



Hunter Mill Swim & Racquet Club

<http://www.huntermill.org>

twitter: <http://www.twitter.com/hmsrc>

ANNUAL NEWSLETTER, 2010

WELCOME TO THE 2010 SEASON

Dear Members,

It's hard to believe Memorial Day is less than a week away but, lo and behold, that's what the calendar says. And we all know what that means – the Pool opens this Saturday! We hope adults and kids alike are looking forward to the 2010 season.

As I detailed in my e-mail message of April 12th, the Board has been quite busy with preparations for the summer. Chief among them has been our work to complete a comprehensive renovation of the barn's first floor. To recap, the work includes all new bathroom fixtures, tile, and paint; the addition of two new family bathroom/changing room rooms off the front reception area; a remodeling of the breezeway between the bathrooms; a remodeled reception area; and a complete renovation of what had been the back storage rooms and meeting room.

As you might expect with a significant renovation project, there have been some hiccups along the way, but we're expecting the work to be finished in all functional respects by opening day, and for all the more minor details to be completed within a week or two thereafter. Probably the most noticeable hiccup involves a delay in the indoor/outdoor carpeting that's going to be installed in the reception area. Although it won't be here by this weekend (as you'll see from the concrete floor), we expect it to be installed within the next two weeks. Again, those of us on the Board hope that everyone enjoys the spruced-up clubhouse.

We've also contracted with a different pool management company this year, Atlantic Pool. They'll be replacing our previous manager, Crystal Aquatics. Please don't hesitate to contact me or any other member of the Board if you notice any operational issues or have any suggestions for how we (or Atlantic) can run things more smoothly.

Last, as always we're planning a number of socials, happy hours, and other fun events to keep the summer festive. Please check the calendar below for details and be sure to surf the Club's website (or follow us on Twitter!) through the summer for additional updates. And of course we'll all be pulling for the Swim Team – go Sharks!

In the meantime, please kick back, relax, enjoy the pool, and let us know if there's anything we can do to make the Club a better place.

Tim DiCintio
President, Hunter Mill Swim & Racquet Club

POOL HOURS 2010:

Opening Day 2010: Saturday, May 29 at 10 AM

May 29 – June 24:

Monday – Friday: 1 PM – 9 PM

Saturday: 10 AM – 8 PM

Sunday & Memorial Day: 11 AM – 8 PM

Summer Hours (June 25 to September 6):

Monday – Friday: 11 AM – 9 PM

Saturday & Sunday: 11 AM – 8 PM

Holidays

Memorial Day (May 31) 11 AM – 8 PM

Independence Day (July 4) 11 AM – 6 PM

Labor Day (September 6) 11 AM – 6 PM

The pool will be closed for home meets on selected Saturday mornings and Monday evenings. Please consult the website (www.huntermill.org) for the schedule

The Baby Pool will be open during morning swim team practices, starting June 19.

POOL OPERATIONS by Jon Hunt

This year we continue with many of the lifeguards from last year, under Atlantic Pool Company. Mark Vogan will continue as Pool Manager, and most if not all the lifeguards have worked at Hunter Mill in the past. Operations-wise, we look forward to an uneventful and fun summer.

This year we will continue using the computer system to check in members, and we will request the name of each guest to be logged in as well.

Telephone & Telephone Policy

The phone in the main Lifeguard area is under their supervision. It is set up to permit only local non-toll calls and has no voicemail. Should you need to contact someone at the pool during operating hours, the number is

(703) 262-0033

Guest Fees

Guest fees are \$5.00 per guest. Any guest – local or out of state – is required to pay the daily fee when they sign in at the front desk. The guest fee applies to use of the pool and the tennis courts. There will be no exceptions. We will send out an invoice for the guest fees that were incurred.

Swimming Lessons

Atlantic Pool Company will be conducting swimming lessons at the pool again this year. This is a great way to introduce the little ones to water adaptation and water safety. We expect classes to fill up quickly so be sure to sign up as soon as the season starts. Private lessons will also be available. Check with the pool manager or guard staff for more information once the pool opens.

Unaccompanied Children

During general swimming hours, children who have not yet completed second grade or are not yet nine years of age shall not be permitted within the pool enclosure unless accompanied by a person 13 years of age or older, who will be responsible for **and must supervise** the child.

All children who are unable to swim must be accompanied in the pool by an adult at all times.

All children ages 9 and 10, and all children ages 11 and 12 who are not on the swim team, must satisfactorily complete a swim test in order to be allowed into the pool unaccompanied. A swim test will include swimming one length of the pool without stopping or touching the bottom, treading water, drown-proof or float on back for two minutes in deep water. If a child does not pass the swim test, a person 13 years or older must accompany them when in the pool area.

