



HIGHLANDS NEWS

Highlands Swim and Tennis Club P.O. Box 9 McLean, VA 22101 703-821-9893

Summer 2023

Highlands Swim- Excited for Summer 2023!

ARE YOU READY TO WHOMP?
www.whompingturtles.org

The Highlands Whomping Turtles have been a NVSL Division 1 team for 12 years in a row and continue to grow stronger each year. Each season the Highlands Whomping Turtles look to continue our turtle traditions, and make new memories for all of our wonderful families, from the newest 5 and 6 year old Whompers to the most seasoned NVSL veterans. We encourage all Highlands members to participate in Swim Team activities regardless of level of experience. Learn-to-swim with our supportive and fun-loving coaches, develop swimming skills with our organized practices, have a blast with all the team swimmers at Monday night “B meets,” and get crazy to support the “A Meet” competitors at NVSL meets on Saturday mornings. And don’t forget the weekly Pancake Breakfasts after morning practices on Fridays, Bagel Mondays, after-

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Dive Team Prepares for Exciting 2023 Season!

Christopher Lane returns to the Whomping Turtles for his second year as the head diving coach after leading the team to an undefeated season last summer.

Christopher has an impressive coaching background that spans twenty years. As a junior diver he was a USA diving junior national qualifier. Lane dove four years in college finishing his career at the University of Arizona as a Pac-10 finalist and an NCAA zone qualifier. As a coach, Christopher has worked alongside over twenty five different Olympic divers and coaches from all over the world. Since moving to D.C. in June of 2019 to pursue his MPH at GW in Epidemiology, Christopher has worked as an assistant coach at Montgomery Dive Club, Alexandria Dive Club and Dominion Dive Club, coaching some of the most elite

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Calling all Tennis Players for Spring 2023!

New to Highlands Tennis? ProsToYou Tennis, led by Marco Impeduglia and Nim Mohan, offers our community a variety of tennis programs and services for all age groups and skill levels. Whether it be a child taking their first steps on the court, an adult getting back into the swing of things, or a high-performance player looking to refine their skills, there is a spot for everyone in the Highlands Tennis Community! PTY & Highlands is committed to providing tailored programs that support all players to achieve their very best while staying active and healthy for a lifetime and building a foundation to fall in love with the game. Specifically, PTY offers the Highlands Community...

- Excellent maintenance of 4 Tennis courts (2 with lights) that were recently resurfaced in Spring 2022 and one dedicated Pickleball Court
- Experienced tennis coaches, holding the highest certifications in their field, available for private or semi-private

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Off-Season Facilities Improvements at Highlands!

From preventative maintenance, regular maintenance, and a few treats, once again we have improvements to particularly note to you, our community members. Our Best Kept Secret in McLean continues to be improved!

First the really important maintenance: You might have noticed the persistent water in the parking lot last year. As expected, it was due to leaks in the pool. Not one, not two, but three separate leaks were found and fixed. We are very excited to let you know that none of these were leaks requiring major repairs. We are reserving funds for our very old piping and filtering infrastructure, but this off-season’s fixes will allow us to reserve further as Highlands infrastructure and replacement strategy is executed.

Another big impact is bubble wrap. What’s that you say? Are we bubble wrapping our fragile pipes? No! Bubble wrap is a well-established method for **retaining heat in the pool.**

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2023 Highlands Swim and Tennis Club Board of Directors and Managers

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Sunday Adult Swim Time Changes!

With much feedback from all sorts of members, we are shifting the hours for Sunday Adults-Only Swim. We will be starting on May 28th as follows:

- 8am – 11am: Adults Only All Pool Facilities
- 11am – 12pm: Adults Only Upper Pool
- 11am – 12pm: Open Swim All Ages – Lower Pool
- 12pm – Close: Open Swim All Pool Facilities

Pool Opens May 13th

After a successful 2022 season where we essentially ran as in the pre-COVID days, we are pleased that Alex Mihaila will once again be providing his pool management leadership to Highlands. We will be opening Saturday, May 13th, two weekends before Memorial Day weekend, and closing Sunday, September 10th, the weekend after Labor Day, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 8 pm on Saturday and Sunday.** The pool will continue to be open with weekend hours from 10am – 8pm and weekday hours from 3pm – 8pm. Please look at the hard copy calendar as the hours vary throughout the summer. **Early Bird swim will begin June 5th at 6:15am and be held Monday thru Friday from 6:15am-7:45am through July 21st, then shifting to 6:30am – 8am from July 24th through September 8th.**

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. During summer hours 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 11:00am.

