

# Mansion House Club

## Swim ~ Dive ~ Tennis

P.O. Box 30, Mount Vernon, Virginia 22121

May 2013

### Message from the MHC President

The 2013 pool season is almost here! The Mansion House Board and many other helpful members have been working hard to get the pool, tennis courts, and grounds ready for the season. Among the items we have accomplished and continue to work on are:

- \* Hiring a new pool operating company (Continental Pools)
- \* Cleaning up the grounds and landscaping, and tennis courts
- \* Clearing bamboo from the elevated/shaded side of the tennis courts to create a better viewing area
- \* Purchasing new furniture for inside the pool house
- \* Beginning replacement/repair of outdoor furniture
- \* Repairing items in the kitchen
- \* Purchasing and installing a swing set (still to be accomplished)
- \* Hiring coaches for tennis, swim, and dive teams

As always, we appreciate the support of members both before and after the pool opens.

Should you have questions or concerns about the pool or tennis courts or any other Mansion House issue, please feel free to contact me. I am always available to address members' concerns. I may be reached at: (703) 329-3109 or [jackiecooney2000@yahoo.com](mailto:jackiecooney2000@yahoo.com).

I'll see you poolside in a few days!  
*Jacqueline Cooney, President*

### Treasurer's Report

With the approval of the one-time \$50 special assessment fee last year, the club now has a new main water line as well as a completely new parking lot. The improvements have completely changed the look of the club, and you will notice these improvements the first day of the 2013 season.

If you have not made your one-time special assessment payment or your annual dues payment as of yet, payments can be sent to Mansion House Club, PO Box 30, Mount Vernon, VA 22121.

Questions?: Contact the MHC Treasurer, Linda Fisher at 571-338-6146 / [lfisher@iamaw.org](mailto:lfisher@iamaw.org).

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### Pool Opens May 25

- May 27 - Meet the Board lunch
- May 27 - Meet the Swim, Dive, and Tennis Coaches
- June 1 - Opening Adult Party
- June 14 - Swim Team Parent Meeting, Pep Rally, and Pasta Supper
- June 15 - Swim Time Trials
- July 4 - Family Celebration
- July 13 - Crab Feast

### 2013 Operating Hours\*

**Pool:** May 25 - September 2, 2013  
11:00 a.m. - 9:00 p.m.

**Tennis Courts:** Daily, year round, 8:00 a.m. - 10:00 p.m.

**Note:** Team events and practices may interrupt schedule. Be sure to check the Club's calendar for scheduled team or club events.

\*Weather permitting.

### Does MHC Have Your e-mail Address?

If you did not receive this newsletter via e-mail, then MHC does not have your current email address. To receive e-mail updates and Club information, please send your email address to the Membership chair at [mansionhousemembership@hotmail.com](mailto:mansionhousemembership@hotmail.com).

Visit the Club web site at:  
[www.mhswimclub.net](http://www.mhswimclub.net)

# SWIM TEAM

## MHC SWIM TEAM SIGNUP & MEET THE COACHES

--May 27<sup>th</sup> from 3 to 5pm at MHC--

Join us at the clubhouse on Memorial Day to meet the coaches, late register for swim team, and purchase your swimsuit, goggles, and fins. Our parent meeting will be held at 4:30 p.m. A separate Little Piranha parent meeting will be held at MHC on Sunday, June 2nd at 7 p.m.

## SWIM COACHES

We are pleased to welcome Head Coach Joe Smolinske to MHC. He grew up swimming in the Northern Virginia Swim League (NVSL) at Hayfield Farm and has been coaching competitive swim teams since 2005. He was an NCAA student-athlete at the University of Wisconsin-Whitewater. Joe is currently an assistant coach with Nation's Capital Swim Club.

Joining Joe as our Assistant Head Coach is Marye Carter. Coach Carter has been developing younger swimmers since 1991. She has provided swimming and exercise instruction for Fairfax County, Nation's Capital Swim Club, and the NVSL. She is currently a kindergarten instructional assistant at Riverside Elementary and a lead coach for Nation's Capital Swim Club.