All unaccompanied children, ages 9-12 years, must maintain a swim contract on file with the pool staff. Swim contracts must be signed by a parent and are available from the guard station.

Also, all children within the fenced baby pool area must be attended by an adult. This helps the Guards

ensure that all children in the baby pool area are being properly supervised.

Baby Attire

Only babies wearing swim diapers will be allowed in the baby pool. Swim diapers are available for sale at the guard desk.

If your children are not toilet trained, they must wear swim diapers and swim pants in the main pool. A adult parent/guardian must be present with the child in the pool at all times.

When accidents occur, we are required to close the main pool for at least 6 hours. Please consider other members and events at the pool.

Parking

Parking in the paved lot is limited to members and their guests for pool and tennis use only. Due to the number of small children that live on Willow Crest Court, the residents there would appreciate it if members would park on the street only if the parking lot is full. They have also asked that drop off and pickup occurs in the parking lot.

TENNIS by Eileen Kurtz

Tennis Clinics

This year we are pleased to introduce Colette McShea Sheppard, and welcome back Brian Shenefelt to our tennis program. Please check out what each instructor is offering and take advantage of the tennis court and their professional training (see bio's below).



Brian Shenefelt will be our new Tennis Director this summer. His brother, Michael, who has been our Tennis Director for the past 5 years, will assist Brian with clinics and continue to offer private lessons.

Private and semiprivate lessons are available from **Brian Shenefelt (703-994-9797)** and from **Michael Shenefelt (703-615-0892)**. Rates for the 2009 season will remain unchanged from 2008. Private lessons are \$30/hr and semiprivate lessons (up to three students) are \$20/hr/student in the group. Clinics will be offered in 2 week sessions starting June 22nd and ending July 31st. The rate for the clinics, consisting of 1 hour/day, Monday, Wednesday and Friday, for 2 weeks is \$60/session. Each Clinic is limited to 6 students. Signup sheets will be posted on the Hunter Mill web site.

Brian just finished his second year at the James Madison University. After being a four-year member and Captain of the James Madison High School men's varsity tennis team, he is now a member of the JMU men's club tennis team. Brian and Michael have been trained by some of the most highly regarded tennis programs in the area and have competed in tournaments throughout the mid-Atlantic region. Brian has been working as an assistant tennis pro at Fairfax Racquet Club for the last 3 summers in addition to assisting Michael at Hunter Mill.

To sign up for a clinic, please complete the registration form found on our website (www.huntermill.org) and mail it to the address shown at the top of the form. You can also find the form at the end of this newsletter. Payment may be made directly to Brian Shenefelt. If you have any questions pertaining to the clinics or private/semi-private lessons, call Brian at 703-994-9797 (cell).

Colette McShea Shepard is a USPTA certified tennis teaching professional with 15+ years experience. She has taught at various clubs in New York, Florida, and Southern California as well as here in the Northern Virginia area. She is a formally nationally ranked junior and collegiate player and has experience working with all ages and ability levels. Colette will be offering Ladies clinics and workouts starting at the end of April. She will also be available for group and private lessons. 703 862-2853 or Colette2121@aol.com

Tennis Court Keys

Keys are available for \$15.00 from Eileen Kurtz before May 24 and from the Guard Desk after that. Please help protect our investment by keeping the court locked when not in use.

Court Reservations

The tennis court is available on a first come - first served basis to all members. The only time it is not available is during the clinics mentioned above.

REMEMBER

NO ROLLER BLADES, SKATEBOARDS, OR BICYCLES ON THE COURT, PLEASE!

FITNESS by Eileen Kurtz

Eileen Kurtz will be offering a yoga/strength & conditioning class this summer. You can work out while your kids swim! Eileen is certified YogaFit instructor with a BS degree in Exercise Science from the University of Southern California. She teaches

yoga and coaches pre and post season yoga/strength and conditioning programs for McLean and Madison high school Crew Teams, Tier 1 hockey, soccer, baseball and basketball players, as well as small groups and private clients. Please see the HTM website: www.huntermill.org for class times and sign up information or contact Eileen Kurtz, Functional Fitness, LLC at fxnfit@verizon.net or call 703-587-8305.



SOCIAL

by Patricia Tansey

Happy Hour

June 18th 6:00-8:00pm to celebrate Pool Grand

Opening!

Prospective, New and Current Members invited!

Come by see the beautiful new club house and talk to the board members.

The happy hours are held outside the pool fence. Alcohol is not served but guests may bring their own beverage. Chips and snacks will be provided. Please remember that alcoholic beverages are not permitted within the fenced-in pool area.

