



Waves of Wilmington

Capturing dreams in the pool, creating competitors in life.

Wilmington, NC

March 2009

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WOW Swimmers Spread the Love at “We Love Swimming” Meet

Valentine’s Day weekend proved to be full of love, at least for WOW swimmers Feb. 13-15 at MOR’s We Love Swimming Meet. 25 WOW swimmers attended the Friday-Sunday meet, the last chance for swimmers to qualify for NC 14 & Under Championships.

WOW swam 79% best times, including 8 new NC 14 & Under Championships Cuts.

Joseph High, Melanie Post, Jack Best, and Ashely Brem each qualified for additional events at NC Champs.

In addition to the new State Championship Standards, WOW Swimmers posted 5



new “B” times, 10 new “BB” times, 7 new “A” times, and 3 new “AA” times!

The meet was held at the nicest facility in the state, the Triangle Aquatic Center, and was

the fastest Qualifier, in measuring by standards attained, in NC Swimming. WOW swimmers more than lived up to the standard set over the weekend.

Congrats to all who competed, and good luck at your championship meets as we head into March.

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14 & Unders Compete at NC Age Group Championships

Sixteen WOW swimmers traveled to Huntersville, NC February 19-22 for North Carolina’s 14 & Under State Championships.

The meet kicked off Thursday night with the 13-14 1000free, and the 11-12 500 free. Zach Hannum, Joseph High, and Caroline Estep got the ball rolling for WOW in the distance events. All three posted best times, with Caroline Estep’s fifth place finish putting WOW’s first points on the board.

WOW would go on to finish 11th overall for the weekend, swimming 64% best times all told.

Estep would go on to finish in the top 10 in all of her events for the weekend, including two third place finishes in the 100 and 200 freestyle.

Travis Johns took home the silver in 5 of his 6 events. Medaling in the 200IM, 100 and 200Back, 100Fly, and 50Free.

Nine year old Ian McPheters

finished in the top 5 in all of his 10 & Under events including a State Championship in the 100Back. Ian took the Bronze in four other events, the 50Breast, 50Fly, 50Back, and 100Free.

Also finishing in the top 10 over the weekend were Jack Best (100Back) and Matt McPheters (200Back).

WOW swimmers also combined for 1 new “A” time, 4 new “AA” times, 3 new “AAA” times, and 6 new “AAAA” times.

The Waves of Wilmington Swim Team

2009 Long Course Meet Schedule

Date	Meet Name	Location	Eligibility
May 8-10	NSS Invitational	Charlotte, NC MCAC	2 "A" times
May 8-10	Goldsboro Invitational	Goldsboro, NC	BB/B/C
May 30	SSS Open Water Swim	Pinehurst, NC	Bronze and Above
June 12-14	WAVE Invitational	Cary, NC TAC/TBD	"A" and Above
June 26-28	GSA Eastern Invitational	Greensboro, NC Lindley Park	Open
July 10-12	MOR Long Course Qualifier	Cary, NC TAC	AG/Sr non-state champs cut events
July 17-19	NC 14 & Under Championships	Cary, NC TAC	Age Group Champs Cuts
July 17-19	Senior Sectionals	Knoxville, TN UT	Senior Sectional Cuts
Jan. 23-25	NC Senior Championships	Charlotte, NC MCAC	Open
Aug. 10-15	Speedo Junior Nationals	Federal Way, WA	Junior National "A" Standards

****The NCAC meet scheduled for May 15-17 will not be open to all swimmers as originally anticipated.**

The schedule has been updated to include two meets the weekend of May 8-10.**

March 2009

Upcoming Meet Information and Important Dates

Senior Sectionals

March 5—March 8
Cary, NC
Entry Date Feb 15

Age Group Sectionals

March 12—March 15
Charlotte, NC
Entry Date Feb 25

Junior Nationals

March 17—March 21
Orlando, FL

ECSL Championships

March 27-29
Greenville, NC
Entry Date Mar 10

WOW Spring Break

NO PRACTICES
April 5-12

WOW Swim-A-Thon

Saturday, May 2nd
UNCW Pool
Information distributed
Week of April 13

WOW Spring Banquet

Wednesday, May 27
5:30pm
Winterpark Baptist Church
RSVP information available in April

*“If you want to
achieve excellence you
can get there today.
As of this second, quit
doing less-than-
excellent work.”
-Thomas J. Watson Sr.*

March Birthdays

Happy Birthday to our WOW swimmers with birthdays in February!

Erin Shen	3/2
Kylie Riemensperger	3/14
Anthony Messina	3/8
Caroline Estep	3/15

Lane Howard	3/15	Kevin Riemensperger	3/25
Michael Wilson	3/18	Nathan Johnson	3/29
Marissa Korleski	3/20		
Victoria Messineo	3/22		
Jason Bump	3/24		
Kayla Riemensperger	3/25		



Friday Practices Move 1 hour earlier beginning March 13th

All Friday practices at UNCW will begin and end one hour earlier starting March 13th and continuing through the end of July. Mark your calendars for the change.

WOW Spirit Week March 23-27

Are you pumped?! Are you ready?! ECSL championships are almost here!!

We have nearly 80 swimmers signed up for ECSL Championships March 27-29. This will be the biggest group we have ever traveled with to a competition.

We want to show we're not just large, but we're in charge too. We'll bring not only our fastest swimming, but our loudest cheering, strongest team spirit, and the

highest level of sportsmanship to the meet.

It all kicks off on Tuesday March 24th with the return of Big Fish Little fish (see next column). Thursday night will be team poster night, bring your markers and your creativity as we make "pump up posters" to hang at the meet.

Its been a tremendous season, let's finish fun, fast, and memorable week!

Big Fish Little Fish

Big Fish Little Fish will return Tues, and Wed. March 24th and 25th. If you've never participated in a Big Fish/Little Fish practice you really don't know what you're missing! Our older WOW swimmers will work with our youngest WOW swimmers for the first half hour of these practices as we get set for ECSL Champs.

*“Its hard to stay
committed...to stay in
touch with the goal
without saying there's
something wrong with
myself, my goal, the
world.”
-Nancy Hogshead*



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.

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Upcoming Meets

Feb. 13-15	Short Course Qualifier	Cary, NC TAC	AG/Sr non-state champs cut events
Feb. 20-22	NC 14 & Under Championships	Hunters- ville, NC HFFA	Age Group Champs Cuts
March 6-8	Senior Sectionals	Cary, NC TAC	Sr. Sectional Cuts
March 12-15	Age Group Section- als	Charlotte, NC MCAC	AG Sectional Cuts
March 27-29	ECSL Champion- ships	Greenville, NC ECU	OPEN

Coach Contact Information

Coaches are available outside of practice to address any question you may have.

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

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