



# SETON SWIMMING

## Seton Swimming 2020 VISAA State Swimming Championship

Just print this document, scan it for the stuff you need to know ASAP, then bring it with the other attachments posted on the web site. It has everything you need to know about our trip to the State Championship Swim Meet from Friday to Saturday, February 14-15<sup>th</sup>, 2020:

### Anticipated Attendance:

- The following 34 swim team members and coaches are joining us at States for Team meals and gatherings:

Name	First name	Grade	Gender	Role	Size	Name on Shirt	Embroidery
Keapproth	Coach Ashley	12	F	Diver	Medium	Coach Ashley Keapproth	Diving State Team
Koehr	Coach Seamus	12	M	Diver	Medium	Coach Seamus Koehr	Diving State Team
Catabui	Emma	12	F	Diver	Small	Emma Catabui	Diving State Team
Fioramonti	Josh	8	M	Diver	Small	Josh Fioramonti	Diving State Team
Waldron	Rose	9	F	Diver	X-Small	Rose Waldron	Diving State Team
Waldron	Mary Clare	12	F	Diver/Swimmer	Has One	Mary Clare Waldron	Swim & Dive State Team
Brox	JJ	11	M	Diver/Swimmer	Medium	JJ Brox	Swim & Dive State Team
Fioramonti	Mick	10	M	Diver/Swimmer	Medium	Mick Fioramonti	Swim & Dive State Team
Koehr	Connor	9	M	Diver/Swimmer	Medium	Connor Koehr	Swim & Dive State Team
Bingham	Teresa	12	F	Swimmer	Has One	Teresa Bingham	Swimming State Team
Flynn	Emily	12	F	Swimmer	Has One	Emily Flynn	Swimming State Team
Gibbons	Maggie	10	F	Swimmer	Has One	Maggie Gibbons	Swimming State Team
Luevano	Isabelle	12	F	Swimmer	Has One	Isabelle Luevano	Swimming State Team
O'Malley	Mary	12	F	Swimmer	Has One	Mary O'Malley	Swimming State Team
Pennefather	Mary	11	F	Swimmer	Has One	Mary Pennefather	Swimming State Team
Koehr	Coach Jim		M	Swimmer	Has One	Coach Jim Koehr	Swimming State Team
Mulhern	Coach Pat		M	Swimmer	Has One	Coach Pat Mulhern	Swimming State Team
Wilson	Joe	11	M	Swimmer	Has One	Joe Wilson	Swimming State Team
Brox	Elodie	9	F	Swimmer	Large	Elodie Brox	Swimming State Team
Ross	Coach DD		F	Swimmer	Large	Coach DD Ross	Swimming State Team
Brox	Michael	9	M	Swimmer	Large	Michael Brox	Swimming State Team
Hudson	David	10	M	Swimmer	Large	David Hudson	Swimming State Team
Palazzo	Coach Ross		M	Swimmer	Large	Coach Ross Palazzo	Swimming State Team
Rowzie	Joseph	12	M	Swimmer	Large	Joseph Rowzie	Swimming State Team
Byers	Lily	12	F	Swimmer	Medium	Lily Byers	Swimming State Team
Condon	Clara	9	F	Swimmer	Medium	Clara Condon	Swimming State Team
Garvey	Lucy	12	F	Swimmer	Medium	Lucy Garvey	Swimming State Team
Testani	Angie	9	F	Swimmer	Medium	Angie Testani	Swimming State Team
Dealey	Joey	11	M	Swimmer	Medium	Joey Dealey	Swimming State Team
Konstanty	Peter	10	M	Swimmer	Medium	Peter Konstanty	Swimming State Team
McGrath	Michael	10	M	Swimmer	Medium	Michael McGrath	Swimming State Team
Koehr	Céilí	12	F	Swimmer	Small	Céilí Koehr	Swimming State Team
Wilson	Max	9	M	Swimmer	Small	Max Wilson	Swimming State Team
Nguyen	Drew	9	M	Swimmer	X-Large	Drew Nguyen	Swimming State Team

### Trip Overview

The Meet starts with a team breakfast on Thursday morning, February 17<sup>th</sup> and ends with a State Team Dinner at Columbus Grill on Saturday night February 19<sup>th</sup>. In between there will be a team photo, pre-meet Thursday night warm-up, four (4) swimming sessions, two (2) diving sessions and three (3) team meals.

