the NVSL web site www.nvsl.nvblu.com to learn more about the summer swim season.
Wed. June 26	Team/Individual Pictures	@ Highlands @ 3:00pm	
Wed. July 10	Relay Carnival	@ Overlee @ 4:00pm	
Wed. July 17	Relay All Stars	@ Lincolnia Park @4:00pm	
Sat. July 27	Divisionals	@ Vienna Aquatics @9:00am	
	Awards Dinner for ALL Highlands Swim Team 6-9pm		

Snack Bar continued from page 1

construction on the infant pool earlier this Winter, Fairfax County has only just recently approved our Snack Bar permit. In fact, if you have been to the Club or taken a look at our website, you'll see that demolition has begun. This includes cutting through brick, cement, and rebar as the future windows and doors can now clearly be seen. There is much work yet to be done, and any work undertaken will not to impact our ability to open. As a reminder, the new Snack Bar will occupy the old silo structure. Our current Snack Bar will be operating as usual during the season. Special thanks for the snack bar kitchen design goes to member and chef David Guas, owner of Bayou Bakery in Arlington at 1515 Courthouse Road, and at www.bayoubakeryva.com.

Young families will particularly appreciate the new benefits of the *new infant pool*, which has been relocated adjacent to the woods, again near the entrance. These benefits include beach-style/ramp access as well as a water feature to provide additional enjoyment to our youngest turtles. Unseen advantages include new piping and an isolated filter system allowing more flexibility and efficiency in how we are able to operate the infant pool. This improvement is scheduled for completion in May. As a condition for gaining the snack bar permit, the circular drive will be widened nearest the bathhouse. This will be completed mid-May, in advance of the opening weekend.

We are taking advantage of this construction work to replace the stone-based lower decking with a new smooth, cement surface, which will be much friendlier to both little turtle toes as well as full grown adult turtle toes. The decking for the upper pool is a project for a future season while we focus on the snack bar and infant pool this summer.

Again, thank you for your continued support and patience as we work through the dust of our construction projects. We have plenty more to do, and we can most definitely benefit from any and all ideas and contributions. If you would like to help us in any way in this effort, please do not hesitate to contact Steve Pelak, Tony Poole, Bob Oudemans, or any of the other Board members.

before our outdoor programs begin or have any other questions for John prior to the start of the season, please email him at john@fuzzylittleball.com or call him at 571-246-1926.

Registration Day: Saturday, May 25 from 11am – 1pm (at Highlands)

Please come out if you wish to register in person, meet John, or ask any questions about the tennis program. Registration forms and information sheets are currently available both by the tennis courts and on the club's website at www.highlandsswim.org. Registration fees for Highlands programs are \$75 per program for each person (with a maximum total fee per family of \$300). For example, if you participate in the Women's Team program (Monday morning practices and Thursday morning matches) and the Adult Intermediate/Advanced program (Tuesday evening lessons), the total registration fee is \$150. John's summer camp registration forms are also available both online and at the courts. Camp offerings are available for all ages and skill levels.

Junior Team Tennis

Highlands participates in the Northern Virginia Tennis League. Highlands won the 2011 Roger Neighborgall Trophy for top junior tennis club in Northern Virginia Tennis League! We look forward to building on this success in 2013! We will offer junior teams for boys and girls from 9 to 18. Both teams will be coached and supervised by John and Sam.

Adult Team Tennis

On the Adult side of the court, regularly scheduled, coach-supervised practices and drill sessions will be held weekly for team members, in addition to weekly League matches. The Women's Team will practice on Mondays from 9:30-11:00am. For further details, please contact Tennis Pro John Kratzke (571-246-1926). The Men's Team will practice on Thursdays from either 6:00-7:30pm or 7:30-9:00pm (at player's discretion) and play team matches every Saturday morning starting early May. For further details, please contact Club President Steve Pelak (703-917-1671), or Team Captain Rick Connor (703-534-9259), who is the Board's representative for tennis matters. If you have not joined one of the teams in the past, give it a try, enjoy the fun, and meet some new friends.

