



OLD FARM SWIM & PADDLE TENNIS CLUB, INC.

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Rockville, MD 20852 1-877-301-SWIM (7946)*

2010 SWIM TEAM REPRESENTATIVES

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Old Farm Swim Team 2010 A MEETS

6/11	Time Trials	@ Old Farm	8:30 AM
6/18	Old Farm	@ Kenmont	9:00 AM
6/25	Quail Valley	@ Old Farm	9:00 AM
7/2	Old Farm	@ Norbeck Grove	9:00 AM
7/9	Manor Woods	@ Old Farm	9:00 AM
7/10	"A" Relay Carnival	@ Quail Valley	9:00 AM
7/12	Long Course Invitational	@ Rockville	6:00 PM
7/16	Old Farm	@ Somerset	9:00 AM
7/23	Divisional Championship	@ Kenmont	8:00 AM
7/30	Relay All-Star Meet	@ Rockville	8:00 AM
7/31	Individual All Star Meet	@ Rockville	8:00 AM

Old Farm Swim Team 2010 B MEETS

6/15	Montgomery Square	@ Old Farm	6:00 PM
6/22	Inverness	@ Old Farm	6:00 PM
6/29	Old Farm	@ Eldwick	6:00 PM
7/6	Old Farm	@ Wildwood Manor	6:00 PM
7/13	Tally Ho	@ Old Farm	6:00 PM
7/17	"B" Relay Carnival	@Tally Ho	9:00 AM

Welcome Old Farm Eagles

Welcome to the Old Farm Swim Team (OFST) 2011 season! This handbook has been prepared to give you some information about the OFST program. Swimming is a "people-intensive" sport; it requires many people working together to have a team function in a sportsmanlike and competitive manner.

Please check the team website www.oldfarmpool.org for information. However, **the primary means of sharing important team news is via email.**

BACKGROUND

The OFST offers a great opportunity for children ages 5-18 to enjoy the excitement of competitive swimming. We encourage children of all abilities to join the team. Team members learn the value and fun of being part of the team. It is an opportunity to develop skills that can provide enjoyment for a lifetime. Nothing beats the sense of accomplishment when our children get a ribbon or better their best swimming times.

Every swimmer on the OFST, regardless of ability, ranking or level of interest in swimming is an important member of the team. Though individual goals and accomplishments may vary between swimmers, their success is measured in many ways: bettering their time, learning a new stroke, or just being part of the fun of team sport.

All swimmers are encouraged to set personal goals and to work their hardest toward those goals during the season. They are expected to demonstrate commitment to the team by regularly attending practices, swim meets, pep rallies and team social events.

ELIGIBILITY

Any swimmer who is a member of Old Farm Swim and Paddle Tennis Club and who has passed the pool's swimming test by swimming the length of the pool and treading water for one (1) minute is eligible for the swim team. Swimmers can pass their test by asking a swim team coach or one of the lifeguards.

Those swimmers who do not qualify using the guidelines above may be considered for the OFST Pre-Team (Eaglets). This is a development squad for swimmers that want to improve their skills and learn competitive swimming.

FEES

The cost to join the team is \$100 per swimmer. The fee includes membership on the team, a team T-Shirt, and swim cap. **This year, for the first time ever, we are offering a bundled discount if you also join the dive team, in which case the fee to join both teams is \$175 (versus the normal \$200).** It is important to remember that the level of commitment is expected to be equal for each team if you join both. The fee is payable by check only.

FAMILY FOLDERS/ENVELOPES

Each family will have an envelope (folder) in which award ribbons will be placed. This is usually kept in the guard shack. Please be sure to clean it out often.

PRACTICES

Swimmers should practice on as many days as possible. The coaches prefer if swimmers have a choice, that they swim in the morning practice. Swimmers who are not able to make a morning practice are welcome to swim in the afternoon.

Team

Morning Practice (starting Friday 6/17, after the closing of MCPS)

Afternoon Practice (starting Tuesday 5/31) Afternoon practices will be held M - F for the first two weeks, until the first B Meet (Wed June 15) and will then skip Wednesdays.

Morning practices will be M-F. Practices run through All-Stars (July 31) and make use of half the pool.