## MEETS

The Piranhas kick off our 2013 season with Time Trials on Saturday, June 15<sup>th</sup> at 9am. This meet lasts about two hours and gives swimmers an opportunity to get times in each of the competitive strokes—freestyle, backstroke, breaststroke, and butterfly.

MHC will compete in Division 7 of the NVSL this season. Our opponents for our five competitive Saturday meets are Fox Mill Woods, Greenbriar, Holmes Run Acres, Poplar Tree, and Sleepy Hollow Bath & Racquet. MHC will host Division Relays and Greenbriar will host the Division Individual Champion-

ship. NVSL All-Star Relays will be at Lincolnia Park again and NVSL Individual All-Stars will be at Anandale.

We have also scheduled 5 Monday night Developmental Meets, "B meets", against Fort Hunt area teams including Riverside Gardens, Hollin Meadows, Hayfield Farm, Mount Vernon Park, and Waywood. Other local qualifying meets include the Fort Hunt Sportsmen's Relays at Riverside Gardens and the IM Invitational at Stratford Landing. Come out to cheer your swimmer and see friends from local pools.

## PRACTICE TIMES

**After School practice** begins Tuesday, May 28<sup>th</sup> with 13-18 year-olds practicing from 4:00-5:00p.m., 9-12 year-olds from 5:00-5:45 p.m., and 8 & Under from 5:45-6:30 p.m. **Morning practice begins Wednesday, June 19<sup>th</sup>**. It will be 8:00-9:00 a.m. for 13-18 year-olds; 8:45-10:00 a.m. for 9-12 year olds; and 9:45-10:45 a.m. for 8 & Under. Little Piranhas **will not** have practices on Tuesdays.

## LITTLE PIRANHAS PROGRAM

This is a developmental swim program we have for children ages 5 to 8 years old. There will be a Little Piranhas parent meeting on Sunday, June 2nd at 7:00 p.m. We will provide an overview of the program and answer any questions you may have. Swim assessments will be scheduled with the coaches between June 3<sup>th</sup> and June 5<sup>th</sup>. Little Piranhas practice will start on Monday, June 10 at 5:45 p.m.

## SWIM CAPS:

May 1st Deadline to order personalized Mansion House Piranhas silicone caps. A big hit every season! We are offering black silicone caps this season so we can look extra sharp! Get your last name imprinted on your swimmer's cap. The names will make it easier to cheer for MHC swimmers by

## Swim Team E-mail List?

Are you new to MHC or thinking about becoming a Piranha? Please email us at

[Mansionhouseswimnews@gmail.com](mailto:Mansionhouseswimnews@gmail.com)

name and return lost caps to their owners. **Minimum order of 2 caps per name.** Cost is @ \$12.50 per cap, \$25 total. Plain Mansion House silicone caps will also be available for \$10. Sarah Revers is taking orders now by email at [sarahrevers@usa.com](mailto:sarahrevers@usa.com) or 703-780-0675. Order deadline is May 1st. Payment due when the caps are delivered.

## MHC SWIM TEAM HANDBOOK

A copy of this helpful guide will be emailed to each swim team family by the start of the season. It has helpful information for new and veteran Piranha Parents.

## SPIRIT WEAR

Personalized MHC sweatshirts, performance tees and shirts, shorts, knapsacks, pinneys, and hats are being offered this season. MHC magnets will once again be offered! Orders will be accepted through June 4<sup>th</sup> with delivery by Time Trials. Look for order forms in your email Inbox.

## QUESTIONS?

E-mail the MHC swim team representatives, Terri Hood and Sarah Revers at :

[mansionhouseswimews@gmail.com](mailto:mansionhouseswimews@gmail.com).