Monthly "Sunday Scrambles" Doubles and Potluck BBQs

Our popular monthly tennis social event, the Sunday Scrambles, once again will be held for adults and is open to club members of all abilities. "Fun" doubles organized by the pro is followed by a potluck BBQ. Please reserve the following dates to meet some new friends or reacquaint yourself with old friends from 4:00-8:00pm! Potlucks will be held Saturday May 25, Sunday June 9, Sunday July 7, Sunday August 4, and Sunday Sept. 8.

Junior Tennis Fun Day

Our Annual Junior Tennis Fun Day will be held on Sunday July 14th from 2:30-4:00 p.m. Come out for games, prizes, and lots of fun!

Tennis Court Reservations

Sign-up sheets are posted on the bulletin board outside the Snack Bar. To reserve a court, please sign-up for a date and time on the sheets. The sign-up sheets are generally posted two weeks at a time.

Please don't hesitate to contact John or Rick if you have any ideas or suggestions for the tennis program. Thank you for all your continued support. See you on the Courts!

Adult Lap Swimming Weekdays from 6:30pm – 7:30pm

You might remember the institution last year of Adult Lap Swimming time for the afternoon enjoyment of members who may not have time to visit the pool during the day. This time slot is being continued, with the Upper Pool lap lanes reserved for lap swimmers Monday through Friday from 6:30 – 7:30pm.

Deck Reservations

Many members have enjoyed using the two decks and the upper grassy plain at Highlands for private parties, and this tradition continues unabated in the 2013 season!

There are two decks available: a middle pool-level deck between the two large pools and an upper deck above the upper pool. To reserve either of these decks, contact the front desk in advance. The fee for a 2 hour reservations is based on the number of expected people attending:

0 – 25 people: \$50

26 – 50 people: \$75

More than 50 people: Requires board approval

Exclusive use is granted only for the upper platform of the middle deck or for the upper deck. For more than 50 people, please make the reservation with the front desk and they will contact the board for their approval. As always, members are responsible for their guests and actions.

Please pay with a check made out to *Highlands Swim and Tennis Club*. Remember that only a club member can make reservations, and that non-members attending must be charged for a guest pass. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).

Enjoy!!!



HIGHLANDS 2013 SOCIAL CALENDAR



All Highlands members are invited to attend these exciting social events! Mark your calendars and join the fun!

WELCOME BACK SOCIAL

SUNDAY, JUNE 2, 5:00 PM

Summer has arrived! Let's gather at the pool to kick off the season right! As always, we'll have light food & drinks to enjoy while we visit, reconnect and celebrate the beginning of summer! (Free)

SUNDAY MORNING COFFEE TIME

MAY-SEPTEMBER, 8:30-11:30 AM

Enjoy a calm and peaceful morning pool side with our Sunday Morning **Adults Only** Coffee & Baked Goods. Bring the paper or a book, swim some laps or just relax! (Free)

JULY FAMILY POOL PARTY

SATURDAY JULY 20TH, 4:30-6:30 PM

Don't miss out on this fun family focused picnic. We will cater a simple picnic and charge a nominal fee. We will have activities and fun for the whole family. WHO will be the pie eating champion THIS year? Maybe it will be you? Please come and enjoy the festivities.

(Nominal fee) HELP NEEDED FOR GAMES PLEASE

END OF SEASON ICE CREAM SOCIAL

SATURDAY, SEPTEMBER 7TH, 3:00 PM

Come to the pool for one last hurrah! We'll serve ice cream and all the fixings until we run out. Enjoy a dip in the pool and have a Sundae while you say your goodbyes until next season! (Free)

Questions, Comments or Want to Lend a Hand?

Contact Elizabeth Lockhart (elockhart10@yahoo.com) or Tracey Pilsch (tapilsch@gmail.com)

Raft Night – Sundays Starting June 23rd!

A standard staple of the post-school Highlands scene is raft night. Every Sunday evening starting at 7pm, running to 8:45pm, Highlands' lower pool is transformed into an eclectic mix of inner tubes, planes, sharks, and rowboats (sans oars – safety first)! Put in on your calendar and join in the fun. Either eat in or order out – it's a great way to end the weekend and enjoy a last bit of decompression before your week starts!

REMINDER: Follow posted directions and drive with caution in the parking areas. Park as tightly as possible in the lot and in the designated areas along Bryan Branch Rd. Please do NOT park on the fire lane access side of Bryan Branch Road. Thanks!

ID Pictures: "Yes" But No Card Required!

