



HIGHLANDS NEWS

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

Summer 2024

Highlands Swim - Ready to Whomp!

www.whompingturtles.org

The Highlands Whomping Turtles have been a NVSL Division 1 team for 12 years in a row and continue to grow stronger each year. Each season, the Highlands Swim Team looks to continue our turtle traditions, and make new memories for all of our wonderful families, from the newest 5- and 6-year old 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

Swim Team News continued on page 4

Dive Team Prepares for an Exciting 2024 Season!

Christopher Lane returns to the Whomping Turtles for his third year as the head diving coach after leading the team to an undefeated season the last two years.

Christopher has an impressive coaching background that spans over twenty years. As a junior diver he was a USA diving junior national qualifier. Lane dove four years in college finishing his career at the University of Arizona as a Pac-10 finalist and an NCAA zone qualifier. As a coach, Christopher has worked alongside over twenty five different Olympic divers and coaches from all over the world. Since moving to D.C. in June of 2019 to pursue his MPH at GW in Epidemiology, Christopher has worked as an assistant coach at Montgomery Dive Club, Alexandria Dive Club and Dominion Dive Club.

Dive Team News continued on page 3

Calling all Tennis and Pickleball Players for Spring 2024!!

Along with Pros To You (PTY), Highlands strives to offer a top-notch Tennis and Pickleball program. We are pleased to announce that many changes have been made in the off-season to improve the tennis and pickleball experience at Highlands, including:

- A water fountain / water bottle filler on the tennis center porch
- A new ball machine
- A new leaf blower available to all members
- Lighting improvements on the lower two courts, including bulb replacement and cleaning of light fixtures
- Sprucing up tennis courts, tennis center and adjacent land

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Next 50 Years, and Off-Season Improvements

Time has flown by since Highlands originally opened...nearly 60 years ago! We have been closely monitoring the pipes under the decks that connect our pools with the pump house, as well as working this off-season to keep the filter, pump, pool, and deck conditions in tip top shape. Thanks to Alex and Andrei and the rest of the crew for their ingenuity and ability to repair everything with spare parts from private markets! We recognize that these measures are temporary at best, so we have launched an effort to evaluate how best to take advantage of the invasive pipe replacement work to upgrade overall Club facilities such that they are better than ever. Some of you have participated in informal focus groups as we have collected information and preferences over the past several months. This is just the beginning as the process is long and everyone’s opinion, experience at Highlands, and perspective, must be understood. We will be detailing our approach for the next 50 years at Highlands on Monday May 20th at 6:30pm. If you are interested,

Improvements continued on page 7

2024 Highlands Swim and Tennis Club Board of Directors and Managers

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Marco Impeduglia
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Business Manager:

Ana Bovari
bovariana87@gmail.com

Sunday Adult Swim Times!

With the success of the time changes last summer, we are keeping the times the same for this summer. We will be starting on May 26th as follows:

- 8am – 11am: Adults Only All Pool Facilities
- 11am – 12pm: Adults Only Upper Pool
- 11am – 12pm: Open Swim All Ages – Lower Pool
- 12pm – Close: Open Swim All Pool Facilities

Pool Opens May 18th

After a successful 2023 season, we are pleased that Alex Mihaila will once again be providing his pool management leadership to Highlands. We will be opening Saturday, May 18th, one weekend before Memorial Day weekend, and closing Sunday, September 8th, the weekend after Labor Day, weather permitting. **For the opening weekend only, hours of operation will be 10 am – 8 pm on Saturday and Sunday.** The pool will continue to be open with weekend hours from 10am – 8pm and weekday hours from 3pm – 8pm. Please look at the hard copy calendar as the hours vary throughout the summer. **Early Bird swim will begin May 27th at 6:15am and be held Monday thru Friday from 6:15am-7:45am through July 19th, then shifting to 6:30am – 8am from July 22nd through September 6th.**

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 11:00am, as noted above.

