



# HIGHLANDS NEWS

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

Summer 2018

## Highlands Swim- Creating Lasting Memories

Last year the Highlands Whomping Turtles Swim family celebrated 50 years of memories in the pool. This year, we look to continue our turtle traditions, and make new memories for all of our wonderful families, from the newest of Mini 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-practice Art & Crafts, relaxing yoga, Friday night pep rallies for the entire family, and all of our other social events for the team!

The Highlands Whomping Turtles Swim Team has been a Division 1 team for 7 years in a row and continues to grow stronger each year. The hard work from all of our swimmers was evident last summer as we

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## Highlands Apparel Online Store is Open! New Online Membership System!

Most everyone should be familiar with the new online membership system that Highlands implemented late last year, particularly having experienced renewals conducted online this year. It turns out that many local clubs are using the exact same system, while many others are also online but with different systems. The common denominator is a move toward more options and alternatives, as well as some efficiencies.

The benefits of this move are many, both now and looking forward. Immediately, you can buy additional guess passes online – you'll no longer need to keep track of those paper slips from year to year, although existing paper passes are still accepted. You can sign up for the Dive Team now, and on May 1, you can sign up and pay for Group Swim Lessons on the Camps/Classes sub-menu, and you can reserve a deck online (and see the current availability at any time) under Scheduling, sub-menu Location Rental.

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## Dive Team Prepares for Exciting 2018 Season

This will be Evan Granrud's second season as coach of the Whomping Turtles and he is very excited for the season to begin. Currently, Evan is attending the University of South Carolina pursuing a degree in biomedical engineering. Evan has been a member of the George Mason and Dominion Dive Clubs competing in AAU Zones. Locally, Evan has been diving for 12 years, competing in the NVSL including 5 times in the All-Stars. Evan was a diver at Lake Braddock High School representing them in States in both his sophomore and junior years. Evan has been the head coach at Orange Hunt and Parliament Pools, as well as teaching winter dive classes at Wakefield Recreation Center. What he wants his "dive kids" to learn is most importantly is that DIVE IS FUN!

Assistant coaches Bobby Trono, Carolyn Brown-Kaiser, Samantha Simon

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## Highlands Tennis is Back – BETTER THAN EVER!

Highlands Tennis is back for another great year of tennis! ProsToYou Tennis, led by Marco Impeduglia, will be offering our community with more tennis programs and improved services starting this Spring!

- Increased commitment to Tennis Court and Pro Shop maintenance and services
- Upgraded communication for all tennis programs, camps, teams and social events
- Junior and Adult league teams
- Spring, Summer, and Fall junior and adult group lessons
- Summer Camps (full day and half day camps) from June 18 through August 31 (11 summer camp weeks)
- Summer Morning tennis sessions for the swim and dive team players
- Private and Semi-Private lesson instruction throughout the tennis seasons
- Highlands Night at this year's City

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## 2018 Highlands Swim and Tennis Club Board of Directors and Managers

### President:

Tony Poole  
ahpoole@gmail.com

### Vice President/General Counsel:

David Charles  
dcharles@reesbroome.com

### Legal Advisor to the Board:

Phil Battles  
pbattles@bhope.org

### Treasurer:

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### Recording Secretary:

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### Member Communications:

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### Facilities Management/Grounds:

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Marko Cuckic  
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Jack Heath  
jahswim1@gmail.com

