



NU WAVE SWIM CLUB

EST. 1985

“Developing Life Skills Through A Goal-Oriented, Competitive Curriculum”

UPCOMING EVENTS:

NU WAVE “Splash Meet” (Jan 26)

Team Hosted Event @ Newman.

Open to all Nu Wave T&F swimmers. Our mid-session competition designed to evaluate and highlight the Winter session participants.

Crawfish Aquatics Winter Invite (Feb 2-3)

This competition will be a season finale for our 13&O swimmers, as well as, a last chance event for 13&O swimmers looking to qualifying for the 13&O State Championships.

NU WAVE “12&U Last Chance” Meet (Feb 9)

Team Hosted Event @ Newman.

Open to all 12&U swimmers as a season finale, as well as, a last chance to qualify for the 12&U State Championships.

Team Registration Deadline: Friday, January 25

NU WAVE “Splash Meet” (Feb 21)

Team Hosted Event @ Newman.

Open to all Nu Wave T&F swimmers. Our session ending competition.

NU WAVE SWIM CLUB NEWS

JANUARY 2019

Coach Scott:

With State Meet right around the corner here is an article I read that will hopefully get you in the right frame of mind to take advantage of EVERY opportunity you have during championship season!

THE MAGIC OF AN OPPORTUNITY

BY MIKE GUSTAFSON

Imagine Doc Brown from *Back to the Future* came up to you and said, "Today you're going to set a world record. The only thing you have to do is race."

You'd swim that day, right? You'd be the first person in the pool, warming-up, excited and ready to swim?

World records aren't broken every day. The opportunity is rare. You'd take advantage of it. Right?

Unfortunately, time travel and Doc Brown do not (yet) exist. Swimmers don't know what the future holds. Sometimes, we don't feel like swimming.

Instead of swimming that looming, ominous 1500m this afternoon, we'd rather go to the beach. Or go shopping. Or take a nap. There will be another day, another race, right?

But you never know. Sometimes the difference between breaking a world record or not is simply showing up to swim.

Take Kate Ziegler. At the Indianapolis Grand Prix, Ziegler said that on the day she broke Janet Evans' hallowed 1500m world record, she didn't want to swim that evening. She wanted to go to the beach. She wasn't really feeling it. Fortunately, her coach convinced her to swim that afternoon. The rest, as they say, is history.

But what if she had gone to the beach? What if she never swam that day? For whatever reason, the nuts and bolts were zooming in perfect harmony that day. Would they realign? Could she repeat that same performance the next day? Next week?

What if she didn't swim that day?

I was once told from the creator of "Friends" that the hardest thing to do in the entertainment industry isn't getting your foot in the door; it's being prepared when you're in there.

People always get their foot in the door, but they rarely take advantage of it.

It's that old "elevator pitch" theory. You should always be prepared when you live in Hollywood, because you never know who you could be stuck in an elevator with. Some of my friends went from assistants to executive producers in 24 hours because they were stuck in an elevator with someone like Rosie O'Donnell, pitched her an idea they had rehearsed, and made the most of their opportunity. No joke.

Swimming is similar. Any given lane at any given time is an opportunity. "Give me a lane, anywhere, anytime," one famous swimmer used to say, "and I'll aim for perfection."
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UPCOMING EVENTS:

2019 13&O SC STATE CHAMPIONSHIPS (Feb 14-17)

Championship meet held in Sulphur.

30 Nu Wave swimmers are scheduled to compete in this year’s State Championships!

Check our Facebook account to keep up with the results of this championship event.

2019 12&U SC STATE CHAMPIONSHIPS (Feb 22-24)

Championship meet held in Baton Rouge at LSU Natatorium.

As of this release, we have 15 Nu Wave swimmers qualified to compete in this year’s championship event.

2019 ESSZ Age Group Sectional Championships (March 14-17) Atlanta, GA

Nu Wave is sending swimmers to the Age Group Sectional Championships in Atlanta for the first time!

Swimmers participating in this event will be competing against the fastest 14&U swimmers in the Southeastern Section of USA Swimming!

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JANUARY 2019

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Sometimes, swimming is viewed in a linear path. You’d think, “Times will get faster. Races will get easier. I’ll eventually get here, do this, swim that, and by this year I’ll be where I want to be.” Swimmers sometimes circle on the calendar, "This is when I'll swim my fastest. This is the plan."