# 2013 MHC Swim Team Schedule

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May 19 - 2013 NVSL "Learn to Coach" Clinic / 1:00pm to 5pm / Lee Graham Pool

May 27<sup>th</sup> - MHC Meet the Coaches meeting

May 28<sup>th</sup> - After school swim practices begin-Mon-Fri thru 6/18

(Ages 13 & Up: 4-5pm: 9 to 12 yr olds: 5-5:45 pm: 8 & Unders: 5:45-6:30pm)

June 2<sup>nd</sup> - Little Piranhas Parent Meeting 7:00pm

June 3-5<sup>th</sup> - Swim assessments for Little Piranhas (ages 5-7)

June 10<sup>th</sup> - Little Piranhas practice begins 5:45-6:30pm (M, W, Th & F)

June 14<sup>th</sup> - Pasta Supper & Parent Meeting

**June 15<sup>th</sup>-Time Trials at Mansion House**

**June 17<sup>th</sup> - B Meet -Riverside Gardens at MHC**

June 19<sup>th</sup> - Morning Practice begins

(Ages 13 & Up: 7:45-9am: 9 to 12 yr olds: 9-10 am: 8 & Unders: 10-10:45am)

June 21<sup>st</sup> - Pep Rally

**June 22<sup>nd</sup> - MHC vs Sleepy Hollow Bath and Racquet at SHB Meet**

**June 24<sup>th</sup> - B meet-Hollin Meadows at MHC**

June 25<sup>th</sup> - Tentative MHC Swim Team Picture Day @9am Team breakfast

**June 26<sup>th</sup> - Ft Hunt Sportsmen Relays**

June 28<sup>th</sup> - Pep Rally

**June 29<sup>th</sup> - MHC vs Greenbriar at MHC Meet**

**July 1<sup>st</sup> - B meet- Hayfield Farm at Hayfield Farm**

July 5<sup>th</sup> - Pep Rally

**July 6<sup>th</sup>- MHC vs Holmes Run Acres at HRA Meet**

**July 8<sup>th</sup> - B meet - Mount Vernon Park at MVP**

**July 10<sup>th</sup> - Division Relay Carnival at MHC**

July 12<sup>th</sup> - Pep Rally

**July 13<sup>th</sup> - MHC vs Poplar Tree at MHC Meet-Senior Recognition**

**July 15<sup>th</sup> - B meet-Waynewood at MHC**

**July 17<sup>th</sup> - All-Star Relay Carnival at Lincolnia Park Pool**

July 19<sup>th</sup> - Pep Rally

**July 20<sup>th</sup> - MHC vs Fox Mill Woods at FMW Meet**

**July 22<sup>nd</sup> - Individual Medley (IM) Invitational**

**July 27<sup>th</sup> - Division Championship meet at Greenbriar**

July 27<sup>th</sup> - MHC Awards Dinner & Celebration

July 29<sup>th</sup>- August 2<sup>nd</sup> - @ 1 hour practice daily for All Star swimmers (Head Coach & Asst. Head Coach)

August 1<sup>st</sup> or 2<sup>nd</sup> - Pool Familiarization@ for All Star swimmers at Annandale Pool

**August 3<sup>rd</sup> - Individual All-Stars Meet at Annandale Pool**

# Tennis Team

The Mansion House Tennis Program is ready for a great 2013 season! There are opportunities to participate for every age and skill level. For children and beginners (as young as 4 years old), there are terrific opportunities to learn the fundamentals from experienced coaches and have fun while gaining valuable exposure to this life-long sport. For more experienced and advanced players, our professional coaches will help take your game to the next level. Adults can choose from the beginner to advanced classes. Please refer to the website for the detailed information. See the website for all the detailed information.



## **TENNIS PRACTICE SCHEDULE**

Sunday, May 5 -- Sign-up Day at the Revers' Home, 9331 Mount Vernon Circle

Mondays, June 3&10 -- Practices after school

Mondays, Tuesdays and Thursdays Mornings June 17-July 25 -  
- Practices

Quick Start 1 -- 8:00-8:45am

Quick Start 2 -- 9:00-9:45am

Junior Beginner -- Mondays, Tuesdays and Fridays --  
10:00-11:00am

Junior Intermediates -- Monday  
ys, Tuesdays and Fridays -- 11:00am-noon

Junior Advanced -- Mondays, Tuesdays and Fridays --  
noon-1:00pm

Mondays -- Adults classes

Adult Beginner -- 6:00pm-7:00pm

Adult Intermediate -- 7:00pm-8:00pm

Team Party -- TBD

**VOLUNTEERS: It takes announcers, runners, concessions, videographers, timers, judges, and more to make certain the swim, tennis, and dive teams give our children the best experience possible this summer. We are asking all parents to help in volunteering for our meets and additional activities. We can NOT do this without your participation, so contact the team reps if you are willing to help. Thank you in advance for supporting the MHC Summer Teams.**