Pre-team Until week of June 13th: M - Th

Week of June 13th until July 15th: M, T, Th, F 4:15- 4:45 PM

Ages 10-and-under

8:00 - 8:45 AM (starting June 17th)

4:45 - 5:30 PM (M-F until B meets start, week of June 14, then M, T, Th, F)

Ages 11-18

8:45 - 10:30 AM (starting June 17th)

5:15 - 6:30 PM (M-F until B meets start, week of June 14, then M, T, Th, F)

Please Note: Some adjustments may be made in the practice schedule for individual swimmers depending on their abilities.

Parents of young swimmers please note: If your child is under the age of 9, you must remain at the pool or leave your child under the guidance of another adult (not a coach) during practices.

Old Farm Swim Team has FAST goals:

- All members are to have **F**un.
- All members are to experience **A**chievement and be recognized for it.
- All members are to have **S**pirit.
- All members are to develop and enjoy **T**eamwork.

SWIMMER'S RIGHTS AND RESPONSIBILITIES

1. Be ready to get in the water at practice time. Don't be late.
2. Respect and support your coaches and encourage the respect of others toward the coaching staff.
3. Get plenty of rest before a meet!
4. Be prompt for warm-ups before the meet
5. Know your event number and report to the Clerk of Course when called.
6. During meets, stay in the team area and be supportive of everyone on your team.
7. Follow instructions of coaches, officials, and pool personnel.
8. It is against both pool and team policy to throw anyone or any pool furniture into the pool at anytime.
9. When the meet is over all swim team members are responsible for cleaning up the pool area.
10. Communicate with the coaches about illness, camp, or vacation plans in-advance.
11. Consult the bulletin board and web frequently for updates.

SWIM TEAM ACTIVITIES

During the season we will have pot-luck dinner pep rallies and other events at the pool. We encourage all swim team families to make an effort to attend. The pep rallies are low-key events to get everyone excited about the upcoming events and meets. Games, team cheers, poster making, decorating the pool for home meets, and special foods will be the highlights. At the end of the season we will hold a team banquet with a review of the season and presentation of awards. This will take place on Sunday evening July 24, 2011.

PRE-TEAM EAGLETS

The pre-team is generally for children 5 years and older who are unable to swim across the pool. We will consider taking younger children if safe and appropriate. These children will work toward attaining full swim team status using basic stroke instruction and water-play. Their skills will be evaluated at the beginning of the season and grouped accordingly. You will be amazed by your child's progress. Some kids may even progress to the regular team during the season.

MEETS

The purpose of all meets is encouraging friendly competition at the neighborhood pool level and to provide swimmers with the opportunity to participate in team competition in a fair, fun, and wholesome environment.

The OFST participates in "A" and "B" Meets. The "A" meets are sanctioned by the [Montgomery County Swim League \(MCSL\)](#). Each team in Montgomery County is placed in a division, A-O, based upon prior year performance. There are approximately 95 teams with 16 Divisions, each division usually having 6 teams. The "A" division is the most competitive with the "O" division being the least. *For the 2010 season the OFTS will compete in Division K.*

“A” MEETS

“A” meets are held weekly on Saturday morning, from 9:00 AM to about noon. Typically, the swimmers in the “A” meets are the six fastest swimmers in freestyle by gender and age group, and the three fastest in backstroke, breaststroke, butterfly, and the individual medley. However, determination of who swims in the “A” meet changes week-to-week according to swimming times, attendance at practices, and swimmer’s availability. Some swimmers will also swim in the Relay Carnival, Division Championship, and All-Star Individual and Relay Meets.

Swimmers chosen for the “A” meet have special responsibilities. If a swimmer will be unavailable for a certain meet, the coach must be notified in writing as early as possible (four days in advance ideally). ***A swimmer designated to swim in an A Meet is expected to be at the meet on time for warm-ups, which may be 1 hour before the meet begins. We have very limited ability to substitute for a missing swimmer, so an unexpected absence really hurts your team...an unoccupied lane is points lost! But more importantly, it is also a chance lost for another of our swimmers to swim in the meet.*** There is a small window of time on a Friday morning when changes can be made.