### Facilities & Safety

Bobby Oudemans  
robertoudemans@gmail.com

### Food Operations:

David Guas  
chef@bayoubakeryva.com

### Social Events:

Anne Oudemans  
anneoudemans@gmail.com

### Tennis Team Rep:

Andy Jewel  
andrevjewel9@gmail.com

### Swim Team Rep:

Kelli O'Shaughnessy  
kellio@whompingturtles.org

### Dive Team Rep:

Todd Woodrick  
tkwoodrick@me.com

### Tennis Professional:

Marco Impeduglia  
marco@prostoyou.com

### Membership Records:

Mary Tenney  
mary.tenney@gmail.com

### Snack Bar Manager

Nancy Griffiths  
hstc.turtlesell@gmail.com

### Special Projects

Dale Proctor  
swimteam@whompingturtles.org

## Pool Opens May 19<sup>th</sup>

After a very successful 2017 season, we are pleased that Guardian Aquatics will once again be providing their management services to Highlands. We will be opening Saturday, May 19<sup>th</sup>, the weekend before Memorial Day weekend, and closing Sunday, September 9<sup>th</sup>, the weekend after Labor Day, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 9 pm on Saturday and Sunday.** The pool will then be closed Monday through Friday, May 21 – May 25, opening again, but for the season, on Saturday May 26. During the early season weekdays, daily hours will be as usual: 3:30 pm – 9pm. **Early Bird swim will begin May 29<sup>th</sup> at 6:30am and be held Monday thru Friday from 6:30am-8:00am through August 31<sup>st</sup>. Group swim lessons will begin Monday, June 11<sup>th</sup>, at 5:00pm and run consecutively for seven one-week sessions ending Friday, July 27<sup>th</sup>.** Sign-up is via the online membership system starting May 1<sup>st</sup> under Scheduling --> Camps/Classes sub-menu.

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 11:30am.

**See the online and printed calendar for a complete list of times and events**

## Online Membership System Cheat Sheet

We want to make sure you can easily access key features in the system throughout the year:

- [Sign-Up for Group Swim Lessons](#)  
Go to: Scheduling, sub-menu Camps/Classes. You can expand the selection and view all lessons offered. **Sign-up starts May 1.**
- [Buy Additional Guest Passes](#)  
Go to: Memberships, sub-menu Buy Guest Passes.
- [Sign-Up for Dive Team](#)  
Go to: Scheduling, sub-menu Camps/Classes. You can expand the selection.
- [Reserve Deck Space](#)  
Go to: Scheduling, sub-menu Location Rental. Please read the detail and adhere to the rules.
- [Remember Your ID and/or Password](#)  
Go to: Below the box where you enter your ID and Password. Click the **Forget Your Password** link. Can't figure it out? The Front Desk can help you complete any of these functions

## Lifeguards Needed!

See <http://highlandsswim.org/hiring.html> for important directions!

To apply, you can download an application forms located on the website and email it to [admin@guardianaquatics.com](mailto:admin@guardianaquatics.com).

Working at Highlands is a fun and admirable way to spend your time (that is, your child's time) this summer, as well as fantastic experience ensuring the safe running of our pool.

Please note that employment preference is given to members' families.

## Communications at Highlands!

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

**Facebook:** We have a Facebook page at Highlands! So take a look, Like us, check out what's new, and keep up on what's current. Search for us by name, click from our website at [www.highlandsswim.org](http://www.highlandsswim.org), or visit us directly at

[www.facebook.com/HighlandsSwimAndTennisClub](http://www.facebook.com/HighlandsSwimAndTennisClub).

**Websites:** Our website is updated for major events – check it out regularly at [www.highlandsswim.org](http://www.highlandsswim.org), in particular the team and Club calendars. The Swim website is chock full of information, at [www.whompingturtles.org](http://www.whompingturtles.org).

## Annual General Meeting

This year's **AGM** is scheduled for July 22<sup>nd</sup> at 5pm in the Turtle Shell. An email notice will go out 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

and Bennett Verderame are ALL returning this year, and looking forward to seeing all the divers at the open-house.

**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 you!

This year we have integrated Dive Team registration into the new Highlands membership system. Many of you already registered for Dive Team in conjunction with your club membership, so we welcome your feedback on how the process worked for you. If you haven't, Go to highlandsswim.org, then Dive Team and and Registration. You'll need to log in to completed the sign-up (tip: just reset your Password if you have difficulty logging in). Note: You must repeat this process for each diver; your "multiple diver discount will be refunded to you after you pay for each diver at the normal rate.

**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 one event 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) Pick the meet you wish to participate in (schedule is below)
- 2) Pick the role you wish to fill for the meet (Table Worker, Referee, or Judge)
- 3) Attend the appropriate training, below
- 4) Let us know your desired plans!

