



# HIGHLANDS NEWS

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

Summer 2014

## Highlands Swim Team Returns to Division 1 in 2014!

The Highlands Whomping Turtles welcomes all of the new swim families to the Highlands community. Our team is growing and getting stronger each year! We are looking forward to another great season in Division 1. The excellent coaching and hard work from all the swimmers were evident last summer as we have returned to Division 1 for the 2014 season, seeded 5th! Last season, Highlands Swim sent 16 relay teams to All-Star Relay Carnival and 17 individual swimmers to the NVSL Individual All-Stars. In Division 1 this year, we will swim Overlee, Tuckahoe, McLean, Chesterbrook and Wakefield Chapel. 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. We will do our best to make the season a great one. We are looking forward to welcoming everyone back and meeting new members at the Highlands Swim and Dive Open House on Saturday, May 24th from 11:00am - 1:00 pm.

In addition to improving your swimming, being on the team is a lot of fun. It's a great

Swim Team News *continued on page 4*

### INSIDE THIS ISSUE:

- 1 New Snack Bar
- 1 Swim Team News
- 1 Tennis News
- 1 Dive Team News
- 2 Call for Pool Staff
- Applications
- 2 Pool Opening May 24<sup>th</sup>
- 2 Board Directory
- 2 Phone Numbers and Dates
- 2 Annual General Meeting
- 7 Social Calendar
- 8 Pool Rules

## New Snack Bar!

== and much more!! ==

When you arrive for the Open House on Opening Weekend, you will be delighted to see many new improvements since last year. For one...Highlands has a new Snack Bar! We also have installed new decking for the upper pool to match the new lower pool decking we installed last year, in addition to many other improvements.

First, a tremendous note of thanks to the many members who have contributed above and beyond in our Fundraiser. Donors' family names are displayed on the website, which will be updated as additional families contribute. Those who have contributed are listed below.

And YES!, Highlands has a brand new snack bar! The silo that hinted at promises of the future has now been completed. Our new snack bar kitchen was designed with significant advice and contributions from our own David Guas, owner/chef of The Bayou Bakery in Arlington. The food area includes the traditional order and pickup counter complemented

Snack Bar *continued on page 5*

## Highlands Dive Team Welcomes New Head Coach!

The Highlands Dive Team is excited to start another great season of fun and accomplishment for all of our divers! Highlands Dive Team will again compete in Division 4 against Wakefield Chapel, Ravensworth, Hamlet, Oakton and Highland Park. We welcome back Brigitte Trono, Dive Team Representative and are excited to have our new Dive Team Board member, Tim Kaiser. Tim has already been a tremendous asset to our team, working hard in preparing for the 2014 dive season. Both Brigitte, [highlandsdive@gmail.com](mailto:highlandsdive@gmail.com) and (804) 389-1316, and Tim, [Brownkaiser1@cox.net](mailto:Brownkaiser1@cox.net) and (202) 714-9635 are eager to answer any questions you may have.

We are also very excited to welcome new Head Coach Nina Avis! Coach Avis began diving at 8 years old. She joined the Chesterbrook Swim and Tennis Club and quickly became a year around diver diving for Montgomery Dive Club. Her real love, however, has always been summer diving.

Dive Team News *continued on page 3*

## Highlands Tennis 2014

2014 will be a great year of tennis with returning Tennis Professional John Kratzke! We have had a very long winter, but it is finally over. For 2014, we will continue to field competitive junior and adult teams, offer spring, summer, and fall junior and adult clinics, run a summer tournament training camp for competitive juniors, and provide half-day tennis camp! Both John and new assistant pro Joe Lafuria 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 16 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 12-year-old son Sean. Until mid-April, John teaches at Renaissance Tennis Club in Tysons Corner. If you are interested in lessons before our outdoor programs begin or have any other questions