Group Swim School, Early Bird, Dive Team

Highlands is changing with the times, and we want to point these out to you so you don't miss anything!

Swim Lessons: For Highlands members looking for a learn-to-swim program or a pre-team program, the new Highlands Swim School is a great option for our littlest turtles. Led by the club's Developmental Swim Director, Kelli Morris Larkin, and taught by our own Highlands swim team coaches, this program meets Monday - Thursday for 30-minutes for 4 or 5 weeks (depending on swimmer's age). Open to swimmers ages 3-10 years. Private lessons are also available from Swim Team coaches by emailing privatelessons@whompingturtles.org.

You don't need to be on the Swim Team to take private lessons.

Early Bird hours are starting and ending 15 minutes earlier from May 22nd through July 21st. From July 24th through September 8th they go back to 6:30am to 8am.

There are **early swim team practices** for kids attending all day camps and who can't normally make practice times. These will be from 7:45am – 8:30am. Same with Whompers and Group Swim School lessons. Go to the Swim Team website at www.whompingturtles.org for details and to sign-up.

Communications at Highlands!

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

Websites: Check us out at www.highlandsswim.org, in particular the team

and Club calendars. The Swim website is chock full of information, at www.whompingturtles.org.

Twitter: Follow us at [@AndHighlands](https://twitter.com/AndHighlands) for real-time updates on things like thunder closings and re-openings.

Annual General Meeting

This year's **AGM** is scheduled for Monday, November 13th at 5pm in the Turtle Shell. An email notice will be sent 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

junior divers in the nation. Lane has also just finished his second season as the head diving coach at George Washington University where the divers have had another record setting season. Repeat wins at both the men's and women's A10 conference championships, the divers scored the most points in the conference as well as in school history. This season the GW divers broke five school records, and qualified six divers to NCAA zones championships. Highlights from the 2022-2023 season include having 5 junior athletes named to team USA, winning two gold and two bronze medals at the Junior Worlds Championships, having four collegiate divers named Academic All-American and of course... an undefeated season with the Highlands Whomping Turtles.

Assistant coaches Erin Wills and Jeremy Simon are returning this year, and looking forward to seeing all the divers at the open house and in the water this coming season.

Dive Team Registration

The Highlands Dive Team is open to Divers between the ages of 5 and 18. 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 them!

New this year, the Dive Team registration will be accomplished through a new website that will make the process easier and allow for better communication with our dive team families regarding meets, practice times and other dive team events. The new website is www.highlandsdive.swimtopia.com.

*** Parent participation is required for all divers ***

Like the Swim Team, **the Dive Team cannot function safely without parent volunteers**—at both meets and team activities. We need parents as Judges, Referees and Table workers at every meet.

To enable your child to participate, please plan to work one position in two events for each diver you have participating on the dive team. Please understand that we cannot make exceptions to this rule as we simply will not have enough adults to safely execute the activities.

HOW TO PARTICIPATE:

- 1) Look over the different roles listed on the dive team website, www.highlandsdive.swimtopia.com
- 2) Pick the role you wish to fill for the meet (Table Worker, Judge, or Announcer)
- 3) Either attend the appropriate training provided by NVSL clinics, or take the easy route and learn the role poolside from the Dive Team Reps
- 4) Sign up for your volunteer spot using the new website

The one NVSL clinic that is worthwhile to attend is a Judge's Clinic. There will be four clinics and their dates, times and locations are listed below.

Sunday, June 4, 10:30 am at Mantua Pool, 9330 Pentland Pl., Fairfax, VA 22031

Saturday, June 20, 4 pm at Camelot Pool, 3604 Balin Ct., Annandale, VA 22003

Tuesday, June 13, 6:30 pm at Annandale Pool, 7530 Little River Tnpk., Annandale, VA 22003

Wednesday, June 21, 6:30 pm at Camelot Pool, 3604 Balin Ct., Annandale, VA 22003

THANK YOU! For more information, please don't hesitate to contact John Berik by email at HighlandsDive@gmail.com.