Swim School, Private Lessons: Available for All

For Highlands members looking for a learn-to-swim program or a pre-team program, the **Highlands Swim School** is a great option. Swim School is led by the club's Developmental Swim Director, Kelli Morris Larkin, Coach MK (swim team's Asst Head Coach), and taught by our own Highlands swim team coaches. Our core program is the popular 5-Week Morning Swim School run in June and July. Growing interest led us to expand our program to include a pre-season session in late May and early June and an evening option during regular season (June - July). Visit the Swim School tab at www.whompingturtles.org for full details and registration information.

Private Swim Lessons are another great option for beginner swimmers, or as a way to reinforce skills learned during swim team or swim school. Private Swim Lessons are given by Highlands Swim Coaches. Lessons are scheduled directly with the coach and are 30 minutes in duration. Price per lesson will depend on the level of coach. If interested, please email privatelessons@whompingturtles.org. Include your swimmer's age, gender, a brief description of his/her swimming level, general or specific skill(s) swimmer would like to focus on during the lesson, a general day/time availability, and the parent's name and contact information. Responses will be sent after the pool opens on May 18.

In August of 2023 Christopher was named the head of Montgomery Dive Club after the club won the Boys' National Championship title and was the runner-up overall junior diving team in the U.S.

Lane has also just finished his fourth season as the head diving coach at George Washington University where the divers have had another record setting season. With repeat wins at both the men's and women's A10 conference championships, the divers scored the most points in the conference as well as in school history. This season the GW divers broke five school records, qualified six divers to NCAA zones championships and Lane was named Atlantic Ten Conference Women's Diving Coach of the year. Highlights from the 2022-2023 season include completing his MPH at GW, having 6 junior athletes win individual national championship titles, winning two gold, one silver and one bronze medals at the Junior Pan American Games, having five collegiate divers named Academic All-American and of course... another undefeated season with the Highlands Whomping Turtles.

Assistant coaches Erin Wills and Grace Berik are returning this year, and looking forward to seeing all the divers at the open house and in the water this coming season. We welcome our two new assistant coaches: Charlotte Berik and Lucas Stadelmann.

Dive Team Registration

The Highlands Dive Team is open to Divers between the ages of 5 and 18. If your daredevil 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 them! Dive Team registration will again be managed using the same website, www.highlandsdive.swimtopia.com. That website contains all the information regarding the upcoming season. Most questions can be answered there.

* 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 two events 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) Look over the different roles listed on the dive team website, www.highlandsdive.swimtopia.com
- 2) Pick the role you wish to fill for the meet (Table Worker, Photographer, Snack Server, Meet Secretary, Ribbon Writer, Judge, or Announcer).
- 3) Every Monday morning, from 9:30 am to 11:30 am, we need help with serving bagels to swimmers and divers. This is the responsibility of the dive team and it is done in harmony with the swim team that provides the highly popular weekly Pancake Friday for swimmers AND divers.
- 4) For Dive Meet Roles, either attend the appropriate training provided by NVSL clinics, or take the easy route and learn the role poolside from the Dive Team Reps
- 5) Sign up for your volunteer slot using the new website

One NVSL clinic we recommend attending is a Judge's Clinic. There will be three clinics and their dates, times and locations are listed below.

- Sunday, June 2, 10:30 am at Overlee Pool, 6030 Langston Blvd. Arlington, VA 22205
- Tuesday June 11, 6:30 pm at Chesterbrook Pool, 1812 Kirby Rd, McLean VA, 22101
- Wednesday, June 19, 6:30 pm at Sleepy Hollow Bath, 3516 Sleepy Hollow Rd, Falls Church VA, 22044

THANK YOU! For more information, please don't hesitate to contact the dive reps by email at HighlandsDive@gmail.com.