Tennis News *continued on page 6*

## 2014 Highlands Swim and Tennis Club Board of Directors and Managers

### President:

Steve Pelak  
steven.pelak@gmail.com

### Vice President/General Counsel:

Phil Battles  
pbattles@bhope.org

### Vice President:

Tony Poole  
ahpoole@gmail.com

### Treasurer:

Coleman White  
Coleman.white@gmail.com

### Assistant Treasurer:

Nancy Griffiths  
griffiths.nancy@gmail.com

### Recording Secretary:

Ann Hafer  
AnnHafer@alum.wellesley.edu

### Member Communications:

Andy Ross  
ross.hstc@hotmail.com

### Facilities Management/Grounds:

Conrad Kleveno  
ckleveno@verizon.net

Todd Woodrick  
tkwoodrick@icloud.com

Jack Heath  
jahswim1@gmail.com

### Social Events:

Lori Boerner  
loriboerner@gmail.com

### Tennis Team Rep:

Andy Jewel  
andrewjewel9@gmail.com

### Swim Team Rep:

Dale Proctor  
dale.proctor@whompingturtles.org

### Dive Team Rep:

Tim Kaiser  
tkaiser@phada.org

### Tennis Professional:

John Kratzke  
john@fuzzylittleball.com

### Membership Records:

Mary Tenney  
mary.tenney@gmail.com

# Pool Opens May 24<sup>th</sup>

## Key Dates

After a very successful 2013 season, we are pleased that US Aquatics will once again be providing their management services to Highlands. We will be opening Saturday, May 24<sup>th</sup>, Memorial Day weekend, and closing Sunday, September 7<sup>th</sup>, 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 26<sup>th</sup> at 6:30am and be held Monday thru Friday from 6:30am-8:00am through August 31<sup>st</sup>.** The start date of Early Bird swim, as always, is the weekday after the FCPS school year is over, which was extended due to the many snow days this year. **Group swim lessons will begin Monday, June 30<sup>th</sup>, at 10:00am and run consecutively for five one-week sessions ending Friday, Aug 1<sup>st</sup>.**

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	<a href="http://www.highlandsswim.org">www.highlandsswim.org</a>

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... and snack bar applicants!!

Not certified as a lifeguard? No worries! Classes will be conducted at Trinity College in Washington, DC Friday through Sunday on April 25, 26, and 27. See [www.highlandsswim.org/hiring.html](http://www.highlandsswim.org/hiring.html) for details.

To apply, you can download an application at [www.highlandsswim.org/hiring.html](http://www.highlandsswim.org/hiring.html) and email it to [jobs@usaquatics.net](mailto:jobs@usaquatics.net).

## Communications at Highlands!

At Highlands, we communicate to members in many ways, but primarily through weekly emails, the Club website, and Facebook, as well as through signage at the Club.

**Facebook:** We are looking forward to maintaining our Facebook page at Highlands. So take a look, Like us, check out what's new, and keep up on what's current. Search for us by name, click from our website at [www.highlandsswim.org](http://www.highlandsswim.org),

or visit us directly at [www.facebook.com/HighlandsSwimAndTennisClub](http://www.facebook.com/HighlandsSwimAndTennisClub).

**Website:** Our website is updated for major events – check it out regularly at [www.highlandsswim.org](http://www.highlandsswim.org), in particular the team and Club calendars.

## Annual General Meeting

This year's **AGM** is currently scheduled for July 27<sup>th</sup> at 5pm in the NEW Snack Bar. An email notice will go out to permanent members announcing the meeting and confirming the date and time. Notices will also be posted at the club.

## Dive Team News *continued from page 1*

In the NVSL Coach Avis competed and placed in All Stars and the Wally Martin 3m, and was a Division 1 champion. But her proudest moment was becoming a Crackerjack Champion. She was a member of the McLean High School dive team for 4 years and was a captain in her junior and senior years. She coached the Chesterbrook dive team since her freshman year in high school. This past winter, Coach Avis was the Head Coach for both McLean and Langley Dive teams. Under her leadership she had 3 divers qualified for Regional Championships and 1 diver earned a second place at the Virginia State Championships. Coach Avis has a Bachelor of Arts from the University of Guelph. Coach Avis' philosophy is to have fun while encouraging each diver to try new dives and become better divers while keeping safety as a cornerstone.

