



**Sleepy Hollow Recreation Association SHRA,
3538 Sleepy Hollow Road, Falls Church, VA 22044**

April 2015

FROM THE PRESIDENT

Go away winter - we're done with you! OK, now that I've got that off my chest, I want to welcome everyone to another exciting summer at Sleepy Hollow Rec. The Board of Directors has been at work during the winter snow season getting everything ready for a great swim/dive/tennis season.

We are scheduling another summer of fun events, including bands and activities. The coaches are looking forward to a super season for the swim, dive and tennis teams. And we'll be competing as well with men's and women's tennis teams.

I hope you can join us on our Clean-Up Days as we put the finishing touches on the facility. And, if you're new to the area, come check us out during the Open Houses.

Winter is gone - time to sign up, program the events on your calendar, and come join SHRA for a great Summer 2015!

Mike Bizer, President



POOL HOURS

May 23 – Aug. 9

S&S: 11am-9pm M-F: 12-9pm

Aug. 10 – Sept. 6

S&S: 11am-8pm M-F: 11am-8pm

On Sept. 7, the pool closes at 6pm



SHRA 2014 BOARD OF DIRECTORS

President:	Mike Bizer
Vice Pres:	Bill Redman
Treasurer:	John Mallon
Secretary:	Patti Jones
Membership:	Kim Grutzik
Facilities:	Chris Grady
Teams:	John Milligan
Social:	Patrice Shibuya & Sarah Given

**Take a SPLASH on the wild side – join SHRA!
Click on MEMBERSHIP at shrasharks.org.
So easy even a Minnow could do it!**

**Open House Dates
April 25 & May 9, 10am-3pm**

**Moon Bounce * Treats * 5/9 Car Wash
Bring your friends! Free guest passes to
those who bring in new members!**





Teams for Kids – Swim, Dive & Tennis

Welcome back to all our returning swimmers, divers, and racquetees! Being on a team is the “heart” of SHRA. Many kids play one, two, or all three sports! No matter your age or ability, we've got a team for you! Teams have meets, pep rallies, socials, and trips.



WEB UPDATES AND EMAIL WILL BE THE PRIMARY MEANS OF COMMUNICATING WITH TEAM MEMBERS AND THEIR PARENTS.

All meet dates and locations will be posted on our website. We will post last minute practice changes and the final coaching roster as well.

TEAM COACHES

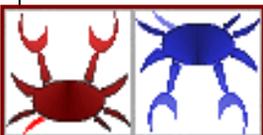
SHARKS SWIM: Dave Lassiter
 SHARKS DIVE: Jen Perantoni
 SHARKS TENNIS: Brendan Mattingly

Social Events

This year we'll be hosting an array of fun events for kids and adults:

- Wine & Cheese Social 5/22
- Team Pep rallies and junior dances
- Adult only events
- Float Nights (with Root Beer Floats on 6/25)
- Live Bands
- Family Fun 4th of July Extravaganza
- Annual Shrimp & Crab Feast

Check the calendar, watch for e-mails, and be sure to RSVP on the website for all these great events



social@shrasharks.org

CLUB COMMUNICATIONS AND EVENT NOTICES

SHRA now communicates with the membership primarily by email and website (www.shrasharks.org). Our online calendar is up to date and contains meet dates, practice schedules, social events, and other important events.

At shrasharks.org, you can RSVP for the wine and cheese party or other social events, reserve the pavilion, and purchase SHRA gear.

Bookmark “shrasharks.org” and check it daily for weather updates and last minute changes.

<http://www.shrasharks.org>

TEAM REPS

SHRA SHARKS SWIM TEAM
 Rachel Mosher-Williams & Jamie Sample
swimteam@shrasharks.org

SHRA SHARKS DIVE TEAM
 Mike & Sheri Crotty
diveteam@shrasharks.org

SHRA SHARKS TENNIS TEAM
 Julie Crain & Jen Grady
tennisteam@shrasharks.org





PRACTICE SCHEDULES

After School Practice (May 26 – June 19)

	8&under	9-12	13-18
Swim (M-F)	4:30-5:15pm	5:30-6:30pm	3:30-4:30pm
Dive (MTTH) only	5:30-6:15pm	6:30-7:15pm	4:30-5:30pm
Tennis (T&Th)	NONE	4:30-5:30pm	5:30-6:30pm



Morning Practice (June 22 – July 24)

	Minnows	8&under	9-12	13-18
Swim (M-F)	11:00-11:30am	10:15-11:00am	9:00-10:15am	7:30-9:00am
Dive (M-F)		11:15am-noon	10:15-11:15am	9:00-10:15am
Tennis (M,T,TH,F)		9:00-10:00am	8:00-9:00am	10:30am-noon

Register and pay for any of the teams online by logging into your membership at www.shrasharks.org.

