



HIGHLANDS NEWS

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

Summer 2016

Highlands Swim - A Division 1 Team!

Welcome! The Highlands Whomping Turtles Swim Team has been a Division 1 team for 5 years in a row and continues to grow 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 2016 season! In Division 1 this year, we will swim Chesterbrook, McLean, Tuckahoe, Overlee and Wakefield Chapel. We have a terrific season planned, with many activities! Dale Proctor is the Highlands 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 28th from 11:00am to 1:00 pm.

Join the swim team...it's a lot of fun, great families and 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.

Swim Team News continued on page 4

INSIDE THIS ISSUE:

- 1 **Facilities Improvements**
- 1 **Swim Team News**
- 1 **Tennis News**
- 1 **Dive Team News**
- 2 **Call for Pool Staff Applications**
- 2 **Pool Opening May 21st**
- 2 **Phone Numbers and Dates**
- 2 **Annual General Meeting**
- 3 **Raft Night Rules**
- 7 **Social Calendar**
- 8 **Pool Rules**

Facilities Improvements Continue

We have heat all year and also new improvements!

Our quest to improve Highlands continued this off-season with a number of important upgrades and renovations! We have focused on making significant improvements to our tennis facilities with an aim of increasing our members' tennis experience. Additionally, we have made several important modifications to the swim facility including:

- Repaired the stone seating by the dive pool
- Upgraded the safety signage around the upper and lower pools
- Installed new energy saving LED lights in the lower pool
- Installed new (and functional!) doors in the Turtle Shell Café
- Added new equipment to the Turtle Shell Café kitchen
- Implemented important safety upgrades in the pump house
- Added speed bumps and continued repairs to Bryan Branch Road

Improvements continued on page 5

2016 Dive Team Welcomes Back Head Coach - Hannah Bell

The Dive Team is thrilled to welcome back head coach Hannah Bell. Hannah has coached divers at the Mason Academy and at Canandaigua Academy. She is passionate about diving and takes safety on the boards seriously. She loves working with kids who are eager to learn more about the sport of diving. Hannah has already been planning for the 2016 Highland's Dive season and can't wait to see all the divers soon.

In May, Hannah will be graduating from George Mason University with a B.A. in Public Relations and a minor in Sport Management. This past year Hannah held a six month internship with the NFLPA in Washington D.C. She hopes to begin her masters program at Georgetown University in the fall of 2016.

Hannah was a 2-year Varsity diver at George Mason University. Prior to college, for more than 10 years, she was a member of the Blue Wave Diving club in Geneseo, New York. She was also a Varsity athlete at

Dive Team News continued on page 3

Highlands Tennis 2016

Highlands Tennis 2016 has several exciting announcements as the start of the season approaches. First, and unquestionably most important, over the winter, Highlands has been focused on upgrading our tennis facility. As of early April, members will be able to enjoy a new kitchenette with ice maker and drink storage, a new tennis office where important items and services (tennis balls, demo racquets, etc.) will be available for purchase, and upgraded bathroom facilities. Second, we are pleased to report that **John Kratzke** will be returning as Tennis Director. Working with John will be an excellent and experienced new Tennis Pro - **Matt Stevenson!** Matt has been involved in McLean tennis for many years, having directed the Langley Club for 7 seasons and teaching at both McLean Racquet Club and Regency Sport and Health during the winter.

We will continue to field competitive junior and adult teams in 2016, and will offer spring, summer, and fall junior and adult clinics. Additionally, we will offer half-day tennis camp during August, and Matt and other tennis staff will be available for private instruction throughout the tennis season to

Tennis News continued on page 6

2016 Highlands Swim and Tennis Club Board of Directors and Managers

President:

Tony Poole
ahpoole@gmail.com

Vice President/General Counsel:

David Charles
dcharles@reesbroome.com

Legal Advisor to the Board:

Phil Battles
pbattles@bhope.org

Treasurer:

Coleman White
clwhite2016@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

Marko Cuckic
markocuckic@gmail.com

Jack Heath
jahswim1@gmail.com

Advisor to the Board-Facilities & Safety

Bobby Oudemans
robertoudemans@gmail.com

Food Operations:

David Guas
chef@bayoubakerva.com

Social Events:

Anne Oudemans
anneoudemans@verizon.net

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

Snack Bar Manager

Nancy Griffiths
griffiths.nancy@gmail.com

Pool Opens May 21st

After a very successful 2015 season, we are pleased that US Aquatics will once again be providing their management services to Highlands. We will be opening Saturday, May 21st, the weekend before Memorial Day weekend, and closing Sunday, September 11th, the weekend after FCPS starts, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 9 pm on Saturday and Sunday.** The pool will then be closed Monday through Friday, May 23 – May 27, opening again for the season on Saturday May 28. During the early season weekdays, daily hours will be as usual: 3:30 pm – 9pm. **Early Bird swim will begin June 24th at 6:30am and be held Monday thru Friday from 6:30am-8:00am through September 2nd.** 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 13th, at 5:00pm and run consecutively for seven one-week sessions ending Friday, July 29th.**

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 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 except Sunday's during Adult Swim, when the pool is open for families at 11:30am.

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.

Lifeguards Needed!

See <http://highlandsswim.org/hiring---lifeguards--turtle-shell-cafe.html> for important directions!

For lifeguards, to apply, you can download an application at <http://highlandsswim.org/hiring---lifeguards--turtle-shell-cafe.html> and email it to 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,

or visit us directly at www.facebook.com/HighlandsSwimAndTennisClub.

Website: Our website is updated for major events – check it out regularly at www.highlandsswim.org, in particular the team and Club calendars.

Annual General Meeting

This year's **AGM** is currently scheduled for July 24th at 5pm in the Turtle Shell. 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

Canandaigua Academy. While growing up, she competed at AAU and USD dive meets. Hannah has also been involved with gymnastics.

Assistant coaches Lizzy Brown-Kaiser, Bobby Trono, Carolyn Brown-Kaiser and Bennett Verderame are looking forward to seeing all the divers at the open-house.

Dive Team Registration

If your diver is looking for a great way to spend a couple of months making new friends, having fun, staying cool and keeping in shape, Highlands Dive Team is for you!

Register online at highlandsswim.org under Dive Team tabs. If you registered online last year, you will be able to log in as a Returning User (to avoid creating duplicate accounts). First Time Users will need to create an account. The Highlands Dive Team is open to Divers between the ages of 5 and 18.

Dive Team Parent Volunteers Needed

Need Judges, Referees and Table workers: Just like the Swim Team, the Dive Team cannot function without parent volunteers—at both meets and team activities. The Dive Team needs additional judges, table workers and referees. Please plan on attending certification clinics identified below.

Table Workers/Officials Clinic: Sunday, June 12, 9:30 am @ Sideburn Run

Referee Clinics (for experienced judges): Wednesday, June 15, 6:30 pm at Truro or Sunday, June 26, 4:00 pm at Hamlet

Judges' Clinics: Sunday, June 12 at 9:30 am at Sideburn Run or Sunday, June 19, 2:00 pm @ Oakton or Wednesday, June 29 at 6:30 pm @ Wakefield Chapel

DIVE TEAM PRACTICE SCHEDULE

Afternoon Practices, 5/31 – 6/23

M–F; 4:30 – 6:30pm

Session I: 4:30 - 5:30pm

Session II: 5:30 – 6:30pm

Regular Practices begin on June 24

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 or by phone at 804-389-1316.

IMPORTANT DIVE TEAM DATES

May 28 **Swim & Dive Open House Registration & Swim Suit Sales:**

11:00 – 1:00 pm at Highlands

May 31 Pre-Season Afternoon Dive Team Practices Begin

June 24 Regular Season Dive Team Practices Begin

June 28 Away "A" Meet @ Dominion Hills

June 30 Home "B" Meet (v. Tuckahoe)

July 5 Home "A" Meet (v. Kent Gardens)

July 7 Away "B" Meet @ Hamlet

July 12 Home "A" Meet (v. Greenbriar)

July 14 Home "B" Meet (v. Overlee)

July 17 Wally Martin 3-Meter Meet @ Oak Marr

July 19 Away "A" Meet @ Fairfax

July 24 Crackerjack Invitational Meet @ Springfield

July 26 Home "A" Meet (v. Lakeview)

July 28 Awards Banquet @ Highlands

July 31 Division Individual Championship Meet @ TBD

Aug 7 All Star Meet @ Oakton

Raft Night Rules – Formalized for Safety!

To ensure the safety of all our members while maintaining the fun associated with Raft Night, the following new rules have been adopted. These rules will be strictly enforced - violations will be grounds for immediate removal from the pool for the Raft Night.

Time: Sunday Evening from 6:00 PM to 8:45 PM with 20 minute breaks starting on the 40th minute of every hour and ending on the hour.