**The Dive Team 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.

**Season:** Five "A" Dive meets will be held on Tuesday nights beginning June 24th. 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 26th. "B" meets 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://nvsl Dive/nvblu.com/plasma/core/site/nvsl Dive/site/nvsl Dive?ef\\_sn=Home](http://nvsl Dive/nvblu.com/plasma/core/site/nvsl Dive/site/nvsl Dive?ef_sn=Home)

**Swim Suits:** The The style is "Sprint Splice" 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 24th. Team suits can also be purchased at Sport Fair at 5010 Lee Highway, Arlington and remember to mention Highlands in order to receive the team discount.

**Parent Volunteers:** The Dive Team cannot function without parent volunteers—for both meets and team activities. Thank you to Kathy Brown who has agreed to again help out with the end of the year season banquet and awards. Kathy has been instrumental in the development of the award criteria for the dive team (see Award criteria on website). We also appreciate Kristen

Verderame's help in again coordinating "Bagel Mondays". Nevertheless, we still need many of you to help out. Just like the Swim Team, the Dive Team cannot function without parent volunteers—at both meets and team activities. We are grateful that many of our parents have attended the NVSL clinics on judging, "ref-ing", and tablework the past few years. If you weren't able to attend one of these clinics last year, please consider attending one of the clinics this year—even if just as a "refresher" course:

**Table Workers/Officials Clinic:** Sun., June 8. 9:30 am at Lee Graham

**Referee Clinics** (for experienced judges): Tue., June 10, 6:30 pm at Mantua or Thurs., June 19, 6:30 pm at Truro

**Judges' Clinics:** Sunday, June 8 at 9:30 am at Lee Graham  
Tuesday, June 17, 6:30 pm at Sleepy Hollow Rec Assoc  
Wednesday, June 25, 6:30 pm at Sleepy Hollow Rec Assoc

### **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, 5/27 – 6/25**

M–F; 3:30 – 5:30pm

Session I: 3:30 - 4:30pm

Session II: 4:30 – 5:30pm

#### **Regular Practices begin on June 26**

Mornings:

Session I: 9:30 – 10:30am

Session II: 10:30 – 11:30am

Afternoon M,W,F 4:45 – 6:00pm

**Please register early online and consider how you can volunteer.** We need you! For more information, please don't hesitate to contact Brigitte Trono by email at [HighlandsDive@gmail.com](mailto:HighlandsDive@gmail.com) or by phone at 804-389-1316.

## **IMPORTANT DIVE TEAM DATES**

May 24 **Swim & Dive Open House Registration & Swim Suit Sales:**

**11:00 – 1:00 pm at Highlands**

May 27 Afternoon Dive Team Practices Begin

June 24 Away "A" Meet @ Oakton

June 26 Regular Season Dive Practices Begin

June 26 Home "B" Meet (vs. Tuckahoe)

July 1 Home "A" Meet (vs. Ravensworth)

July 8 Away "A" Meet @ Hamlet

July 10 Away "B" Meet @ Oakton

July 13 Wally Martin 3-Meter Meet @ Oak Marr

July 15 Home "A" Meet (vs. Wakefield Chapel)

July 20 Crackerjack Invitational Meet @ Springfield

July 22 Home "A" Meet (vs. Highland Park)

July 24 Away "B" Meet @ Chesterbrook

July 25 Awards Banquet at Highlands

July 27 Divisional Individual @ Highland Park

Aug 3 All Stars Meet @ Lee Graham

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, Friday night Pep Rallies and other activities.

**Highlands Swim welcomes Dylan Jones back for a 3rd season as the Head Coach for the Whomping Turtles.** Dylan grew up swimming in NVSL and has been an NVSL head coach for the past 7 years. He has coached with High Point, Tuckahoe and other NVSL teams. Dylan has coached winter swim for the past 9 years, first with Sea Devils and now with Machine Aquatics. 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.