Minnows

Minnows are children who are comfortable in the water, able to participate in a group setting, but not yet swimming legal strokes. Minnow swim practices begin on June 22, when the morning sessions begin.



The Dive team does not have a "minnows" class, but any child who can safely swim to the side and is able to participate in a group practice may join.

Meets

Swim meets are on Saturday mornings and Monday evenings. There is an occasional Wednesday swim meet as well. Dive meets are on Tuesday evenings and tennis matches are on Wednesday mornings at 9am.

Lessons

We also offer private and group kids' swim, dive, and tennis lessons for children. Times are subject to coach availability. Please contact our coaches or life guards for more information.

VOLUNTEERS We Need YOU! Swim, Dive & Tennis

In order to have a successful season, **all families with children on any of the teams need to get involved**. There are many positions to fill and most don't need training. Volunteering is a great way to meet other families, have fun, and help the team in the process! Plus you will see immediately that you are a valuable asset to the SHRA community. It takes nearly 30 parents to run a swim meet; dive needs judges, and tennis needs your help, too.

So, step up and do your share! You bring the talent and we'll provide you with the memories. No prior experience needed in most cases.

Click on **MEMBERSHIP** at shrasharks.org
to register online!



SWIM UPDATE - Rachel Mosher-Williams and Jamie Sample are co-team reps this year. Rachel has been working with former team rep, Jeff Kueter, for several years and her son, Sam, 17 yrs., has been a SHRA shark for about 10 years. Jamie is a former swimmer with two young guys participating, Finn is an 8&under and Colin is a minnow. Contact Rachel and Jamie at swimrep@shrasharks.org.

We will swim Division 12 this year, moving up after such a strong showing last season! On Sunday, May 31 at 5 pm, the team reps and coaches will hold a Parents' Meeting to review the schedule, our significant volunteer needs, and expectations for the season, as well as to answer any questions you may have. This is a really important meeting – please plan to attend!

The swim season starts with Time Trials on June 13 @ SHRA with our neighbor SHBR. Please stay for the cookout! Our first two “A” meets, on June 20 against Hayfield Farm and on June 27 against Hiddenbrook, are also at home. Then we travel to Kingsridge on the Fourth of July and visit Stratford on July 11. Our season closer is at home against Somerset-Olde Creek on July 18. Hayfield is hosting the Relay Carnival on July 8 and Divisionals will be at Stratford on July 26. The B Meet schedule has us visiting Dowden Terrace on Monday, June 15 and Lincolnia on June 22. We are hosting Dominion Hills on June 29. Our Intra-Squad Blue-White Meet is July 6 and then we travel to Annandale on July 13. As usual, we close the B meet season hosting Forest Hollow at SHRA on July 20. The B meets are open to all our swimmers and all are encouraged to attend!!

The calendar of 2014 swim activities is updated at the SHRA website (www.shrasharks.org). It includes all the meets as well as clinics/official training sessions, along with some of the already-planned social events. There are plenty of opportunities to volunteer and have fun while supporting our swimmers! Please reach out to Rachel and Jamie at swimrep@shrasharks.org.

COACHING STAFF - Dave Lassiter returns as head swim coach this summer along with former SHRA coaches and swimmers, Taylor and Connor Chamness. Dave brings a wealth of knowledge and enthusiasm to the SHRA team. Some coaching highlights:

coached USS swimming with the York Swim Club 1995-2000	coached the Dominion Hills Summer team 1995-2000
led the Warriors from Division 11 to Division 4	coached the Yorktown High School team for 7 years 2004-2011
led the Patriots to 3 regional runner-up places	won State AAA titles in 2006 and 2007
coached the SHRA Sharks for 3 years 2008-2010 & 2012-present	coached the Swanson Middle School team for 22 years
won the Division 14 championship with SHRA in 2010 with an undefeated record	

Coaches Dave, Taylor & Connor look forward to working with you this upcoming season. The pool has thawed and is ready for some fast swimming! We understand that swim overlaps with other sports, but please try to begin conditioning in a rec center pool so you're better prepared for your first swim practice. Try warm-ups with stroke drills of 25's and 50's and end with timed 25's and 50's, or even 75's on an interval such as 25s on the 40, 50's on the 130 or whatever works for you. Keep your strokes smooth but strong. Work on the basics. Make up your own drills or draw from any of the drills we've used in previous seasons. Have a fun month and a half before the swim season begins! From Dave, Taylor and Connor. Contact the coaches at swimteam@shrasharks.org.