IMPORTANT DIVE TEAM DATES

May 18	<i>Swim & Dive Open House Registration & Swim Suit Sales: 11:30 – 1:30 pm at Highlands</i>	July 9	Away "A" Meet @ Dominion Hills
May 28	Pre-Season Afternoon Dive Team Practices Begin	July 11	Away "B" Meet @ Chesterbrook
June 13	Regular Season Morning Dive Practices Begin	July 14	Cracker Jack Invitational Meet @ TBD
June 18	Away "A" Meet @ Kent Gardens	July 16	Home "A" Meet v Sleepy Hollow Rec
June 25	Home "A" Meet v. Rolling Hills	July 18	Awards Banquet @ Highlands
June 27	Home "B" Meet v Donaldson Run	July 21	Division Championship Meet @ Highlands
July 2	Away "A" Meet v. Hunt Valley	July 28	All Star Championship @ Oakton
July 7	Wally Martin 3-Meter Meet @ Oak Marr		

Practice Times

Pre-Season Afternoon Practices from May 30 through June 12

Session Afternoon I: 4:30 pm - 5:30 pm

Session Afternoon II: 5:30 pm - 6:30 pm

**There will be no afternoon dive practice on June 25, June 27, July 11 and July 16 due to dive meets. Morning practices will NOT be held July 4 unless otherwise posted.*

Regular Season Practices begin June 13

Session Morning I: 9:30am - 10:30 am (M-F)

Session Morning II: 10:30am - 11:30 am (M-F)

Session Afternoon: 4:30pm to 6:00pm TBD

Art & Crafts, Friday night pep rallies for the entire family, and all of our other social events for the team!

Coaching Staff Returning for 2024 Season! We are thrilled that our Head Coaches and Senior Staff will be returning for the 2024 season. **Jake Ball** will be returning as our Head 13 & Over Coach and **Maggie Campion** as our Head 12 & Under Coach. Many of our youngest Whomping Turtles are familiar with “Coach Kelli” (**Kelli Morris Larkin**) from Highlands Swim School and the Highlands Winter Swim Program. Coach Kelli will be returning as Swim Team’s Head Technical Coach and Developmental Swim Director in charge of our Whompers program. Joining them this season will be Assistant Head Coach **MK Morris Larkin**. We are also excited to welcome back our new and returning high school and college assistant coaches! Visit the Coaches Tab at www.whompingturtles.org to read more about our 2024 coaches. The Highlands Team Reps this season are Anne Walther, and Helen Tolar. Beth Taylor is the team’s Monday night “B” Meet Rep. We will do our best to make the season a great one!

Coaches and Team reps are looking forward to welcoming everyone back and meeting new members at the **Highlands Swim Open House on Saturday, May 18th from 11:30am to 1:30pm**. Pick up your team shirt and swim cap, ask your questions, and say hello to our coaches! We also hope to have some favorite Highlands spirit gear for sale, including car flags, WHOMP magnets, silicone caps, and some fun new surprises. We look forward to seeing you!

Please visit www.whompingturtles.org for full details on swim team, including practice schedules, group descriptions, and the link to registration. Contact Anne Walther, annewalther@whompingturtles.org with any swim team questions. Practices start Monday, May 20!

"LEARN-TO-SWIM" AND PRE-TEAM DEVELOPMENTAL SWIM PROGRAMS

Highlands Swim School

For Highlands members looking for a learn-to-swim program or a pre-team program, the Highlands Swim School is a great option. Swim School is led by the club’s Developmental Swim Director, Kelli Morris Larkin, Coach MK (swim team’s Asst Head Coach), and taught by our own Highlands swim team coaches. Our core program is the popular 5-Week Morning Swim School run in June and July. In response to the growing interest, we expanded our Swim School program in 2024 to include a pre-season session in late May and early June and an evening option during regular season (June - July). Visit the Swim School tab at www.whompingturtles.org for full details and registration information.

Ages: 3 - 10 years

Swim Level: Any swim level (including beginner swimmers)

- **Swim School Session Options:**
 - PreSeason 3- week Swim School: Late May - Early June (3 evenings per week)
 - Regular Season 5-Week Morning Swim School: June 17 - July 18 (M - Thu mornings)
 - Evening Swim School: June 18 - July 18 (3 evenings per week)
- **Class Length:** 30 minutes
- **Group Assignments:** At the time of registration, families will complete a Google form indicating preference on time and their swimmer’s current swim level. It is our goal to have children with similar swimming skills in the same class, although they may not necessarily be the same age. If swimmers are ready to advance to the next level during the session (e.g., a higher level group within Swim School or to Swim Team), coaches will make that recommendation.
- **Coach to Swimmer Ratio:** Maximum of 4 swimmers per coach depending on level. For ages 3 - 4, there will be 2 coaches for 4 swimmers.
- **Other criteria:** Swimmers must be able to separate from their parent easily and handle being in the water for a 30-minute lesson.

