



WAVE's World



May 14, 2007

Upcoming Events

This section of the newsletter will be used to remind you of important events coming in the next 4 weeks.

May 19: UPAC Spring Special

May 23: WAVE Banquet

June 1-3: Tri-Cities Invite

June 8: Summer Splash

June 9-10: Supersoaker at KCAC

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UPAC Preview **IMPORTANT!**

Coach Jim Verdier—Be sure to check out the revised meet info on the web site for the meet this weekend. The meet has been split into two sessions so you will need to revise your arrival times for the meet. I encourage everyone to wear team gear and sit together this weekend at the UPAC meet. We want to look like a team and have fun together. Bring cards (especially plastic/waterproof ones) and other games to spend time with teammates between events.

Pac Coast Wrap-Up

Coach Jim Verdier—We don't have results for the meet yet so I can't give the stat info but we had a great meet at KCAC last weekend. Three of our swimmers brought home high point trophies: Nic Win took second place in 13-14 boys, Patrick Lu won the 11-12 boys, and Megan Caylor won the 15-16 girls. We also picked up a bunch of individual wins—especially in the distance events on Friday. I know it was a challenge racing long course for the first time in a year. We need to finish every lap more aggressively to race more effectively in the big pool. We did a great job finishing fast the final 50 of most of our races. Let's keep up the good technique work—great strokes are the key in long-course season.

Q&A with Coach David

How long have you been a swim coach?
About 10 years.

What has been the career path to your present coaching position?

In 1996, I volunteered to coach for a summer league swim team, the Green Lake Gators in Seattle when I was in high school. I coached the Western Washington University club team from 1999 to 2003 in Bellingham when I was going to college. I coached two summer swim league teams along the way, the Sudden Valley Sharks in Bellingham and the Lynnwood Sharks. Then I started with WAVE in December of 2004, and I've been here ever since.

Where were you born and raised?

I was born in Seattle, raised in Edmonds.

What is the most fun part of your job?

Telling jokes to kids that can't help but laugh, and seeing kids improve in swimming because of my help!

What is the most challenging aspect of your job?

Disciplining kids that are just a little bit too excited when I'm trying to talk.

What are your favorite hobbies?

Swimming, softball, watching the Mariners and other spectator sports, going to movies, and spending time with my girlfriend.

What about you most surprises people?

I hate macaroni and cheese.

What's your favorite topic of discussion among friends?

Being happy and telling jokes!

If you could invite three people to dinner (dead or alive) who would you invite?

My mom, my dad, and my girlfriend, Brittany!

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WAVE Banquet Update

Coach Alison Colnon—Some tid-bits about your upcoming '06-'07 WAVE Banquet:

First of all, for those of you who have missed the RSVP deadline but would still like to be part of all the fun ... don't worry! Prices at the door will be \$8/person and \$30/family. We want our whole WAVE community to take part in the fun!

We are still taking donations for our raffle. We already have some great items but we could always use more! If you are interested in donating, contact Candy Caylor at cookies908@msn.com.

We are in need of volunteers to help at the banquet!

We need people to help setup, sell raffle tickets, take walk-in payments, and clean up. These jobs are not hard and our banquet cannot be successful without your help! Please email Coach Alison with your name and preference of position to sign up and receive more information (colnona@seattleu.edu).

We are encouraging people to dress up for the occasion ... **BY NO MEANS IS THIS REQUIRED** ... however we do encourage nicer dress. Girls ... summer dresses/skirts, boys ... nice shirt/nice pants.

If you have any questions, feel free to email Coach Alison at colnona@seattleu.edu.

We are looking forward to seeing all of you there!

April Swimmers of the Month

8 & Under (Bothell): *Erin McDonagh*—Erin has improved very much over the course of the past season, and just this week picked up the breast-stroke kick as well. Her endurance gets better and better with every practice and she has very good attendance, too.

Bronze (Bothell): *Felicity Epperson*—Felicity is a new addition to our Bronze group this month and has been working very hard. Her butterfly and

breaststroke have improved tremendously, as well as her flip turns. Keep up the hard work, Felicity!
Silver (Bothell): *Elle Whitacre*—Elle is the swimmer of the month for April because of all of her hard work at practice. She has been improving in all of her strokes over the last several months and is continuing to improve. Great job, Elle, keep up the good work!

Teen (Bothell): *Caitlyn Mellilo*—Caitlyn has displayed a great work ethic so far this summer season and I am looking forward to seeing all of her hard work pay off. She is always ready for a challenge and brings a positive attitude with her to the pool everyday.

8 & Under (Redmond): *Emily Krasser*

Bronze (Redmond): *Max Antono*

Silver (Redmond): *Emily Tooze-Hobson*—Emily is the swimmer of the month for the month of April because of her great attendance and her leadership in the group. She has been doing a great job leading stretches at the Redmond pool for the last several weeks. Thanks for all of your help, Emily.

Teen (Redmond): *Koyo Kim*

Gold: *Zach Alleva*—Zach is continuing to get stronger and stronger in practice. His improved attendance has allowed him to take on tougher workouts, and he has not backed down from those challenges.

Seniors: *Carl Walsh*—Carl got this season off to an awesome start with a drop of over 2 1/2 minutes in his 2500 to drop his cruise interval. He continued the fast swimming with a top six finish in our 55 x 50 Kick set and a :02 drop per 100 in our Kick Challenge. Keep up the big drops Carl.

High Performance: *Jessie Chansler*—Jessie has had great results in every Challenge set so far this season including leading the team in our new HP/Sr 55 x 50 Kick Challenge. She kept going faster until she was the only team member left in the water and finished up making a final 50 Kick on a :36 interval. Wow!

April Attendance Winners

Lia Santini (High Performance), Hill Langsam (Seniors), Tiffany Dang (Gold), Caitlyn Mellilo

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(Teen-B), Erin Antono (Teen-R), Shannae Pello
(Silver-B), Kaley French (Silver-R), Sydney Lu
(Bronze-B), Alexis Kramer (Bronze-R), Gabby
Dang (8 & Under-B), Molly Krasser (8 & Under-R)

May Birthdays

Klassen, Eric	5/3
Jensen, Sarah	5/6
Suen, Keane	5/11
Win, Nic	5/11
Bohart, Savannah	5/12
Glauner, Katie	5/13
Dang, Tiffany	5/18
Xiao, Nancy	5/19
Deveney, Ian	5/21
Runge, Jon	5/21
French, Kaley	5/23
Yee, Leann	5/23
Kurtz, Rachael	5/26
Zhu, Lucy	5/26
Peterson, Josh	5/27
Walsh, Carl	5/28



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