



Waves of Wilmington

Capturing dreams in the pool, creating competitors in life.



Wilmington, NC

February 2010

WOW Seniors Place 9th at NC Senior Championships

Waves of Wilmington
4701 Wrightsville Ave
Unit B-3
Wilmington, NC 28403
910-794-7901
www.swimwow.org

Brian Benfer
Head Coach
coachbrian@swimwow.org

North Carolina's Senior Championships was held in Huntersville, NC Jan 28-31. 10 WOW 15 & Over swimmers represented our club at the annual State Championship. Swimming 42 events over the course of the weekend the seniors saw 32 season best swims and 21 lifetime bests!

WOW Senior Cari Blalock, who will be attending LSU and in the fall won four of her six events and placed in the top 4 in every race at her last NC Senior Champs meet. Cari took home gold in both the 100 and 200 yard butterfly, the 200IM and 400IM.

The WOW men rallied behind

strong opening night finals swims by Patrick Weldon and



Travis Johns in the men's 200 freestyle. Travis won the B final that evening and Patrick, swimming in his first NC Senior Champs finals placed 16th. The boys would go on to score 68 points over the weekend.

The WOW men and women would combine to finish 9th overall at the meet. This finish

is up 6 places from the previous two year's 15th place finishes and marks the *first* time WOW has finished in the Top-10 at NC Short Course Senior Champs (online records go back to 2000).

WOW now has 7 senior swimmers qualified for the Senior Sectional Championship meet, also a record number for the team. WOW's Senior Sectional team will travel to Nashville, TN for this elite competition that brings together the best swimmers from the southeastern US.

Congrats to all the WOW seniors on a great meet and best of luck this championship season!

Inside this issue:

- The WOW Progression 2
- Upcoming Meet Information 3
- February Birthdays 3
- Staying Hydrated at Practice 3
- Coach Contact Info 4

Age Group Champs, Sectionals, ECSL's Oh My!

Championship season is now fully upon us. With the WOW seniors kicking things off two weeks ago in WOW's first top 10 finish there, our hopes and expectations are set high for the remainder of the season's meets.

This weekend's "Qualifier Meet" at Pullen Park in Raleigh, NC will mark the swimmers last opportunity to qualify for NC 14 & Under (Age Group) Champs. Swimmers swimming at Age Group Champs will then have a chance to qualify for the Sectional meet to be held in Charlotte, NC.

However, the short course season does not end with Sectionals. Two weeks after Age Group Sectionals the entire team will travel to Cary, NC for the ECSL Championships at TAC.

The ECSL Champs are the Championships for our league, comprised of teams from Eastern NC.

ALL WOW swimmers attend this meet, from our national qualifiers right on down to our youngest age groupers. The meet provides a competition setting similar to our dual vs GSC where all age groups swim together in the morning *and*

have an opportunity to qualify for finals at night!

The last two seasons WOW has finished second at the meet, and this year, assuming a big turnout from our swimmers, we have a strong shot at winning.

The meet information and sign up is now available on swimwow.com. Make your hotel reservations and sign your swimmer up today! This IS WOW's end of short course meet, let's finish off the season with a big win!

We develop our swimmers progressively with great patience. Winning is not an issue with our younger age groups. We want swimmers to be their best in their later teen and college age years. We spend the majority of time with our youngest swimmers developing technique, some time developing endurance, and very little time developing speed. As swimmers become older and more skilled we increase the amount of endurance work, continue to develop technique, and introduce “race preparation.” Racing preparation means learning how to race more than it means high volumes of quality speed work. At older ages and higher levels of skill the emphasis is on racing speed and competition while continuing to build long term endurance and continuing to refine technique and race strategy.

On the mental side we want the swimmers to learn to take responsibility for their own performance and to learn the importance and the thrill of meeting challenges straight forward. We also teach swimmers to; learn to read a pace clock and understand time relationships; learn about setting goals and the relationship between work and achieving goals; learn that everyone on the team contributes to each other's performance; and learn a sense of control in pacing swims, sets, and practices. Control allows for the highest levels of work without counterproductive out of control struggling. We feel this learned sense of control is applicable to other areas of life as well.

Just as 1st graders don't do calculus, our younger swimmers don't do repeat 400IMs, 3,000's for time, or even more simply, don't use the blocks on backstroke starts (for some the blocks are bigger than they are!). We want the swimmer to progress into these things, mastering one concept at a time. We wish to challenge the learner, recognize the unique needs of individual swimmers, and develop their potential through a complex progression of many groups within our program. As we develop our swimmers we spend equal time developing our coaches, ensuring they are educated in cutting edge coaching and *teaching* philosophies. Should you have any question regarding your swimmer's progress in their progression, please don't hesitate to contact their coach.