1. Raft night will be confined to the middle section of the middle pool. The aprons will be reserved for younger families and gentler play.
2. No "3D" rafts, circular or square rafts over 5 feet in diameter or rafts with a structure that unduly impede a lifeguard's visibility of the pool or the raft's occupants are permitted in the pool.
3. No more than two swimmers will be permitted on a single raft.
4. Participants cannot mount rafts from the side of the pool. Rafts must be mounted from the water.
5. No standing on or jumping on/off rafts will be permitted.
6. Once in the pool, rafts must be kept at least 3 feet from the walls.
7. No "super soakers" or other water guns are permitted at raft night.
8. No throwing of any projectiles (balls, torpedoes, plastic rings, etc.) that could cause injury or are deemed unsafe by the pool staff will be permitted.
9. The final decision regarding whether or not to permit a raft/pool toy or allow specific behavior is the discretion of the manager on duty and his or her staff. If a raft, pool toy or swimmer's behavior is deemed unsafe by any member of the pool staff, the item or swimmer will be immediately removed from the pool for the safety of other members.

Other Changes

- The basketball hoop will be restricted to the main / competition pool during raft night to enable lifeguards to focus on rafting members.
- The slide will be shut down during raft night to enable lifeguards to focus on rafting members.

Highlands Swim welcomes Dylan Jones back for a 5th 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 9 years. He has coached with High Point, Tuckahoe and other NVSL teams. Dylan has coached winter swim for the past 11 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.

Liz Dolan returns to Highlands as the Head Coach of the Mini Whompers Developmental Swim Program. This is Liz's 6th year as a Highlands coach, and she is thrilled to be back! Liz 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 28th.

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. Additional details about the Mini Whompers program will be sent out in early May.

All 8 & under swimmers who were not on swim team last year must be assessed. Assessments will be held on the first three days of practice. Swimmers may be referred to the Swim Team, Developmental Program, group or private club swim lessons.

Registration: Online registration for swim team opens on April 15th. Members should visit the Highlands website (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 2016. 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. Please register early so that you can begin receiving Swim Team communications right away.

Swim Team Practices: Practice for swim team members of all ages will begin on Tuesday, May 31st. 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 "GOT YOU"* which displays our team colors, black and green. We encourage 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: We need every family to volunteer in some capacity as our team has grown to nearly 300 swimmers! It takes at least 40 parents on deck for each meet to run smoothly. There are many ways to be involved....data entry, scoring meets, timing, officiating, weekly pancake breakfasts, turtle merchandise, swim team socials and more. *During the registration process, please choose at least one volunteer activity to help the Whomping Turtles have a great season!*

OFFICIALS CLINICS: We will need more officials to be trained in order to run our meets this summer. Please consider attending one of the training sessions below to be an official!

NVSL Stroke & Turn Officials - If you're interested in becoming a Stroke & Turn Official you must attend one of the clinics listed below 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. **Stroke and Turn Clinics:** Saturday, June 11th at 8:00am @ Lee Graham, Sunday, June 19 at 9:30am @ Hunt Valley and Wednesday, June 22 at 7:00pm @ Hunt Valley & Sully Station. *All clinics start on time, rain or shine.*

The NVSL University clinic session is **Sat., June 4th from 8:00am - 11:00am** at Fairfax County Gov't Center. These clinics include: **New Referee** (8:00am), **Referee/Starter** (8:00am), **Stroke & Turn Recertification** (10:30am), **Chief Timer** (10:30am) and **Clerk of Course** (11:30am).

For more officials and other training opportunities, please visit the NVSL website at www.mynvsl.com under DOCUMENTS, NVSL CLINICS AND HANDOUTS.