IMPORTANT DIVE TEAM DATES

May 13 **Swim & Dive Open House Registration & Swim Suit Sales:**
11:30 – 1:30 pm at Highlands

May 30 Pre-Season Afternoon Dive Team Practices Begin

June 19 Regular Season Dive Team Practices Begin

June 20 Away "A" Meet v. Truro

June 22 Home "B" Meet v. Chesterbrook

June 27 Away "A" Meet @ Dominion Hills

June 29 Home "B" Meet v. Kent Gardens

July 5 Home "A" Meet v. Dunn Loring

July 9 Wally Martin 3-Meter Meet @ TBD

July 11 Away "A" Meet @ Great Falls

July 13 Away "B" Meet @ Tuckahoe

July 16 Cracker Jack Invitational Meet @ TBD

July 18 Home "A" Meet @ Fairfax Station

July 23 Division Championship Meet @ TBD

July 21 Awards Banquet @ Highlands

July 30 All Star Championship @ TBD

Practice Times

Pre-Season Afternoon Practices from May 30 through June 16

Session Afternoon I: 4:30 pm - 5:30 pm

Session Afternoon II: 5:30 pm - 6:30 pm

Regular Season Practices begin June 19

Session Morning I: 9:30 am - 10:30 am (M-F)

Session Morning II: 10:30 am - 11:30 am (M-F)

Session Afternoon: 4:30 pm to 6:00pm

*There will be no afternoon dive practice on June 12, June 26, July 3, and July 17 due to Home swim meets. Morning practices will be held as usual on June 26, and July 3.

Swim Team News continued from page 1

practice Art & Crafts, Friday night pep rallies for the entire family, and all our other social events for the team!

Announcing new Highlands Head Coach Jake Ball! Many of you had the opportunity to see Jake in action last summer in his role as Assistant Head Coach, and many got to know him through the Highlands Winter Swim program. Jake demonstrates such an enthusiasm for swimming, brings with him an in-depth knowledge of stroke mechanics and racing techniques, and is invested in helping each swimmer improve. We are delighted that he has agreed to lead our team of athletes and staff of amazing coaches. Jake swam for Denison University and George Mason University while earning his undergraduate and masters degrees. Jake has coached various summer league teams since high school, including as head coach for Fort Myer Swim Team for the 2020 season. Currently, he coaches for Marymount University and NCAP Marymount where he works with the Silver and Gold groups. He is a 4-time NCAA All-American as well as a 2020 Olympic Trials Finalist in the 100m Breaststroke. Jake will be joined this season by **Maggie Champion** as Assistant Head Coach and **Kelli Morris Larkin** as the Club's Developmental Swim Director (responsible for both the swim team's WHOMPERS group and the Highlands Swim School). We are also excited to welcome back our new and returning high school and college assistant coaches! The Highlands Team Reps this season are Gillian Russell, Anne Walther, and Helen Tolar. Beth Taylor is the team's Monday night "B" Meet Rep. We will do our best to make the season a great one!

Coaches and Team reps are looking forward to welcoming everyone back and meeting new members at the **Highlands Swim Open House on Saturday, May 13th from 11:30am to 1:30pm**. Pick up your team shirt and swim cap, ask your questions, and say hello to our coaches! We will have some favorite Highlands spirit gear for sale, including car flags, WHOMP magnets, silicone caps, and some fun new surprises. We look forward to seeing you!

Please visit www.whompingturtles.org for full details on swim team, including [practice schedules](#), [group descriptions](#), and the link to [registration](#).

"LEARN-TO-SWIM" AND PRE-TEAM DEVELOPMENTAL SWIM PROGRAMS

Highlands Swim School

For families looking for a learn-to-swim program or a pre-team program (or for those swimmers not yet ready for swim team's WHOMPERS group), the [Highlands Swim School](#) is a great option. Led by the club's Developmental Swim Director, Kelli Morris Larkin, and coached by our own Highlands swim team coaches, this program meets Monday - Thursday for 30-minutes for 4 or 5 weeks (depending on swimmer's age). Swimmers will work with the same 1-2 coaches each day. Consistency is the best way to make real progress with swim skills.

