

Wedgwood Pool News

Volume 43.3

New Member/Old Member Party! June 3

May 2006

Pool Opens May 20th!!!!

From the Manager

Another winter has flown by and opening day is right around the corner. It's been pretty slow around the pool for the last several months but that's all about to change. Repairs are being made to the pool's filtration works. At the end of last season you may recall that our diving board was closed and deemed unusable because one of the anchorages had failed. Getting that repaired has been in the works since the pool closed last fall. I hope this situation will be resolved by the time you read this.

The one thing that kept me busiest around the pool this past winter was figuring out where and how much water has been leaking out. You may remember a year ago reading about the major loss of water from the pool expansion joint. Current water loss is nothing of that magnitude but fixing it is something that's warranted considering that it's been going on for years. I took daily readings for about a month after closing last fall to determine the rate of water loss. After that we tested the gutter and return line system along with the balance tank and filter pit. The good news is we now know where the water is not leaking from, but there still is a bit of investigating to do once the pool is up and running before all of the testing is complete. Through this process of elimination I'm hoping to know where the water is going and to make the necessary repairs.

Along the line of doing the "right" thing, we have been recycling for several years now with moderate success. This season we will be doubling our capacity for recycling materials in an effort to comply with the now-enforceable city regulation prohibiting paper in the garbage. You will play a key role in our success with this effort and we encourage you to properly dispose of your paper, cardboard, cans, plastic bottles in the recycle bins. As for glass... glass containers are not allowed at the pool so please leave them at home.

This newsletter includes the May and June pool calendar. It is as up to date as possible. Pool hours will be posted at the pool and any changes will also be posted on the web site www.wwpool.org.

Please take the time to review both the rules and the information on the guest policy included in this newsletter. I especially encourage you to do this if you have children in the family or if it has been a while since you familiarized yourself with them as a few of them have changed during the last couple of years.

Well, we have a busy swim season ahead of us. I look forward to another summer at Wedgwood Pool and I trust you are all anxious and eager to jump in and start swimming. So get out that suit and dig up those goggles and perhaps I will see you Saturday the 20th!

-Rob

Some of the Rules

The staff have the authority to enforce all rules and restrict any activity they consider to be unsafe; they may forbid anyone from entering the pool and may order anyone to leave the pool.

- All swimmers must take a shower before entering the pool. *Showers are also required after sunbathing or leaving the pool area to remove lotions, grass, perspiration, etc.*
- Remove all bandages, hairpins, and other items likely to fall off, before entering the pool.
- People in "street clothes," shoes or eating food or drinking beverages must remain behind the ropes.
- No glass (or other breakable or sharp objects) are allowed in the pool area or building.
- Sunbathing and/or the use of lawn furniture is limited to designated areas behind the ropes.
- Always walk (on the deck *and* on the grass).
- No "horse-play" in or out of the water. This includes riding on shoulders or unsafe stunts from the side of the pool.
- Talk to the guards only when necessary.
- No cut-off jeans allowed in the pool.
- Smoking is prohibited in the pool area. (Includes chewing tobacco)
- Toys and balls must be approved by the staff. Toys will be limited to use by very young

children in the wading pool. The staff has the right to restrict games and the use of equipment to time and place.

- No alcoholic beverages are allowed in the pool area (except for special adult membership functions authorized by the Board).

- Non-swimmers, under the age of 10, who cannot swim a length of the pool, will not be admitted unless accompanied by a competent member of the family or responsible baby-sitter (14 or over). These children must be attended at all times while in any portion of the pool.

- Valuables may be checked at the office.

Wedgwood Swim Club and its staff are not responsible for items left in the dressing rooms.

- The office telephone is for emergency calls and official business. Outgoing calls will be limited to one minute. Messages for patrons will be written on the white board placed in the back window of the office.

- Early morning swimmers must be 18 or over, except for those teenagers with full-time jobs (such cases must be cleared by the manager)

- Lap lane swimmers must be at least 16, unless the guard gives permission. Observe the following common lap lane courtesies: swim in a circle (down the right side), leave room at the end of the lane for turning swimmers, allow faster swimmer to pass, keep your strokes narrow so as not to disturb any oncoming swimmers.

- Proper and safe behavior is expected in the dressing rooms. Property broken or damaged by a member or guest shall be promptly paid for by the member or guest.

