

A New Year With New Goals!

DC Wave Newsletter

January 2018

DC Wave Calendar

Upcoming Swim Meets, Events, & Reminders

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.

Sunday, January 28: Little Blue Penguin Pentathlon at Fairland Aquatic Center.

Saturday & Sunday, February 3 & 4: Gender Blender Mini Meet at Kennedy Shriver Aquatic Center.

Sunday, February 11: PVS February Distance Meet at Fairland Aquatic Center. (Coach approval for this meet is required).

Friday-Sunday, February 16-18: 32nd Annual Black History Invitational Swim Meet at Takoma Aquatic Center.

Monday, February 19: President's Dat--Pools Closed.

Thursday-Sunday, March 8-11: PVS Junior & Senior Championships at UMD.

Saturday & Sunday, March 10 & 11: RMSC Mini Championships at Olney Swim Center.



December Highlights

* We had 4 very successful swim meets this past month. Congrats to all the swimmers who participated!

* **A big shout-out to the Booster Club who helped to make our first travel meet this season a success, and for hosting an awesome Holiday Party!**

* We have some New Team Records! See page 3 for our new record holders!

* Thank you to all the parents, volunteers, and officials who make swim meets possible!



Swimmer of the Month

Name: Everest Bloomer (18)

Role Models: Mom & Dad

Favorite Stroke: Butterfly

Favorite Event: 100 Butterfly

Favorite Swimmer: Katie Ledecky

Hobbies: Playing video games, hiking, and biking

Favorite Movie: Coco

When I grow up I want to be... a video game designer and study electrical engineering in college

If I could change one thing it would be... human nature. I would make it so that humans always think before reacting or speaking.

"Everest is a really special kid. I don't think I've ever seen him say or do anything unkind to his teammates. He's extremely thoughtful and a really cerebral swimmer. His maturity, awareness, leadership, and positive attitude is invaluable to our training group. We're going to miss him next year but wish him all the success possible in college next fall!" -Coach Green

Why Swimming is so Good for You

Markham Heid

First, the fact that you're submerged in water means your bones and muscles are somewhat unshackled from the constraints of gravity, says Hirofumi Tanaka, a professor of kinesiology and director of the Cardiovascular Aging Research Lab at the University of Texas. According to Tanaka's research, swimming can decrease arterial stiffness, which is a risk factor for heart trouble. More of his research has linked swim training with lower blood pressure.

Because water is denser than air, studies show that moving through water puts more external pressure on your limbs than out-of-water training. Even better, that pressure is uniformly distributed. It doesn't collect in your knees, hips, or the other places that bear most of the burden when you exercise with gravity sitting on your shoulders.

How you breathe during a swimming workout is another big differentiator, says David Tanner, a research associate at Indiana University and co-editor of an educational handbook on the science of swimming. During a run or bike ride, your breath tends to be shallow and your exhales forceful. "It's the other way around with swimming," says Tanner. "You breathe in quickly and deeply, and then let the air trickle out." Because your head is under water when you swim, these breathing adjustments are vital, and they may improve the strength of your respiratory muscles, Tanner says. "This kind of breathing keeps the lung alveoli"—millions of little balloon-like structures that inflate and deflate as you breathe—"from collapsing and sticking together."

Swimming also fires up more of your body's major muscle groups than other forms of cardio exercise. Swimming not only engages your legs, but also recruits your upper body and core—especially your lats and triceps.

Working out in a horizontal pose—as opposed to the upright position your body assumes during other forms of aerobic exercise—may be an ideal way to counteract all the time you spend hunched over a desk or a steering wheel. "There's no hard impact on your back like there is with running, and instead of being bent forward like you would be on a bike, your back tends to be arched slightly in the opposite direction," Tanner says. That may help improve your posture and prevent the back injuries and pain that stem from long stretches of sedentary time.

The full article can be found at TIME: time.com/4688623/swimming-pool-health-benefits/

NEW TEAM RECORDS

8 & Under Girls 25 Freestyle:

Lila Sherman 15.20

8 & Under Girls 50 Freestyle:

Lila Sherman 33.03

8 & Under Girls 100 Freestyle:

Lila Sherman 1:12.67

8 & Under Girls 50 Backstroke:

Lila Sherman 36.55

8 & Under Girls 50 Butterfly:

Lila Sherman 36.88

8 & Under Girls 100 IM:

Lila Sherman 1:24.22

9-10 Girls 200 Freestyle:

Nora Sherman 2:17.06

9-10 Girls 100 Backstroke:

Nora Sherman 1:08.40

9-10 Girls 50 Breaststroke:

Nora Sherman 35.79

9-10 Girls 100 Breaststroke:

Nora Sherman 1:17.83

9-10 Girls 100 IM:

Nora Sherman 1:08.44

9-10 Boys 100 Backstroke:

Kai Hendrikson-Brandt 1:11.96

11-12 Girls 50 Freestyle:

Rayven Custis 24.92

15 & Over 50 Freestyle:

Jasmine Barry 24.41

15 & Over 100 Freestyle:

Jasmine Barry 55.01

15 & Over 100 Breaststroke:

Jasmine Barry 1:05.25

15 & Over Boys 100 Breaststroke:

Miguel Davis 58.39

Boys Open 800 Freestyle Relay:

Harry Montes, Ahmad Dove,
Absalom Bolling, Everest Bloomer
8:15.82

Girls Open 800 Freestyle Relay:

Jasmine Barry, Clair Lusk, Janaa
Eborn, Micah Clark 8:54.45

Girls Open 400 Freestyle Relay:

Jasmine Barry, Eden Smith, Janaa
Eborn, Micah Clark 3:50.48



You've asked and we've got answers!

