



GENERAL INFORMATION FOR MACHINE PARENTS

Directions to Swim Centers

Tysons Sport and Health
8250 Greensboro Drive, Tysons Corner, Virginia
(703) 442-9150

From the Virginia Beltway take exit 46A- Chain Bridge Road- towards Tysons Corner. Proceed to the 2nd light and turn right onto International Drive (Tysons II Mall). At the 1st light go left onto Greensboro Drive the club is on the right. Sign says Sport & Health on Garage.

Tuckahoe Club
1814 Great Falls Street, McLean, Virginia 22101

From I-495 take 123 Chain Bridge Road towards McLean- Go Right on Great Falls Street. Tuckahoe Swim and Raquet on Right.

George Mason University Aquatics Center
4400 University Drive MSN 1C6, Fairfax, Virginia
(703) 993-3939

From the beltway in Virginia, exit onto Braddock Road (West). Go 6.5 miles and then turn right into the campus at Nottoway Lane and the sign that says, " Sideburn Road Next Light". The aquatics center is ¾ mile ahead on the right.

Providence Rec. Center
7525 Marc Drive Falls Church, VA 22046
(703) 698-1350

From Capital Beltway in Virginia (I-495), take Exit 50B, Route 50 East (formerly Exit 8.) Turn right at first traffic light onto Jaguar Lane. When road curves to the left, **CONTINUE STRAIGHT** to stop sign. Turn right onto Marc Drive. Marc Drive leads directly into Providence Recreation Center

Oak Marr Rec. Center
3134 Jermantown Road Oakton, VA 22124
(703) 281-6501

From North: Capital Beltway South towards Northern VA; exit I-66 West. Proceed on I-66 to second exit (Route 123 - Chain Bridge Road). Proceed North on Rte. 123 toward Oakton and Vienna. Take second left onto Jermantown Road. Continue one-quarter (.25) mile. Pool is on right.

From South: Beltway towards Fairfax. Exit I-66 West (Left hand exit after US 50 exit). Proceed as above

Audrey Moore Rec. Center
8110 Braddock Road Annandale, VA 22150
(703) 321-7080

Capital Beltway (VA), exit Braddock Road West. Proceed on Braddock Road to Audrey Moore entrance on right. Pool is in the park.

Beginning and End of Season

The first day of practice is: **Monday, September 10th, 2007** (4:40am practices start Tues. Sept. 4th)

The last day of practice is: **May - TBA**



Volunteers Needed

Parent volunteers will be needed throughout the year as Machine Aquatics grows. Reminder that all families are required to volunteer 20 hours per season. There are several ways to volunteer within the program. Timing at meets, becoming a certified PVS official, social events, working meets that Machine Aquatics host, coordinators for travel meets, picnics, awards and phone trees are just a few ideas are only a few ways to volunteer. Please contact Paris Jacobs paris@machineaquatics.com to sign up and offer help.

Meet Entry Procedure

The Coaching Staff will work hand in hand with each athlete to plan the swimmer's competition schedule. Machine Aquatics is tentatively planning one travel meet in November, one in January and another in late spring. In addition to those meets there will be one meet per month per age group that Machine will be attending in the Washington Metropolitan Area. (8+unders are not scheduled to compete in September or May)

Meet Announcements will be posted on the Machine Aquatics Website at least 10 days prior to the deadline. Entries are usually due two weeks before the date of the meet and Machine Aquatics will not be given any leeway with Potomac Valley Swimming on late entries this year so the cut off dates are final. The only exception to late entries is the availability to enter a swimmer on deck at certain meets (The cost of deck entries is \$10 per event and must be paid by the swimmer directly to the Meet manager; Machine Aquatics will not cover deck entries). **PLEASE NOTE: NO PAPER MEET ANNOUNCEMENTS WILL BE HANDED OUT. ALL ANNOUNCEMENTS/ ENTRIES ARE DONE ONLINE.**

The coaching staff would like to stress that swimmers will be encouraged to try new events or distances at some meets and steered away from certain events at other meets if the event isn't appropriate at that time in the training cycle. Please feel free to ask your coach questions regarding training and meets.

Machine Aquatics Apparel

All Machine Aquatics Apparel will be available exclusively through SportFair in Arlington, Virginia and Cassel's in Herndon, Virginia. Please contact them with any questions concerning apparel.

All swimmers are required to have the caps that apply to their training level.

Training Cap-	White
8 & Under-	Green
Age Group/ Senior-	Black

These caps are required to be worn at all competitions.

All Machine Swimmers are required to have a Machine Team Suit or Aquablade or Fast Skin with a Machine Logo. - NO EXCEPTIONS

SportFair
5121 Lee Highway
Arlington, Virginia 22207
(703) 524-9500

Cassel's Sports and Awards
Franklin Farm Road
Herndon, Virginia
(703) 435-4446

Swim Meet Officials Needed

As a Potomac Valley Team we are called upon to provide officials and/or timers for all meets that we participate in. We are in need of parents to volunteer to become certified as officials. If you are already a summer official, you may be eligible to take the review course to become a USA Swimming official. Please contact Pam Starke- Reed at info@machineaquatics.com if you are interested.

Practice Cancellation due to Weather

If the facility of your practice is open and it is not a scheduled Machine Aquatics holiday, practice will be conducted. At times, due to extreme weather, Machine Aquatics will cancel practice even when the facility is open. If uncertain, please call (703) 391.2077 or check the website at www.machineaquatics.com for updates.