SUITS & FLIPPERS - All swimmers are expected to wear a SHRA team suit. We'll use the same design as last year but if you are new to SHRA or need a new size, mark your calendar for Suit Try-On Days, June 2 & 3, 4-7 pm, at SHRA. Also returning - flippers! All SHRA swim team members are required to have flippers for use in practice (they help improve swimmers streamline position, strengthen ankles and legs, and improve kicks). Get sized for flippers and make purchases (\$25/pair) at the Suit Try-On Days.

EARLY BIRD/ADULT SWIM PROGRAM -- SHRA offers a morning swim program for adults (18+). Lead by the SHRA Shark coaching staff, the program provides a chance to brush up on your technique and get some great exercise. Practice is offered all summer from Memorial Day through Labor Day, M-F, 6:30-7:30am. Cost is \$250 for the summer (70 swims) or \$7.00 per practice (\$10.00 for non-members). Open to members and non-members. For more information, contact masterswim@shrasharks.org.



DIVE UPDATE: Greetings SHRA Dive Families!

We are in division 6 this season and will be diving with Stratford, Hunt Valley, Dominion Hills, Fairfax, and Camelot. The SHRA website calendar reflects our new season. Look for a document on our dive team page that includes all dive events so you may easily add these to your personal calendars. Especially important to note are the table worker, judge, and referee clinics which are just around the corner, the earliest being Sun June 7, 9:30am at Sideburn Run – *the ONLY table worker clinic!*

Our awesome returning head dive coach, Jen Perantoni, will be working with 4 excellent assistant dive coaches: Frankie Cortes, Micheal Crotty, Suzie Rodriguez, and Rachel Shogren. Kids of all ages and abilities are welcome to join the SHRA dive team to learn the skills of being safe while enjoying time on the boards. We look forward to the 2015 dive season!

Sheri & Mike Crotty, SHRA Dive Reps * diveteam@shrasharks.org

TENNIS UPDATE: Tennis is starting NOW!

Spring has finally sprung and I'm looking forward to the start of the tennis season! Private lessons are available immediately \$55 per hour. Sunday clinics begin in May along with a spring program open to adult and youth players. Introducing Method In Motion - a multi camera high definition videotaping clinic, which will improve any player's game no matter what level player you are. Forehand, backhand, serve and volleys will be covered. Stay tuned for more details.

Coach Brendan Mattingly * bmatttennis@gmail.com * 301-332-4159

RENEW YOUR MEMBERSHIP NOW!

With the pool opening in just **SIX WEEKS**, renew your membership right now at shrasharks.org and beat the rush.

Sign up for your summer teams, reserve the pavilion and get some great SHRA swag NOW.

New to SHRA? Go to the website, click on Membership, and sign up to join us for a great summer!

<http://www.shrasharks.org>

ADULT ACTIVITIES

Adult programs are open to members of any skill or ability. Join us for a fun workout with new and old friends!

Master Swim Program

Join SHRA Swim Coach Dave Lassiter for your morning workout! M-F 6:30-7:30am, May 22 - July 31. Program focus is on stroke development, speed, and distance. Open to members and non-members. For information, email masterswim@shrasharks.org.

Men's Tennis

Men's tennis practices begin in May with matches on Saturdays. For more information, contact John Milligan johnm@abcorp.com.

Women's Tennis

We welcome any new or returning players! Adult tennis team matches start early May. Contact Cathy Pennington at 703-534-4916 or cathypswims@verizon.net.

Adult Tennis Clinics

Coach Brendan Mattingly leads Sunday afternoon tennis clinics. What a great way to learn, practice, and meet new tennis partners. *Interested?* Send an email to bod@shrasharks.org.

Adult Swim

Sunday mornings 9-11am. Check the website calendar for more information or contact bod@shrasharks.org.