My child is close to meeting the qualifications for IMX, how will I know if they qualify after the DC Wave Winter Invite?

Once we formally submit the results to PVS/USA Swimming, and the results are in put into USA Swimming's database, we will pull a new report and email those who have qualified. Since the deadline is right after the Winter Invite, we do ask that you do declare/commit your child to swimming so we know that if they qualify, they plan on participating.

Will there be any more meets added to the schedule?

The schedule up online is the schedule for our short course season. For those not familiar with swimming, we run 2 different seasons which correspond to 2 different pool lengths: short course which is generally swum in a 25 yard pool; and long course which is swim in a 50 meter pool. April is when we begin our transition to our long course season, which will run until mid August. We are currently working on that schedule.

Will the kids have off for Spring Break?

Each Coach will determine the break for his or her group. Generally it corresponds with DCPS schedule, but may change due to the Coaches travel plans, or if a majority of swimmers in their group have a different break.

Will DC Wave host an enrichment camp again?

We do plan on hosting another camp for the Summer Long-Course Season. As we are still in the planning process, there is not much which is definite, but we will keep everyone informed.



Top 8 Reasons to Join the DC Wave Hospitality!

1. Social: Volunteers work with experienced parents who will assist you along the way.
2. Identifying: Volunteers become experts at identifying Coaches and Officials badges.
3. Food: Volunteers get to provide snacks and water to timers.
4. Food: Volunteers get to meet and feed Coaches and Officials. (PSST-- They are always happier to answer any questions that you might have when they've got a full belly!)
5. Convenience: Volunteers work the shift your child(ren) swim(s). That way once your child is done swimming you are able to move on with the rest of your day.
6. Volunteer Fee: Volunteering gets you closer to meeting the DC Wave hours requirement for volunteer hours. Once you have met the requirements, your account will be credited with a portion of your volunteer fee!
7. Team Spirit: Volunteers work the swim meets that DC Wave hosts. It's a great way to show your child that you also have team spirit!
8. Viewing: Volunteers get the best seat in the house! You get to be right on deck to see your child swim. While viewing from the stands gets your a great view at the various pools we swim at, nothing beats on-deck viewing!

With the Black History Invitational Swim Meet approaching, the Booster Club encourages our swim families to volunteer. For questions on how you can help, please email the DC Wave Booster Club.

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

8 Ground Rules to Know About Sport Nutrition

Jill Castle, MS, RDN

1. Food is Fuel

Premium fuel is the nutritious, wholesome food and beverages swimmers eat to perform at peak level. Fried foods, sweets, and sugary beverages, aren't the ideal foods if swimmers want to take their performance to the next level.

2. Carbs Count

Carbs, or the carbohydrate found in whole grains, fruit, vegetables and dairy foods, are desirable fuel sources for exercising muscles. Refined carbs, such as those found in sweets, sports drinks, and dried fruit, contain sugar and offer the muscles a quick source of energy. Swimmers can use a blend of carbs to support their performance.

3. Protein Matters

Eating large amounts of protein at the end of the day, or not eating enough protein at breakfast isn't the most effective way to grow and repair muscles. Ideally, wholesome protein sources like meat, eggs, or beans, are eaten at spaced intervals throughout the day, such as breakfast, lunch, and dinner.

4. Dehydrated Muscles Don't Work Well

Drinking plenty of fluids is a constant effort, as thirst isn't always easy to identify for young swimmers. If dehydration does occur, it may impair athletic performance and contribute to muscle cramping.

5. Muscle Recovery is a Key to Progress

The harder you train, the more nutrition is to your recovery and development as an athlete. Eating a snack that contains protein, such as chocolate milk or nut butter and crackers, and carbohydrates after an extended training session, helps the athlete repair muscle damage, promote muscle gain, and reload muscles with fuel.

6. You Can't Out-Exercise a Bad Diet

No matter how hard you work, the habits of overeating, skipping meals, poor food choices, or under-eating work against optimal performance. The body performs best when its given premium fuel (nutritious food).

7. Eating Habits are Key to Lifelong Health

Swimmers may not swim forever, but their eating habits can last a lifetime. Making nutritious and balanced choices now means a better chance at optimal health later in life.

8. It's All About Timing

When swimmers eat is just as important as what and how much they eat. If a swimmer skips out on breakfast and lunch, how will she have the stamina and strength to train hard after school?

The full article can be found at USA Swimming:

<https://usaswimming.org/news-landing-page/2017/11/21/8-ground-rules-to-know-about-sports-nutrition>



If you would like to share any photos of swimmers to be used in publications, please send them to Mary Woodward (email below).

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