## **2013 TENNIS CALENDAR**

Friday, June 21 -- (Time TBD) Opening Round Robin at Mount Vernon Athletic Club

Sunday, June 23 -- 5pm Scrimmage matches

Wednesday, June 26 -- 8:30am at Waynewood

Sunday, June 30 -- 5pm at Stratford

Wednesday, July 3 -- Bye

Sunday, July 7 -- 5pm at Hollin Meadows

Wednesday, July 10 Home against Mount Vernon Park

Sunday, July 14 -- 5pm Home against Riverside Gardens

Wednesday, July 17 -- 8:30am Home against Little Hunting Park

Sunday, July 21 -- raindate

Thursday, July 25 -- Awards Lunch and Round Robin at Mount Vernon Athletic Club

## **MHC Private Party Fees 2013**

Mansion House rules allow for rental of the covered pavilion for private parties. The party must be sponsored by a Mansion House Club member and must be held during operating hours, 11am-9pm.

At least one additional lifeguard will be provided by the pool management company through MHC for the duration of the party. Such lifeguard/chaperone may assist the sponsor with party setup, clean up and general party oversight, as well as perform regular lifeguard duties required due to the increased number of guests during the party. To schedule a private party, please email Martha Freuh at: **kc1319@aol.com**.

### **FEES (for nonmember guests):**

**\$5** per guest (or 1 guest pass). This fee is waived if guests are members of MHC. *\*More than 10 guests is considered a party and the sponsor is required to pay fees with the fee schedule below.*

### **FEES (for all parties):**

Facilities/lifeguard/chaperone fees: \$35 per hour to be paid to "Mansion House Club." Additional lifeguard fee: If more than one lifeguard/chaperone is required to attend the party due to the number of guests, an additional \$22.50 per hour per lifeguard will be charged.

## **2013 Summer Social Events**

**May 27 – 12:00PM – 1:00PM Meet the Board Lunch!** Hot dogs, chips, and drinks provided for \$3.00/person.

**June 1 – 6:00PM – 11:00PM Opening Party!** (adults only) Band is Rhythm Pigs—one of top Southern Rock groups in country! Over the top performance. Only \$20/person which includes unlimited beer, wine, tacos and pizza. We kept it at this price because we want to encourage everybody to attend. Please keep this date on your calendar and bring your friends!

**July 4 – 12:00PM – 4:00PM Fourth of July Family Party!** Food-drinks-games-live entertainment. Fun for all ages! We are looking for parents of young children to coordinate games for the kids.

**July 13 – 6:00PM – 11:00PM Crab Feast!** (adults only) We are bringing back the Blue Tip Rhythm Review Band which is the all time MHC favorite. Unlimited beer, wine, crabs, shrimp and a whole pig for the ridiculously low price of \$45/person up front or \$55/week of and at gate. Please get this date on your calendars. Best social event of the summer!

The Club needs volunteers to work the events. If you want to sponsor another event, contact Chris White at 703-780-5877 or email: [chris.white@longandfoster.com](mailto:chris.white@longandfoster.com).

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## **Mansion House Boot Camp \$99 – This camp isn't for the kids!**

Fitness Now at Mansion House / June 17<sup>th</sup> – July 25<sup>th</sup> | 8:00 am M,W,S

Do you want to look great this summer? Tired of your boring workout routine or just don't know how to get started? Mansion House is hosting a summer Boot Camp run by the professional Fitness Trainers from the Mount Vernon Athletic Club!!