At the beginning of the season you will be asked to indicate the availability of your swimmers for each of the various meets. However, since circumstances change (scheduling, illnesses, etc.) , you will be asked to respond by email each week to a special mailbox stating whether or not your swimmers are available for the upcoming meet. We instituted ***this positive confirmation*** routine a few years ago, and it worked well in reducing line-up preparation problems. The specifics of how this works will be shared with you in advance of the meets.

Although the “A” meet may not be scheduled to begin until 9:00 AM, realize that you must factor in travel time to the pool and warm-up time for the swimmer. Plan to be ready to go by 7:30 am.

LINE-UP “SURPRISES”

“Swim-Ups” Please also note that occasionally a swimmer is asked to “swim up” (i.e., compete in a higher age group). Usually it is a swimmer that would not otherwise be in the meet. The coaches propose it to offer swimmers a chance they would not otherwise have to compete, and it helps the team get points in the meet. It’s fun because the team typically rallies around those swimmers to give them special encouragement.

The coaches try to discuss this with the swimmer (or parent in the case of a young swimmer) in advance, but in many instances the first notice you receive of it may be when the proposed lineup for a Saturday “A” meet is distributed by email on a Thursday night. If you haven’t already discussed it with the coaches and have concerns, please call the Head Coach on his cell phone and also send an email back in response to the lineup distribution so the reps are aware there is an issue. The coaches and reps do not intend to “stress-out” a child or force them to do something they don’t want to do. It is just the opposite -- to give a child a chance to swim in the “A” meet they otherwise wouldn’t have. Typically the

swimmer rises to the occasion and enjoys dealing with the challenge. However, if the child really doesn't want to do it, no one will think badly of them, and no one will act like they are letting the team down.

"I told you my swimmer wouldn't be there, but you put him/her in the lineup anyway."

If this happens, it could be a mistake or could be on purpose. Regardless, simply send a return email to the lineup distribution to remind the coaches and reps. It could be done intentionally because we can only substitute for listed swimmers on Saturday. If a potential entry is left blank when the lineup is exchanged at or near noon on Friday before the meet, a substitute can't be entered even if one is identified Friday afternoon or Saturday morning.

Stroke Limit Your swimmer may have the fastest time in an event but not be entered in it. Why? Under MCSL rules a swimmer may swim only three of the four individual strokes (freestyle, backstroke, breaststroke, and butterfly). Often a child will have one of the top times in all four strokes in the age group. In such cases, coaches typically try to assess who should swim which strokes based on all their times and what is known of the other team.

"B" MEETS

"B" Meets are held weekly on Wednesday evenings with pools in proximity to ours. We swim in dual meets against other community swim teams: *Inverness Forest, Montgomery Square, Wildwood Manor, Eldwick, and Tally Ho*. "B" meets provide every swimmer an opportunity to participate. The swimmers have the opportunity to improve their own times, win awards, and possibly qualify for the "A" Saturday morning meets. The swim meets normally begin at 6:00 p.m. and last until dark...sometimes until 9:30-10 p.m. depending on the size of the competing swim teams.

We encourage as many of our swimmers to participate as possible. The swimmers will have the opportunity to select which events they wish to swim, subject to the approval of the coaches, during the daily practices.

Please note that while B meets are designed for swimmers to gain confidence, improve times, and stroke techniques, the rules provide that swimmers should not be entered into an event unless the coaches reasonably believe that a swimmer can successfully complete the event without a stroke violation/disqualification. This does not mean that there won't be any disqualifications, but it is designed to avoid creating misunderstandings. When a developing swimmer is cleared to swim an event by the coaches it is a big milestone. It is in fact physically difficult for young swimmers in particular to complete some of the strokes (for many it may take more than one season).

In addition to the coaches, feel free to seek out our certified adult stroke-and-turn judges and referees who can provide you with more information about the requirements of the various strokes.

