



DC WAVE

JUNE 2018: I've Got Stamina

Photo taken by Annika Hogue

Mark Your Calendar!

Friday, June 8
Team Banquet at Banneker 6:30 PM

Saturday, June 16
Underwater filming at H.D. Woodson. Time TBD.

Monday, June 18
Morning practices begin for all groups (except Developmental I).

Monday, June 18
Session #1 for the DC Wave Summer Training Camp begins!

Sunday, June 24
DC Wave LC Tri Meet #2 at Walton Aquatic Center.

Monday, July 2
Session #2 for the DC Wave Summer Training Camp begins!

Wednesday, July 4
No practice or camp.

Sunday, July 8
DC Wave LC Tri Meet #3 at Walton Aquatic Center.

Thursday-Sunday, July 19-22
PVS LC Junior and Senior Championships at UMD.

Thursday-Sunday, July 19-22
PVS LC Age Group Championships at UMD.

Monday, July 23
Session #3 for the DC Wave Summer Training Camp begins!

3 Tips for Maxamizing Your Endurance for Long Course

In a 50-meter pool you can't rely as heavily on turns, underwaters, or breakouts to help you pick up easy speed along the race. Instead, you've got to deal with about 15% more swimming and half the walls to push off of.

1. Kicking is King

If your legs aren't in amazing shape, the rest of your body can't be at peak performance. No matter what stroke or distance that swimmers compete in, everyone needs to hone their kicking strength. The muscles in your legs are the largest muscle groups in the body, requiring the most oxygen to move. The better in shape they are, the more efficient you will be at utilizing your oxygen and processing your lactate as it builds up in the muscle. This means you should incorporate a sizeable kick set into every week of early and mid-season training. The best coaches include a workout each week that is devoted to a kicking focus. Given this training regiment, sprinters and mid-distance athletes will improve their underwaters and still be able to close hard without their legs giving out, while distance athletes will be able to hold a steadier kick pace and close sooner on the final segment of their races. Kicking without a board will also hone core strength as athletes work to maintain their body position in a streamline.

2. Pushing the Dryland

In addition to kick sets, use your dryland to build leg strength and overall endurance. A cardio-based circuit can take care of your conditioning needs in less than 40 minutes. For example, rotating stations between a spin bike, burpees or squat jumps, and jump roping, would be an efficient use of your dryland session. A leg-driven circuit can spike your heart rate and keep it up for the duration of the dryland session, helping the athlete develop endurance in a short period of time. Once you've built up your endurance through dryland circuits, you can incorporate power exercises into your workout to add explosiveness and speed.

3. Race Pace Quality Practices

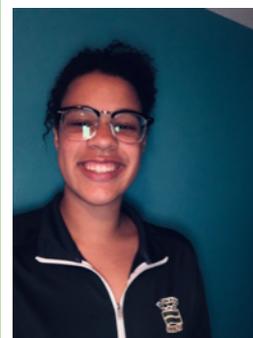
While much of long course training involves high-volume aerobic or threshold workouts, the occasional quality practice is important for athletes to replicate the race pace feel of their events. Throughout the season, swimmers should have regular quality practices with a high-intensity, long-rest pattern to the sets. As their endurance improves, swimmers will be able to finish harder on each round of a quality set. This is the workout that will check one's endurance capacity and reveal how well each athlete translates his or her training into solid racing. With fewer meets in the long course season than short course one, quality days give athletes the chance to rehearse critical components of their races before they hit championship season.

If you want to finish stronger in your races this summer, 1) kick a lot, 2) work your dryland hard, and 3) actually rehearse that strong finish in your quality practices.