- On Thursday, we will start with a 6:45 a.m. breakfast at IHOP in Manassas Mall to receive our State Team Rugby shirts and Swim Caps.
  - Mr. Pennefather has approved the wearing of your rugby shirts over top of your uniforms at school on Thursday, February 17<sup>th</sup>
  - Then, at 3:45 p.m., we will rally for a State team picture at the Claude Moore Recreation Center followed immediately by a 4:00 p.m. warm-up.
  - After warm-up, we will reconvene at the Gibbon's home in Old Towne Manassas for a Team Pasta Dinner.

- The **Swimming** portion of the competition will occur at the **Claude Moore Recreation Center**
  - The recreation center is at **46105 Loudoun Park Ln, Sterling, VA 20164**
- On Friday, we compete in the first half of the meet, the 200 Medley Relay through 100 Butterfly.
  - Prelims are in the morning and Finals for the top 16 qualifiers are at night
  - We will gather at the O'Malley's house in Centreville for lunch after Prelims, and then as many teammates as possible will go the nearby Cub Run Recreation Center to cheer for our Female State Divers.
- On Saturday, we repeat the routine for 100 Free through the 400 Free Relay
  - We'll end the weekend with a party at Columbus Grill on Rt. 28 in Manassas Park on Saturday night
  - Saturday is very long day. This year, the schedule has been adjusted to start both Prelims and Finals earlier. The schedule leaves even less time between Prelims and Finals than past years.
  - **Potential Swim Finalists: My experience is that Saturday is a very tiring day. If you want to perform your best on Saturday night, you must sleep and eat properly on Thursday and Friday.**
- The **Diving** competition will be held at **Cub Run Recreation Center** in Chantilly between Prelims and Finals with the Girls diving on Friday and the Boys diving on Saturday.
  - Cub Run Recreation Center is at **4630 Stonecroft Blvd, Chantilly, VA 20151**
- The Coaches will be staying at a house at 2137 Cameron Hunt Place, Ashburn, VA 20147

### **General Information:**

1. I will of course post everything on [www.setonswimming.org](http://www.setonswimming.org), but the VISAA Swimming Committee is also posting all information about the State Championship meet at [VISAA Swimming & Diving State Championship - Manage \(swimcloud.com\)](http://VISAA Swimming & Diving State Championship - Manage (swimcloud.com))
  - a. Psych Sheets, Heat Sheets, Results and other information will available there
    - i. There may or may not be meet programs that accompany your admission. It is probably safe for you to go to this site and print one in advance and bring it with you.
  - b. The meet will also be on Meet Mobile for all meet information
    - i. Meet Mobile, an app on your Android or iOS smartphone
      1. Download it from the App Store. Do not accidently select Mobile Meet
  - c. I will also be posting results on [www.setonswimming.org](http://www.setonswimming.org)
    - i. I will post the Psych Sheet on our site once it is available
  - d. The Woodberry Forest School Production Network (WFSPN) will be providing a commented, live stream of the entire swimming portion of the meet this year at <https://livestream.com/wfspn>
2. **No spectators** are allowed at the meet, but we have been given **the opportunity to provide parent volunteers** who can then watch the meet in person.
  - a. Here is what I have so far:
    - i. Scoring and CTS – Bill Dealey and Hank Konstanty
    - ii. **Pool Entrance to Check Credentials for Friday Prelims – Alexandra Luevano plus 1 parent**
    - iii. **Pool Entrance to Check Credentials for Saturday Finals – Katie Condon plus Matt Testani**
    - iv. **Timers in Lane 5 for Friday Preliminaries – Claire Nguyen plus David Wilson**
    - v. **Timers in Lane 5 for Saturday Preliminaries – Terry Flynn plus Michael Bingham**
  - b. For now, I've only given each volunteer one (1) slot to allow the maximum number of parents an opportunity to get in, but I have plenty of current volunteers who are willing

to do more sessions. I'll give them more sessions if I don't hear from other parents by Tuesday night. Parents of seniors will have priority.

