

# DC WAVE

## MAY 2019: GRADS & THE BIG POOL

### Mark Your Calendar!

**Sunday, May 19**  
DC Wave LC Tri Meet #1 at Wilson Aquatic Center.

**Saturday & Sunday, May 25 & 26**  
17th Annual National Black Heritage Championship Swim Meet in Cary, NC for Team DMV.

**Monday, May 28**  
All pools closed in observation of Memorial Day.

**Tuesday, May 28**  
Practices move outdoors to Banneker for swimmers Age Group and up.

**Friday-Sunday, May 31-June 2**  
MD States LC Champs at Rockville Swim and Fitness Center.

**Friday, June 7**  
Team Banquet at Rosedale Recreation Center at 6:30 PM. There will be no practices for DC Wave in the evening.

**Monday, June 17**  
Morning practices at Banneker begin for swimmers Age Group and up.

**Sunday, June 23**  
DC Wave LC Tri Meet #2 at Wilson Aquatic Center.

**Sunday, July 7**  
DC Wave LC Tri Meet #3 at Wilson Aquatic Center.

## Long Course Swimming: Why You Should Embrace the Big Pool

### The Benefits of Long Course Swimming Conditioning.

Without the walls to save you every dozen-ish or so strokes it forces you to maintain the rhythm, stroke length and stroke rate over more than double the distance. If there was ever an advantage for swimming long course it is this: you'll become more accustomed to training with higher blood lactate levels, and getting a harder workout in swimming at the same intensity as you would be swimming short course, making it ideal for aerobic work.

### Trains you for the big races.

If you have aspirations of competing at the elite level of the sport at some point you will be racing in the long pool. Although training long course certainly isn't a prerequisite of fast swimming, training long course can give you the confidence to swim fast.

### Exposes the weaknesses in your technique.

Short course swimming can help paper over technique flaws. When you have strong walls and underwaters you can hide the soft spots in your swimming with long underwaters. Consider that short course races can be performed up to 60% using underwater dolphin kicks, and you realize that the importance of swimming technique is diminished in the small pool compared to the long pool where only up to 30% of the race can be swum underwater.

### Gives you more time to really work on stroke corrections.

Long course swimming gives you longer opportunities to hold on to desired stroke corrections. Having the added length of the pool means that you latch onto the adjustment, and have a chance to drill it down a few times before you have to launch yourself into a flip-turn.

### It's a new challenge.

For most swim programs the long course training and racing season comes after six months of short course swimming. Switching to the big pool is an easy way to switch things up. Racing long course is different, and requires different strategy.

### Gives ya a piece of humble pie with your times.

Simply put, long course is slower. For swimmers new to the sport there is a moment of surprise when they come to understand that a :22 second short course swim doesn't instantly transfer over to a :22 second-long course result.

### More pool space.

And now, probably my favorite aspect of long course training: Space! 10 swimmers in a short course lane is a bubbling cauldron of arms and legs; the same ten swimmers in a long course lane suddenly feels like you have all the space in the world.

## How to Train Long Course in a Short Course Pool

Okay, so what if we don't have access to an Olympic-sized swimming pool? First off, the good news is that not having access to a long course pool isn't a game breaker. There are benefits to short course swimming; the shorter bouts of swimming means you hold onto that technique a little bit longer, you get twice the work on turns/breakouts, and a short course pool works better for training sprinters. Secondly, not only can you swim well without a long course pool, but you can excel, even at the highest levels.

### Here are a couple ways to make the pool a little longer:

- **Add some resistance.** There are lots of ways to lengthen the pool. Swim with a parachute. Tether yourself to a cord. Throw some DragSox onto your feet.
- **Turn at the "T's."** A low-tech way to add the endurance benefits of training long course is to simply remove turns from the equation. This means that doing a flip-turn a meter or two from the wall, kicking from a dead stop, and continuing on with your swimming. Training this way robs you of the push-offs and breakouts you'd typically lean on to recover.

Whether your pool is long course, short course or just a bucket in the ground, **remember it's the swimmer that makes the pool, not the other way around.**

*This article was written by Olivier Poirier-Leroy. The full article can be found online at Your Swim Log: <https://www.yourswimlog.com/long-course-swimming/>*

## Long Course Training Schedule

### Developmental I & II:

All Developmental groups will continue their short course training until May 23, with the following exception: There will be no Saturday practices going forward.

For the rest of the summer, please consult with your swimmers Coach regarding summer swimming suggestions. Long Course Training in the summer will not be available for Developmental level swimmers.

### Age Group I & II

- April 29-May 23: Indoors at Rumsey and Takoma following the location's normal schedule
- May 28-June 14: M-F at Banneker from 6:00-8:00 PM
- June 17-August 9: M-F at Banneker from 6:00-8:00 AM

### Age Group Select:

- April 29-May 23: MWF 5:30-7:30 PM at Wilson; TuTh 6:00-8:00 PM at Takoma and Rumsey
- May 28-June 14: M-F at Banneker from 6:00-8:00 PM
- June 17-August 9: M-F at Banneker from 6:00-8:00 AM

### High School & Summer Prep

- April 29-May 23: Indoors at Rumsey and Takoma following the location's normal schedule
- May 28-June 14: M-F at Banneker from 5:00-7:00 PM
- June 17-August 9: M-F at Banneker from 6:00-8:00 AM

### Pre-Senior & Senior

- April 29-May 23: MWF 5:30-7:30 PM at Wilson; TuTh 5:30-7:30 PM at Takoma
- May 28-June 14: M-F at Banneker from 5:00-7:00 PM
- June 17-August 9: M-F at Banneker from 6:00-8:00 AM

**There will be NO DC Wave Summer Camp this year.**

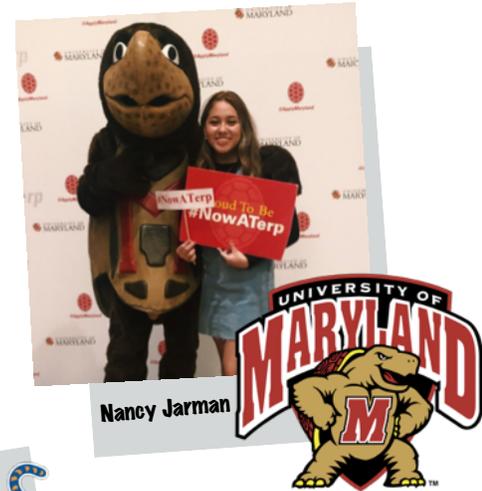
For more information on our Long Course training schedule please see our team's website.

## DC Wave Seniors!

Congratulations to all of our DC Wave Seniors who are graduating 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!



Irene Chamorro-Bekenhauer



Nancy Jarman



Jason Moye



Kalyse Wood



Quincy Page



### Takoma Coaching Staff

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### Turkey Thicket Coaching Staff

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DC DEPARTMENT OF PARKS AND RECREATION



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