

Championship Edition I

DC Wave Newsletter

December 2017

DC Wave Calendar

Upcoming Swim Meets, Events, & Reminders

Friday-Sunday, December 1-3: Christmas Championship at Fairland Aquatic Center.
*Prelim/Final Meet.

Saturday & Sunday, December 2&3:
Reindeer Mini Meet at Providence Recreation Center.

Saturday, December 9: DC Wave Holiday Party from 2:00-4:00 at Banneker Recreation Center.

Thursday-Sunday, December 14-17: 56th Annual Christmas Meet in Pittsburgh, PA.
*Prelim/Final Meet.

Saturday, December 16: Splash & Dash Mini Meet at Fairland Aquatic Center.

Saturday & Sunday, January 6-7:
SnowDude Mini Meet at Mt. Vernon Recreation Center.

Saturday & Sunday, January 13-14: DC Wave Winter Invite at Takoma Aquatic Center.

Monday, January 15: MLK Day-- Pools Closed

Friday-Sunday, January 26-28: IMX Challenge at UMD.



New Team Records!

8 & Under Girls 100 Freestyle:

Lila Sherman (8) 1:19.47

8 & Under Girls 50 Butterfly:

Lila Sherman (8) 38.89

9-10 Girls 100 Individual Medley:

Nora Sherman (10) 1:13.06

9-10 Girls 1000 Freestyle:

Nora Sherman (10) 13:25.47

9-10 Boys 100 Backstroke:

Kai Henrikson-Brandt (9) 1:13.29

11-12 Girls 50 Freestyle:

Rayven Custis (12) 25.30

IMX Challenge

From USA Swimming

What is IMX?

IM Xtreme is a program that allows USA Swimming members to track their times (or Coaches to track their team's times) against swimmers all across the nation! Just by swimming a specific program of events, you can see where you rank against your teammates, your region and yea, even across the USA!

What Do You Have To Swim To Qualify for IMX?

The IMX ranking includes a series of five or six events at longer distances. Once you've completed the IMX program, you can find out where your IMX score ranks nationally, within your zone, within your LSC rank, and on your club.

10 & Under: 200 FR, 100 BK, 100 BR, 100 Fly, and 200 IM.

11-12: 400 FR (LC) or 500 FR (SC), 100 BK, 100 BR, 100 Fly, and 200 IM.

13 & Older: 400 FR (LC) or 500 FR (SC), 200 BK, 200 BR, 200 Fly, 200 IM, and 400 IM.

How do I Score Points?

Every swim listed in the USA Swimming times database includes a Power Point value. This point system allows for comparison of the quality of performances across strokes, distances and events, as well as between age groups.

The power point scale ranges from 1 to 1100 points. The higher the points, the stronger you are in that event. We use these points to rank you and your club in our IM Ready, IMS, and Virtual Club Championships programs.

For more information on IMX or to check your current standings/points, go to:

<http://www.usaswimming.org/Home/time/IMX-IMR>

or you can log onto your Deck Pass App



"I have known Lia for a long time. She is hardworking, energetic, and full of life. She is determined and competitive, but always makes times to make her friends smile." -Coach Mary

Swimmer of the Month

Name: Lia Smart (12)

Role Models: My Brother

Favorite Stroke: Butterfly

Favorite Event: 50 Freestyle

Favorite Swimmer: Simone Manuel & Michael Phelps

Hobbies: Ice Skating and playing the piano.

Favorite Movie: Hidden Figures

When I grow up I want to be... an Anesthesiologist

If I could change one thing it would be... to make the world a paradise for everyone.

Prelims & Finals Meets

Every so often we are presented with the tremendous opportunity to swim in a meet that has prelims and finals sessions. This winter, DC Wave will be attending 2 meets which are set up in this fashion-- the Christmas Championship meet at Fairland Aquatics and the 56th Annual Christmas Meet in Pittsburgh, PA.