Adult Social/ July 24th, 6:30 pm

“Fajita Fiesta” is the theme for the 2010 Adult Social.

Join us for a spicy hot time. Dinner includes:

Mesquite grilled marinated beef or chicken fajitas served with rice, pico de gallo, guacamole, flour tortillas, chips, salsa, grilled onions, tomatoes and jalapeños.

Frozen margaritas as well as beer, wine and soda will be served. Tickets are \$26 per person.

Make your reservations now by e-mailing Social@Huntermill.org.

Pool Parties

If you would like to schedule a private party at the pool please visit the website at www.huntermill.org and download the pool party form. There’s a link to the forms from the website’s ‘Social’ page.

Once you have filled out the forms, please print a copy and bring it with your 2 checks (\$25 for the cleaning deposit and \$50 for the Gazebo rental) to the guard office. Once approved, the guards will enter your event on the calendar. Pool parties are reserved on a

first come, first served basis and reservations must be accompanied by both a deposit and the rental fee.

The newly finished “kids room” may be rented out for parties, additional tables and chairs are also available. Contact Social@huntermill.org for more information.

Raft Nights will be held the last three weeks in July on July 15, 22 and 29, from 6-8PM with Concessions opening at 5:30. Grilled Hot dogs, hamburgers and chicken sandwiches will be available for purchase in addition to other dinner items, snacks and drinks. Come hungry! Proceeds from the sale will benefit the swim team.

MEMBERSHIP by Marci Mouritzen

Annual dues of \$600 for the summer 2010 season are the same as 2009. We still have a few regular memberships available for this year. If you know someone who is interested in joining this season, please contact Membership@Huntermill.org.

According to the By-Laws, a member may lease his or her membership for up to three consecutive years. A member must annually obtain Absentee Membership status by submitting the Membership Application along with a \$50 fee. The Club can then lease out the membership to those on the waitlist.

As of May 28, 2010, we are at capacity for membership, and are now accepting names for our waiting list.

If you have any questions about membership policies please refer to the website www.huntermill.org.

SWIM WITH THE SHARKS!

Contacts:

Kim Ziegelbauer, NVSL Team Rep

SwimTeam@huntermill.org

(703)716-1081(H)

(703)403-8440 (C)

Tracy Caprio, Development League Meet

BTeam@huntermill.org

(703)319-1991

Billy McDonald, Director of Swim

(703)895-9384

Anne Moriarty, Volunteer Coordinator

The Hunter Mill Sharks are looking forward to another great swim season. We are in division 3, competing with some of the best teams in the Northern Virginia Swim League. Hunter Mill participates in Saturday morning league meets and Monday night developmental meets. Our developmental meets will once again be with teams from the Herndon area and will include the 100IM.

Along with a lot of swimming, swim team members have the opportunity to participate in a range of social events. Being a part of the swim team is a great way for kids to improve their swimming, have fun, and feel a part of the Hunter Mill community.

Coaching Staff

We welcome our new coach Billy McDonald, along with assistant coaches Sean Fletcher and Jill Brown. We will also have some great returning high school coaches; Daston Sarmadi, Clair Caprio, Connor McMillan and Samantha Fletcher.

Registration

Registration fees this year are \$125 per swimmer. We are still accepting registrations. All materials may be found on-line.

Home meets are scheduled on the following days: June 19, 8 am to 12 noon; June 28, 5:00 pm; July 10, 8 am to noon; July 17, 8 am to noon; July 19, 5 pm; July 24, 8 am to noon; July 26, 5 pm. Please be aware that weather can postpone a Monday night meet to Tuesday.

Volunteer Selection Form

Hunter Mill could not have a swim team if it was not for many dedicated volunteers. As in past years, we are asking each family to complete the **Volunteer Selection Form** and turn it in with your registration. We are asking each family to work at least four meets (excluding time trials and the boy vs girl meet). If your swimmer(s) swim more than one meet a week, we are asking each family to volunteer for at least five meets. The volunteer form has the dates of all the Saturday league meets, Divisional Relays and Monday developmental meets. **Please indicate any dates you are not available to volunteer.** The Volunteer Coordinator will post volunteers each week on the web-site and on the swim team bulletin board. You

will not be required to volunteer at a meet your child is not swimming.

Swim Team Eligibility

All swimmers must meet the following requirements in order to participate on swim team.

- Swimmers must be between the ages of 6-18 and their family must be a current member or lessee of Hunter Mill.
- Swimmers must be able to swim the length of the pool in the freestyle form without stopping. Speed and technique are not required.