**Highlands Swim also welcomes Assistant Head Coach, Sarah Eule back to the Whomping Turtles.** Sarah has been an active member of the NVSL since she was 5. This will be her 17<sup>th</sup> summer being part of the NVSL! Sarah grew up in Arlington. Sarah graduated this year from Clemson University with a degree in English Literature and a minor in French. Sarah swam on a club team at Clemson and has coached for more than 6 years in the NVSL. We are so fortunate to have her as part of our swim family.

**Liz Dolan** returns to Highlands as the **Head Coach of the Mini Whompers Developmental Swim Program.** This is Liz's 4th year as a Highlands coach, and she is thrilled to be back! Liz has been a member of Highlands swim team for 8 summers and could not be more proud to be a Whomping Turtle! She graduated from McLean High School last year and just finished her first year at James Madison University where she is majoring in nursing. She is looking forward to 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 24th.

**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 and 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 26th - July 25th, 10:30am - 11:15am Monday - Friday.

Coaches will be available on the first three days of practice to assess 8-and-under swimmers. Swimmers may be referred to the Swim Team, Developmental Program, group or private club swim lessons.

**Registration:** Online registration is open! Members should visit the Highlands website ([www.highlandsswim.org](http://www.highlandsswim.org)) and navigate to the Swim Team page. Click on the Registration tab. If you registered online last summer, simply login to your account as a Returning User and proceed to register your swimmers for 2014 (**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](mailto:dale.proctor@whompingturtles.org). **Please register early so that you can begin receiving Swim Team communications now.**

**Swim Team Practices:** Practice for swim team members of all ages will begin on Tuesday, May 27th. Practice times will be slightly different for these first 3 days while our coaches complete Swim Team Assessments. See times below under **Important Swim Team Dates**. **Also, watch for Swim Team Practice Time Updates notices through email.**

**Team Swim Suits:** The Highlands team swim suit will be Speedo's "Sprint Splice" 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.

**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. 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 7 at 8:00am @ Lee Graham, Sunday, June 15 at 9:30am @ Hunt Valley or Wednesday, June 18 at 7:00pm @ Hunt Valley & Sully Station. **New Referee Clinics** are Thursday, May 29 and Tuesday, June 10 both at 7:00pm @ Lee Graham. **Referee/Starter Clinic** is

scheduled for Sunday, June 15 at 9:30am @ Mantua. **New Starter Clinic** will be on Sunday, June 15 at 9:30am @ 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., May 30** at Fairfax County Gov't Center. 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 (8:00am)**. Another session is **Sat., June 7** at Annandale Pool, **all at 8am: Announcer, Chief Timer, Clerk of Course, Table Worker**.

**NVSL Stroke & Turn Officials** - If you're interested in becoming a Stroke & Turn Official **you must attend one of the clinics listed above to become NVSL certified**. Once certified you will be able to begin to "shadow" an experienced Stroke & Turn Highlands Judge at B Meets to become more comfortable on deck. As noted above the Stroke & Turn clinics are not held at the NVSL University. These are held at Lee Graham, Hunt Valley and Sully Station pools. Please remember if you arrive more than 10 minutes late for a clinic or depart before its conclusion, you will not receive credit for attending. *All clinics start on time, rain or shine.*

## IMPORTANT SWIM TEAM DATES

Sat. May 24 **Open House** @Highlands @11:00-1:00pm

Tues. May 27 **Practice begins**

13 & Overs 3:30-4:30pm

Assessments 4:30-5:00pm

8 & Unders 5:00-5:45pm

9-12 years 5:45-6:45pm

Sat. May 31 NVSL University – Various

Clinics (see above) 8am (see above)