As in the case of A meets, a ***positive confirmation*** routine is used for B meets. Again each week you will be asked to respond by email to a special mailbox stating whether or not your swimmers will be at the upcoming meet and in which events they should be entered. Not only does this ease the complexity of automating the meets, but it is crucial

because of the special B meet eligibility rules. Those rules are intended to maximize the competitive experience for all, but especially for those swimmers for which the B Meet is the predominant competitive opportunity. Several days before the meet you will receive a schedule which shows the events in which your swimmers are eligible to compete at the next B meet. ***In general swimmers will be precluded from swimming in an event if they have one of the top two posted times in that event during the season or if they were one of the two fastest Old Farm swimmers in that event at the prior "A" Meet.***

TIME TRIALS

The first meet of the year is called "time trials." It is very much like the other meets, but all swimmers are eligible to swim in the meet. There are no eligibility rules. It is designed to give the swimmers a chance to practice swimming under competitive conditions and to allow them a chance to record times in meet-like circumstances. It is also different from the other meets in that no ribbons are awarded in that meet.

AUTOMATION

Coaches and swim team managers will work together to create a computer-based roster of all swimmers for each “A” and “B” meet prior to the meet. For the “B” meet swimmers will be given a card before each event listing vital information, such as name, age, event, heat and lane. These cards need to accompany each swimmer reporting to the clerk of course for his or her event.

COMMUNITY SERVICE

During “B” meets we usually have a large number of swimmers in the 8-and-under category. Teen volunteers are always needed to help assemble and line up the children during the meets since the procedure is new to most of our younger swimmers. We also need the older swimmers to be cheerleaders, role models, and supporters for those who may be anxious about the meet.

Teen volunteer service at swim meets may be recognized for partial credit toward school community service graduation requirements in Montgomery County. Interested teens should contact their individual high school guidance counselor’s office for more information on how this can apply to them. All volunteers are always welcome!

OTHER SWIM MEETS

- **Relays:** During each season there are two relay swim meets, an “A” Relay Carnival and a “B” Relay Carnival. If a swimmer does not participate in an “A” Relay Carnival, then there is a chance to participate in the “B” Relays. Relays are a chance to swim races with other members of the team, including members of different ages and genders.
- **All Stars and Long Course:** These swim meets are by-invitation-only. Invitations to these meets are based on times from “A” meets. Swimmers with the top eight MCSL times in each event are invited to swim Long Course, and the top sixteen swimmers in each event county-wide are invited to All Star Individuals. The winners of each “A” Relay Carnival event are invited to participate in the All Star Relays. The meets are held at Rockville Municipal Swim Center.

AWARDS

OFST swimmers will again have opportunities to earn awards in meets, such as ribbons and medals. There are also special trophies at the end of the season for the swimmers who lead their age groups in points earned for the team in “A” meets.

PARENT PARTICIPATION

Parent support and participation is vital to the success of our swim team. Many adults are needed to run a meet. **As our team is a small one, it is expected that one parent from each family work at least half of each meet in which their child swims.** Adults are needed to officiate, help with timing, prepare and serve refreshments, etc. Parents must also take responsibility for the supervision of their children at the meet. If you cannot accompany your child to a meet, please make arrangements for another parent to supervise your child in your absence.

The team reps will determine parent assignments and email these out to the team. Parents, not siblings or nannies, should perform these jobs. The team can only succeed with each family's participation. If you cannot follow through on your selected job, please switch with another family or, in an emergency, tell the meet manager in advance to provide time to find a replacement. It is very difficult to scramble to find a substitute during the meet.

SWIM MEET PARENT JOBS

Several jobs will be assigned to volunteers during the meet. Some require training and certification, and some jobs only require familiarization.

TIMERS

At least eight to ten timers will be needed at each meet. A timer is responsible for timing the event for a single lane. Stopwatches will be provided. Each lane will have 3 timers, and each of the three times will be recorded in each lane. At the end of the heat, the two watches that agree, or the middle time if none agree, will be recorded to the hundreds. One timer in each lane will record the times for his or her lane. If, during the event, you notice that you have failed to properly start the watch or the watch is not functioning properly, notify the head timer (who can provide a backup watch) immediately. Timers are also encouraged to confirm names for all swimmers in their lane to ensure that the swimmers are lined up correctly for their event and that the time card matches the swimmer.

A Head Timer is supplied by the host team, and the visiting team supplies an Assistant Head Timer. These volunteers are responsible for working with the Head Starter and Referee to make sure the timers are ready for each event and for reminding the timers to clear their watches. They start two watches during each heat in case a lane timer's watch malfunctions or is not started on time. The Head Timers also collect heat sheets from the lane timers after each event and take them to the automation team.