- Kick boards are typically allowed only in the lap lane.

- In the 2 foot area, jumping is only allowed off the gutter.

- Patrons may only jump straight off the side of the pool while facing forwards. (no somersaults, twists, or jumping off backwards)

- Cell phone use in the locker rooms is prohibited (due to existence of camera-phones).

Diving Rules

- Diving is only allowed in the 9 - 12 ft area.

- The staff has the authority to restrict any diving activity that they consider unsafe.

- Non-swimmers (unable to swim one length of the pool) are not allowed on the diving board or in the diving area without a responsible adult.

- One person on the board at a time.

- No running on the board.

- No repeated bouncing on the board.

- No swimmers allowed in the diving area while the board is open.

- Leave the water by the adjacent pool ladder.

- The guard may close the board for group activities or on very crowded days.

- Inward dives and reverse dives (facing forward on the edge of the board and diving backwards) are not allowed.

Guests

The club guest policy allows for each full member family 20 guests per season at \$3 each. After the first 20, additional guests are \$5 each. All guests must be registered at the pool office when you bring them in and must be accompanied by the member while using the facility. In addition to the "regular" guests there are special guest categories as well, those are for caregivers/sitters and houseguests.

Pool members that have children cared for by a babysitter at the pool during open swim hours must register their sitter at the office. No guest fee will be charged for the sitter. The sitter is allowed to use the pool only when responsible for those children.

Register all sitters in the office.

Occasionally a sitter will have his/her own child(ren) come to the pool while caring for the member's child(ren), in that case the sitter's child(ren) would be considered a guest of the member and would be charged \$3 and recorded on the guest card.

If you have someone staying with you from out of town this is considered a houseguest. Register them at the office with the beginning and ending dates of the stay. There is a one-time fee for houseguests: \$3/person or \$5 family.

For our Senior Members the guest situation works a bit differently. Senior Members have 50 swims per summer and may allow others to use their swims. Guests are checked off of the card rather than paid for separately. Unlike the regular pool members Senior Members need not accompany their guests. Senior Members should contact the office to register those individuals other than themselves who might be using their swims.

Having and hosting a party is a privilege of membership. Basically that means you must be a pool member in order to have a party at the pool and the member(s) hosting the party must be in attendance at the party as well. Parties are for 6 to 12 people and must be arranged through the pool office. Held during

regular open hours, the cost is \$3 per guest, and does not count against the family's 20-guest allotment. We encourage you to make your party reservation in advance and we only book one party at a time so planning ahead is always a good idea. If prior arrangements are not made, partygoers will be counted as regular pool guests.

The pool is also available for rent when not regularly open on Friday and Saturday nights and on Saturday and Sunday mornings. We are also able to accommodate groups at the beginning and at the end of the season on weekdays before the pool opens during the day. Pool rentals are only available to members and we can accommodate groups up to 75 people. Rates and times vary; contact the office if you are interested in finding out more.

Protect your valuables

We would like to remind you that there have been a few incidents over the past few years where various items have disappeared from the locker rooms. We ask that if you see anything unusual occurring in the locker rooms that you notify a staff member immediately. In order to avoid theft, please check your valuables at the office or bring a padlock to secure your locker. Padlocks should be removed when you leave the pool for the day.

Cell phone policy

Please remember that cell phones are not to be used in the locker rooms. If you encounter someone using their cell phone in the locker room and feel comfortable reminding them about the policy, please do so. Otherwise please bring it to the attention of the pool staff.

Food and insect allergies

Some of our members have severe allergies to bees and peanuts. Exposure can result in life-threatening reactions (anaphylaxis). We can all help in two ways:

Throw leftover food in the appropriate garbage and recycle cans. Small amounts of residue can trigger a reaction in some individuals. Unattended food or drinks attract bees.

If you observe anyone who is having difficulty breathing or is unconscious in the locker room or

elsewhere in the pool vicinity, alert the pool staff immediately. The staff has access to epinephrine, which is essential in treating anaphylaxis.

Driving and Parking

Our swim club sits in the middle of a quiet residential neighborhood. Please be considerate of our neighbors. Drive carefully and slowly. When leaving in the evening, please do so quietly.

On the days when we need it most our parking lot is often quite full. One option is to park along 80th next to U-Prep and walk up the gravel path along the east side of Dahl Field. Of course you can always park on the street by if you do so please remember to obey all parking regulations regarding intersections, driveways and fire hydrants.