This specially designed program is exclusive to Mansion House Residents and will help put the FUN back into your Fitness Routine. You will receive:

- 17 Fat Burning, Body Sculpting classes that will help you slim down and shape up!
- Your Boot Camp is conveniently scheduled 8:00am to beat the heat.
- Is your child training at their swim or tennis practices? Well now you can do yourself a favor!

INCLUDES a Special Mansion House 6 week membership to MTVAC.

Please email Fitness Director William Vogel at [wvogel@mtvac.net](mailto:wvogel@mtvac.net) for more information.

Registration starts now, and MTVAC will be at Mansion House on Memorial Day so you can meet your fitness trainers. Come meet Will and get all of your questions answered! For more information on Mount Vernon Athletic Club, please check out our website at [www.mtvac.net](http://www.mtvac.net)



# DIVE TEAM

Join us at the clubhouse on Memorial Day, May 27<sup>th</sup> from 2 - 4pm to meet the coaches, register for dive (if you missed the May 5<sup>th</sup> registration) and purchase a team swimsuit. A parent meeting will be held from 3:30 - 4pm.

## DIVE COACHES

The Piranhas Dive Team is looking forward to another exciting season of diving. We are very happy to have Tim Fisher returning as our Head Coach and both Mitchell Ortiz and Jack Joyce will also be returning as our Assistant Coaches. Our team will be competing for our third year in Division 1 of the Northern Virginia Swim League (NVSL), the nation's largest summer swimming and diving league. Practices will be in the afternoons from 4 - 6pm, M-F, with meets on Tuesday evenings at 6pm. We will have two home meets against Dunn Loring and Truro. We will have three away meets against Overlee, Lee Graham and Pinecrest.

## NEW TO DIVING? NOT QUITE SURE?

The Piranhas Dive Team always welcomes new members, so please join what we believe is one of the best summer dive

programs in Northern Virginia. Our dive team philosophy is to become the best divers we can, to demonstrate good sportsmanship and team spirit, and to have a fun and safe summer. If you are new to diving, and don't yet know if your child will like it, or commit to it, please come try it out! Everyone is offered the chance to try it for a week. If it's not right for your child, your check will be returned to you at the end of the first week of practice. We do need your registration form and check in hand, however, to comply with our insurance regulations. So, come on May 27th, ask questions, learn more about diving, fill out a registration form, write the check, and then come to practice for a week. We promise you'll be hooked! We've had children as young as four on the team, so don't let age be an issue. The younger they start, the better! After you've tried it for a week, you'll know if it's right for your child, and if not, we'll return your check, and hope you'll try it again another year.

## OFFICIALS CLINICS

Do you enjoy having the best seat in the house? Do you like being part of the action? Then dive table working and judging are perfect for you! Table workers help run the meet by writing the scores and degrees of difficulty on the sheets after each dive, and then they tabulate the diver's score. Judges sit by the side of the pool and rate each dive on a scale of one to ten. In order to learn how to do these very important roles, there are clinics that will teach you everything you need to know.

**The MHC dive team needs more parents, especially those of younger children, to learn how to referee, judge, announce, and work the table.** To do so, you'll need to attend one of the clinics listed on the **DIVE TEAM CALENDAR**.

Email for more information about the clinics or any questions you may have to the MHC Dive Team representatives, Leslie Holt and Susan Webster, at [mhdiveteam@gmail.com](mailto:mhdiveteam@gmail.com).



### Questions about the dive program? Contact:

Leslie Holt, Dive Team Rep  
(703) 619-0686/703 994-1174  
[lacurtinholt@gmail.com](mailto:lacurtinholt@gmail.com)

Susan Webster  
(703) 780-1515/703 477-6391  
[susanwebster6@aol.com](mailto:susanwebster6@aol.com)

[mhdiveteam@gmail.com](mailto:mhdiveteam@gmail.com)

# 2013 MHC Dive Team Schedule

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**May 27<sup>th</sup>** - - DIVE Registration at the pool 2-4pm/Meet the Dive Coaches meeting 3:30 - 4pm