CLERK OF COURSE

The Clerk of Course has an important position during the swim meet. During an "A" meet this individual organizes the swimmers according to their lane and heat for each event.

During "B" meets the clerk coordinates with the competing team's clerk to assign each swimmer to the proper event and heat. The swimmers for an event will be sent en masse

by their coach(es) to the clerk with cards containing information regarding name, age, event, and sometimes past swim times. Individual swimmers will be grouped accordingly by event, heat, and lane by the clerks.

The clerk of course has several responsibilities once the number of heats in an event is determined. Information regarding event and number of heats will be forwarded to the starter, announcer, and automation team. Younger swimmers will need the most guidance by the clerk to line up for their event. The clerk should recruit teenage volunteers to help.

RIBBON WRITERS

For “A” meets, only one person is usually required for this position. The main task typically involves transferring a preprinted label to the appropriate ribbon and placing it in the family folder. Each host team will determine how to handle ribbon writing during “B” meets.

OTHER JOBS:

Several other swim team jobs require additional or official training. Information can be found in the [MCSL Handbook](#) available from the Meet Manager. These include: Meet Manager, Head Scorer, Computer Operator, Scorer, Take-Off Judges, Stroke-and-Turn (S&T) Judges, Chief Judge, Starter, and Referee.

If you are interested in becoming a certified official, please see the Meet Manager for clinics that can provide training before and during the season.

Officials Clinics

Automation Clinics

Wednesday, June 1 - MLK Swim Center (7-9pm)

Wednesday, June 8 – Montgomery Aquatic Center (7-9 pm)

Officials Clinics

Sunday, June 5 - Olney Swim Center (8-11 am) full clinic – starter, referee, & S&T

Tuesday, June 7 - Georgetown Prep (6-9 pm) full clinic – starter, referee, & S&T

Sunday, June 12 - Olney Swim Center (8-11 am) full clinic – starter, referee & S&T

Thursday, June 21 – Martin Luther King Swim Center (7-9:30 pm) – Stroke & Turn only

CONCERNS AND QUESTIONS

If you have a concern about your child, please wait until practice is over to speak with the coaches. Coaches are more than happy to talk to you after practice. You may also communicate with them by email. Even if during practice it appears that the coaches have time, it may jeopardize the safety of the swim team members if the coach is distracted. We also ask that swimmers not currently practicing leave the coaches alone so they can focus their full attention on the current swimmers.

If your concern is more generic, we encourage you to speak with one of the swim team representatives listed in this handbook. Please keep them apprised of your concerns or problems so that they can be resolved in a timely manner.

Frequent and open communication is the key to success of our team. The MCSL Representatives and Meet Managers are also interested in hearing your comments and concerns. Please make yourself known to them. All comments are welcome. We can only improve if everyone works together. **All suggestions, especially those accompanied by a willingness to help the idea to come to fruition, are greatly encouraged. By working together we can create a great swim season for all to remember.**

FREQUENTLY ASKED QUESTIONS

Q) *My child is interested in joining the swim team. How good a swimmer must he or she be?*

A) Any child who can comfortably swim across the length of the pool (25 meters) without stopping, and tread water for 1 minute, qualifies for the swim team. Otherwise, children can join the Pre-Team to grow in their comfort, strength, and confidence with swimming. Additional private swimming lessons may also be helpful.

Q) *Is the Swim Team very competitive?*

A) The OFTS has prided itself on team spirit, fun, teamwork, and sportsmanship. The meets are, of course, a competition, but swimmers and their parents should remember that success is not only determined by ribbons, medals, and times. Success is also measured by meeting challenges, trying new things, and contributing in and out of the water to the success of teammates. We always encourage our swimmers to do their best but never lose sight of trying to provide an encouraging environment for the children.

Q) *How much time will I have to put into the swim team?*

A) Swim team is a people-intensive sport. Practices are held Monday through Friday, and swimmers are expected to attend as many as possible. Parents need not stay the whole time, unless you have an 8-and-under swimmer. Meets are held twice a week, and, depending on the level of swimmer (and the size of our team), you may need to attend both Wednesday and Saturday meets. Parents must volunteer at the meet when their child is swimming.