**Table Workers/Officials Clinic:** Sunday, June 10 9:45 AM at Sideburn Run, 10603 Zion Drive, Fairfax, VA 22032.

**Referee Clinics (for experienced judges):** **Thursday**, June 14 and 21, 6:30 pm, both at Truro Pool, 4146 Elizabeth Lane, Annandale, VA 22003.

**Judges' Clinics:** Sunday, June 10, 9:45 AM at Sideburn Run Pool, 10603 Zion Drive, Fairfax, VA 22032, Sunday, June 24 2:00 pm Chesterbrook Pool, 1812 Kirby Rd., McLean, VA 22101, or Wednesday, June 27 6:30 PM at Sleepy Hollow Bath Pool, 3516 Sleepy Hollow Rd, Falls Church, VA 22044.

**THANK YOU!** For more information, please don't hesitate to contact Neil Wills by email at [HighlandsDive@gmail.com](mailto:HighlandsDive@gmail.com) or by phone at 202-302-1356.

## IMPORTANT DIVE TEAM DATES

- May 19 *Swim & Dive Open House Registration & Swim Suit Sales: 11:00 – 1:00 pm at Highlands*
- May 29 Pre-Season Afternoon Dive Team Practices Begin
- June 18 Regular Season Dive Team Practices Begin
- June 26 Away "A" Meet @ Lakeview
- July 3 Away "A" Meet @ Great Falls
- July 10 Home "A" Meet v. Camelot
- July 12 Home "B" Meet v Chesterbrook
- July 15 Wally Martin 3-Meter Meet @ Oak Marr

- July 17 Away "A" Meet @ Dominion Hills
- July 19 Home "B" Meet v. Sleepy Hollow
- July 22 Cracker Jack Invitational Meet @ Springfield
- July 24 Home "A" Meet v. Kent Gardens
- July 29 Division Championship Meet @ TBD
- July 29 Awards Banquet @ Highlands
- Aug 5 All Star Championship @ TBD

**Practice Times**

*Pre-Season Afternoon Practices from May 29 through June 15*  
Session I: 4:30 pm - 5:30 pm  
Session II: 5:30 pm - 6:30 pm

*Regular Season Practices begin June 18*  
Session I: 9:30 am - 10:30 am (M-F)  
Session II: 10:30 am - 11:30 am (M-F); (M,W,F) Afternoon  
Session: 4:45 pm to 6:00pm

\*There will be no afternoon dive practice on June 18, July 9 and 16 due to Home swim meets. A special morning practice will be held on June 18, and morning practices will be held as usual on July 9 and 16.

*Swim Team News continued from page 1*

have returned to Division 1 seeded 4th for the 2018 season. In Division 1 this year, we will swim Chesterbrook, McLean, Tuckahoe, Overlee, and Langley. We have a terrific season planned! We have 17 meets on our schedule this year and 20 social events and counting. The Highlands Team Reps this season are Kelli O'Shaughnessy and Meggie Scogna, and we will do our best to make the season a great one. We are looking forward to welcoming everyone back and meeting new members at the **Highlands Swim Open House on Saturday, May 19th from 11:00am to 1:00pm.**

**Head Coach Kelly Rose McCullough returns to Highlands.** Coach Kelly Rose McCullough began coaching at the age of 16 for her local YMCA swim team in Spencer, Iowa. After graduating from the University of Northern Iowa in 2011 with a degree in Business Administration Management and Accounting, Coach Kelly Rose went to work for the Sioux Falls Snowfox Swim Team. During her four years with Snowfox, she served as the Head Age Group Coach and Administrative Assistant to the Board of Directors. She was also the Head All-Stars Coach and Head Zones Team Coach for Team South Dakota for three years. Coach Kelly Rose moved out Northern Virginia in June of 2015 and began coaching with the FISH. She was the Head Mini FISH Coach for two years while also assisting with the other groups on the team. Coach Kelly Rose is now currently coaching for NCAP Tyson's where she is lead coach for the AG2 program as well as High School Prep and Stroke School. During the school year, Coach Kelly Rose can be found in the classroom teaching preschool at St. Paul's Lutheran Preschool in Falls Church, VA. This will be Coach Kelly Rose's second season with the Whomping Turtles and she cannot wait for another great summer!

