

# Willowsford South Waves Swim Team 2026 Season



# Welcome

Brief Info Meeting for Families

Please keep questions for end - Use chat!

Important dates at the end - take note!

# Brief Overview

Willowsford offers two teams: a North team that serves the Grange and Grant, **and a South team that serves the Greens and Grove.**

We swim in the [Old Dominion Swim League \(ODSL\)](#), a *developmental* league.

Our goals include:

- Achieving individual and team improvement

- Fostering a love of the sport of swimming

- Building community friendships

# Board of Directors

## Board of Directors:

Holly Patterson & Frances Morris, Co-Presidents

Colleen Sanvido, Secretary

Melissa Myette, Treasurer

Susan Blaine, Team Rep

Mary Demer, Volunteer Director

# Coaching Staff

Head Coach: Fisher Stroud

Assistant Coaches: Ceilidh Leggat; Lauren Blevins; Reese Hwang; Caden Spalding

Associate & Junior Coaches: Cormick Hall; Ariana Cortez; McKinley Cushman; Emili Sadowski

Volunteer Coaches: Applications open!

# Practice Schedules

## **After School Practices:**

**Tuesday May 27th - Thursday June 11th (no practice Friday June 12th, last day of school)**

***(No Mini's practice until Monday June 15th)***

4:30pm - 5:00pm: 6 and Unders

5:00pm - 5:30pm: 7-8s

5:30pm-6:10pm: 9-10s

6:10pm-6:50pm: 11-12s

6:50pm-7:30pm: 13 and Up

# Practice Schedules

## **Monday June 15th - Friday July 17th [Changes from last year!]**

6:25am - 7:00am: Camper Practice (all ages, except minis)

7:00am - 7:45am: 9-10s

7:45am -8:30am: 7-8s

8:30am -9:15am: 6 and Unders

8:30am-9:15am: 13 & Up

9:15am - 9:45am: Mini Waves

9:45am - 10:30am: 11-12s

***All Star practices (qualified swimmers only)***

Monday July 20 - Friday July 24

# Social Events

Friday, May 29: Pizza and tie dye party. Bring your swim team or any white shirt. (Minis included!)

Friday, June 5: Popsicles!

Wednesday, June 10: Mini Waves popsicle play date @ 4pm!

Donuts after each practice on Friday morning practices

We will have three team breakfasts, June 24th (Picture day), July 8, and July 17th (Mini Meet breakfast day for all swimmers).

**Picture day is June 24 at 7am.** There is no practice this morning. We will meet at the lodge and take a team photo, then go over to breakfast at the pool and have individual photos. More details to follow.

Teen BBQ for swimmers ages 13+

# Mini Waves Program

You should have received a welcome e-mail from Susan Oakley, our Mini Waves Director, with important information. Reach out if you did not receive it.

## Practice Basics

- Practices take place in the shallow end
- Volunteer coaches are in the water with swimmers
- The first few weeks focus on evaluating comfort, confidence, and skill levels

# Mini Waves Program

## Attendance

- No formal attendance roster
- You do not need to attend every practice
- The more consistent you attend, the more your swimmer will gain

## Please come prepared

- Swimsuit, goggles, fins, kickboard, towel
- Girls: One-piece fitted suit (no ruffles/skirts)
- Boys: Jammer-style suit (no baggy trunks)
- Team suit is optional, unless moving up

# Mini Waves Program

## Parent Pool Deck Expectations

- Please let the coaches coach
- Avoid talking to or directing swimmers during practice unless a coach asks for your assistance
- No use of other pools or playground during practice
- Siblings must stay out of the water

# Mini Waves Program

New this Season:

- Mini Waves practice is separate from 6 and Under
  - This allows for more coaches dedicated to Minis.
- Head Coach oversight + Assistant & Junior Coaches on deck and in water
- Progress cards to track swimmer development
- Weekly evaluation opportunities for advancement to Big Waves

# Mini Waves Program

## Progression Opportunities

- Swimmers may be invited to move up to Big Waves based on skills and readiness.
- Note that this will mean volunteer requirements!

## End of Season Mini Meet Celebration

- A fun opportunity for swimmers to show off their skills, cheered on by mentors, coaches, and families.

