

# CATCH THE WAVE!

Welcome to the DC Wave  
Competitive Swimming  
Program!

September 2013



## 2012-2013 Highlights

- DC Wave attended the Smith Mountain Lake Open Water Swim for the 2<sup>nd</sup> year in a row.
- 2012 Long Course Eastern Zone All-Star Qualifier: **Absalom Bolling (10)**.
- DC Wave Tom Dolan Invitational qualifiers: **Jasmine Barry (9)**, **Absalom Bolling (10)**, **Raylen Jackson (10)**.
- 27<sup>TH</sup> Black History Swim Meet High Point Winners: **Absalom Bolling (10)**, **Raylen Jackson (10)**, **Yugi Kacapor (16)**.
- DC Wave Junior Olympic Qualifiers: **Jasmine Barry (10)**, **Absalom Bolling (10)**, **Zoe Edelman (9)**, **Raylen Jackson (10)**, and **Alisha Ong (8)**.

## DC WAVE PHILOSOPHY

On the DC Wave Swim Team, we believe in preparing swimmers for the path, not the path for the swimmers. Competitive swimming is an endeavor that requires huge sacrifices of time, money, and energy in order to remain competitive and achieve success at advanced levels. The DC Wave Swim Team is a year round competitive swimming program that seeks to prepare athletes to achieve their goals at the highest levels of the sport.

We believe that ownership is an extremely powerful tool in the lives of young people, and encourage all of our athletes to own their swimming through personal goal setting, assignment of team leadership roles, and the acceptance of responsibility for the athlete's individual swimming success.

***"The price of greatness is responsibility" – Winston Churchill***



Move, Grow, Be Green with DPR

Online registration is available for the DC Wave Swim Team. For more information on DC Parks and Recreation Aquatics Programs and Services please go online and visit [www.dpr.dc.gov](http://www.dpr.dc.gov)



# THE DC WAVE PARENT'S ROLE

*VOLUNTEER, STAY INVOLVED, ENCOURAGE*

The role of adults in a youth program is to be of support to the individual participants. There are many different ways to support your athlete, and each is vital to the success of your athlete, their teammates, and the team.

Swim teams cannot function without the help and support of volunteers. Coaches are often so consumed with team administration and athlete development, that there are many tasks that can be left undone if not for parent volunteers. The best

teams have volunteers that work together to achieve success because each parent understands that their child benefits when the team is strong and thriving.

The DC Wave Booster Club is our teams volunteer and support arm. The Booster Club is responsible for organizing our team officials and volunteers, coordinating team functions and events, organizing team travel to out of town meets, paying and administering swim meet entry fees for the team, and of course encouraging and

supporting our athletes in any way necessary. The efforts of the Booster Club allow for each athlete on the team to experience everything our program has to offer, and provide swimmers on the team a support system and network to assist them.

Joining the Booster Club allows for your swimmer to experience all that DC Wave has to offer, and also ensures that the team will have adequate volunteer and support personnel to keep the team running smoothly. There are

For information about the DC Wave Booster Club and how to join, please visit: [www.dcwaveswimteam.com](http://www.dcwaveswimteam.com)

many positions to be filled, and competitive swimming experience is not a requirement to volunteer for the Booster Club.

As an added incentive, volunteers that have logged 120 hours of service to the team receive a \$100 credit to their Booster Club account at the end of the season. Booster Club dues can be broken

up into an easy payment plan at the beginning of each season, and sibling discounts are available for families with multiple swimmers.

Remember, a team is only as strong as the support each member provides to one another. Without adequate support our athletes cannot succeed. Join the DC Wave Booster Club today!



# TRAINING WITH THE DC WAVE

*If you're serious about getting faster, you'll train to do so. In order to train you'll have to be committed and tough. If it's important to you, you'll find a way. If it isn't, you'll find an excuse...*



Competitive swimming, while fun and highly rewarding, requires a tremendous amount of work and effort on the part of the athlete, coach, and family. Training is an essential ingredient to any successful swimming career, and makes up the vast majority of in water time for an athlete.

Training with DC Wave will require your swimmer to be able to effectively manage their time between school and training. It is recommended that you do not attempt to overextend your athlete into more than one extracurricular activity in addition to swimming. The energy and time demands for competitive swimming are very high, and can prove to be too much for swimmers who are not adept at time management. Swimmers are expected to attend daily training sessions offered in the evenings and on weekends in addition to monthly swimming

competitions.

Before enrolling your swimmer into the DC Wave program we strongly encourage you to review your family schedule, and make sure you and your swimmer are both prepared for this yearlong commitment.

The DC Wave program focuses on process goals, as well as outcome goals. It is critical that swimmers adhere to their assigned training group schedule, as our coaches have developed season plans for their groups designed to allow for adequate time for teaching, learning, and adaptation of skills. Failing to attend practices at the prescribed times can have adverse affects on a swimmers progress and development, and can result in slowed progress for the entire training group.

As mentioned earlier, DC Wave is a year-round program. Our season is divided into two

shorter seasons that encompass eleven months out of the year from September through July. The short course season is from September through the end of March/beginning of April, and involves training and competition in pools



**Five P's to Success:**  
Proper Practice  
Prevents Poor  
Performance.

configured for 25 yards. The second half of the season involves training and competition in pools configured for 50 meters, and is more commonly referred to as Summer Long Course

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Swimming. During this part of the season our training format shifts to an outdoor 50-meter facility in the summer months. Training and competition involves swims of longer distances, and is recommended for swimmers who possess a strong desire to continue their training and development over the summer break.