**Bethany Grocock is returning Head Coach of the Mini Whomper Developmental Swim Program.** Bethany has been part of the Highlands Swim Team since she was six years old. She fell in love with swimming, which lead her to start year-round swimming for Sea Devil Swimming. She swam on the McLean High School Varsity team for four years, making Districts and Regionals. This will be her 6th year coaching for the Whomping Turtles, working with all ability levels from the Mini Whompers to Swim Team. She is going into her sophomore year at Virginia Tech (Go Hokies) studying pre-med. In 2017, Bethany became a nationally certified American Swimming Coaches Association (ASCA) Summer League Coach.

**The Highlands Swim Team** is open to swimmers who are members of Highlands Swim & Tennis Club. Swimmers between the ages of 5 and 18 are invited to join the Swim Team. *Swim Team members must be able to swim a strong recognizable freestyle (face in the water, breathing side to side) unassisted one length of the pool (25 meters) and be able to swim a strong recognizable backstroke unassisted one length of the pool (25 meters), be comfortable in the water, and keep up in practice.*

**The Mini Whompers Developmental Swim Program** is designed to provide a sound foundation in the proper technique of all four competitive strokes for swimmers 5 to 8 years old. The Mini Whompers program will also focus on correct breathing patterns and endurance and will provide an introduction to NVSL competitive swimming. *Swimmers in the Mini Whompers Developmental Program must be able to swim the length of the pool unassisted.* Mini Whompers may advance to the Swim Team when they are able to meet the Swim Team eligibility requirements. The maximum number of swimmers in the Mini

program will be 50. Additional information about the Mini Whompers program can be found on our team website [www.whompingturtles.org](http://www.whompingturtles.org) -> double click on the **Mini Whompers** tab on the top of the homepage.

All 8 & under swimmers who were not on the Swim Team last year must be assessed. Two Preseason Assessments have already occurred; the next three Assessments will be during the first three days of practice at Highlands- May 29, 30, and 31 from 4:30-5pm in the Upper Pool. During the Assessment, swimmers will be referred to the Swim Team, Mini Whomper Developmental Program, Group or Private club swim lessons.

**Registration:** Online registration for Swim Team opened February 26. In order to register for the Swim Team or Mini Whompers, your family must have already paid their 2018 Highlands Club Dues. Members should visit the team's website at [www.whompingturtles.org](http://www.whompingturtles.org). Click on the green **2018 Swim Team & Mini Whomper Registration** button to the right of the scrolling pictures. Returning Families are able to log into their TeamUnify account and proceed with Registration. New Swim Team Families will need to create a **New Account.** Enter the primary parent's name, email address and birthday; complete billing information, parents/guardian information, and emergency contacts. Once the waivers and releases have been electronically signed, you may proceed to Add New Members (Swimmers); do this step for each of your swimmers. Verify all information is correct, **especially Swimmer's birthday.** Then proceed to Checkout. After successfully completing registration, the team administrator will need to activate your new account. The primary parent will receive an email granting access to your family's personal member account to the team website. **Please ensure you verify your SMS and email in the system in order to receive Swim Team communications through the team's TeamUnify system.** All communication will come through this system! Any questions concerning online registration should be addressed to Kelli O'Shaughnessy ([swimteam@whompingturtles.org](mailto:swimteam@whompingturtles.org)) or Meggie Scogna ([meggies@whompingturtles.org](mailto:meggies@whompingturtles.org)).

**Swim Team Practices:** Practice for Swim Team members of all ages will begin on Tuesday, May 29. Practice times will be slightly different for the first 3 days while our coaches complete Swim Team Assessments. The 2018 Practice Schedule can be found at [www.whompingturtles.org](http://www.whompingturtles.org) -> double click on the **Practice Info** tab. The Practice schedule can also be found under the **Team Calendar** where you can choose the relevant age group practice via the "Pick a Calendar" drop down.