## Questions?

- Contact Susan Oakley: [Susan.MinisWaves@gmail.com](mailto:Susan.MinisWaves@gmail.com).

# Practices: General Information

You do not need to let any coaches know if you are unable to make practice.

In case of inclement weather we will send an email, text, and update the Facebook page. You can update preferences in Swimtopia to ensure that you get text messages. If we hold practice and it is too cold for your child, please keep them home! You know your child best.

Please make sure to label everything - many items look the same and are left behind - we want to get everything to the correct owner.

Please remind your swimmer to use kind language and be encouraging. No poor language will be tolerated.

# Required Equipment

For **practices**, all swimmers need goggles, fins, a kickboard, and a towel. Swim caps are recommended but not required.

Girls should wear a fitted one-piece bathing suit (no ruffles or skirts).

Boys should wear a jammer style bathing suit (no baggy swim trunks).

For **meets**, all swimmers need goggles, their team swim cap, and their team bathing suit.

Caps are provided by the team, while team suits and other gear will be available for purchase the first week of practice.

# Practice Information

Arrive at practice 5 minutes early and be ready to go

Wear your suit, bring your fins, goggles, and cap. Please label EVERYTHING.

Listen to the coaches and get in your assigned lane.

Parents - do not walk past the cones. We only have a few minutes between practices, we ask parents not to talk to the coaches during practices.

Once practice is over swimmers collect their items and leave. Afternoon practices will be more crowded than morning practice. We ask for your patience!

# Practice Information

We will typically hold practice even if it's cold or rainy. We will cancel for thunder or lightening and we must wait 20-30 minutes to get back on deck. If you drop your child off at practice please turn on alerts in Swimtopia so that you can be notified of any practice changes.

If Wednesday meets run very late we will cancel practice the next day. We will send an email, a text alert, and post to our Facebook page.

Once morning practices start, if you have other children who are waiting for their siblings they must sit on the deck of the pool quietly. They may not be in the water or on the playground within the pool. They may be on the playground by the volleyball courts.

# Swim Meets

We will have a practice Time Trials meet on Saturday, June 6th.

We will then have 7 dual meets against other neighborhood teams, plus an end-of-season meet for each swimmer (either Divisionals on July 18th or All-Stars on July 25th).

Meets occur on **Wednesday evenings** and **Saturday mornings**.

Wednesday meets arrive around **5pm** for warm ups.

Saturday meets arrive around **7am** for warm ups.

Swimmers may compete in up to 3 individual events and 1 relay per meet.

*New event this year: 100 free for 13 & up - more information later.*

# Relays

There are typically 3 relay groups per meet.

This year, we will do an “A” relay, consisting of the 4 fastest swimmers in that age group that are available for relays that meet.

There will also be “B” and “C” relays, and coaches will make efforts to make sure *all* swimmers have the chance to swim on a relay this season. Being available more often makes this easier.

# Meet Schedule

Saturday June 6 - Time Trials \*Waves Spirit\*

Saturday June 13 - Stone Ridge @ Willowsford South \*Color War\*

Wednesday June 17 - Dulles Farms @ Willowsford South \*Pool Kids on the Block 80s 90s\*

Saturday June 20 - Brambleton @ Willowsford South \*Stars & Stripes\*

Wednesday June 24 - Willowsford South @ LV

Saturday June 27 - Willowsford South @ Willowsford North

July 1/4 - No Swim Meets (Bye Week/Holiday)

Wednesday July 8 - Broadlands @ Willowsford South \*Xmas in July\*

Saturday July 12 - Willowsford South at Woodlea

Wednesday July 15 - Makeup date

Saturday July 18 - Divisionals @ Exeter

Saturday July 25 - All Stars @ Stone Ridge (for those who qualify)

# Swimtopia Resources

[Parent Tutorials](#)

[Mobile App](#)

[Meet Declaration](#)

# Declare for Swim Meets

**NOT NEW THIS YEAR, BUT WILL BE STRICTLY ENFORCED**

**YOU MUST DECLARE YOUR SWIMMER(S) FOR EVERY MEET, WHETHER YOU ARE ATTENDING OR NOT.**

Deadlines:

- Declare by **Sunday at 11:59pm** for upcoming Wednesday night meet
- Declare by **Wednesday at 11:59pm** for upcoming Saturday morning meet

Login to your Swimtopia account (either on website or app), click Meets & Events, then Signup Calendar. In the Signup Calendar you will see a place to sign up your swimmer for each meet. You will select if they are attending and then check off the events they would like to swim for each meet. Please also select if your swimmer is available to swim in a relay and include any notes for the coaches.