IMPORTANT SWIM TEAM DATES

| | | |
|---------------------|--|---------------------------|
| Sat. May 28 | Open House | @Highlands @11:00-1:00pm |
| Tues. May 31 | - Preliminary Practice | |
| June 2 | begins | |
| | 13 & Overs | 3:30-4:30pm |
| | Assessments | 4:30-5:00pm |
| | 8 & Unders | 5:00-6:00pm |
| | 9-12 years | 6:00-7:00pm |
| Fri. June 3 | -Regular Practice begins | |
| June 24 | 13 & Overs | 3:30-4:30pm |
| | 8 & Unders | 4:30-5:30pm |
| | 9-12 years | 5:30-6:30pm |
| Sat. June | NVSL University – | 8am (see above) |
| | Various Clinics (see above) | |
| Sat. June 18 | Time Trials | @Highlands, 8:30am |
| Mon. June 20 | First “B” Meet | @Highland, 5:00pm |
| Sat. June 25 | First “A” Meet | @Chesterbrook, 8:00am |
| Mon June 27 | Morning Practice begins | |
| | 13 & Overs | 8:15-9:30 |
| | 9-12 years | 9:30-10:30 |
| | 8 & Unders | 10:30-11:30 |
| | Afternoon Practice | 5:30-6:30pm |
| | all ages | |
| Wed. July 13 | Relay Carnival | @ Chesterbrook 4:00pm |
| Wed. July 20 | Relay All Stars | @ Greenbriar 4:00pm |
| Sat. July 30 | Divisionals | @ Chesterbrook 9:00am |
| | Awards Dinner for ALL Highlands Swim Team 6-9pm | |
| Sat. Aug. 6 | NVSL All Stars | @ Little Rocky Run 9:00am |

Come Saturday, May 28th 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

Asst. Team Rep: Laura Nammo at 703- 862-1819, or lnammo@hotmail.com

A Meet and B Meet Schedules and the 2016 Practice Schedule are posted on our swim team web site at 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.nvblu.com to learn more about the summer swim season.

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!

Improvements continued from page 1

As we plan for our opening, one feature that we *will* have working is our pool heating system! This will enable us to take the chill off the water in the early and latter parts of the season – thus making your swimming experience more pleasant during those traditionally less predictable times of the year. When the Highlands Board was considering putting a heating system in place last year, it was our intention to take the chill off the pool water during the first month and last few weeks of the season – making it as comfortable as possible, as well as handle a few spells of cool rainy weather during the season. Based on the financial considerations of our new heating system, for which we now have limited operational cost projections, we will continue our “no less than” temperature of 75 degrees. Considering our average opening temperature through the first few weeks can be in the low to mid 60’s, this should represent a major upgrade.

Lastly, be sure to read the new rules for Raft Night. The popularity of this weekly event has grown tremendously over the recent years. To create a safe yet fun environment, new rules have been established and are documented in this newsletter, and will be posted during raft night. All members are responsible for understanding and following them.

Tennis Times at Highlands: Mid-April to Mid-October

As we approach the beginning of Spring, we are also readying the tennis courts for your enjoyment, particularly after a tough winter like this year. Unlike the swimming pools, which are only open when lifeguards are on duty, the tennis courts have a far longer season. Indeed, in years past, people have played tennis periodically throughout the winter months when temperatures permitted and as long as there was no snow on the courts. That is one of the key reasons we long ago decided not to take down the nets each year.

Even in years with better winter weather, it is important for our tennis community to remember that Highlands can’t (and doesn’t) provide full-time staff to maintain the courts throughout the year. Additionally, getting the courts ready after the Winter often requires crack repair, wind-screen replacement, light-bulb and light-fixture fixing, etc. Some of this work can’t be completed until well into April or even early May, as the weather needs to warm and cracks that developed over the course of the winter need to dry out.

In summary, while Highlands’ tennis courts may be available for use by the Membership throughout the year, weather and court-conditions permitting, the Club Tennis season should be considered to be from April 15th through October 15th. If you use the courts outside of this period, please understand that conditions may be less than optimal.

allow you to work on your game on your own schedule! Though not a Highlands program, John is even organizing a trip to Cincinnati for the US Open Series professional tournament there from August 14-19! See all the top players with us – Roger Federer and Serena Williams have won the event the last two years!

Highlands Tennis Director and Tennis Professional

John Kratzke has been teaching in Northern Virginia full-time for 17 years. He learned from both Fairfax Racquet Club and 4 Star Tennis Academy as he gained experience as a tennis professional. He developed a robust tennis 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 13-year-old son Sean. John's background in biomechanics and sports physiology is vital to many of his students who love tennis, but collect injuries as they age! John is Tennis Director at Hidden Creek Country Club in Reston, VA year-round.