- **Ages:** 3 - 10 years
- **Swim Level:** Any swim level (including beginner swimmers)

- **Sessions:**
 - For Ages 3 - 4: Swim School is a 4-Week program (June 26 - July 20), Monday - Thursday (No swim on July 4)
 - For Ages 5 - 10: Swim School is a 5-Week program (June 19 - July 20), Monday - Thursday (No swim on July 4)
- **Class Length:** 30 minutes
- **Time:** 7:45 - 8:15am; 8:20 - 8:50am; or 8:55 - 9:25am.
- **Group Assignments:** At the time of registration, families will be asked to complete a Google form indicating their first and second choice preference on time and their swimmer's current swim level. Coaches will assign swimmers to a group and time based on the swimmer's level. It is our goal to have children with similar swimming skills in the same class, although they may not necessarily be the same age. While coaches will do their best to consider each family's preference on time, we cannot guarantee a specific time slot. If swimmers are ready to advance to the next level during the session (e.g., a higher level group within Swim School or to Swim Team), coaches will make that recommendation.
- **Coach to Swimmer Ratio:** Maximum of 4 swimmers per coach depending on level. For ages 3 - 4, there will be 2 coaches for 4 swimmers.
- **Other criteria:** Swimmers must be able to separate from their parent easily and handle being in the water for a 30-minute lesson.

For descriptions of swim school groups and registration information, please see the [Swim School tab](#) at www.whompingturtles.org.

Private Swim Lessons

Private Swim Lessons are another great option for beginner swimmers or as a way to reinforce skills learned during swim team or swim school. Private Swim Lessons are given by Highlands Swim Coaches. Lessons are scheduled directly with the coach and are 30 minutes in duration. Price per lesson will depend on the level of coach. If your swimmer is interested in Private Swim Lessons (both Swim Team and non-Swim Team lessons), please send an email to privatelessons@whompingturtles.org. Include your swimmer's age, gender, a brief description of his/her swimming level, general or specific skill(s) swimmer would like to focus on during the lesson, a general day/time availability, and the parent's name and contact information. Responses to the private lesson account will be sent after the pool opens on May 13.

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lessons (for both junior and adult players)

- 1 Junior and 8 Adult league teams (Spring through Fall) at various levels with different match days / times to provide options for everyone
- Spring, Summer, and Fall Junior and Adult group lessons and clinics
- Summer Camps (full day and half day camps) from June 19 through August 25 (10 summer camp weeks)
- Weekday Monday-Friday hour-long tennis lessons during the summer that are compatible with swim or dive team practices from June 14 – Aug 25
- Compatible Summer Camps (full day and half day camps) for players that participate on the swim or dive team
- A dedicated PTY website for all clinic and camp registrations all in one place: <https://prostoyou.com/virginia/highlands/>
- Online Court Reservation System from March 15th to November
- Tennis Ball Machine available for rent. Contact Angela at angela@prostoyou.com for scheduling.
- Monthly Adult Tennis Socials with either round robin tournaments or coach-led live ball games plus social time with snacks and drinks
- Tennis AND Pickleball Tournaments throughout the year
- Seasonal Ladder Competitions to give singles and doubles players the opportunity to play matches and win their way to the top of the Highlands Community

For questions and more information on PTY Programs, please contact Marco at Marco@ProsToYou.com / 301-943-1678. Please also check the Tennis section of the Highlands website for PTY registration pages, court reservation details, Tennis Team information and a schedule of upcoming events: <https://www.highlandsswim.org>

JUNIOR OFFERINGS FOR SPRING (April 10 - June 18)

ProsToYou Tennis is offering a wide range of clinics / lessons this Spring for Juniors of all ages and skill levels.