**Team Swim Suits:** The Highlands team suit is **NEW** this year, Nike's "Nova Spark" which displays our team colors, black and green. The female suit is available in 2 styles- Fastback, featuring full back coverage and wide V-back straps, or Cut-Out, featuring an open back and thin V-back straps. The male suit is available in briefs or jammers. We encourage all swimmers to have a team suit, but for those who care to wear a different suit, we ask that it be black. A representative from SuitUp will be at the Swim Team Open House with team suits in all sizes for purchase. We **STRONGLY** recommend being professionally fitted at the Open House. If you need to purchase another suit during the season, please visit Lacey and Cindy at SuitUp, at

*Swim Team News continued on page 5*

the University Mall Shopping Plaza, 10631 Braddock Rd. Fairfax, VA 22032, 703-278-8202 and remember to mention that you are with Highlands Swim Team.

**Volunteers:** *This is so very important:* We need every family to volunteer in some capacity as our team has grown to nearly 300 swimmers! Your participation during the season is critical. It takes at least 40 parents on deck for each meet to run smoothly. There are many ways to be involved. For a detailed description of many of the volunteer positions, go to [www.whompingturtles.org](http://www.whompingturtles.org) -> **Swim Team Information** tab -> **Types of Volunteers**. Parents sign their swimmers up for meets through our website (the **Events** section, under the scrolling pictures on the homepage), and each meet will have a **Job Signup** button. **If your swimmer is swimming a meet, you should sign up for a volunteer position.** Once you register your swimmer for the 2018 season, take a look at how many volunteers we need for our Time Trials on June 16th!

We also need to fill the following positions prior to the start of this year's season: **Time Trials Team Lunch Lead, Movie Night Coordinator, Pancake Friday Lead, Raffle Ticket Manager (for 2019 HS Parking Spot)**. Please contact Meggie Scogna ([meggies@whompingturtles.org](mailto:meggies@whompingturtles.org)) if you would like to volunteer for one of these positions.

We need someone to be trained in **Hytek Data Entry** before the first B Meet against Kent Gardens. Please contact Kelli O'Shaughnessy ([swimteam@whompingturtles.org](mailto:swimteam@whompingturtles.org)) immediately if you can help to fill this vital role for our team. *Honestly, we cannot run a meet without this position.* A training class is provided by NVSL on May 6 and May 20 at Mantua Pool or at the NVSL University on June 2 at the Fairfax County Government Center. Our Data Coordinator, Christina Wright, will help to get you ready for the first B Meet against Kent Gardens. You would be in charge of Data Entry for the first B Meet, but would be Christina's assistant/back-up for the rest of the season.

Highlands is always in need of certified **Stroke and Turn Judges**. Consider taking a class at one of the NVSL Officials Clinics to become a certified Official. Please contact Jerry Kong ([nikkadmus@gmail.com](mailto:nikkadmus@gmail.com)) for questions regarding becoming a Stroke and Turn Official. **The NVSL University** clinic session is **Saturday, June 2, 8-11am** at Fairfax County Gov't Center. These clinics include: **New Referee** (8am), **Referee/Starter** (8am), **New Starter** (8am), **Stroke & Turn** (10:30am), **Chief Timer** (9am), **Hytek** (8am), **Table Admin** (8:30am). Other Stroke and Turn clinics available before the season begins include: Saturday, June 9 at 8am @ Lee Graham Pool, Saturday, June 17 at 9:30am @ Hunt Valley Pool, and Wednesday, June 20 at 7:00pm @ Hunt Valley & Sully Station. *It is of vital importance that Highlands has more certified officials this year.* Please consider becoming certified for our team.

