



# DC WAVE

# MAY 2018: Let's Show Them What We Can Do

## Mark Your Calendar!

Saturday & Sunday, May 5 & 6  
Early Bird LC Meet at Fairland Aquatic Center

Saturday, May 12  
Team DMV Practice and Parent and Coach Meet & Greet 3:00-5:00 PM

Saturday & Sunday, May 19 & 20  
Senior Games at Takoma Aquatic Center

Saturday May 20  
DC Wave LC Tri Meet #1 at Walton Aquatic Center

Saturday & Sunday, May 26 & 27  
Black Heritage Championship Meet in Cary, NC

Monday, May 28  
All Pools Closed—No Practice

Tuesday, May 29  
Evening practices at Banneker begin for Age Group I and up. Developmental levels will not have practice.

Friday-Sunday, June 1-3  
MD State LC Championships Meet in Rockville, MD

Friday, June 8  
DC Wave Banquet. Location and time TBD.

Monday, June 18  
Morning practices begin for all groups (except Developmental I). DC Wave Summer Training Camp Begins.

## How to Prevent Swimmer's Shoulder

If you've invested even a moderate amount of time training up and down and around the blue line you have become intimately familiar with the term "swimmer's shoulder."

Given that swimmers annually perform hundreds of thousands of arm rotations it should be of little shock to that this type of work and frequency places a lot of stress on shoulder musculature and joint. As a result, the shoulders are the most commonly injured body part as a result of competitive swimming.

Studies have shown a large number of swimmers will experience injury to their shoulders over the course of their swimming careers:

### HOW TO PREVENT SWIMMER'S SHOULDER



### Preventing Swimmer's Shoulder: It Starts with Posture

Shoulder related injuries are generally a result of poor posture and sloppy mechanics in the water. Yes, overuse and the seemingly endless repetition of arm rotations seems like an unstoppable prescription for shoulder any, but when you have proper alignment and posture you minimize the chances of injury.

*"When we have poor posture, we not only limit the mobility of our limbs but we short-change the amount of power we can exert."*

#### 1. Sleep on your back

Lay on your back while you sleep to take the pressure off your shoulder, and to put your neck and shoulders in alignment.

#### 2. Improve your t-spine mobility

The thoracic spine refers to the part of your spine located in the upper and middle back. This bad boy is built for rotation, it's built for flexion, and it's built for extension. Read the full article to see the two simple exercises to boost your t-spine range of motion.

#### 3. Improve scapular stability

The scars provide a solid base from which your shoulder joint can exert additional force and power. \_\_\_\_.

#### 4. Strengthen your rotator cuffs

Performing work on the rotator cuss isn't a cure all for shoulder issues. It should be used as a preventative tool, and one that is lower on the totem pole than having overall mobility in your t-spine and stability.

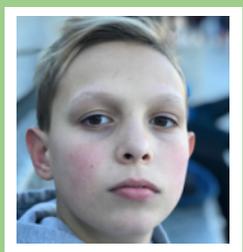
#### 5. Swim with perfect technique

Having excellent technique and mechanics in the water is absolutely critical to both swimming fast and staying clear of nagging shoulder injuries.

*This article was written by Olivier Poirier-Leroy. The full article can be found online: [www.yourswimlog.com/how-to-prevent-swimmers-shoulder/](http://www.yourswimlog.com/how-to-prevent-swimmers-shoulder/)*

### Swimmer of the Month:

Name: James Egan (12)



Role Models: My Father

Favorite Stroke: Backstroke

Favorite Event: 100 Back

Favorite Swimmer: Jason Lezak

Hobbies: Reading, Magic the Gathering, and 4 Square

Favorite Movie: Real Genius

When I grow up I want to be... a Marine.

If I could change one thing it would be... to have started swimming year round earlier.

## Priority Registration & Important Dates!

Registration for the DC Wave Summer Training Camp will be opening soon! Please be on the look out the next couple of weeks for an email detailing registration instructions as well as a brochure with more information!