For full schedule, descriptions of swim school groups, and registration information, please see the Swim School tab at www.whompingturtles.org. Contact Gillian Russell, gillianr@whompingturtles.org with any Swim School questions.

Private Swim Lessons

Private Swim Lessons are another great option for beginner swimmers or as a way to reinforce skills learned during swim team or swim school. Private Swim Lessons are given by Highlands Swim Coaches. Lessons are scheduled directly with the coach and are 30 minutes in duration. Price per lesson will depend on the level of coach. If your swimmer is interested in Private Swim Lessons (both Swim Team and non-Swim Team lessons), please send an email to privatelessons@whompingturtles.org. Include your swimmer’s age, gender, a brief description of his/her swimming level, general or specific skill(s) swimmer would like to focus on during the lesson, a general day/time availability, and the parent’s name and contact information. Responses to the private lesson account will be sent after the pool opens on May 18.

- A focused effort on building up the Junior Tennis Team (JTT). Players now have the option to practice in the morning, afternoon or both. Also note that the morning practice times are compatible with the swim team / dive team so that JTT players can be occupied at Highlands all morning long!
- Monthly Pick Up Pickleball Socials on Saturdays from 4-6PM
- An exciting lineup of PTY sponsored tournaments and social events throughout the season

In addition to these exciting improvements, Highlands and Pros To You will continue to offer our community programs for all ages and skill levels. Whether you are taking your first steps on the court, an adult getting back into the swing of things, or a high-performance player looking to refine their skills, PTY & Highlands are committed to providing excellent programming and services, including:

- Maintenance of four Tennis Courts; two with lights and two that are multi-use with pickleball, plus one dedicated Pickleball Court.
- Experienced tennis coaches available for private or semi-private lessons.
- Eight adult tennis teams (with practice options available) at various levels with different match days / times to provide options for everyone.
- Summer Camps (full day and half day options) from June 17 through August 23 (10 summer camp weeks). Compatible for campers that participate on the swim team or dive team.
- A wide variety of Junior and Adult clinics offered by PTY in the Spring, Summer, and Fall
- A PTY website for clinic and camp registrations all in one place: <https://prostoyou.com/virginia/highlands/>
- Online Court Reservation System from March to November - Play by Point (both website and mobile app available)
- Monthly Adult Tennis Socials on Friday Nights that combine tennis, a potluck, and lots of fun!

Want to be in the know for all things Tennis & Pickleball?

A group email list has been created for all tennis and pickleball players at Highlands. Reminders about upcoming events, tennis team sign ups, code for bathroom use, ball machine instructions, and other important information will be disseminated. If you would like to receive these emails, please contact tennisrep@highlandsswim.org.

Monthly Adult Tennis Social Dates

Come out and join us on the first Friday of the month during the tennis season from 6-8pm for fun round robin doubles, followed by a potluck and time to socialize. All levels welcome. More information and signups can be found at <https://www.highlandsswim.org/upcoming-events.html>.

- June 7th
- July 12th (Pushed back to the second week due to the holiday)
- August 2nd
- September 6th
- October 4th

Monthly Pick Up Pickleball Social Dates

Come out and join us on the second Saturday of the month from 4-6pm for a variety of fun pickleball events. More information and signups will be available soon at <https://www.highlandsswim.org/upcoming-events.html>.

- May 11th
- June 8th
- July 13th
- August 10th
- September 14th
- October 12th

PTY Sponsored Tournaments and Socials

Pros To You has put together an exciting lineup of events for 2024, including some of our old favorites in addition to several new events. More information and registration for these events can be found at <https://www.highlandsswim.org/upcoming-events.html>.

May 18th 11:30-1:30PM – Open House in the Upper Grassy Area
PTY Pros, Highlands Tennis Rep and JTT Parent Rep will be available to answer any questions you may have.