Coach John Leonard, long time President of the American Swim Coaches Association puts it this way:

“Long practices, with high training volumes will make all swimmers VERY good at what they are doing. Repetition builds habit. Habit stands up beautifully under the pressure of competition...when in fact, nothing else does...as the pain of competition effort removes all traces of thought from the brain....it becomes habit that the swimmer relies upon to get him home to the finish.

“Unfortunately, if they are practicing poor technique, that will be learned and habituated, just as well as good technique. And poor technique makes you biomechanically inefficient at the time of greatest stress. Hence you struggle more, go slower and your stroke collapses at the end of races.

“This makes swimming a technique limited sport. Your child will be severely limited by the degree with which they can perform the strokes with good habits, instead of poor habits.

“Lots of training with poor habits will make a very poor swimmer. A little training with good habits, will result in a good swimmer and one that is “unlimited” in their future.

“Which one do you want for your child?”

HINT: Get the strokes right FIRST instead of purposefully practicing mistakes.”

**Swimming is a journey, at WOW we hope to make it a life-long one for your swimmer.
Keep coming to practice and have a great swimming experience!**

February 2010

Upcoming Meet Information

MOR "Qualifier Meet"

Feb 12-14
Raleigh, NC
Entry Deadline: Jan 21

Age Group Sectionals

Mar 11-14
Charlotte, NC
Entry Deadline: Feb 23

NC 14 & Under Champs

Feb 18-21
Cary, NC
Entry Deadline: Feb 3

ECSL Championships

Mar 26-28
Cary, NC
Entry Deadline: Mar 9

Senior Sectionals

Mar 4-7
Nashville, TN
Entry Deadline: Feb 14

WOW SPRING BREAK

Mar 29-April 4
No Practice Offered

"The difference between failure and success is doing a thing nearly right and doing it exactly right."

-Edward C. Simmons

February Birthdays

Happy Birthday to WOW swimmers with birthdays in February!

Julie Davidson 02/02

Carolyn Davidson 02/02

Yasmin Ozbek 02/04

Hannah Russell 02/05

Anna Bay 02/09

Brendan Parrella 02/11

Waverly Leonard 02/12

Justine Bledsoe 02/14

Logan Chadwick 02/16

Jacob Wilkinson 02/19

Sara Moore 02/19

Ellie Hannum 02/22

Caitlyn Donovan 02/26

"I don't want to be the next Mark Spitz; I want to be the first Michael Phelps."

-Michael Phelps

Pictures? Send them in!

If you have any pictures from swim meets, we would love to have them! There is a pictures section on the website where we

have been posting pictures as we get them. We've got some great photographers out there, send us your work!

Please e-mail pictures to coachbrian@swimwow.org

Hydration and Fueling During Exercise

Failure to maintain a hydrated state can lead to detrimental changes in the cardiovascular response to exercise, overheating of the body and decreases in both maximal power and work capacity. Just a 2% drop in body weight due to dehydration can have an overall negative impact on exercise performance. In addition to staying hydrated, athletes are faced with the task of fueling their bodies for performance.

Swimmers should consume 6-8% carbohydrate-electrolyte beverages frequently (about half a cup every 10-15 minutes) during workouts lasting longer than an hour to maintain fluid balance (prevent dehydration) and spare glycogen. Together, these effects are likely to have a positive impact on day-to-day practices, and ultimately competition performance.

Read the full article online @ <http://www.usaswimming.org/USASWeb/ViewMiscArticle.aspx?TabId=395&Alias=Rainbow&Lang=en&mid=614&ItemId=528>

And don't forget to bring your **WATERBOTTLE** to practice **everyday!!**





The Waves of Wilmington Swim Team

Our Vision

The Waves of Wilmington strives to fully develop the personal character and athletic potential of every athlete, resulting in continued recognition and respect as a premiere swimming club in North Carolina and United States Swimming.

Our Mission

The Waves of Wilmington strives to ensure each athlete is given the opportunity to realize their potential and capture their dreams. We believe in fundamentals, fostered by a love of the sport as a catalyst for success and realization of those dreams. Through the commitment and dedication learned through WOW, the program strives to help the swimmer develop a positive self-image beyond swimming and understand the benefits of commitment, dedication, self-discipline, time management, and goal setting both inside and outside of the pool.

4701 Wrightsville Ave
Unit B-3
Wilmington, NC 28403
910-794-7901



Coach Contact Information

Coaches are generally available to speak with after practices.

If you need to e-mail your coach, please use their e-mail addresses!

Brian Benfer
coachbrian@swimwow.org

Bill Orton
coachbill@swimwow.org

Jessica Brampton
coachjessica@swimwow.org

Clayton Fritts
coachclayton@swimwow.org

Megan Green
coachmegan@swimwow.org

Amanda Cameron
coachamanda@swimwow.org