We cannot accommodate late sign-ups. If you don't declare on time, your swimmer will not be able to participate in that meet. **We recommend declaring NOW and setting calendar reminders to update as needed as the declaration deadline approaches!**

# Declare for Swim Meets

The screenshot shows a website navigation bar with links: Home, Meets & Events, Practices, Coaches, Team, Sponsors, Quick Links, and Team Store. Below the navigation bar, there are links for Social Events and Meet Weather Policy. The main heading is "Meets & Events" with a "Subscribe" link. A red arrow points from "Subscribe" to the text "Subscribe to the team calendar in your favorite Calendar application". Another red arrow points from "All the team events in the future" to "Upcoming Events | Past Events".

**Meets & Events**

**FRI APR 1 2016**  
**Ice Cream Social**  
At the pool  
Start: 5:30 PM  
RSVP OPEN

**SAT APR 2 2016**  
**Dolphins vs. Pythons**  
Pythons Pool  
Start: 10:30 PM  
MEET ENTRY OPEN | JOB SIGNUP OPEN

- What to Bring to a Meet
- Map to Pool
- Heat Sheet
- Results

Things you can download

Sign your athletes up for meets

Sign yourself up for volunteering

**SAT JUN 11 2016**  
**Dolphins vs. Hurricanes**  
Home  
Start: 1:30 AM  
MEET ENTRY OPEN | JOB SIGNUP OPEN

Bring your squirt guns to this meet.

- Heat Sheet
- Parking Information

# Declare for Swim Meets

WED  
JUL  
8

  **Broadlands at Willowsford South**

**Willowsford South Waves**  
Start: 6:00 PM





*Note: If the "MEET ENTRY" button is gray, then the deadline to enter your swimmer(s) into the meet has passed.*

 **Willowsford South Waves**  
The Pool Kids On The Block

Home Registration About Schedules Meets & Events Volunteer Team Equipment

[Signup Calendar](#) | [Swim Meet Information](#) | [Team Records](#)

[Back to Swim Meets](#)

**Broadlands at Willowsford South - July 8, 2026**

Your family swim meet status

**Bennett Rhodes**  
Ⓞ Not yet signed-up for this meet.

**Henry Rhodes**  
Ⓞ Not yet signed-up for this meet.



[Return to Swim Meets](#)

Download the **SwimTopia Mobile App** for team notification alerts and meet features you'll love.

 

 **Willowsford South Waves**  
The Pool Kids On The Block

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**Broadlands at Willowsford South - July 8, 2026**

**Bennett Rhodes**

(undeclared) ▾

(undeclared)

Not attending this meet

Attending this meet



# Declare for Swim Meets

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## Broadlands at Willowsford South - July 8, 2026

Bennett Rhodes  
Attending this meet

Please select up to 3 individual events.

Check to enter	Event #	Distance	Stroke	Age Group	Best Time
<input checked="" type="checkbox"/>	5	50	Freestyle	Boys 9-10	--
<input checked="" type="checkbox"/>	17	50	Backstroke	Boys 9-10	--
<input checked="" type="checkbox"/>	27	50	Breaststroke	Boys 9-10	--
<input type="checkbox"/>	37	25	Butterfly	Boys 9-10	--
<input type="checkbox"/>	45	100	Individual Medley	Boys 10 & Under	--

Is Bennett available to swim in relays? Available for all relays

Need to let the coach know something?