**Week of May 26**—May 28<sup>th</sup>: Afternoon dive practice begins 4-6pm

**Week of June 2**—Afternoon Practice 4-6 M-F

June 8 - Coaches Clinic @Arlington Forest 10:00am

**Week of June 9**—Afternoon Practice 4-6 M-F

June 9 - Team Reps: 8:30; Table Officials and Judges Clinic: 9:30 @ Mantua

June 11 - Referee Clinic 6:30pm @ Mantua

**Week of June 16**—Afternoon Practice 4-6 Tuesday, Wednesday, Friday

June 18 - Judges Clinic 6:30pm @ Sleepy Hollow Rec

June 20 - Referee Clinic 6:30pm @ Truro

June 20 - B Meet @ Stratford Landing 6:00pm

**Week of June 23**—Afternoon Practice Thursday and Friday / Morning Practice Monday and Wednesday

June 25 - Dive Meet: Dunn Loring @ MHC / 4-5pm MHC warm up; 5-6pm Dunn Loring warm up; 6:00pm mee

June 26 - Judges Clinic @ Annandale 6:30

June 26 - 8-10am Fun Day and breakfast

June 27 - Possible B-meet @ MHC

**Week of June 30**—Afternoon Practice 4-6 Monday, Thursday, Friday/Morning Practice Tuesday, Wednesday 8-10am

July 2 - Dive Meet: MHC @ Overlee (5-6pm warm up @ Overlee; 6:00 Meet)

July 3 - 8-10am Fun Day and Breakfast

**Week of July 7** —Afternoon Practice 4-6pm Monday, Thursday, Friday

Morning Practice 8-10am Wednesday

July 8 - 8-10am Practice

July 9 - Dive Meet: Truro @ MHC (4-5pm MHC warm up; 5-6pm Truro warm up; 6:00pm Meet)

July 10 - Fun Day and Breakfast

July 11 - Possible B Meet @MHC 6:00pm

**Week of July 14** -Afternoon Practice 4-6 Thursday and Friday

Morning Practice 8-10 Monday, Tuesday Wednesday

July 14- Wally Martin Memorial 3-meter Dive Meet @ Oak Marr Rec Center (all day)

July 15- 8-10am Dive Practice

July 16- Dive Meet: MHC @ Lee Graham (5-6pm warm up @ Lee Graham; 6:00pm Meet)

July 17 - 8-10am Fun Day and Breakfast

**Week of July 21**—Afternoon Practice 4-6pm Monday, Morning Practice 8-10am Tuesday, Wednesday

July 21 - Cracker Jack Invitational Meet @ MHC (all day)

July 23 - Dive Meet: MHC @ Pinecrest; (5-6pm warm up @ Pinecrest; 6:00pm Meet)

July 24 - 8-10am Fun Day and Breakfast

July 25 - July 28<sup>th</sup> TBD Practice for Divisional Divers

July 26 - End of Season Party

**Week of July 28**

July 28 - Divisional Dive Meet @ Overlee; 8:00am

July 30 - End of Season Party

Aug 4- All Star Meet @ Donaldson Run; 8:00am



## **MHC Board**

**President: Jackie Cooney,**  
jackiecooney2000@yahoo.com

**1st Vice President: Mike Hooper,**  
mike\_hooper@hotmail.com

**2nd Vice President/LR Planning: Jodi Shlesinger,**  
skinsfans@hotmail.com

**Secretary: Mary Heitman,** HeitmanML@aol.com

**Treasurer/Finance: Linda Fisher,**  
lfisher@iiamaw.org

**Pool Operations: Martha Freuh, kc1319@aol.com**

**Eng., Const., and Maintenance: John Finucan,**  
jfinucan@verizon.net

**Membership: John Graves, jsgraves1@cox.net**

**Legal: Paul Werner, pwerner@shepperdmullin.com**

**Social: Chris White, chris.white@longandfoster.com**

**Swim: Sarah Revers, sarahrevers@usa.com**

**Dive: Leslie Holt, leslie.curtin-holt@fcps.edu**

**Tennis: Margaret Clare,**  
margaretclare@verizon.net

**Mansion House Club  
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22121**