Once again we will be taking ID pictures for members and their families. In the past this has greatly benefited the club as it dramatically reduced the number of non-paying non-members. We will continue are updating our approach this year to reduce costs while maintaining the primary benefits.

- All members will have pictures taken at the beginning of the season
- You will need to sign-in on entry
- The front desk attendant will look up your picture(s) in the system and confirm entry

Just bring yourself, your gear, and enjoy the Club!

eMail – Send Us Your Address!

It is time once again to check your email junk folders, your spam filter rules, and generally clear the way for Highlands' emails! If we have your email address, this year you will once again receive our HTML emails, meaning more graphics and fewer words.

Although we do target our communications to all members, such as by including flyers at the front desk, **some communications remain in electronic form only**, such as surveys and last minute notifications about the club happenings, changes in schedules, and other important information. This enables us to keep costs down while increasing the amount and timeliness of our communications to you.

So... if you are unsure whether your email address is included in our rolls, **please send an email from your preferred email account to Andy Ross at ross.hstc@hotmail.com** along with any additional email addresses to which you would like to receive club communications, and we'll ensure that you are included in the database. We will also have a paper-based sign-up at the front desk when the season begins for those who prefer the convenience of informing us through paper.

Highlands Swim and Tennis Club Pool Rules for Fun and Safety

Policy Statement: "lifeguards may exercise discretion in requiring members and guests to discontinue any activity that, in their judgment, is unsafe or disturbing to others."

General

- All persons in the pool area must be current members or guests.
- Any person unable to demonstrate minimal swimming ability to the guard staff will not be allowed in the dive pool
- No running, pushing, acrobatics, wrestling or discourteous behavior in or around the pool is permitted. Any disturbance of others' enjoyment of the club will not be allowed.
- Members may not engage in conversations with guard staff while they are on duty in the lifeguard stands.
- Swimming during off hours or in the absence of an on-duty lifeguard is prohibited.
- Pool management and lifeguards have the authority to clear the pools of all swimmers at any time.

Youth Members

Members 10 to 14 years of age may come to the pool alone when the following conditions are met:

1. They have passed the basic swimming test and received a patch. Tests will be conducted periodically by lifeguards not currently on duty in the lifeguard stands. The test consist of:
 - √ Swimming one length of the pool to guard staff satisfaction
 - √ Floating for one minute
 - √ Treading water for one minute
 2. There is an emergency care card and written permission on file, signed by parent or guardian (forms are available in the office)
- Swimmers under 10 years old must be under the supervision of a member at least 15 years old while at the pool.
 - Swimmers 5 years of age or older may swim in the dive pool unaccompanied after passing the basic swimming test.
 - No children under the age of 5 are permitted in the dive pool at any time. This policy applies to all children, even those accompanied in the water by their parents or other adults.
 - All children under the age of 4, and any older child not fully toilet-trained, must wear swim diapers when using the baby pool or the middle pool. For the convenience of members, swim diapers will be available for a fee at the front desk.
 - At 50 minutes past each hour, there will be a 10 minute break for all swimmers under 15 years of age.
 - After 7:00 pm, swimmers under 15 years of age may not be in the pool unless supervised by an adult member who is at least 18 years of age.

Health

- All swimmers must shower before entering the pool.
- Admission may be refused anyone with illness, lacerations, sores or bandages.
- Food and beverages are permitted in designated picnic areas only.
- No glass containers of any kind are allowed in the pool areas.
- No pets are allowed in the pool areas.
- The club is a non-smoking facility. Smoking is prohibited in the pool areas.

Use of Lap Lanes

Lap swimming is the priority use for designated lap lanes. Swimming under or through these lanes while in use is prohibited.

Diving and Use of Slides

- Only one person at a time is permitted on the diving boards or slides.
- Diving from the side of the pool is prohibited in shallow (two to four feet) areas of the pool.

Swimming Accessories and Pool Toys

- Swimming accessories and aides and pool toys are prohibited on the diving boards, slides, or in the lap lanes. This prohibition includes ball throwing over or in the lap lanes.
- Guard staff may require the removal of swimming accessories and aides and pool toys at their discretion, depending on pool conditions.

Questions regarding any of these rules may be addressed to the Pool Manager or Assistant Manager.