Almost Anything Goes

Mark your calendars and get the inflatable whale ready for Almost Anything Goes on Sundays: May 28th, June 25th, July 2nd & 16th, August 13th & 27th from Noon-2pm. Please remember this is an "Almost" Anything Goes – let's keep it safe! By the way, we've been asked and swimming suits are not optional equipment at these events ☺

Early Morning Lap Swim & Water Aerobics

We will have a start date for both Early Morning Lap Swim and Water Aerobics shortly. This information will be posted as soon as possible.

Swimming Lessons

Morning lessons will run Monday-Friday. The times vary from 9:30-noon. Evening lessons will be offered on Monday and Wednesday. Member rates are \$36 and \$15 for morning and evening sessions, respectively.

Session 1	June 26th - July 7th
Session 2	July 10th - July 21st
Session 3	July 24th - Aug 4th
Session 4	Aug 7th - Aug 18 th

Member registration for the first session of group lessons will take place on Wednesday, June 21st 4-7pm.

Member private and semi-private lessons will be offered at \$17 and \$23 per half hour, respectively.

More information about lessons can be found posted at the pool and on the website. Jessa's also back as our Lesson Coordinator and would be happy to help you with your lesson needs. If you don't find her in the office feel free to leave her a note in the staff message book.

Adult Swim Team

"What is low carb, high energy and lots of fun?" The adult swim team! Swimmers ages 19-99 of all abilities are welcome to join us Monday and Wednesday evenings from 8 - 9 beginning Monday, June 26. Whether you want stroke advice, a good workout or just want to hang with some awesome people, this is the place to be on a summer evening.

Coaches Fosberg and Lippold return to provide poolside advice. The season will end with an optional adult swim meet on Saturday morning, July 29th, at View Ridge and our own end of year potluck celebration (date to be announced).

Questions? Call Karin Fosberg 524-2941
majeau@hotmail.com or Mary
Lippold 365-8805 lippold@earthlink.net.

Coach's Corner

Last year I wrote about the importance of teamwork, team unity and fun. My goals were to instill a sense of history and tradition in the swimmers and guide them to the realization that swimming at Wedgwood is a team sport rather than an individual competition. Although last summer we addressed all of these points and felt very good about the overall improvement, there is still plenty of work to do. I am excited to continue improving in each category and will be adding new ideas and activities for continued progress.

Last summer I received a great deal of feedback and was grateful for all of it. The most flattering compliments came from the long-time members and parents of the older swimmers who have been around long enough to see a distinct change last year. It means a lot to me to hear such good things from people I looked up to and respected as a youngster. Thank you for that, and I will try to continue the improvement this summer. Please continue to express

your concerns or comments, I value them all and hope to build on each of them.

I heard somewhere that a team is only as good as its assistant coaches. I always believed this to be true because, until last summer, I had only been an assistant in all of the sports I coach, (and I was the obvious reason for any success). But after last summer I now realize that that saying has a great deal of truth to it (for reasons other than I previously thought). I am blessed with the best assistant coaches in the league and am pleased to add another for this summer. In addition to Katie and Rob, I'd like to introduce Michael Matsumoto as our fourth coach. He graduated from the swim team last year after 12 years on the team. He has taught swim lessons at Wedgwood for the past five summers. And he attempted to break his brother's face-painting record at Wedgwood meets, but unfortunately came up just short. He has a lot to offer to this team and this community and I'm very excited to work with him.

This summer we are going to continue to work hard making teamwork and sportsmanship the focal points of this team. We are also going to make a concerted effort to involve the age groups that may have felt left out by our focus on 15-18/8U buddies last year. This means more activities for the middle age groups, more opportunities for them to express themselves as instrumental parts of this team and hopefully make for a much more comfortable environment for them to grow as swimmers and as teammates. We will continue with our efforts to improve the 15-18/8U buddy system and will be asking for much more involvement from the older kids for these improvements to succeed.

Swim Team News

The Swim Team Committee has been busing preparing for the season ahead and we are getting excited for the pool to open. All the committee positions have been filled and we would like to thank all new and returning chairs. We couldn't do it without you!

As always, we encourage all swimmers from age 5 through graduating seniors to join the team. It's never too late to join the fun! It is also a great way new members to meet people and feel more connected to the pool. We had lots of new faces last year and we hope to have even more this year.