Sat. June 14 Time Trials @Highlands, 8:30am

Mon. June 16 First "B" Meet @Hamlet, 5:00pm

Sat. June 21 First "A" Meet @Highlands, 8:00am

Thur. June 26 **Mini Whompers Practice** 10:30-11:15am

Thur. June 26 **Morning Practices begin**

13 & Overs 8:15-9:30

9-12 years 9:30-10:30

8 & Unders 10:30-11:30

**Afternoon Practice** begins 5:30-6:30pm

all ages

Mon. June 30 Team/Individual Pictures @ Highlands, 9:30am

Wed. July 9 Relay Carnival @ Overlee, 4:00pm

Wed. July 16 Relay All Stars @ Hunt Valley, 4:00pm

Sat. July 26 Divisionals @ Tuckahoe, 9:00am

**Awards Dinner for ALL Highlands Swim Team 6-9pm**

Sat. Aug. 2 NVSL All Stars @ Annandale, 9:00am

**Come Saturday, May 24th to get a Complete Schedule and Additional Information!**

Please contact the Highlands Swim Team Reps with questions:

Team Rep: Dale Proctor at 571-643-5629, or [dale.proctor@whompingturtles.org](mailto:dale.proctor@whompingturtles.org)

Asst. Team Rep: Laura Nammo at 703- 862-1819, or [lnammo@hotmail.com](mailto:lnammo@hotmail.com)

A Meet and B Meet Schedules and the 2014 Practice Schedule are posted on our swim team web site at [www.highlandsswim.org](http://www.highlandsswim.org).

Please check our swim team hotline at 703-821-9894, ext 3 for special announcements.

In addition to Highlands information, you can explore the NVSL web site [www.nvsl.nvbliu.com](http://www.nvsl.nvbliu.com) to learn more about the summer swim season.

## Snack Bar *continued from page 1*

by a grill, refrigerator, and other amenities that will enable us to have a true snack bar experience, with hot food and a much wider menu than Highlands was ever able to offer in the past. But a snack bar is not just for ordering and eating food as we all know. The fireplace and central heating will enable a more comfortable experience at the beginning and ending of the season when the weather is less predictable. To truly appreciate this new space you will really need to stop by the Club and see it.

To see current progress on the new snack bar, please visit the Club's website at <http://highlandsswim.org/renovations.html> for up-to-date pictures as the season opening nears.

We are again taking advantage of this construction work to replace the stone-based upper pool 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 new deck has also been extended on the downhill/tennis court side, creating more overall open space for relaxing and lounging by the pool. Many members last year raved about the improved surface for the lower pool. With the change of all of our pool decking over to the new smooth cement surface, we are sure that all members' experience will be significantly improved!

With the new ramp last year, we are continuing to consider ways to beautify this improved area; please feel free to contact any of the board members if you would like to help in this effort.

To build upon our capital improvements and progress to date, we initiated a campaign to collect donations that will be devoted to equipping the snack bar kitchen facilities and replacing the upper deck and lights around the largest pool. For those families who have donated to Highlands so far, we greatly appreciate your generosity. A special board of thanks will be mounted in the new snack bar to honor those individuals and families who contribute to our continuing building fund. The Board would like to thank the following who have already contributed. As noted above, the names and corresponding contribution levels of each will also be posted to the website in the renovations section. The contribution levels are: Founder: \$2,500+; Benefactor: \$1,000+; Sponsor: \$500+; and Friend: \$250+:

- Battles, Colatriano, Coster, Faino, Hafer, Hermens, Hill (Robert), Hill (William), Hosny, Hunt, Isman, Kassir, Lekkas, Leo, Lohr-Park, Martin, Pelak, Philbin, Romanek, Ross, Scott, Shores, Stocks, Sullivan, Trono, Warrell, Wills, Wolking, Woodrick

for John prior to the start of the season, please email him at [john@fuzzylittleball.com](mailto:john@fuzzylittleball.com) or call him at 571-246-1926.

### **Registration Day: Saturday, May 24 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](http://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! In 2013, our Boys 10 and under team captured the NVTL Championship for their level! We look forward to continued success in 2014! We will offer junior teams for boys and girls from 9 to 18. Teams will be coached by John, Joe, and a great staff of assistants.