3. Pool Entrance

- Volunteers and Officials should enter through the main entrance of Claude Moore
- Swimmers and Coaches should enter through the back entrance as shown here:



4. Team Deck Seating

- In the past, there was a deck seating rotation for teams. This year, we will be assigned one team area for the whole meet.

i. Here's a diagram of where we will be. Fortunately, it is by the competition pool:

		Seton	The Covenant		Trinity Episcopal	Bishop O'Connell	Potomac School		
		Competition Pool			BULKHEAD	Warmup Pool			Doors to locker rooms and bathrooms
		Office	Coaches Area						
				St. Catherine's	St. Christopher/TNCS	PVI	Collegiate		
				Raised stands					
DOWN Stairwell	Row 1	Livesteam bench	SSSAS	Flint Hill	Norfolk Academy	JPG	Roanoke Catholic	Chatham Hall	
	Row 2	Woodberry Forest	SSSAS/FUMA	Cape	Jim Koehr (jim@koehrfamily.com) is signed in		Trinity Christian	Fishburne Military	
	Row 3	Woodberry Forest	Catholic High	Cape Henry	Pennington Academy	Pennington Academy	Trinity Christian	Greenbriar	
	Row 4	Benedictine	Christchurch	Fredericksburg Academy	Norfolk Academy	Nansemond/ Peninsula Catholic	Oakcrest	Hargrave	
	Row 5	St. Gertrude	Fredericksburg Christian	North Cross	New Covenant	Peninsula Catholic	Walsingham Academy	Norfolk Collegiate	
	Row 6	Veritas	Bishop Ireton	Hampton Roads	STAB	Maderia	Virginia Episcopal	Randolph Macon Academy	
	Row 7	Veritas	Bishop Ireton	Hampton Roads	Norfolk Christian	Norfolk Christian	Steward	Virginia Episcopal/High	Williamsburg Christian/The Carmel
		A	B	C	D	E	F	G	
								UP Stairwell (Athlete & Coach entrance located at the bottom of this stairwell)	

ii. I'd bring a lawn chair

- We are well known in the VISAA, and I was on the Board for many years, so we must follow the rule that only Swimmers, Coaches and Officials are on deck.

5. Our team uniform for the entire meet is the Seton State Team Rugby shirt.

- No one** should be in our team area out of uniform, and no one should be in the water without a Seton State Team swim cap. You know how grumpy I get when kids are out of uniform.
- If you were on the team last year, you received a rugby shirt already
- If you are new to the State team, Mrs. Lynch is getting you a shirt.
- I will hand out shirts and State Team Swim Caps at IHOP on Thursday morning (see schedule below)

6. I have arranged with Mr. Pennefather and Mrs. Cooper for members of the State Team to be excused from school after 7<sup>th</sup> period on Thursday and all-day Friday.

7. Mr. Dealey will bring the team banner. Thank you Bill!

8. There is a Senior Parade on Saturday night.

- Details are in the Meet Announcement.
- I'll leave it to the seniors and senior Moms to figure out if the seniors want to wear anything special. Rugby shirts work for me, but you can do anything with which your mothers are comfortable.
- Unfortunately, only seniors on the State Team can participate in the parade this year.

9. **Cost:**

- a. The only costs to the weekend will be the IHOP Team Breakfast on Thursday morning and the Columbus Grill Team Dinner on Saturday night.
- b. **Everyone will pay for their own breakfast.**
- c. **The cost for that dinner is \$35 per person.**
  - i. Checks made out to “Seton Swim Team” and given to Mrs. Luevano.
- d. **The team will cover the cost of the rest of the weekend.**
  - i. Additional donations are, of course, welcomed.
  - ii. Checks can be mailed to Coach Koehr at PO Box 1247, Warrenton, VA 20188

#### 10. Transportation Assistance:

- a. Claire Nguyen has graciously offered to use her 15-passenger van to provide shuttle services on:
  - i. Thursday from Seton to the pool after 7<sup>th</sup> period and then back to the Gibbon’s house for our Pasta Dinner.
  - ii. Friday and Saturday between Claude Moore, the O’Malley’s, Cub Run, and Manassas.
- b. If you are interested in taking advantage of her assistance, please contact her directly at [claire.nguyen05@gmail.com](mailto:claire.nguyen05@gmail.com)