- 1 Junior Team Tennis is a competitive, level-based environment that promotes individual growth, social development, and life skills for anything on and off the court. The season consists of one practice each week with 9 matches over the course of the season which are held on Wednesdays and Thursdays.
- 2 WETENNIS Lessons are ideal for children ages 3-5 and aim to improve coordination and socialization. Clinics are half an hour twice a week.
- 3 Weekly hour-long lessons are available for children ages 4 and over. Timing of lessons is based on age and skill.
- 4 Visit <https://prostoyou.com/virginia/highlands/#spring-junior> for more information and to register.

JUNIOR SPRING DAY CAMPS (April 14 and 21 for additional camp days)

Don't have plans for school holidays in April? We've got you covered! Sign up for our camps (full day and half day options). Day Camps are for ages 4 & older. Campers are placed in appropriate groups depending on their age and tennis skill level. Visit <https://prostoyou.com/virginia/highlands/#SPRING-BREAK-CAMP> for more information and to register.

ADULT SPRING CLINICS (April 10 - June 18)

Are you a beginner and will be picking up a racquet for the first time? Want to brush up on your tennis skills? Looking for a high-intensity workout? No problem! We have the perfect fit for you! Visit <https://prostoyou.com/virginia/highlands/#ADULT-SPRING> for more information and to register.

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NOSE-IN PARKING ON BRYAN BRANCH! Don't forget that we have more parking width on Bryan Branch in front of the brick entrance wall – you can park diagonally for a stretch. 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 (**with your nose in where possible!**). Please do NOT park on the fire lane access side of Bryan Branch Road. Thanks!

IMPORTANT SWIM TEAM DATES

Sat. May 13	Open House	11:30am – 1:30pm	Sat. June 24	A Meet vs Overlee	@Highlands
Mon. May 15 thru June 16	Preseason Practice	4:15 – 5:15pm; or 5:15 – 6:15pm	Mon. June 26	B Meet vs Langley	@Highlands
Sat. June 10	Turtle Time Trials	@Highlands	Wed. June 28	Divisional Relays	@Chesterbrook
Mon. June 12	B Meet v. Kent Gardens	@Highlands	Sat. July 1	A Meet vs. Donaldson Run	@ Donaldson Run
Sat. June 17	A Meet vs. Tuckahoe	@Highlands	Mon. July 3	Intrasquad Meet	@ Highlands
Mon. June 19	Regular Practice begins		Sat. July 8	A Meet vs Chesterbrook	@ Highlands
Thru July 20	All Ages Early Practice	7:45 – 8:30am	Sun. July 9	Whompers Meet	1-3pm
	13&o	8:30 – 9:30am	Mon. July 10	B Meet vs. Overlee	@ Overlee
	9-12 yrs	9:30 – 10:30am	Wed. July 12	All Star Relays	@ Hamlet
	8&under	10:30 – 11:30am	Sat. July 15	A Meet vs. McLean	@ McLean
	Afternoon Practice	5:30 – 6:30pm (No T/W/Th only)	Mon. July 17	B Meet vs. Donaldson Run	@ Highlands
Mon. June 19	B Meet v. Chesterbrook	@Chesterbrook	Sat. July 22	Individual Divisionals	@ Tuckahoe
Tues, June 20	Team Picture Day	9:30am	Sat. July 22	End-of-season Banquet	5:30 pm @ Highlands
			Sat. July 29	Individual All-Stars	@ Orange Hunt

Come to the Open House Saturday, May 13th to pick up your team shirt, buy the team suit, buy hot new Highlands' gear, and get additional information on the 2023 season.

Contact the Highlands Swim Team Reps with questions:

Gillian Russell at gillianr@whompingturtles.org, Anne Walther at annewalther@whompingturtles.org, or Helen Tolar at helentolar@whompingturtles.org

2023 Meet Schedules, the 2023 Practice Schedule, and other important information are on our swim team website:
www.whompingturtles.org

Deck Reservations – Online Reservations

Many members have enjoyed using the two decks and the upper grassy plain at Highlands for private parties, you can make reservations yourself online for any of these three. **Just go to the Highlands website under Social Activities – Deck Reservations!**

There are two decks available and the upper grassy area. The two decks are (a) the middle pool-level deck *between* the two large pools and (b) the upper deck *above* the upper pool. When renting the upper grassy area, the rental includes both the patio and fire pit. To reserve any of these, log into the system and please be prepared to pay the required fee when you make your reservation. The front desk can take reservations and a check, and can also show you how to do it online.