## IMPORTANT SWIM TEAM DATES

<b>Sat. May 12</b>	<b>Technique Clinic</b>	@Highlands, 11 & up: 10:00-11:00am 10 & under: 11:00-noon	<b>Sat. June 23</b>	<b>A Meet v. Chesterbrook</b>	warm-ups 8:00am
<b>Sat. May 19</b>	<b>Open House</b>	11:00 – 1:00pm	<b>Mon. June 25</b>	<b>B Meet @Langley</b>	warm-ups 5:25pm
<b>Sat. May 26</b>	<b>Technique Clinic</b>	@Highlands, 11 & up: 10:00-11:00am 10 & under: 11:00-noon	<b>Sat. June 30</b>	<b>A Meet @Overlee</b>	warm-ups 8:20am
<b>Tues. May 29</b>	<b>Preliminary Practice</b>		<b>Mon. July 2</b>	<b>B Meet @Dom. Hills</b>	warm-ups 5:25pm
<b>thru May 31</b>	<b>Begins</b>		<b>Sat. July 7</b>	<b>A Meet v. McLean</b>	warm-ups 8:00am
	13 & Overs	3:30-4:30pm	<b>Sun. July 8</b>	<b>Mini Whomper @ Highlands</b>	warm-ups 12:30pm
	Assessments 8 & Under	4:30-5:00pm	<b>Mon. July 9</b>	<b>B Meet v. Overlee</b>	warm-ups 5:00pm
	8 & Unders	5:00-6:00pm	<b>Wed. July 11</b>	<b>Relay Carnival @Chesterbrook</b>	6:30pm
	9-12 years	6:00-7:00pm	<b>Sat. July 14</b>	<b>A Meet v. Langley</b>	warm-ups 8:00am
<b>Sat. June 2</b>	<b>Technique Clinic</b>	@Highlands, 11 & up: 10:00-11:00am 10 & under: 11:00-noon	<b>Mon. July 16</b>	<b>B Meet v. Chesterbrook</b>	warm-ups 5:00pm
<b>Fri. June 1</b>	<b>Regular Practice begins</b>		<b>Wed. July 18</b>	<b>Relay All-Stars @Lincolnia Park</b>	4pm
<b>thru June 15</b>	13 & Overs	3:30-4:30pm	<b>Sat. July 21</b>	<b>A Meet @Tuckahoe</b>	warm-ups 8:20am
	8 & Unders	4:30-5:30pm	<b>Mon. July 23</b>	<b>B Meet @Tuckahoe</b>	warm-ups 5:25pm
	9-12 years	5:30-6:30pm	<b>Sat. July 28</b>	<b>Divisionals @Tuckahoe</b>	8:30am
<b>Sat. June 2</b>	<b>NVSL University – @FFX Cty Gov't Center</b>	8am-11am		<b>Awards Dinner @Turtle Shell</b>	6:00-9:00pm
<b>Sat. June 16</b>	<b>Team Picture Day</b>	@Highlands, 7:20am	<b>Sat. Aug. 4</b>	<b>NVSL All-Stars @Sully Station</b>	9am
	<b>Time Trials</b>	after Team Pictures			
	<b>Swim Team Family Lunch</b>	after Time Trials, 12pm-2pm			
<b>Mon. June 18</b>	<b>Regular Practice begins</b>				
<b>thru July 27</b>	13 & Overs	8:15-9:30am			
	9-12 years	9:30-10:30am			
	8 & Unders	10:30-11:30am			
	Mini Whompers	10:30-11:15am			
	Afternoon Practice (T/W/Th only)	5:30-6:30pm			
<b>Mon. June 18</b>	<b>B Meet v. Kent Gardens</b>	warm-ups 5:00pm			

**Come Saturday, May 19th to get a Complete Schedule and Additional Information!**

Contact the Highlands Swim Team Reps with questions:  
**Kelli O'Shaughnessy** at [kellio@whompingturtles.org](mailto:kellio@whompingturtles.org) or 703.943.0061  
**Meggie Scogna** at [meggies@whompingturtles.org](mailto:meggies@whompingturtles.org) or 703.861.4905  
 Meet Schedules, the 2018 Practice Schedule, and other important information are on our swim team website:  
[www.whompingturtles.org](http://www.whompingturtles.org)

- Open Tennis Tournament on Tuesday, July 31
- New Online Court Reservation System - Tennis Connect
- ProsToYou is bringing another racket sport to Highlands called Pickleball! ProsToYou will offer private, semi-private and group instruction for Pickleball
- **Please visit the Highlands website ([www.HighlandsSwim.org](http://www.HighlandsSwim.org)) to view all the Tennis Offerings and Registration!**

NEW in 2018 - ProsToYou is launching an inaugural **Highlands Club Tennis Championship** this summer for adults (men and women) and juniors! This 4-week championship event will start on June 18 and the finals will be held during the week of July 15 (no tennis on July 4). See below for more information!