Registration is under way! Please keep the registration forms coming and thank you to those who have already sent them in. Remember that your registration forms must be completed and team dues paid prior to participation in workouts. If you have misplaced your copies all the registration forms and team information can be found on the pool website.

Over the past year we have been utilizing email to communicate important information to the swim team. If you no longer want to be a part of the swim team email list, or you have an email change/update, please contact Martha Layzer at 523-7390 or mmlayzer@earthlink.net.

The parent/swimmer meeting is Monday, May 22nd at the pool at 7:00 p.m. This meeting will be preceded by the **swim team suit fitting**. Sylvia's will have suits to try on and purchase from 5:30 – 8:00 p.m. We are staying with the same suit as last year, the Speedo Sublime in blue/black. The prices at the team fitting are:

Female Youth (22-30)	\$51.20
Female Adult (32-40)	\$54.40
Male Youth Jammer (22-28)	\$29.60
Male Adult Jammer (30-38)	\$31.20
Male Youth Brief (22-28)	\$26.40
Male Adult Brief (30-38)	\$27.20

(Prices do not include 8.8% WA sales tax.)

To get this special team discount you must purchase the suit at the fitting. If you have any questions about the suits, please contact Cheryl Behrens at rcbehrens@comcast.net.

One last reminder: Please be courteous when parking for any event at Wedgwood Pool, particularly swim meets. Let's respect our pool neighbors and be careful not to park in driveways. Please feel free to contact us if you have questions regarding the upcoming season. Thank you and we'll see you on May 22nd!

Martha Layzer, Carolyn D'Albora, and Kim Prestbo
South Wall Update – Construction Postponed

After contacting a number of potential bidders in March for the construction of the south wall, we found only limited response to our solicitation, but did receive two bids the first week of April. The low bid was \$38,500 (A1 Stone) and the high bid was \$58,450 (Olympic Rockeries), which is an uncomfortably wide range (low bids can be TOO low). Both bidders estimated a 3 week construction duration for the basic rockery and earthwork, which would be followed by

additional construction work, including concrete paving, fencing, irrigation, landscaping and electrical .

Given the wide margin between the two bids and the possibility that any delays during construction would be a negative impact on the use of the pool after our May 20th opening, the Board decided to postpone the start of construction until after the pool closes in mid-September. In the next months, we will look into the qualifications and past work of the current low bidder, as well as research and pursue additional bids, in preparation for a September construction start.

Special Events

New Member/Old Member Party!

Saturday, June 3, 8 to 10 PM

Come meet the newest and oldest members of our community! We'll have the world-renowned trivia contest. Most correct answers will garner a fabulous prize. Old members will be asked to bring a "hors d'ouvres" while new members are asked to bring themselves. Drinks will be provided.

Fourth of July Celebration: Step back into the 50's and come join us for Hot Dog and Soda for \$1.00. Bring the family and celebrate the 4th at the Pool. Times and Details will be forthcoming.

Membership

Membership Dues were due by May 2nd. A \$35.00 late fee is charged to all payments postmarked after May 2nd. All dues must be paid before a member may use the pool this summer. Don't be late and miss out on the fun of swimming outdoors in the month of May! Any questions? Please e-mail Janet Cairns, Membership Chair:

cairns7@integrity.com

Directory Cover Contest

Kids! Enter the 15th Annual Directory Cover Design Contest! Winning designs will appear on the 2006 Wedgwood Membership Directory front and back covers.

- Members age 5-18 may enter.
- Entries must be drawn in black ink on white paper. Fold an 8 1/2 by 11" sheet of paper in half, draw on one side. (Look at last year's directory).

- Design should include words "Wedgwood Swim Pool Directory" and year "2006". Print your name and age on the back of your entry.
 - Turn in your entries to the pool office by Sunday, June 11.
- Questions? Call Pat Hegarty at 206-524-8903 or email him at pat.hegarty@mac.com.

Finally, Change Is Hard

Some of you might miss the formerly brilliant yellow color of the cover. That tradition of unclear origin has fallen to the demands of higher technology. The post office barcode reader is blinded and confused by bright colors. Also affected are the addresses on the back, which also confused the machine. Call the pool for instructions if you don't know where it is (hint: it hasn't moved). The web site: www.wwpool.org.

