The WAVE Review

Building Value-Driven Leaders for Life
Through
Excellence in Swimming

February/March 2015

Upcoming Events:

March 16-April 17
WAVE Swim-A-Thon
Raleigh/Cary, NC

March 30 - May 9
WAVE Spring Clinics
Raleigh/Cary

April 11
WAVE 5k ~ Bond Park
Cary, NC

April 18
WAVE Celebration & Annual Meeting
Raleigh, NC

April 23 - 26
USA Open Water Nationals
Fort Myers, FL

April 25
Carolina Crown
Greenville, SC

April 25-26
WAVE Long Course Sprint Meet
Raleigh, NC

May 1 - 3
STAR Quad Meet
Greensboro, NC

May 16
Grey Liston Memorial Swim
Pier-To-Pier
Wrightsville Beach, NC

New Wave Swim Team 5K

Get out of bed and
help the swimmers dreams come true!

Saturday, April 11th 2015 - 8:00am start
Bond Park ~ 801 High House Road, Cary, NC

$30 entry fee

Sign up online at:
htpps://www.fsseries.com/new-wave-swimming-5k

Please pass Clinic information on to friends, neighbors, co-workers...

Catch the WAVE.....

with the 2015 WAVE Swimming Spring Clinic!

Swimming fast requires great technique. Learning technique requires consistent repetition. WAVE Swimming coaching staff will create the technical foundation necessary for successful competition. Convenience, flexibility and affordability is what the WAVE clinics offer you.

✳**2 x 60 minute sessions per week at Cary Swim Club, Optimist and NRCA**
$60 for the first week (includes shirt, cap and meet registration fee) and $40 for each additional week. With signing up for all 5 weeks being $200.

✳This is not a "learn to swim" program. In order to participate, you must be able to swim 25 yards of freestyle nonstop and unassisted. Clinic registration has limited availability and is on a first come first served basis. Registrations are accepted online by credit card or by mail with check.

✳Each swimmer registered receives a WAVE Shirt and Cap. Our intrasquad meet at the end of the clinic is Saturday, May 9th @ NRCA (8:00-10:30). This meet is optional but meet fee is non-refundable.

	NRCA		Cary Swim Club		Optimist	
Date	**Week**	**Stroke**	**Week**	**Stroke**	**Week**	**Stroke**
March 30-April 2	1	Free			1	Free
April 6-9			1	Free	2	Back
April 13-16	2	Back	2	Back	3	Breast
April 20-23	3	Breast	3	Breast	4	Fly
April 27-30	4	Fly	4	Fly	5	Starts/Turns
May 4-7	5	Starts/Turns	5	Starts/Turns		
May 9	Meet	@NRCA	Meet	@ NRCA	Meet	@ NRCA

North Raleigh Christian Academy	Cary Swim Club	Optimist Park
7300 Perry Creek Rd	536 Walnut St	5902 Whittier Dr
Raleigh, NC 27616	Cary, NC 27511	Raleigh, NC 27609
Monday/Wednesday or	Monday/Wednesday or	Tuesday/Thursday
Tuesday/Thursday	Tuesday/Thursday	
3:15-4:15 or 4:30-5:30	4:30-5:30, 5:30-6:30 or 6:30-7:30	6:00–7:00 or 7:00–8:00

To Register:
1.) Fill out registration form online for each swimmer.
2.) Pay online or mail check after registration is complete.
3.) A confirmation email will be sent when WAVE receives your check/payment and registration.

For more information contact:
wavecoaches@newaveswimteam.org
919 981-0644

WAVE Coaching Staff

Cary Swim Club	Optimist	NRCA
John Roy	Ed Lower	Casey Sink
Jon Bescher	Brendan Betts	Lee Addison
Ivo Benov	Wendy Sharer	
Lizzy Ring	Kendra Bescher	
Kelsey Reedstrom		

Hey Everyone! I am Casey Sink, the Age Group Coach and Site Director at the NRCA location of New Wave Swim Team.

I started competitive swimming at age 6. I swam for the Wilson Barracuda Swim Team for 12 years, including 4 years for Hunt High School. After this, I swam for Campbell University for 4 years where I earned a degree in Sports Management. While at Campbell I taught swim lessons and assisted supervising a swim school.

