



## 2009 Smallwood Marlins Newsletter Welcome Letter 2009



### Greetings to all Smallwood Marlins Swim Team Families from your 2009 SVAC Board of Directors

With the 2009 SVAC Marlins swim team season just around the corner, your SVAC Board of Directors would like to provide you with some important information to get the 2009 season started. We have been seeded in the PMSL D-Division again this year.

First, we want to welcome two new coaches for the Marlins swim team, head coach Debbie Roth and assistant coach Lindsey Snyder. I have included each of their resumes at the end of this letter and after you read them, you will see that we are in for an exciting season. Our Jr. Marlins coaches are Ashley Warren and Kaitlyn Peltzer. Both Ashley and Kaitlyn are currently Marlins swim team members. Our new practice coach is Lydia Michela who was a long-time swimmer with the Marlins swim team. I have given a list of those SVAC swimmers that expressed an interest in volunteering during the Marlins and Jr. Marlins practices to our new coaches and they are looking forward to working with you during the season.

What follows is an abbreviated version of the 2009 season calendar.

Swim Team Registration during SVSC pool registration hours: May 14 (6 – 8 pm), 16 (11 am – 2 pm), 20 (6 – 8 pm), 22 (6 – 8 pm), 23 (11 am – 2 pm).

May 26: Marlins evaluations and first afternoon practice, 5 – 7 pm.

May 27 – June 12: Marlins afternoon practices, M – F, 5 – 7 pm.

June 1, 3, 5, 8, 10, 12: Jr. Marlins evaluations and practice, (M, W, F) from 5 – 5:40 pm.

June 12: School year ends.

June 15: Marlins Morning Practices, 7:30 – 11 am, M – F.

June 15: Jr. Marlins morning practices, M, W, F, from 10:00 – 10:30 am.

June 13: Team-only time trials *and meet the coach lunch @ SVA* (6 am – 3 pm).

June 19: Team pictures.

June 20: First Dual Meet, (6 am – 1 pm, SVA @ RCS).

June 27: Second Dual Meet, (6 am – 1 pm, SVA @ RST).

July 1: SWIMATHON fundraiser during morning practices.

July 4: Third Dual Meet, (6 am – 1 pm, FW @ SVA).

July 11: Fourth Dual meet, (6 am – 1 pm, IH @ SVA).

July 12: GUPPY fundraising meet for 10/U swimmers @ SVA, (6 am – 1 pm).

July 18: Fifth Dual Meet, (6 am – 1 pm, SVA @ PR). Jr. Marlins season ends.

July 19: Charles County Championships @ IH, 6 am – 1 pm.

July 25: Divisional meet @ RST, 6 am – 1:30 pm and SVAC Awards Dinner.

Aug. 1: All Stars meet @ WPT, 6 am – 1 pm. End of the 2009 season.

Your SVAC Swim Team Board has 5 vacant positions; Entertainment Chair, Ribbons Chair, B-Meet Manager, Assistant Clerk-of-Course and Awards Chair. We desperately need volunteers to step up and help us fill these positions immediately. If you are interested, contact Rodney Peltzer at [rpeltzer@comcast.net](mailto:rpeltzer@comcast.net) (301-934-4030).

The 2009 SVAC Marlins and Jr. Marlins registration fees are: 1<sup>st</sup> child; \$75, 2<sup>nd</sup> child; \$55, 3<sup>rd</sup> child; \$35, 4<sup>th</sup> and every child thereafter; \$15.00, and Jr Marlin; \$60. We will not be changing our team suit this year. For



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those that need them, new team suits must be ordered and paid for during registration and will cost ~\$30 for the boys suit and ~\$55 for the girls suit.

We will again offer a special SVSC Swim-Team-Only membership that will allow a family to become members of the pool only to attend swim-team-related events. The cost of the Swim-Team-Only family membership will be \$75.00 in addition to the Marlins registration fees.

The Marlins swim team would like to welcome our new 2009 business sponsors with a big THANK YOU: Your Space Storage at St. Charles, Creighton Insurance & Investments, Crown Trophy, The Creelman Agency, Chesapeake Security Service Co., and Meredith Management LLC. Without these sponsorships, we would not be able to meet our financial obligations during the season.

**WE NEED YOUR HELP.** In order to keep swim team registration fees down, the Board of Directors is again requesting your assistance in helping raise funds for the SVAC Marlins Swim Team this summer. Many of you have established relationships with the company you work for or the ones you visit in our community. Please use the attached sponsorship letter and form (2009\_Business\_Sponsorship.doc) to contact any business or organization you know that may be willing to donate money or products to our team. We will accept any donation or sponsorship amount offered. If requested, the family will be credited with 20% of all funds that they raise through the sponsorship flyer. This credit-back system is a great way to offset some, or all of your family registration fees. We truly appreciate all your efforts to help the Smallwood Village Aquatic Club.

If you have any friends that would like to join the Marlins swim team this year, please pass this information along to them.

### Welcome Coach Debbie Roth.

Coach Debbie Roth started in swimming as an Age Group member of the famed George Haines lead Santa Clara Swim Club in the 1960's. She graduated from Portland State University with school records in the 100 Fly and 400 IM in 1980, after which she quickly moved to coaching.

Her coaching career began in 1980 with the Hillsboro Swim Team in Oregon. She moved to the Multnomah Athletic Club in 1982 as Swim Lesson Director and Age Group Coach for the next 14 years. While at Multnomah, she coached numerous State and Regional Age Group Champions with one 10&under Boy (Brady Childs) earning the number one ranking in the Country in the 200 Freestyle. Another of her former swimmers (Lauren Thies) recently represented the United States at the 2007 Pan Am Games in Brazil.

Also during this time, she enjoyed numerous nominations for Oregon Swimming's Age Group Coach of the Year, served on Oregon Swimming's Technical Planning Committee, served as Oregon Swimming's Safety Chairman, and was elected to numerous Oregon Zone Team and Camp Staffs.

From 2002 to 2006 she served several coaching positions with the 200 plus member Colony Creek Mariners in Houston, Texas including one year as Head Coach.

Coach Debbie also has experience in competing and training triathletes including one of her former age grouper swimmers, Mark Fretta who held the #1 ITU World Ranking in 2006.

From 2007-08 she served as Head Age Group Coach for the Sheridan Swim Club in Quincy, Illinois and is currently one of the Potomac Raiders Swim Club coaches.



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**Welcome Coach Lindsey Snyder.**

Coach Lindsey is originally from Bangor, Maine where she was a competitive swimmer for 16 years before becoming a coach. She attended college at Central Connecticut State University where she was on the Division I swim team and was a captain for 2 years while getting her Bachelor's Degree in Elementary Education. In college she was an Academic All-American, qualified for 4 USA Swimming Senior Nationals meets, and was her college's nomination for NCAA Woman of the Year in 2008. Coach Lindsey was less than 1.5 seconds off of the Olympic Trial qualifying time for the 200 backstroke before she graduated from college in 2008.

Currently she is working at CSM teaching swim lessons, head coaching the Tuesday CSM competitive swim clinic, and assistant coaching the Sunday CSM clinic. She recently moved to Charles County in January and is hopeful about getting a teaching job in the area for the upcoming school year.

If you want to be removed from the current SVAC swim team contact Email list, please reply back with that request.

Thank you,  
Rodney Peltzer  
SVAC President



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