The Structure of these Meets:

These meets are structures so as to present the fastest 8, or 16, or 24 swimmers from the morning or afternoon prelims sessions with another change to swim again at finals in the evening. **The number of swimmers advancing to finals in this fashion depends on the meet, their age group, and sometimes the events themselves.** Some meets offer finals for all age groups, except for the 10 and under swimmers. Some meets offer one heat of finals for 11 and 12 swimmers, but two heats of finals for 13 and older swimmers. Distance events are usually swum just one time, and sometimes the 11-12 200 fly, 200 back, and 200 breast are Timed Finals also.

Why are These Meets Important?

These types of meets provide a valuable learning experience for our swimmers and encourage them to swim at a high level of competition. They help to prepare our swimmers for their end-of-season Championships. Either they get a taste of swimming finals, or get a better appreciation of what it takes to qualify for finals next time.

Swimming the same event twice in one day is quite a challenge; making finals in two events doubly so. And you can imagine qualifying for three. Yet we do not want to wait until our biggest meet to face this challenge. **The more experience you can get trying to qualify for finals, and swimming finals, the more confidence you will have, the faster you will swim, and the stronger you will be.**

A swimmer should enter a prelim race with the goal of making finals. To expect anything less would be to sell yourself short. To expect not to make finals would be self-limiting.

How to be Prepared for What is Involved:

First off, clear your calendar for the entire weekend. When participating in prelims/finals meets, just expect to be there all day. **Ideally, we would like our swimmers to go home to rest and refuel between prelims and finals. However, swimmers do need to be back in time for warm-ups in order to prepare for their final race(s).** Warm-ups for finals should be taken seriously. Please plan accordingly to assure a successful swimmer experience for your athlete.

The atmosphere at prelims is very different than during finals. The fastest swimmers have a hard time swimming best times during prelims especially knowing that finals will take place only a few hours are their initial qualifying race(s). The goal is to swim fast enough to make it to finals. However, in the history of DC Wave, we have had swimmers swim best times during prelims and were completely surprised when they realized they have just secured a spot in the A Final.

After a long day of swimming, the athletes return one more time to the pool for the final races; the fastest races. Who will touch the wall first? Though the pressure is intense, athletes handle it better when participating in these types of meets more frequently. Therefore, **when a swimmer qualifies, participation is a must.** In addition, the team spirit among the athletes can alleviate some of the pressure. Teammates cheer each other one and the DC Wave spirit takes on a life of its own.

Lastly, prelims/finals meets create an environment for our swimmers to reach their goal times. Representing your team in a final race, scoring points for your team, and getting that time you worked so hard for, is all part of the learning experience.

Written by Ray Benecki with edits by Mary Woodward

32nd Annual Black History Invitational Swim Meet

For those who don't know, each year we host the Black History Invitational Swim Meet (BHISM). This unique event was co-founded in 1987 by the DC Department of Parks and Recreation (DPR) and the United Black Fund, Inc. (UBF) in honor of Black history Month.

The Invitational was founded with the goals of providing urban youth nationwide with a positive outlet for expression, exposure to strong competition, a forum to meet positive role models, and the opportunity to visit the nation's capital.

Since the very first year, DPR and UBF are proud that the Black History Invitational Swim Meet (BHISM) has fulfilled these goals and has grown from a small, local competition to one now hailed by USA Swimming as the "premier minority swim competition in the United States and the World."

During the three-day invitational, young athletes, ranging in age from 5-18, will compete in standard swim events, such as the individual medley, freestyle, butterfly, backstroke, breaststroke, and relays. This swim meet has attracted over 1,100 minority competitors from swim teams all over the country, and even as far as St. Lucia!

With this huge event, it is a great opportunity to get some volunteer hours in. There are many ways to volunteer including hospitality and concessions.

For more information on how to volunteer and what positions or committees you can join to make this year's BHISM unforgettable, please email the Booster Club.