Swimmers who do not meet these requirements will be referred to the Mini-Shark program or for private lessons.

All new swim team members (of any age), will be evaluated at 7:15 PM during the first week of practice.

Mini-Shark Program

If your child is not ready for continuous lap swimming, they may be eligible for the Hunter Mill Mini-Shark Developmental program. This is not a substitute for swim lessons and children must meet the following safety requirements.

- Swim ½ length of the pool in the freestyle form.
- Float on their back for 30 seconds.

This program runs June 28th through July 26th.

All new Mini-Sharks must be evaluated by the coaches. New Mini-Shark evaluations and registration will during the first week of practice at 7:15PM. A Mini-Shark swimmer can participate in developmental meets at the discretion of the coaches. The cost of the program is \$100.00.

Communication

The swim team's primary source of communication is the pool website, www.huntermill.org. It contains information about the meet schedule, social calendar, meet results, weekly up-dates, the practice schedule, the swim team handbook, and pictures of the swimmers throughout the season. Please check the website on a regular basis.

Team Pictures

Team and individual pictures will be taken on Wednesday, June 30th at 8:15AM. All swimmers,

including mini sharks should attend. Order forms will be swim team folders.

Practice Schedule

Daily Afternoon Practice June 1 to June 25	
Returning 13-18 year olds	4:00 pm to 5:00 pm
Returning 7-8 year olds	5:00 pm to 5:45 pm
Returning 9-10 year olds	5:45 pm to 6:30 pm
Returning 11-12 year olds	6:30 pm to 7:15 pm
New Swimmers (any age)	7:15 pm to 7:45 pm

Morning Practice Schedule June 28 to July 23	
13-18 year olds	8:00 am to 9:15 am
9-12 year olds	9:15 am to 10:15 am
8 and under	10:15 am to 11:00 am
Mini-Sharks	11:00 am to 11:30 am

Afternoon Camper Practice and Stroke of the Week (per Coach)	
June 29, July 1, 6, 8, 13, 15, 20, 22	5:00 pm to 5:45 pm

Divisional Swimmers	
July 21 to 24	Regular Schedule

All Star Swimmers	
July 27 to 31	TBA



Twitter users

Hunter Mill Swim & Racquet Club is now on Twitter! You can get weather-related updates, swim team information, and more by following HMSRC on Twitter (www.twitter.com/hmsrc). You can get updates using hashtag #hmsrc.



YOUR 2010 HUNTER MILL SWIM & RACQUET CLUB BOARD

Tim DiCintio	President	703 758-0166	president @ huntermill.org
Marci Mouritzen	Vice President	703 476-4470	vp @ huntermill.org
Muriel Sarmadi	Treasurer	703 758-9364	treasurer @ huntermill.org
Marci Mouritzen	Membership	703 476-4470	membership@huntermill.org
Andy Rudin	Secretary	703 255-3731	secretary @ huntermill.org
Elise Abt	Swim Team Liaison	703 281-3435	ebabt @ aol.com
Jon Hunt	Pool Operations	650 868-5163	operations @ huntermill.org
Lars McCulloch	Building and Grounds	703 389-2772	building @ huntermill.org
Patricia Tansey	Social	703 716-4478	social@huntermill.org

COMMITTEE CHAIRS

Patricia Tansey	Social	703 716-4478	social @ huntermill.org
Tracy Caprio	Swim Team 'B-Meet' Rep	703 319-1991	bteam@huntermill.org
Eileen Kurtz	Tennis	703 242-2360	tennis @ huntermill.org
Kim Zeigelbauer	Swim Team NVSL Rep	703 716-1081	swimteam @ huntermill.org
Don May	Website	703 615-1295	webmaster @huntermill.org

Hunter Mill Swim & Racquet Club 2009 Junior Tennis Program

**Brian Shenefelt
2112 Freda Dr.
Vienna, Va 22181**

703-994-9797 (cell) shenefbs@jmu.edu

Child's name: _____ Age: _____

Parent name: _____ Home Phone: _____

Cell phone: _____ Email: _____

Session 1: June 28th – July 9th\$ 60

Session 2: July 12th – July 23rd\$ 60

Session 3: July 26th – July 6th..... \$ 60

Level	M-W-F	Make-ups*
Beginner	11:30 - 12:30	TBA
Intermediate (age 9+)	10:30 - 11:30	TBA
Beginner (if necessary)	9:30- 10:30	TBA

Class size (min 3 – max 6)

*If there is rain on a make-up day classes will not be rescheduled.

Please Circle:

Session: 1 2 3

Level: Beginner Intermediate

Please make checks payable to Brian Shenefelt