I have been asked many times "Why do you coach?" I have one simple answer to this. I love coaching. The best part of my day is being on the pool deck, coaching kids. Furthermore, I believe that coaching is not only about standing at the end of the lane saying "ready, go" but also about teaching them life lessons that they will keep throughout their swimming careers and into their adult lives.

I believe that the mental aspect of swimming is the most important one. We train hard, but if we are not mentally prepared we cannot reach our full potential. I work with the swimmers on staying mentally tough while training hard. As Elka Graham has put it:

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level".

I have been a part of our WAVE family for almost 3 years now, and I can truly say that I have never seen a team overcome so many different types of adversity and stay as strong as we have. Our swimmers are not only teammates, but friends. I believe this is what continues to make our program grow and I am honored to be a part of it.

Try your best and work hard!!

Team Celebration

Our Team Celebration will be Saturday, April 18th from 2:00pm - 5:00pm at Tabernacle Baptist Church, 8304 Leesville Road, Raleigh 27613.

January 2015 - Swimmer Of The Month

Optimist

BS	Ben Smith
Level 2	Ellie League
Level 2 Select	Sean Stevenson
Level 3 Select	Anna Grace Austin
Level 4	Anna Go
Junior Varsity	Miller Brown
Junior Varsity	Hayden Chaney
Junior Varsity	Catherine Wang
Junior Varsity	William Dunn
Senior 1	David Garbutt
Senior 2	Carson Crisp

NRCA

BC	Gabriella Gibb
Level 2	Isabella Wilson
Level 2 Select	Kennedy Rouser
Level 3	Joanna Slater
Junior Varsity	Ivan Tew
Junior Varsity	Caitlin Mitchell

CSC

BS	Ryan Fortner
Level 1	Sneha Aghoram
Level 2	Shishira Somashekar
Level 2 Select	Cole Hurlbert
Level 2 Select	Riley Petersen
Level 3 Select	Alyssa Evans
Level 4	Zach Shaver
Junior Varsity	Bethany Weatherford
Junior Varsity	Ella Troiano
Junior Varsity	Caroline Lessard
Junior Varsity	Grace Chittick
Varsity	Karolis Juzumas

February 2015 - Swimmer Of The Month

Optimist

Level 1	Logan Page
Level 2	Henry Woodburn
Level 3 Select	Julie Lahiff
Level 4	Duncan Burns
Junior Varsity	Lanie Edelson
Junior Varsity	Lily Sharon
Junior Varsity	Tate Hershfeld
Varsity	Daniel Fendelman
Senior 1	Claire Cassidy
Senior 2	Ollie Clayton-Luce
Senior 2	Sammy Stone

NRCA

BC	Jonathan Phillips
Level 1	Zoe MacDonald
Level 2	Zion Hall
Level 2 Select	Avery Thomas
Level 3	Julia Slater
Junior Varsity	Sam Rigot
Varsity	Jose Caballero

CSC

BC	Sterling Davis
Level 2	Andrew Yang
Level 2 Select	Kyle Johnson
Level 2 Select	Kate Yoder
Level 3	Caley Petersen
Level 3 Select	Luke Fortner
Junior Varsity	Rylee Barbee
Junior Varsity	Kaylee Bohinc
Varsity	MaryKate Farry
Senior 1	Mikaela Fullerton

If you have any pictures that you took this past year (swim meet, practice, fun times out of the pool) please send them to: waveswimmingphotos@gmail.com.

WAVE Honor Roll

WAVE Swimming would like to recognize and highlight those swimmers that not only excel in the water, but also in the classroom. Additionally, we would like to recognize our swimmers in the National Junior Honor Society (NJHS) and National Honor Society (NHS).