5 Reasons Why Volunteering is Important

1. No Volunteers = No Swim Meet

For swim meets in particular, they are run off of parent volunteers. Without these parents volunteering for the various positions--timers, hospitality, stroke and turn, referee, computer operators, and other various roles--the meet would never take place.

2. Volunteer Credit

When you serve over 20 volunteer hours before March 1st, the DC Wave Booster Club will credit your account with \$100! For more information on this, please email the DC Wave Booster Club.

3. You'll Learn More About the Sport

When you volunteer you see how much is put into making this sport possible. You can also get a feel for the rules and guidelines that dictate the sport your child loves so much.

4. Your Child will Benefit

Swimming is much more than sending your kids to the pool for a few hours to develop their strokes and build up muscle endurance. When you assist and help out, they see that you too are dedicated to this sport. This will make each of their races more meaningful; it shows your child the dedication you have invested into something which they love.

5. It's Social and Will Make You Feel Good

You get to socialize with other parents. Yes, you can do this in the stands too, but doing so on deck means sharing the knowledge that you both have of the sport together. The joy you feel when you get to see your child's face up close only minutes before the start makes it all worth it!

USA Swimming & Potomac Valley Swimming

USA Swimming is the governing body for competitive swimming in the United States.

Potomac Valley is the area in which we compete, and the Potomac Valley Swimming (PVS) is the local swimming committee (LSC) that governs the sport in our local region.

DC Wave Swim Team is a registered USA Swimming Club. As such, all of our coaches, volunteer officials, and swimmers are registered with both USA Swimming, and PVS.

www.pvswim.org

www.usaswimming.org

5 Ways to Prepare for Your Championship Meet

1. Trust Yourself

If you have worked your hardest at each practice, each dryland, and have taken care of yourself outside of the pool; you have no reason to doubt yourself. You have put in the time and effort, and the this championship meet is for you to show off everything you have done through the season so far. So trust your hard work, and trust yourself.

2. Ignore the Feelings

Although it is important to be conscious of how we are feeling, many swimmers let those feelings get to their head. Ignore the feelings, and focus on everything you have done this season.

3. Focus on the Details

By focusing on the details of our stroke or race in practice will take your mind off how you are feeling. Focusing on technique will build your confidence before your meet. You will have confidence that your stroke is in its best shape possible. Use the details to keep you stress free and confident.

4. Visualize

The more you visualize or picture yourself accomplishing your goal, the more comfortable you will become with it, and the more realistic it will seem. When you are standing behind the blocks at your championship meet, and you have visualized yourself in that exact race multiple times, you will have the confidence to race to your fullest potential.

5. Enjoy Yourself and Your Team

You have been working so hard all season together, and now it is the time to watch each other have amazing meets. Enjoy watching your teammates accomplish their goals and enjoy the time you get to spend with you swim family.



The full article can be found online:

<http://swimswam.com/5-ways-to-prepare-for-your-championship-swim-mee>

Holiday Practice Schedule:

We want everyone to enjoy this holiday season and spend time with loved ones. Please see the schedule below for practice cancellations.

William H. Rumsey

All Groups: No practice Monday, December 25 to Monday, January 1

Takoma

Developmental I & II: No practice Saturday December 23 to Monday, January 1.

Age Group I: No practice Thursday, December 21 to Tuesday, January 2.

Age Group II: No practice Saturday December 23 to Monday, January 1.

Age Group Select: No practice Saturday December 23 to Monday, January 1.

High School/Summer Prep: No practice Thursday, December 21 to Tuesday, January 2.

Pre-Senior & Senior: No Practice on Monday, December 25, and Monday, January 1.

**Swimmers in Age Group Select and High School/Summer Prep group are welcome to attend practices with permission from their primary Coach and Coach Green.*



Takoma Coaching Staff

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DPR

DC DEPARTMENT OF PARKS AND RECREATION

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