May 27th 9-11AM – Memorial Day Pickleball Tournament

July 4th 9-11AM – Red Ball Tourney

Back for a second year, this tournament is for children 10 and above partnering up with a parent.

August 2nd 6-8PM

PTY is taking over one of our Friday night Adult Socials and will run fast-paced fun liveball games.

IMPORTANT SWIM TEAM DATES

May 18	Highlands Open House	11:30am -1:30pm	June 24	B Meet vs Langley	@Highlands 6pm
			June 26	Divisional Relays	@Overlee 6:30pm
May 20	Preseason Practice	4:30 – 5:30pm; or	June 29	A Meet vs. Donaldson Run	@Highlands 9am
-June 12		5:30 – 6:30pm			
June 8	Turtle Time Trials	@Highlands	July 1	B Meet vs. Chesterbrook	@ Chesterbrook 6pm
June 10	B Meet v. Kent Gardens	@Highlands 6pm	July 2	Team Picture Day	@ Highlands 10am
			July 6	A Meet vs Tuckahoe	@ Tuckahoe 9am
June 15	A Meet vs. Overlee	@Highlands 9am	July 7	Whompers Mini Meet	@ Highlands 1-4pm
			July 8	B Meet vs. Overlee	@ Highlands 6pm
June 13 -	Regular Practice Begins		July 10	All Star Relays	@ Rutherford 4pm
July 19	All Ages Early Practice	7:45 – 8:30am			
	13 & older	8:30 – 9:30am	July 13	A Meet vs. Old Keene Mill	@ Highlands 9am
	9-12 yrs	9:30 – 10:30am			
	8 & under	10:30 – 11:30am	July 15	B Meet vs. Donaldson Run	@ DR 6pm
	Afternoon Practice	5:30 – 6:30pm (No	July 20	Individual Divisionals	@ Overlee 8am
	(T/W/Th only)	Whompers)			
June 17	Intrasquad Meet	@Highlands 6pm	July 20	End-of-season Banquet	@ Highlands 5:30pm
			July 27	Individual All-Stars	@ Pinecrest 9am
June 22	A Meet vs. Chesterbrook	@ Chesterbrook 9am			

Come to the Open House Saturday, May 18th to pick up your team shirt, buy the team suit, buy hot new Highlands' gear, and get additional information on the 2024 season.

Contact the Highlands Swim Team Reps with questions: **Anne Walther** at annewalther@whompingturtles.org, or **Helen Tolar** at helentolar@whompingturtles.org

2024 Meet Schedules, the 2024 Practice Schedule, and other important information are on our swim team website: www.whompingturtles.org

Deck Reservations – Online Reservations

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

There are two decks available and the upper grassy area. The two decks are (a) the middle pool-level deck between the two large pools and (b) the upper deck above the upper pool. When renting the upper grassy area, the rental includes both the patio and fire pit. To reserve any of these, 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 can also show you how to do it online.

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

- 0 – 25 people: Decks are \$50; Grassy area is \$75
- 26 – 50 people: Decks are \$75; Grassy area is \$100
- 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 to enter the Club. No glass is allowed, and members are responsible for cleaning up afterwards (a fee may be imposed, if necessary).

Highlands 2024 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 27, 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 22ND

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 26TH - SEPTEMBER 8TH, 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)

INDEPENDENCE DAY CELEBRATION TUESDAY, JULY 4TH, 11:30AM

Come to the pool and celebrate Independence Day with games and refreshments. Enjoy a dip in the pool and lots of family friendly fun! (Nominal fee for food. Activities are free.)

ADULT SOCIAL: JULY 27TH

Please save the date! Be on the lookout for the exact time, the menu, and other details. Enjoy Highlands in the evening with great food, refreshing beverages, and a special theme. More details will be revealed as the date approaches! Registration in advance is required.

ADULT SOCIAL: AUGUST 24TH

Please save the date! Be on the lookout for the exact time, the menu, and other details. Enjoy Highlands in the evening with great food, refreshing beverages, and a special theme. More details will be revealed as the date approaches! Registration in advance is required.