The fee for a 2-hour reservation is based on the number of people you are expecting and the facility:

- 0 – 25 people: Decks are \$50; Grassy area is \$75
- 26 – 50 people: Decks are \$75; Grassy area is \$100
- 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 approval. As always, members are responsible for their guests and actions.

Remember that non-members attending must also have a guest pass to enter the Club. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).



HIGHLANDS 2023 SOCIAL CALENDAR



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

WELCOME BACK ICE CREAM SUNDAE CAFE

MONDAY, MAY 29, 12:00PM

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: SATURDAY, JUNE 17TH

Save the date! This will be the first of the adult socials that we have planned for the summer. More details will be revealed as the date approaches! Registration in advance is required.

SUNDAY MORNING COFFEE

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)

INDEPENDENCE DAY CELEBRATION

TUESDAY, JULY 4TH, 11:30AM

Come to the pool and celebrate Independence Day with games and refreshments. Enjoy a dip in the pool and lots of family friendly fun! (Nominal fee for food. Activities are free.)

ADULT SOCIAL: JULY 15TH

Please save the date! Be on the lookout for the exact time, the menu, and other details. Enjoy Highlands in the evening with great food, refreshing beverages, and a special theme. More details will be revealed as the date approaches! Registration in advance is required.

ADULT SOCIAL: AUGUST 19TH

Please save the date! Be on the lookout for the exact time, the menu, and other details. Enjoy Highlands in the evening with great food, refreshing beverages, and a special theme. More details will be revealed as the date approaches! Registration in advance is required.

END OF SEASON ICE CREAM CAFE

MONDAY, SEPTEMBER 4TH, 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)

IMPORTANT TENNIS SOCIALS AND TOURNAMENTS

April 14	Men's Singles and Women's Doubles Tournament Kick-off Night 6pm	July 9	Tournament for Youth and Adult Mixed Doubles 4pm – 6pm
May 13	Tennis Open House 11:30am – 1:30pm	Aug 4	Adult Social 6pm – 7:30pm
May 21	Adult Social 5:30pm – 7pm	Aug 20	Adult Social 5:30pm – 7pm
June 2	Adult Social 6pm – 7:30pm	Sep 1	Adult Social 6pm – 7:30pm
June 3	Pickleball tournament for Adults and Kids 10 and over 4pm – 6pm	Sep 17	Adult Social 5:30pm – 7:00pm
June 11	Summer JTT Kick-off Party 1pm – 3pm	Oct 15	Adult Social 5:30pm – 7:00pm
July 7	Adult Social 6pm – 7:30pm		

*Please visit Upcoming Events in the Tennis section of the Highlands website at <https://www.highlandsswim.org> for more information about these events.

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Raft Night – Sundays Starting June 11th 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!

Early Bird Swim Starts on May 22nd! Times have CHANGED!

This year we are retaining our start date for Early Bird Swim of May 22nd for 2023. We'll run Early Bird through September 8th, which is the last regular weekday pool day in the season.

Times for Early Bird are truly early: From **May 22nd through July 21st we'll run Early Bird Swim from 6:15am – 7:45am.** From **July 24th through September 8th, the time will shift to 6:30am – 8am.** If the pool gets crowded, swimmers should self-organize to two to a lane.

We have acquired bubble wrap for one pool, which will be used nightly to both keep the heat in, but for you engineering types, it prevents evaporation at night. Because the warmer water is at the top of the pool, the reduced evaporation keeps more of the water (and heat in that water) in the pool. You can look forward to seeing Highlands staff covering pools nightly and pulling the cover off each morning (if you arrive early enough, that is). We will doubtlessly learn how to best manage this as we go – your patience is appreciated during this time.

Each year our tables and chairs obtain a bit more wrinkles and gray streaks. Thanks to our intrepid pool manager Alex, we have new tables ready to go for the pool opening.

Lastly, look around for some paint and stain touchups, new signage at the front desk (calendar, water temp, upcoming activities), and maybe a few more surprises thrown in for good measure.