2014/2015 2nd Quarter:

"A" Honor Roll:

Jennifer Adams
Nate Alexander
Will Benthall
Grace Camden
Eliza Davis
Sara Dryer
Anna Edelson
Elena Edelson
Luke Fortner
Jessie Frank
Mikaela Fullerton
Anna Go
Olivia Gschwind
Anna Hendrick
Connor Hughes
Spencer Hughes (NJHS)
Katherine Hurlbert (NJHS)
Andrew Kay
Thomas Kay
Hyoseon Lee
Kennedy Mitchell
Caley Petersen
Riley Petersen
Anna Pooler
Morrigan Potter
Kiley Price
Jack Pruden
Mary Pruden
Marie Rashleigh
Amanda Ray
Lauren Sanders
Joanna Slater
Julia Slater
Jenna Stevens
Avery Thomas
Ella Troiano
Sydney Willis
Andrew Yang

"A/B" Honor Roll:

Evan Alexander
Daniel Baldwin
LeighAnne Baldwin
Christopher Barker
Sammy Brinkley
Hannah Brown
Jared Carter
Sophie Clayton-Luce
Abigail Fortner
Ryan Fortner
Caroline Fulcher
Jamie Fullerton
Liam Givens (NJHS)
Lauren Grimsrud
Ashley Heineman
Carlyle Kennedy
Kathleen Lane
Julie Lahiff
Madison Lipscomb
Christian Lower
Elle Mangrum
Katie Milberg
Katie Sanders (NJHS)
Michael Sanders
Joshua Thomas
Elizabeth Underkoffler (NHS)
Grace Zalkind

Please submit 2014/2015 Q3 Honor Roll information to honorroll@newwaveswimteam.org in April.

Congratulations to the 2014-2015 Senior Class on their college selections

Haley Bennison - UNC Asheville *

Claire Cassidy - Marymount *

Tristan Emm - NC State

Bancks Holmes - Washington And Lee *

Jordan Kelber - NC State

Sammy Stone - Vassar *

Elizabeth UnderKoffler - NC State *

* Denotes swimming in college

Meet Recap

by: John Roy

WAVE swimmers wrapped up the 2014/2015 short course season swimming very well. I would like to congratulate the entire WAVE team on an outstanding short course season! Our swimmers have performed exceptionally at all levels of competition. We have competed together as a team, supported each other in an outstanding way and it has shown in the results from B/C States, Tarheel States, Age Group Champs, Sr. Champs, Sectionals, Sr. Sectionals, and Junior Nationals.

B/C States

Individual event winners were: Sean Stevenson.

Swimmers placing in the top 8 in their events were: Christopher Adams, Katie Dalton, Lucas Johnson, Kennedy Mitchell, Caley Petersen, Michael Sanders, Nadira Skinner, and Julia Slater.

Tarheel States

Individual event winners were: Jessica Frank, Kyle Johnson, Kathryn Milberg, Carson Nixon, and Kara Zhang.

Swimmers placing in the top 8 in their events were: Jennifer Adams, Christopher Barker, Haley Bennison, Claire Cassidy, Carson Crisp, Alyssa Evans, Courtney Fulcher, Olivia Gschwind, John Hershfeld, Katherine Hurlbert, Julie Lahiff, Kennedy Mitchell, Lauren Sanders, Maya Shaver, Zach Shaver, Kate Yoder, and Grace Zalkind.

Age Group Champs

Individual event winners were: Daniel Baldwin, Sophie Clayton-Luce, Amanda Ray,

Swimmers placing in the top 8 in their events were: Luke Fortner, and Connor Hughes.

Senior Champs

Individual event winners were: Sophie Clayton-Luce.

Swimmers placing in the top 10 in their events were: Tristan Emm, Ashley Heineman, Bancks Holmes, Mary Pruden, Amanda Ray, and Samantha Stone.

Sectionals

Individual event winners were: Connor Hughes (team record), Amanda Ray (team & meet record)

Swimmers placing in the top 10 in their events were: Daniel Baldwin (team record), and Jared Carter.

Senior Sectionals

Individual event winners were: Oliver Clayton-Luce (team record).

Swimmers placing in the top 10 in their events were: Sophie Clayton-Luce (team record).

5 Daily Mental Habits For Success In The Pool

by: Olivier Poirier-Leroy

An easy way to have more fun in the pool while also seeing more progression and improvement in your best times is to line up a solid mental attitude.