END OF SEASON ICE CREAM CAFE MONDAY, SEPTEMBER 8TH, 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)

Improvements continued from page 1

please make sure you attend the meeting and provide us your input!

And now for this summer!

There is always much to be done, and this off-season has been no exception. We have made several improvements that you will see when you come to the club. A new outside kitchen will greet you once you pass through the changing rooms and on to the back deck. This will be operational during weekends and holidays to alleviate pressure on our main kitchen and speed up service for our members. Also, check out the tennis courts and tennis center, or just read the tennis article! New water fountain, ball machine, leaf blower, oh my! And did you say that you heard that Pickleball was becoming a thing? Look for additional courts, pickleball socials, and lots of pinging sounds to accompany the traditional sounds of tennis!

The feedback on the higher pool temperatures has been very positive, so we'll be enjoying those same temperatures this summer! The bubble wrap on the upper pool is back to help keep the water temperatures warmer at the beginning of each day. You can again look forward to seeing Highlands staff covering pools nightly and pulling the cover off each morning (if you arrive early enough, that is).

Each year our tables and chairs obtain a bit of wear and tear. Thanks to our team, everything has been cleaned, is sparkling and ready to go for the pool opening. Lastly, look around for some paint and stain touch-ups, new signage, and maybe a few more surprises thrown in for good measure.

And lastly: Of course, you can still buy guest passes online or at the front desk. After having the same price for as long as anyone can remember, these are being raised to \$10 per person. The ones you have left over from last year and this off-season are still in the system, ready for your first guests. Guest passes don't expire at Highlands. You can also reserve a deck in our online membership system and see the current availability at any time under Scheduling, sub-menu Location Rental.

September 20th

Ladies Tennis and Wine Night

November 12th 11-1PM

Dink & Dunk Pickleball Tournament with Hot Cocoa and Donuts

Improvements in the Off Season

Once you are back on the courts at Highlands, you may notice several improvements, including...

- A water bottle filler / fountain has been installed on the porch of the tennis center. Now even if the clubhouse is closed, you will have access to filtered water on those hot, summer days!
- A new ball machine has been purchased and will be available to reserve through the court reservation system, Play by Point.
- Lights on the lower two courts have been replaced where needed and light fixtures have been cleaned.
- Solar string lights have been added to the porch of the tennis center.
- A new Leaf Blower, squeegees and brooms have been purchased for use by our members.

If you have suggestions for other improvements, please contact tennisrep@highlandsswim.org

Tyson's Cup Junior Tennis Team ("JTT") (June 10 – July 26)

For the third summer in a row, Highlands will compete in the Tyson's Cup Junior Team League! We have more than doubled the team size since last year, and have had to close registration for the first time ever. However, we are still in need of players ages 14 and up that are willing to play in matches (T/Th 4-6PM). Even if they can only play in 1-2 matches, please reach out to JTT parent rep, Carrie Gray at carriegrays1@gmail.com or 703-585-7828.

TENNIS / PICKLEBALL SOCIALS AND TOURNAMENTS

May 11	Pick up Pickleball 4-6PM	Aug 2	Adult Social 6-8PM
May 18	Open House 11:30am – 1:30pm	Aug 10	Pick up Pickleball 4-6PM
May 27	Memorial Day Pickleball Tournament 9-11AM	Sep 6	Adult Social 6-8PM
Jun 7	Adult Social 6-8PM	Sept 14	Pick up Pickleball 4-6PM
Jun 8	Pick up Pickleball 4-6PM	Sep 20	Ladies Tennis & Wine night
Jul 4	4th of July Red Ball Tourney 9-11AM	Oct 4	Adult Social 6-8PM
Jul 12	Adult Social 6-8PM	Oct 12	Pick up Pickleball 4-6PM
Jul 13	Pick up Pickleball 4-6PM	Nov 2	Dink & Dunk Pickleball Tournament 11AM-1PM

*Please visit Upcoming Events in the Tennis section of the Highlands website at <https://www.highlandsswim.org> for more information about these events.

Raft Night – Sundays Starting June 16th 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!