A Few More Items for Member Consideration...

- Of course, you can still buy additional guest passes online – and the ones you have left over from last year are still in the system, ready for your first guests.
- You can reserve a deck online, and see the current availability at any time under Scheduling, sub-menu Location Rental.
- Expanded Swim Lesson offerings this year! More elsewhere in this newsletter but go to www.whompingturtles.org to learn about the new Highlands Swim School and Private Swim Lessons.
- Don't forget to use those key tags you received last year! **If you haven't uploaded a picture for each family member, please do so at your convenience.** Please avoid lines on the first day when the front desk staff will be taking pictures for those without them.
- While you can sign up for Group Swim Lessons, reserve a deck, the front desk can also help you with these tasks, should you need additional help.
- Buy Highlands swag at the front desk but much more cool stuff **through May 3rd** at www.whompingturtles.org – scroll down and look for the Team Store button. You don't have to be on the swim team to own lots of Highlands gear!

LADIES SPRING TENNIS TEAMS

(Tyson's Cup League Starts April 10, GWTA Starts April 11)
(NVTL Evening May 9th; Daytime May 11th)

Highlands participates in several Ladies Tennis Team Leagues at various skill level and days / times of the week. The Greater Washington Tennis Association (GWTA) League season runs 7 weeks in the spring (starting April 11) and the fall (starting after Labor Day). The Northern Virginia Tennis League (NVTL) also runs in the Fall and Spring, usually around 5 matches in the Spring and 3 in the Fall. Our Highlands ladies will have THREE teams for NVTL again this year. One of which won the title of Division Champions last year! Finally, our Lady Tennis Turtles will participate in the Tyson's Cup League for a second year. These matches are scheduled April 10th to mid-June and are held on Monday evenings. Visit

<https://www.highlandsswim.org/tennis-teams.html> for more information. Or reach out to Beth Taylor at tennisrep@highlandsswim.org or via phone at 703-447-2540 with any questions or help determining which team would be the best fit.

MENS TENNIS TEAMS

(Tyson's Cup League Starts April 12)
(NVTL May 6th)

Our Highlands Men's Team will be back playing in The Northern Virginia Tennis League (NVTL) on Saturday mornings in the Spring as well as the Tyson's Cup Tennis League on Wednesday evenings in the Spring and Fall. The team is always looking for more players so please contact Marco at Marco@ProsToYou.com / 301-943-1678 or the Men's Captain Michael Poe at michaelpoe67@yahoo.com if you would like to join.

SUMMER CAMP OFFERINGS & MORE

(June 19 – August 25)

Are you looking to make Summer 2023 one to remember for your child(ren)? ProsToYou has several camp options, one of which is sure to be the perfect camp experience for your child(ren). Campers will enjoy a variety of tennis games, sports, and activities all summer long! From the tennis courts to the pool and everything in between, our coaches and counselors will cultivate a fun environment for every activity throughout the day.

Register soon to grab your spot in one of the camps or weekly hour-long lessons at:

<https://prostoyou.com/virginia/highlands/#SUMMER-CAMP>

SUMMER JUNIOR TEAM TENNIS

(June 19 – July 28)

For the 2nd year in a row, Highlands is competing in the Tyson's Cup Summer Junior Team League! We are looking for junior tennis players of all ages who want to join our team and play matches against other local Swim & Tennis Clubs. It's a fun experience for all levels. There is a match play component in the junior league so we strongly encourage players who played tennis before but again it's open to everyone - the more the merrier! PTY is offering team practices Monday – Friday mornings or Monday, Wednesday, and Friday practices in the afternoon. Matches against other local clubs will be held on Tuesday and Thursday afternoons (starting around 4pm). We will have a Summer Junior Team Tennis Kick-Off party June 11th 1-3, but don't wait till then to sign up! Register soon to join the Tyson's Cup Summer JTT at: <https://prostoyou.com/virginia/highlands/#SUMMER-CAMP>

If you have any questions, email Nim at Nim@ProsToYou.com. Please note that if your child can't attend team practices but want to compete in our league matches, there will be a match-only option. Contact Nim for more details.