This article was written by Bridge Athletic The full article can be found online at Swim Swam: <https://swimswam.com/3-steps-to-maximize-your-endurance-for-long-course/>

Swimmer of the Month:

Name: Jasmine Barry (15)



"Jasmine is one of the most decorated swimmers to come through our program in a very long time. She has a bubbly personality but it also extremely competitive and does not like to lose. For year's she's had over 90% attendance at practices, and continues to improve each and every season. Her drive to win and commitment to her training is what allows her to consistently put up fast times year after year. She's very thoughtful and loves to laugh, and coaching her has been a lot of fun. I'm excited for her future because I'm confident it will be fantastic!" -Coach Green

Role Models: My family, friends, and Coach (Green)

Favorite Stroke: Breaststroke

Favorite Swimmer(s): Lily King and Simone Manuel

Hobbies: Reading, boxing, and kick boxing

NEW TEAM RECORDS

8 & Under Girls 200 IM (LCM)
Ginny Smith 3:29.21

8 & Under Girls 100 Freestyle (LCM)
Ginny Smith 1:30.29

9-10 Girls 100 Freestyle (LCM)
Nora Sherman 1:09.78

9-10 Girls 200 Freestyle (LCM)
Nora Sherman 2:29.91

9-10 Girls 50 Backstroke (LCM)
Nora Sherman 37.37

9-10 Girls 100 Backstroke (LCM)
Nora Sherman 1:21.06

9-10 Girls 100 Breaststroke (LCM)
Nora Sherman 1:28.89

9-10 Girls 50 Butterfly (LCM)
Nora Sherman 35.15

9-10 Girls 200 IM (LCM)
Nora Sherman 2:49.03

9-10 Boys 50 Backstroke (LCM)
Kai Henrikson-Brandt 38.61

15-16 Girls 50 Freestyle (LCM)
Raylen Jackson 28.95

15-16 Girls 100 Freestyle (LCM)
Jasmine Barry 1:02.62

15-16 Girls 100 Backstroke (LCM)
Raylen Jackson 1:13.04

15-16 Girls 100 Breaststroke (LCM)
Ellen Selassie 1:34.40

15-16 Girls 100 Butterfly (LCM)
Raylen Jackson 1:12.71



Priority Registration & Important Dates!

Priority Group #1:

This group is for those swimmers who have achieved 60% or more attendance and have attended at least 3 swim meets. Registration for this group will open August 1 and go until August 20.

Priority Group #2:

This group is for those swimmers who have achieved 40%-59% attendance and have attended at least 3 swim meets. Registration for this group will open August 20 and go until September 7.

New Swimmer Tryouts & Registration:

Have friends and family who have noticed how awesome your kid has gotten at swimming throughout the year? Do they want to join our DC Wave family? Have them mark their calendars for tryouts!

New swimmer tryouts will be held August 20- September 7 at both Takoma and Rumsey.

Online registration for tryouts is required through our team website. Swimmers who were on the team for the 2017-2018 season DO NOT need to register for tryouts.

Open Registration:

For those not in Priority Group #1 or #2, you will be able to register during our open registration period starting September 10, space permitting. This registration period will close November 1st or when the team has reached capacity.

DC Wave Seniors!

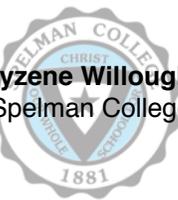
Congratulations to all of our DC Wave Seniors who have graduated high school! We are extremely proud of you and all your accomplishments, both in and out of the pool. We thank you for your leadership and wish you the best in the next chapter of your lives!


Everest Bloomer:
University of Maryland
College Park


Miguel Davis:
Howard University


Sabrina Sanabria:
University of Maryland
College Park


Kai Shanklin:
Florida A&M University


Wrayzene Willoughby:
Spelman College

DC Wave Summer Training Camp

SESSIONS #1 & #2 ARE FULL!

Registration is still open for those wishing to participate in session #3 (July 23-August 3).

If you have registered, please make sure to confirm with Coach Mary so she can process the enrollment through DPR.

Tentative Field Trips:

Friday, June 22:

Flight Trampoline Park

Friday, July 13:

Great Waves Water Park

Wednesday, August 1:

Nationals Stadium

Takoma Coaching Staff

Robert Green: robert.green@dc.gov

James Washington: james.washington2@dc.gov

Keely Monge: keelymonge@gmail.com

Jim Crampton: coachjimcrampton@hotmail.com

Michylle Padilla: michylle.padilla@dc.gov



Rumsey Coaching Staff

Mary Woodward: mary.woodward@dc.gov

Benjamin Skelding: benjamin.skelding@dc.gov

Matthew Golden: matthewcg1200@gmail.com

Rodger McCoy: rmccoy@capaccess.com

Follow us online @dcwave



www.dcwaveswimteam.com