**SPRING TENNIS PROGRAMS (April 9-June 16)**

JUNIOR, ADULT AND FAMILY: It is \$220 per player for two group classes per week during the Spring months! It is \$110/ per player for one group class per week during the Spring months! Or it is \$575 per family for all tennis classes (juniors and adults) during the Spring months!

**SUMMER CAMP (June 18-August 31, Monday through Friday) – Full Day and Half Day Options!**

**SWIM/TENNIS SUMMER MORNING SESSION (June 18-July 27) – Compatible with Swim Team Practice Schedules**

**SUMMER TENNIS PROGRAMS (June 18-September 1)**

JUNIOR AND FAMILY: It is \$220 per player for two group classes per week during the Summer months! It is \$110 per player for one group class per week during the Summer months! Or it is \$575 per family for all tennis classes during the Summer months!

**JUNIOR AND ADULT TENNIS: PRIVATE, SEMI PRIVATE, CUSTOMIZED LESSONS**

Private Lesson (1 hour) = \$65.00  
 Semi-Private Lesson (1 hour) = \$80.00  
 Customized for 3 or more people (1 hour) = \$25 per person

**JUNIOR AND ADULT PICKLEBALL: PRIVATE, SEMI PRIVATE, CUSTOMIZED LESSONS**

Private Lesson (1 hour) = \$70.00  
 Semi-Private Lesson (1 hour) = \$85.00  
 Customized for 3 or more people (1 hour) = \$25 per person

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**NOSE-IN PARKING ON BRYAN BRANCH!** We have created more parking width on Bryan Branch in front of the brick entrance wall – you can now 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!

## Deck Reservations – Online Reservations

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

There are two decks available: a middle pool-level deck between the two large pools and an upper deck above the upper pool. To reserve either of these decks, 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 show you how to do it online.

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

- 0 – 25 people: \$50
- 26 – 50 people: \$75
- 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 via a member. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).



# HIGHLANDS 2018 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 28, 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 23RD**

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)

## END OF SEASON ICE CREAM CAFE

**MONDAY, SEPTEMBER 3RD, 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)

## ADULT SOCIAL

**SEPTEMBER 15<sup>TH</sup>**

Please save the date! Be on the lookout for the exact time, the menu, and other details. The pool season is over, but Highlands is lovely in September! Registration in advance is required.

We always need help for the family social events – please look for sign-up emails to help put on fantastic events at our favorite summer hangout!

Please look for more socials for families, adults, and children to be posted for the 2018 season!

## Tennis Times at Highlands: Mid-April to Mid-October

As we approach the beginning of Spring, we are also readying the tennis courts for your enjoyment, particularly after a tough winter like this year. Unlike the swimming pools, which are only open when lifeguards are on duty, the tennis courts have a far longer season. Indeed, in years past, people have played tennis periodically throughout the winter months when temperatures permitted and as long as there was no snow on the courts. That is one of the key reasons we long ago decided not to take down the nets each year.

Even in years with better winter weather, it is important for our tennis community to remember that Highlands can't (and doesn't) provide full-time staff to maintain the courts throughout the year. Additionally, getting the courts ready after the Winter often requires crack repair, wind-screen replacement, light-bulb and light-fixture fixing, etc. Some of this work can't be completed until well into April or even early May, as the weather needs to warm and cracks that developed over the course of the winter need to dry out.

In summary, while Highlands' tennis courts may be available for use by the Membership throughout the year, weather and court-conditions permitting, the Club Tennis season should be considered to be from April 15th through October 15th. If you use the courts outside of this period, please understand that conditions may be less than optimal.

## Raft Night – Sundays Starting June 17<sup>th</sup> 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 Earlier in 2018: On May 29<sup>th</sup>!*

This year we are adjusting our start date for Early Bird Swim to May 29<sup>th</sup> from the traditional mid-June date. We'll run Early Bird through August 31<sup>st</sup>, which is the last regular weekday pool day in the season. Times for Early Bird are truly early: 6:30am – 8:00am. If the pool gets crowded, swimmers should self-organize around the Lap Swimming Etiquette guidelines included in the newsletter mailing this year.