**Session #1:** June 18 - June 29  
**Session #2:** July 2 - July 13  
**Session #3:** July 23 - August 3

### 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.

### 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.



## 5 Reasons Swimmers Should Jump Rope

### 1. You don't need a gym to reap the benefits

For those swimmers who are just getting started with dry land, or who lack the facilities to weight train a skipping rope can be a powerful alternative.

One study of collegiate-aged participants found that skipping rope three times per week over a ten-week period produced similar and sometimes superior results compared to a traditional high-impact plyometric training program.

### 2. Builds strong ankles

Our ankles don't get the love they really need. And we can be forgiven for ignoring them; after all, we are spending so much time and focus on our catch, hand entry, and kicking from our hips that we can be forgiven for not giving them the TLC they deserve.

Skipping can give your ankles a much needed boost in terms of strength. And this teeters because strong ankles means a stronger and more punishing kick, and it also means that you can explode off of the start and turns with more power and speed.

### 3. It develops fast twitch fibers with low impact

Jumping rope is a remarkably safe (provided you don't snap yourself in the face during a missed skip, obviously), and low impact activity that also improves strength in your ankles, calves, quads, and butt.

Its benefits extend beyond your low body; turning the rope over also strengthens the stabilizer muscles in your wrist, forearm and elbow, something key in developing a more forceful catch in the pool.

On top of all that, skipping rope builds fast twitch fibers in your shoulders, deltoids and forearms, making it a great part of your workout as well as a powerful way to warm-up.

### 4. Gives you "quick feet" which you need for faster walls, faster starts, and a faster kick

We want feet and ankles that not only power our swim starts and flip turns, but also fuel a faster kick. Jumping rope also promoted the stamina necessary to kick harder for longer.

Developing a powerhouse kick requires a lot of stamina and work in the pool, but it also requires fast feet. After all, for sprinters their foot turnover is much higher than arm turnover, and doesn't have a recovery phase.

### 5. Keeps our posture in check

Skipping rope requires and encourages good posture. It's very difficult to turn the rope over and not have your back straight, shoulder rolled back, and eyes up. Swimmers have enough of a training burden to bear—and the injuries that go along with it—the last thing we need is performing a drylands activity that is likely to leave bus injured.

*This article was written by Olivier Poirier-Leroy. The full article can be found online at Your Swim Book: [www.yourswimlog.com/skipping-swimmers/](http://www.yourswimlog.com/skipping-swimmers/)*

## Team DMV

**Team Manager:** Robert Green from DCPR  
**Head Coach:** Shawn Mansfield from VLAC  
**Assistant Head Coach:** Mary Woodward from DCPR

**Coaching Staff:** Ashley Fouse from VLAC, Dominique Dudley from ASTS, Jim Crampton from DCPR, and Matt Golden from DCPR

We have swimmers this year from over 10 PVS Swim Teams:

- Arlington Aquatic Club (AAC)**
- Accokeek Stroke Technique Swim Team (ASTS)**
- DC Wave Swim Team (DCPR)**
- Joe Flaherty's Dolphins (JFD)**
- Machine Aquatics (MACH)**
- Nations Capital Swim Club (NCAP)**
- Occoquan Swimming (OCCS)**
- Potomac Marlins (PM)**
- The Riptide Swim Team (RIPS)**
- Rockville Montgomery Swim Club (RMSC)**
- Victory Lane Aquatic Club (VLAC)**
- Alexandria YMCA Sea Dragons (YASD)**
- York Swim Club (YORK)**

Make sure to attend Team DMV practice along with the parent and Coach Meet and Greet at Takoma Aquatic center on May 12 from 3:00 PM-5:00 PM so your child can meet their teammates, see which relay(s) they are in, and meet their coaches!



## Takoma Coaching Staff

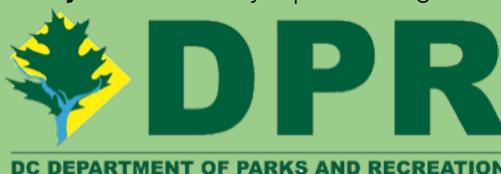
**Robert Green:** robert.green@dc.gov

**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



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