Q) *This is the first swim meet for both my child and me. What do I do when I arrive at the pool for a meet?*

A) Make certain that your child arrives a little ahead of time (check the bulletin board for posted times). Have your child check in with the coaches so they know your child is present. Have your swimmer place his/her belongings on a chair in the designated team area. If it is a home meet, parents should help out with the set-up (decorations, chairs, food, etc.) If you have a younger swimmer, parents can help the coaches by informing their children about which events in which they will be participating and by making certain their swimmer remains within the team area throughout the meet. You should contact the Meet Manager(s) on-arrival to confirm where you are supposed to help as a volunteer (timing, scoring, ribbons, etc.). After home A-Meets, the team will usually have lunch plans. Listen for announcements. Ribbons will be placed in the family folder and kept in the guard shack. Ask your coaches for the ribbons if you cannot find them. Times are sometimes posted during or after the meets.

ORDER of EVENTS (for A Meets)

Boys	Girls	AGE	EVENT
1	2	12& U	100M Individual Medley
3	4	Open	200M Medley Relay
5	6	8 & U	25 M Freestyle
7	8	9-10	50 M Freestyle
9	10	13-14	50 M Freestyle
11	12	11-12	50 M Freestyle
13	14	14-18	100M Freestyle
15	16	13-14	100M Individual Medley
17	18	8 & U	25 M Backstroke
19	20	9-10	25 M Backstroke
21	22	15-18	100M Backstroke
23	24	11-12	50M Backstroke
25	26	13-14	50M Backstroke

TEN MINUTE BREAK

27	28	15-18	100M Individual Medley
29	30	8 & U	25 M Breaststroke
31	32	9-10	25M Breaststroke
33	34	11-12	50M Breaststroke
35	36	13-14	50M Breaststroke
37	38	15-18	100M Breaststroke
39	40	8 & U	25 M Butterfly
41	42	9-10	25 M Butterfly
43	44	11-12	50 M Butterfly
45	46	13-14	50 M Butterfly
47	48	15-18	50 M Butterfly
49	50	One from each age group except 15 – 18	175M Freestyle Relay 1 length 9-10 2 lengths 11-12 2 lengths 13-14 1 length 8 & U

DIRECTIONS TO AWAY MEETS

Inverness Forest – 10820 Deborah Drive Potomac, Md. 20854 (301)-299-2139

- From Old Farm Pool, head West on Montrose Rd.
- Turn left onto Seven Locks Road.
- Follow Seven Locks up the hill & through 2 stop lights.
- At the third light (Tuckerman Lane) take a right.
- Take the second left at Deborah Drive.
- Follow Deborah Drive thru a stop sign, & go down hills, & pool is on right.

Fallsmead – 1824 Greenplace Terr., Rockville (301) 279-9863

- Take I-495 to I-270N.
- Take Falls Road exit towards Potomac.
- Turn Right at Wootton Parkway (first stoplight).
- Turn Right at Greenplace Terrace (first stoplight).
- Pool is halfway up the block on the right. Turn down driveway and enter parking lot.

Long Branch – 8700 Piney Branch Rd, Silver Spring, MD 20012 (301) 431-5700

- From I-495: Take Exit 29B (University Blvd, MD 193 - Langley Park).
- Continue on University Blvd to the 3rd traffic light, Piney Branch Road (MD 320).
- Turn right on Piney Branch and proceed down the hill.
- Just after the first traffic light, the Miles Glass Company is on your right
- The pool's driveway is immediately after the Miles Glass building on the right.

Montgomery Square – 12300 Falls Rd, Potomac, 20854 (301) 424-8961

- Take Montrose Road West to dead end at Falls Road.
- Turn right onto Falls Road.
- Pool entrance is an almost immediate left.

Tally Ho – 8650 Bells Mill Rd., Potomac, MD 20854 (301) 299-9611

- Take Montrose Rd West; turn left at Falls Road West
- Turn left onto Bells Mill Road
- Continue on Bells Mill Road down the steep hill
- The pool is on the right past Buck Branch Park