The way we approach our workouts and competition play a huge role in the way we perform in the water - whether we give up prematurely, whether we can avoid getting lost in the hype and largesse of our goals, and whether we are even enjoying and finding value in the process.

How many of the following five mental habits are you exhibiting on a daily basis in the pool?

1. **Be Optimistic**

When you are willing to look at your time and effort in the pool in a positive manner you begin to truly believe that you can do significant things, that you can continue to improve, and that you can make a mark in the sport. After all, no one ever accomplished something by believing they couldn't do it.

2. **Be A Giver**

In today's day and age being seen as a giver tends to be associated with weakness or softness. Being empathetic and interested in helping others succeed is seen as being soft. If anything, it is the exact opposite. When you are interested in seeing others succeed you not only take a leadership role, but you also summon a lot of loyalty in the process. By being the guy or gal that always cheers on their teammates, that pushes the group to bigger heights in tough workouts, provides a shoulder for a teammate after a bad race, you'll quickly find that others will go to the wall for you as well.

Compare this with swimmers who are only ever interested in their own performances, their own thoughts, who consider themselves and their swimming to be the center of the universe. This attitude is so nuclear no one will go near 'em, and as a result, they find themselves largely isolated when it comes to chasing success.

3. **Be A Doer**

The halls of mediocrity and untapped potential are lined with swimmers who always talked about the cool stuff they wanted to achieve in the water. About how they too could headline the big meets, if only they "really wanted to." And that how if they felt like it, they could dominate their chosen event.

In reality, it isn't always the talented swimmer that survives the long haul. It's the athlete who refuses to allow excuses, procrastination or circumstance dictate their effort in the water.

Be the swimmer who doesn't wait. Who puts actions to their dreams. Who chases down their goal to the end, leaving them regret-free.

5 Daily Mental Habits For Success In The Pool - continued

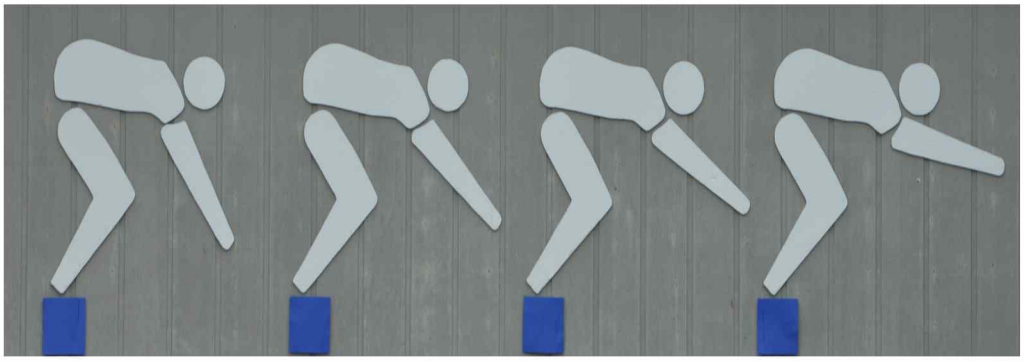
4. **Be Patient**
Improvement is almost never a straight line. It's more like a squiggly line, that while generally trending upwards, is dotted with various dips and drops. We tend to absorb the setbacks in training and competition rather personally - after all, they are a reflection of our preparation - and as a result cut ourselves off from discovering our true potential in the water.

While we dream of the things we hope to achieve it is easy to anticipate things going easily and always according to plan. That is the safety net of our dreams - everything goes perfectly.

You and I both know that is not how things work in real life.

There are delays, injuries, unanticipated obstructions that were unforeseeable. Remember to be patient during these rough patches, and to expect that things will be a little harder and take a little longer than our perfectly conceived dreams dictate.

5. **Be Stoked About What You Have**
Sure, it's great to have your eyes on the prize. Of constantly being on the hunt for something better and shinier. But that doesn't mean you shouldn't value the things you have right now, right in this moment.

When the outcome of a swim meet dictates your self-worth, you'll find that you will never be truly satisfied.

Learn to love the grind, the day to day process, and regardless of how you swim at the end of the season you will still have found great value in the journey.