But swimming is rarely predictable. It’s not this linear, easily-planned calendar of time progression. It’s more a chaotic fun house. It’s opposite than what you’d expect. You swim fast when you expect to swim slow. You swim slow when you expect to swim fast. One day, you could be planning a trip to the beach, while your body secretly knows, “I could be breaking a world record right now, this very second.”

You never know when the swim of your life will happen.

You can’t plot out the future. And unless Doc Brown swings by your house and points out the highs and lows of your future swimming career, it’s best to say to yourself, “Give me a lane, anywhere, anytime – and it could be magic.”

Technique & Fitness: Season 3 (Spring 2019) March 11– May 23*

Nu Wave request that all returning RIPTIDE, WHITECAP, AND VARSITY swimmers register in advance of the start of Season 3: Spring Season beginning March 11, if they plan to continue in their groups. Registration will open February 15.



Season 3 (Spring 2019) begins for Riptide, Whitecaps and Varsity at our Newman Site on Monday, March 11. We also offer a Varsity group at our UNO Site that will have the same starting date. These groups are the perfect starting point for new members to our team and multi-sport athletes. Coach focus on developing the proper stroke mechanics in a supportive environment without the strict attendance expectations of our high Performance groups.

Registration for Season 3 of our Technique & Fitness Groups will open on February 15 and can be accessed through the “Seasonal Programs” button of our website.

*Season 3 will take a break during the Newman Spring Break. Exact dates in April will be passed along during the first week of the upcoming session.

Stroke School

Registration for Session III is now open!

Stroke School serves as the bridge from lessons to our Technique & Fitness programs.

We are working on offering a new Stroke School group to our UNO Site. Look for information on this exciting new opportunity for our swimming community!

*****Any questions about our Stroke School or Technique & Fitness Groups should be directed to Coach Liz at: nuwavecoachliz@gmail.com*****



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UPCOMING EVENTS:

NCSA SPRING CHAMPIONSHIPS (March 19-23) Orlando, FL

Currently Nu Wave has 4 swimmers qualified to compete in this National Championship meet held in Orlando, FL.

Check our Facebook account to keep up with the results of this championship event.

SUMMER TRAVEL TRIP (June 19-24) Houston, TX

This summer, Nu Wave Swim Club is planning to travel to Houston, Texas to compete in the First Colony Summer Invitational.

Swimmers will be traveling with the team by bus to and from the meet as we did for the Auburn competition.

Swimmers 11 & Older, and with communication with their coach, will be eligible to travel and stay with the team. Any participating 10&U swimmers will be asked to travel and stay with their families.

More information will be available near the end of February. We will send out an email asking for interest in attending, and then call a meeting to discuss further details.

NU WAVE SWIM CLUB NEWS

JANUARY 2019

Coach Marshall:

Hi Swim Fans!

We are approaching our first Splash Meet of 2019 and I am very excited because our swimmers are swimming so well in our practices so far this year! Its amazing to watch these young athletes learn so much, so fast:)

Keep bringing your swimmers to the pool--you are the one they depend on to make practices a priority. We are here to make that time worth their while!

Also, be on the lookout for information regarding the 8&U Regional Meet at UNO to be held on Saturday, March 16. This is a great meet experience for the kiddos every year!!!

Swim On!

Nu Wave Workout Warriors:

These swimmers have been recognized the their coaches or peers for demonstrating a positive attitude and tireless effort in practice while maintaining attendance well above the group expectations.

October 1– November 17

Tulane Site: Alice Ledgerwood (97%) Cyclone Group

UNO Site: Matthew Larsen (83%) Senior Group

November 26– January 5

Tulane Site: Adalise Richard (64%) Tidal Wave Group

UNO Site: Addison Wilberg (75%) Tsunami Group



Board News:

On behalf of the Nu Wave Board, we would like to thank all the parents who attended our annual Parents' Meeting and Financial Presentation on December 8, 2018.

Also, we give a HUGE APPLAUSE to David Favret and Kirsch Wilberg who have agreed to start the Stroke and Turn Officials certification process.



Thanks to our Team Sponsors!