#### Team House and Gatherings

- Thursday morning, we will have our traditional **State Team Breakfast at IHOP at Manassas Mall.**
  - 8300 Sudley Rd, Manassas, VA 20109
  - **Mrs. Condon** is making the necessary arrangements.
  - Everyone will pay for themselves.
  - Here is the menu so you can order quickly: <https://www.ihop.com/en/menu/entres>
- I did my best to find a Team House on AirBnB this year, but the meet is in an area that is too urban to find a Host willing to let us bring so many people into their neighborhood, so have two families that have generously offered their homes for our team meals
  - The **Gibbons’ Family** will host a **Thursday night Pasta Dinner** after warm-up, starting around 6:00 p.m.
    - 9109 Park Avenue, Manassas, VA 20110
    - This is about 38 miles from the pool, so I’d expect the drive to take at least an hour at this time of day.
    - Mrs. Gibbons will also handle the food – thank you Ellen!
  - The **O’Malley Family** will host **lunch after Friday and Saturday Prelims**
    - 14404 Filly Court, Centreville, VA 20120
    - The O’Malley’s live only 13 miles from the Pool which should take less than 30 minutes.
    - Both meals will be catered.
      - **Mrs. Luevano** will take charge of the food for Friday’s lunch.
      - **I am looking for one (1) or two (2) volunteers to handle the food for Saturday’s lunch**
      - I’m envisioning bringing in food from a place like Subway, Tony’s, or Olive Garden.
- **After lunch on both days, as many swimmers as possible should head to the Cub Run Recreation Center to cheer our Divers**
  - Wear your rugby shirts!
  - 4630 Stonecroft Blvd, Chantilly, VA 20151
    - Cub Run is only 3.4 miles from the O’Malley’s house, so about 10 minutes.
  - **Finalists should skip diving to go home and take a nap.**
- Diver’s need to pack a good lunch for both days so they can eat on the go between Swimming Prelims and Diving Finals.

- Saturday night after Finals, we will celebrate at **Columbus Grill** in Manassas Park. I anticipate being there around 9:00 p.m. so it will be a late evening.
  - The restaurant is 19 miles from Claude Moore at 8349 Centreville Road, Manassas, VA 20111. The drive should take about 35 minutes.
  - All State Team members and Seniors (including Seniors not on the State Team) are invited, along with any parents that wish to come.
  - **You should have RSVP'd by now: [Seton Swimming State Team: Feb 19th: States Team Dinner at Columbus Grill \(signupgenius.com\)](http://setonswimming.com)**

### Detailed Schedule:

#### Thursday, February 17<sup>th</sup>

- 6:55 a.m. - **State Team Breakfast** at IHOP on Centreville Road, Route 28, north of Seton. Pay for your own. Wear your Rugby shirt or receive your shirt at breakfast. Please come knowing what you want to order:  
<https://www.ihop.com/en/menu/entres>
- 8:20 a.m. - **Second bell rings with all Seton Swimmers in class on time**
- 3:30 p.m. - Meet on the deck of the **Claude Moore Recreation Center, 46105 Loudoun Park Ln, Sterling, VA 20164**
- 3:45 p.m. State Team Picture on the Pool Deck in Rugby Shirts**
- 4:00 p.m. - State Team warm-up in lanes 1 and 2
- 4:45 p.m. - Return to the Gibbon's Home at 13767 Coronado Ct, Manassas, VA 20112
- 6:00 p.m. - Team Dinner
- 8:15 p.m. - Clear out the house and get to bed!
- 9:00 p.m. - Get to sleep! This is a very long weekend, so let's not get into a sleep deficit on the first night