Tennis Professional Matt Stevenson will join the Highlands team for 2016, and will continue to bring a high quality, well-rounded program to Highlands families! Matt is a life-long lover of tennis who started taking lessons from the coaches at McLean Racquet and Health Club at age six. He went on to play #1 and 2 singles at Bishop Ireton High School (Alexandria, VA) and to play on the Men's Club Tennis Team at University of Virginia. For the past 10 years, Matt has coached tennis programs at McLean Racquet Club, and Regency Sport and Health. For seven years, Matt directed the tennis program at the Langley Club. Matt holds three separate certifications from USPTR at the highest levels for Adult, Junior, and Performance coaching. Importantly, Matt loves teaching young juniors, with whom he focuses on developing correct technique and understanding match play. He also coaches adults of all levels - from beginners to advanced team players – and recently he won a Century doubles tournament with an 85-year-old student partner! Matt lives in Vienna with his family. For information on private or semiprivate lessons, please contact Matt at 703-209-1997 or mlashtok@yahoo.com.

Registration Day: Saturday, May 28th from 11am – 1pm (at Highlands)

Come out to register, meet John and Matt, or ask questions about the tennis program! Registration forms and information sheets will be available. Information can also be found on the club's website at www.highlandsswim.org and on the bulletin board at the tennis building. Registration fees for Highlands spring tennis and team tennis programs are a great bargain at \$75 per program for each person (with a maximum total fee per family of \$300)! For example, if your family has a player on the Men's Team, a child in the spring lesson program, and a child on the junior team, the total registration fee is \$225. John and Matt's summer camp is also available at reasonable rates and on a perfect schedule for Highlands' families!

Junior and Adult Team Tennis

Highlands participates in the Northern Virginia Tennis League. In 2014, our Girls 11-18 team captured the NVTL Championship, and we consistently finish near the top of each division in which we compete! We look forward to continued success in 2016! We will offer junior teams for match play ready boys and girls from 9 to 18. Teams are coached by John, Matt, and a great staff of assistants.

Highlands Men's team will play 3 singles and 2 doubles matches in each Saturday morning match. The team is designed for 3.0 to 4.5 level players. Men's team practice will be from 6:30-8:00pm Thursday evenings. We are still weighing options for Women's team as NVTL is making some changes, but a drill will be available on Friday mornings from 11:00-12:30pm. For further details, please contact John Kratzke (571-246-1926). If you have not joined one of the teams in the past, give it a try! Enjoy the fun, and meet some new friends.

Sunday Tennis Socials, Junior Tennis Fun Day, and Adult Tennis Round Robins

Sunday Tennis Socials will be held for adults and/or families with organized tennis followed by a potluck BBQ. Members of all levels are welcome! Please reserve the following dates to meet some new friends or reacquaint yourself with old friends! Sundays June 5, July 10, and Sept. 11 from 4-8pm.

Our Annual Junior Tennis Fun Day will be held on Sunday July 17th 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 15), Doubles (April 30), and Mixed Doubles (August 6) events from 9:00am to 12:00noon.

Tennis Court Reservations and Additional Information

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) or Andy Jewel (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!

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 2016 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 2016 SOCIAL CALENDAR



All Highlands members are invited to attend these exciting social events! Mark your calendars and join the fun! We will also be hosting **Friday Evening Dinner Specials** at the Turtle Shell Cafe, so be on the lookout for more goodies to come!

WELCOME BACK ICE CREAM SUNDAE CAFE

MONDAY, MAY 30, 12:00 PM

Summer has arrived! Gather at the pool to kick off the season right! Back by popular demand the Sundae Cafe will be open from noon until the ice cream runs out. Come out and see what you can create while you reconnect and celebrate the beginning of summer! (Free)

ADULT SOCIAL

JUNE 25TH

This will be the first of the adult socials that we have planned for the summer. Please be on the lookout for the exact time, the menu, any particular associated activities, and most importantly the Theme!

SUNDAY MORNING COFFEE TIME

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

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

END OF SEASON ICE CREAM CAFE

MONDAY, SEPTEMBER 5TH, 12:00 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)

ADULT SOCIAL

SEPTEMBER 10TH

Please save the date! Be on the lookout for the exact time, the menu, any particular associated activities, and most importantly the Theme! Look for more details during the Summer!

We always need help for the family social events – please look for sign-up emails to help put on fantastic events at our favorite summer hangout!

Please look for more socials for families, adults, and children to be posted for the 2016 season!

Raft Night – Sundays Starting June 26th 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 a safe and fun raft extravaganza! Put it on your calendar and join in the fun. Relax by the pool and order dinner at the Turtle Shell Cafe – it's a great way to end the weekend and enjoy a last bit of decompression before your week starts!

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.

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.

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 12 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 consists 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 12 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.
 - 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.