You may also know that you were checking in using the new system last August. This year you'll have key tags to speed the time getting into the pool. And a special thanks to everyone who came to Highlands at one of our early sessions and collected your key tags and had your pictures entered! If you haven't had your picture entered, send them to [hstcpics@gmail.com](mailto:hstcpics@gmail.com) ASAP or you'll need to wait in line on your first visit to Highlands this summer. Replacement key tags are \$5.

While you can sign up for Group Swim Lessons, reserve a deck, or sign-up for Dive Team, the front desk can also help you with these tasks should you need additional help.

Thanks for your patience this renewal season and during the summer as our staff learns the software and becomes accustomed to using it every day.

### Highlands Online Apparel and Accessories Store – Through May 6!

Highlands now has an Online Apparel and Accessories Store; the link can be found on the Swim Team website [www.whompingturtles.org](http://www.whompingturtles.org) to the right of the scrolling pictures, and on the Club website at [www.highlandsswim.org/swim-team.html](http://www.highlandsswim.org/swim-team.html). The direct link is: [highlandsswim2018.itemorder.com/sale](http://highlandsswim2018.itemorder.com/sale)

All Club members are encouraged to purchase items. The store is currently active and will close on Sunday, May 6. Orders after May 6, will not be accepted due to the custom nature of the clothing and the expected order size. All orders will be available for pick-up at the Highlands Swim/Dive/Tennis Team's Open House on May 19, 2018 from 11am-1pm. Custom apparel and accessories with a team logo or individual name are not eligible for return or exchange for any reason, including incorrect size. Certain items must meet minimum order quantities. If the required minimums are not met, the item will not be made and your money will be refunded to you.

In addition to the online store, there will be a **Highlands Pop Up Store** at Highlands on various days and times early in the season. The Pop Up store will be selling: Highlands Club t-shirts, Highlands towels, Highlands baseball hats, Highlands lanyards, Highlands travel coffee mugs, and Whomp! car magnets.

So get ready for summer, plan ahead for birthdays, get your opening day outfit together, or replace those tired old jammie pants. But visit the store and get ready to show your Highlands pride!

### HIGHLANDS TENNIS NIGHT AT CITI OPEN (Tuesday, July 31)

Clinic at 5:30pm-6:30pm at the Citi Open  
Tailgate Night - unlimited food and drink  
Citi Open reserved-seat ticket for that night!  
\$60/per person

### NORTHERN VIRGINIA TENNIS LEAGUE 2018

For men and women = \$100/per player per one team  
Practices and match dates TBD  
Once players are registered, we will send out an email to work out practice days & times  
Match dates will be announced in early April  
Two women's teams this year! (Doubles only team and singles/doubles team)  
One men's team  
More information will be sent out as it becomes available  
\*\*\*Northern Virginia Tennis League is still gathering information on the Junior Division, so once that is confirmed and becomes available then we will send out more information on the Juniors.  
Please check the website or emails for the latest information.

### 2018 HIGHLANDS CLUB TENNIS CHAMPIONSHIPS (1<sup>ST</sup> HIGHLANDS CLUB CHAMPIONSHIPS)

(4 weeks: June 18-July 21)

The 4-week event will start on June 18 and the finals will be held

on July 21. Players will play up to two matches per week (each match will be schedule between both players/pairings and facilitated by ProsToYou Tennis) and one group practice session per division per week. Practice and match times TBD.

Men's Divisions: \$75/per player for singles or doubles divisions  
Division A Singles (Level 4.0+)  
Division B Singles (Level 2.5-3.5)  
Doubles (all skill levels)

\*\*If a player wants to participate in both singles and doubles, then the rate is \$150/per player

Women's Divisions: \$75/per player for singles or doubles divisions

Division A Singles (Level 4.0+)  
Division B Singles (Level 2.5-3.5)  
Doubles (all skill levels)

\*\*If a player wants to participate in both singles and doubles, then the rate is \$150/per player

Junior's Divisions: \$75/per player

Division A Singles (Ages 12+)  
Division B Singles (Ages 8-11)

ProsToYou will facilitate match schedules and practices. Match times and practice times TBD. More information to follow!