Henry Rhodes  
(undeclared)

Save

*Note: If at some point in the season you sign up for a stroke for which you have "NT" (No Time), a pop-up will appear asking if this has been approved by the coach. You must confirm or cancel to move forward. If you do not have confirmation to swim the stroke, please leave notes for the coach in the box provided.*

*You can edit this as many times as you like as long as the meet entry is still open (no longer available, want to change events, etc).*

# Volunteer Program

## The Volunteer Coordinators:

- **Mary Demer** – Volunteer Director
- **Christa Bambino** – Volunteer Coordinator
- **Contact Information:** [wavesvolunteerdirector@gmail.com](mailto:wavesvolunteerdirector@gmail.com)

## Why Volunteering Matters:

- Volunteers are critical to the success of the team and the season.
- The team is entirely a volunteer run program.
- 30+ volunteers are needed per swim meet to run successfully (or at all!).

# Volunteer Program

## How does the program work?

Volunteer participation is tracked through a point system. Points are earned for every role you complete at swim meets and/or non-meet events. The list of jobs and point values are posted on our [website](#).

The specific number of points each family is required to earn is carefully determined each season based on the number of families join the team.

Each family is responsible for meeting the required total points for the season.

2026 season = **13** points are required per Waves family (Mini Waves **ONLY** families are excluded)

# Volunteer Program

## **Volunteer Commitment and Expectations**

You may sign up for first half, second half, or full meet — each is assigned a specific point value.

Be mindful of your role's time commitment: arrive on time and stay for your full shift to earn points; you may take multiple roles as long as they don't overlap (e.g., first half Timer + second half Concession).

Failure to fulfill your role after check-in will result in point deductions.

Enjoy watching your swimmer! Take a quick break for their event and please return promptly to your role.

# Volunteer Program

## Unfulfilled Points:

Any unfulfilled point is **\$100/point** paid at the end of the season.

- Example: two points short = \$200 paid to the Waves Swim Team

Families who do not meet requirements will **not** be in good standing for next season's registration.

## Volunteer Sign-Up Details:

- **Opens:** Sunday, May 31 @ 8:00 AM EST
- **Navigate to:** [Swim Topia](#) -> [Meet & Events](#) -> [Sign Up Calendar](#)

**\*You may sign up across all events. Only commit to roles you can fulfill and stay close to the required total points.**

**Excess sign-ups will be adjusted to open opportunities for other families to volunteer\***

# Volunteer Program

**Divisional/All Star** jobs will be posted at a later date. You are expected to volunteer if your child participates in either of these events. This is IN ADDITION TO the regular volunteer commitment.

Some jobs require an hour of time, others are for the full meet. Make sure when you sign up you are aware of your commitment. This also means you can sign up for more than one job a meet if they do not overlap.

If it is brought to our attention that a volunteer is not fulfilling their commitment after checking in, the points will be deducted from your volunteer total.

# Officials

**Become a Waves Official!** We need several more officials for the season. Benefits include:

- Best seat in the house! Including shade and free water :)
- All your family's volunteer points in 2-3 meets
- No prior swim experience needed

**How do I get certified?**

- Training. In person or online. <https://odsl.swimtopia.com/training>
- Online test
- Shadow for one meet
- [karin.hadlock@gmail.com](mailto:karin.hadlock@gmail.com), 202-391-1861

# Private Clinics

1 on 1 private swimming clinics are available with coaches.

Great opportunity for mini waves and younger swimmers to learn all four strokes, great for older swimmers for their technique and form.

You can reach out to a coach directly to schedule, more information to come.

# Communication

Please check our website [www.willowsfordsouthwaves.swimtopia.com](http://www.willowsfordsouthwaves.swimtopia.com) for any updates

Join our Willowsford South Facebook Page

Email [WillowsfordSouthWaves@gmail.com](mailto:WillowsfordSouthWaves@gmail.com) with any questions

Remember that we are volunteers, with our own families and jobs. Please be patient and kind.

# Upcoming Dates

Tuesday May 27th - Swim Practice Begins

Friday May 29th - Tie Dye and Pizza

Sunday May 31st, 8am - Volunteer Signup via Swimtopia

Saturday June 6th - Time Trials

Wednesday June 10 - Mini Waves popsicle play date

Monday June 15th - Minis Begins/Morning Practice

Tuesday June 24th - Team Picture Day