#### Friday, February 18<sup>th</sup>

##### **Preliminaries**

- Morning - Eat a good breakfast.
- 7:10 a.m. - Arrive at the Claude Moore Recreation Facility parking lot
- 7:24 a.m. - Stretching on deck
- 7:45 to 8:10 a.m. - Warm-up for Preliminaries in lanes 13 (shared), 14 and 15
- 8:15 a.m. - Official's meeting
- 8:30 a.m. - Coaches meeting
- 9:00 a.m. - Timer's meeting.
- 9:00 to 9:15 a.m. - Open Warm-up for Relay Starts, One-Ways, and Continuous Swim
- 9:25 a.m. - National Anthem
- 9:30 a.m. - Preliminaries begin for:
- 200 Medley Relay
  - 200 Free
  - 200 IM
  - 50 Free
  - Bonus 50 Free
  - 100 Fly
- 10:00 a.m. - Divers leave Claude Moore and head to Cub Run Recreation Center
- 11:00 a.m. - Diving Coaches Meeting and start of open warm-up from both Boys and Girls
- 11:25 a.m. - Expected end of Swimming Prelims
- 12:00 p.m. - Team lunch and fellowship at the O'Malley's house at 14404 Filly Court, Centreville, VA 20120
- 12:00 p.m. - Diving competition warm-up for Girls only
- 1:00 p.m. - Girl's Diving competition begins



1:30 p.m. - Finalists go home to take a nap  
5:10 p.m. - Swimmers may return to the O'Malley's house, to their own homes, or back to Claude Moore depending on timing.

### Finals

4:45 p.m. - Finalists arrive at Claude Moore to start stretching on deck  
5:00 to 5:45 p.m. - Final's open warm-up for Finalists only. The session actually starts at 4:30 p.m., but we don't need to be there that early.  
5:45 to 6:00 p.m. - Open Warm-up for Relay Starts, One-Ways, and Continuous Swim  
5:30 p.m. - Official's Meeting  
6:00 p.m. - Timer's Meeting  
6:05 p.m. - National Anthem  
6:10 p.m. - Finals for 200 Medley Relay through 100 Fly. **Top-8 Divers will receive their medals after the Medley Relays.**  
8:20 p.m. - Anticipated end of Finals. Dinner for everyone on their own.  
10:00 p.m. - Get to bed! Earlier if at all possible.

### Saturday, February 19<sup>th</sup>

#### Preliminaries

Morning - Eat a good breakfast.  
7:25 a.m. - Arrive at the Claude Moore Recreation Facility parking lot  
7:39 a.m. - Stretching on deck  
8:00 to 8:25 a.m. - Warm-up for Preliminaries in lanes 5 (shared), 6 and 7.  
8:00 a.m. - Official's meeting  
8:25 to 8:50 a.m. - Open Warm-up for Relay Starts, One-Ways, and Continuous Swim  
8:30 a.m. - Timer's meeting.  
8:55 a.m. - National Anthem  
9:00 a.m. - Preliminaries begin for:

- 100 Free
- 500 Free
- 200 Free Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Free Relay

  
11:35 p.m. - Expected end of Swimming Prelims. **JJ Brox is probably in the final event (400 Free Relay), so he will need special logistics consideration.**  
12:00 p.m. - Divers leave the swim meet and head to Cub Run  
12:10 p.m. - Team lunch and fellowship at the O'Malley's house at 14404 Filly Court, Centreville, VA 20120  
1:00 p.m. - **Boy's Diving warm-up** begins at Cub Run  
1:30 p.m. - Swim Finalists go home to take a nap  
1:40 p.m. - **Boy's Diving competition** begins  
4:45 p.m. - Swimmers may return to the O'Malley's house, to their own homes, or back to Claude Moore depending on timing.

#### Finals

3:15 p.m. - Finalists arrive at Claude Moore to start stretching on deck  
3:30 to 4:00 p.m. - Final's open warm-up for Finalists only. The session actually starts at 3:00 p.m., but we don't need to be there that early.  
4:00 to 4:15 p.m. - Open Warm-up for Relay Starts, One-Ways, and Continuous Swim  
4:15 p.m. - Official's Meeting  
4:30 p.m. - Timer's Meeting  
4:30 p.m. - Seniors line up for Senior Parade

4:45 p.m. - Senior Parade  
5:00 p.m. - National Anthem  
5:10 p.m. - Finals for 100 Free through 400 Free Relay. **Top-8 Divers will receive their medals after 100 Free**  
8:30 p.m. - Awards Ceremony  
9:00 p.m. - Team Celebration at Columbus Grill, 8349 Centreville Road, Manassas, VA