### **Adult Team Tennis**

Highlands will have two Men's teams – both playing 3 singles and 2 doubles matches in each Saturday morning club match. The A team is designed for 4.0 and higher ratings while the B team is great for all levels! Men's team practice will be from 6:30-8:00pm Thursday evenings. The Women's Team will play matches on Thursday mornings and practice on Monday mornings from 9:30-11:00am. For further details, please contact Tennis Pro John Kratzke (571-246-1926) or Men's Team Captain Andrew "Andy" Jewel (202-841-0114), who is the Board of Directors 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 Sundays May 19, June 15, July 13, Aug. 17, and Sept. 14.

### **Junior Tennis Fun Day and Adult Tennis Round Robins**

Our Annual Junior Tennis Fun Day will be held on Sunday June 29<sup>th</sup> from 2:30-4:00 p.m. Come out for games, prizes, and lots of fun! Round Robin Tournaments will be held for members 14 and older with Singles (May 26), Doubles (June 8), and Mixed Doubles (August 10).

### **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 ([john@fuzzylittleball.com](mailto:john@fuzzylittleball.com)) or Andy ([andrewjewel9@gmail.com](mailto:andrewjewel9@gmail.com)) 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**

Don't forget... Adult Lap Swimming time is reserved 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 2014 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 and please be prepared to pay the required fee when you make your reservation. The fee for a 2-hour reservation 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 also have a guest pass via a member. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).

**Enjoy!!!**



# HIGHLANDS 2014 SOCIAL CALENDAR



**Get ready to Whomp with your Highlands Community this summer!** Come out and see your friends and neighbors, catch up with old summer pals and meet new ones. There's something for everyone from family events to adult-only socials to a Father's Day celebration and a Moms/Tots event, among others.

## **WELCOME BACK & NEW MEMBER OPEN HOUSE DINNER** – Saturday, May 31, 5:00 – 8:00pm

Open to all members – see old friends and welcome new members! Stop by or stay the whole time for complimentary dinner, drinks and dessert. Plus, tennis games and a Saturday Raft Night starting at 7:00pm. Rain date: Sunday, June 1.

**FATHER'S DAY BRUNCH** – Sunday, June 15, 11:30am – 1:30pm  
Bring Dad out for lounging and lunch.

**MOM & TOTS LUNCH** – Sunday, June 29, 11:30am – 1:30pm  
Mom's Turn! Baby Pool kids take mom out for a mommy-mingle, playdate and lunch.

**INDEPENDENCE DAY BASH** – Friday, July 4, 3:00pm – 6:00pm  
Come out before fireworks for an all American barbeque, kids' games, food/drinks and fun in the sun.

**ADULT SOCIAL & DINNER # 1** – Saturday, July 19, 6:00pm – 10:30pm

Cocktails, dinner & live music with your Highlands Friends (Babysitting will be available!).

**FAMILY NIGHT** – Saturday, August 2, 6:00pm – 10:30pm  
Spaghetti dinner, raft night & a family movie under the stars (PJs and pillows welcome!).

**TGIF** – Friday, August 29, 5:00pm – 9:00pm  
Kick-off Labor Day weekend with summer friends: adult & kid-friendly happy hour with dinner & raft night.

**ADULT SOCIAL & DINNER # 2** – Saturday, September 6, 6:00pm – 10:30pm  
Cocktails, dinner & live music with your Highlands Friends (Babysitting will be available!).

Don't miss out on these **Whomping** events! Also, if you want to help out in any way (planning, promoting, decorating, helping with kid activities, putting on events), please contact us! More details to come on each event. Some events will be complimentary, as a Highlands member benefit while others will have a ticket price to help cover costs.

Questions, comments, suggestions and/or to help, please contact Lori Boerner, [loriboerner@gmail.com](mailto:loriboerner@gmail.com).

## **Raft Night – Sundays Starting June 22<sup>nd</sup> at 6pm!**

A standard staple of the post-school Highlands scene is raft night. Every Sunday evening starting at 6pm, 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 it on your calendar and join in the fun. Either eat in (order through our new Snack Bar) 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!**

## **Send Us Your Email 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.

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](mailto: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.**