Whether Summer Long Course or Winter Short Course, the DC Wave program seeks to advance the level of athleticism and skill amongst all of the registered athletes on the team. The use of dry land exercises, video recording, drills, clinics, and talks are involved and are intended to provide each swimmer with the knowledge and skills needed to succeed now and in the future.

All DC Wave athletes are required to purchase and bring with them to training sessions certain items. The exact items that are required are listed on the attachment, and differ by training group. All swimmers regardless of training group however, are required to bring with them to practice two pairs of goggles (one as a back up), swim cap (if needed), and a water bottle. These items are essential to training, and swimmers will be considered unprepared and may not be able to practice if they repeatedly fail to bring these items with them. Parents may remind swimmers of the need for these items, however it is the responsibility of each swimmer to take their training seriously and arrive to the pool prepared.

As you can imagine, time is an important concept in

swimming. The sport is predicated on time, it is how swimmers are ranked and ultimately judge in the sport. Thus time is important. The amount of time available to us each day to train is finite, and we must make the most of that time allowed to us. Arriving late to practice, while sometimes unavoidable, is an indication of the level of priority one places on their training. Practices start and end at a certain time, and it is the responsibility of each swimmer to make the most of the time they have with their coaches and teammates. Tardiness does not allow for adequate warm up time, and can be disruptive to teammates and coaches. Please be respectful of others and plan your commutes accordingly so that your swimmer arrives at the pool before practice is scheduled to begin.

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## Training Levels and Groups

### *Don't Think Me, Think We*

In competitive swimming it is easy to develop an individualistic mentality towards competition and training. How fast did I go? How many days did I go to practice this week? How did I do on the set? Where's MY medal?

These thoughts, while natural, often times miss the larger, more important point, and that is that you need a team and teammates to have success in

this sport and life in general. In competitive swimming the hours are long, the work is hard and repetitive, and it is very difficult to keep energy and motivation levels high at all times (especially in the middle of January when the sun isn't shining, it's freezing outside, school work is mounting, and swim practice seems like just another chore). This is where teammates come in handy.

A team provides a social

network of like-minded individuals who are all working toward a common or shared goal. Every swimmer on the team should have the universal goal in mind of getting faster - presumably that's why he or she has taken up competitive swimming.

A team of swimmers can feed off of each other in practice to help keep the levels of energy, effort, and competition high such that practices are



## Coach Green

**School:** University of Maryland – College Park 2008

**Years with DC Wave:** 8

**Favorite Stroke:** Breast and I.M.

**Favorite Thing About Swimming:** Relays races, and getting to meet and work with new people.

## DC Wave Coaching Staff

Doug Carrington

Kylene Dey

Robert Green

Caitland Kelshaw

Mercedes Maynard-Randall

Rodger McCoy

Keely Monge

James Washington

Mary Woodward

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challenging and fun at the same time. This ensures that all swimmers on the team, regardless of age, speed, or ability are benefitting from practice, and are being pulled along with the rest of the group. A team first mentality helps swimmers focus less on how their actions (or inactions in some cases) affect themselves, and more on how they affect the group.

A team mentality also recognizes that the teams success spells success for each individual, and that the strength of the team depends on the individual efforts of each team member. In the words of John F. Kennedy, "Ask not what your country can do for you, ask what you can do for your country". Just replace country with team, and you've got the right idea in this instance.

Take your typical 12 & under training group for example. Within that group you may have kids who range in age from 9-12 years old, they may go to different schools, be of different ethnicities or backgrounds, have different personalities, and certainly have different strengths and weaknesses when it comes to swimming. What they do have in common is that they are all swimmers, and that they all have decided to be on this particular team. Thus, they all have a presumed desire to become better, faster, stronger, smarter swimmers. They will listen to their coaches, learn new skills, race each other from time to time, present new ideas to the

group, and they will also provide examples for one another when they succeed and when they fail.

The individual success, effort, and strength of each athlete add value to the group, making the group stronger. In this way each athlete can simultaneously draw from the collective attributes and gifts that are present within the group to help them individually. The strength of a training group determines how hard the athletes in the group are pushed on a daily basis. A small training group with not much parity or competition offers little in the way of a challenge to the athletes in that group. Each athlete must dig even deeper and give even more of themselves to make up for the fact that they don't have teammates around them to challenge them, or that the teammates they do have are not contributing much to the group due to lack of effort or attendance. The group is what matters, no one can do it all by themselves.

Competitive swimming is extremely challenging, but it can be less stressful and a lot more fun if swimmers work together and take a collective responsibility for the success of the team by giving their personal best to each other. If the group is strong and healthy, it will give back to each athlete ten fold what the athletes give to the group individually.



## USA SWIMMING AND 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 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 PVS and USA Swimming.

[www.pvswim.org](http://www.pvswim.org) | [www.usaswimming.org](http://www.usaswimming.org)

### SEE YOU AT THE POOL!

Welcome to the DC Wave Swim Team! I'm glad you decided to join our program, and look forward to working with you and your swimmer. If at any time you have a question, please do not hesitate to give me a call or send me an email - I'm here to help.

Sincerely,

*Robert M. Green – Head Coach*

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