

January 2005

Volume 5, Issue 1

COACH'S CORNER

WAC has had a lot of good things going on in December. The team took 60 swimmers to the North Baltimore Meet in Annapolis last month and broke **22** Team Records. (See record section for all the new fall records). The 13 & 14 Boys 200 Medley Relay broke the Maryland State Record that had stood for 30 years. We also have 230 swimmers entered in the Meets the next two weekends.

The split block has finally arrived, so the bathhouse construction has moved on to the next stage with a hoped-for opening in March still a possibility. The Fundraising to finance the finishing of the bathhouse has been a big success with over \$15,000 raised after the tiles have been paid for. Special thanks goes out to Rick Overy, Frank Tambone, and Brett Dowling for their work and efforts. Extra special thanks goes to Laura Overy and Angela Tambone for helping print up about 100 pair of feet for the tile entrance way. What a thankless job!

Special thanks also goes out to Linda Lockwood for running the WAC meet. She and her assistants put a lot of time and effort into making it work. In fact, she and Coach Jeff spent all night putting entries into the computer to set up the Meet and the Meet Program.

The Championship Meets start in 5-6 weeks. Be on the lookout for Meet information. The B/C MINI Champs Meet In Mid-February will be the last short course meet that can be entered without your swimmer having met qualifying times. After the March Championship meets, the Long Course 50-Meter meets will start in May. Harold



SWIMMERS OF THE MONTH

The coaching staff has chosen the following swimmers to receive the December "Swimmer of the Month" awards:

10 & under Girls -
Nicole Snyder

10 & under Boys -
Joel Owen

11 & over Girls -
Meagan Holloway

11 & over Boys -
David Carlson

This award is based on attendance, practice effort, habits, attitude, and sportsmanship, as well as meet performance. Each swimmer received a special "Swimmer of the Month" cap and a certificate to commemorate the award. Congratulations to these swimmers on their accomplishments!

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New Classification Swims

(through 12/04)

1st "AAAA" Time

Paige Boyer
Anna Linkenauger
Kate Murphy

1st "AAA" Time

Mitch Finch
Sarah Murphy
Ethan Sherman
Peyton Young

1st "AA" Time

Lauren Freeland
Sydney Giblin
Ethan Sherman
D.J. Lockwood
Ted Sukramani

1st "BB" Time

Amanda Bennett
Taylor Hogge
Lizzie Mitchell
Tray Pankey
Paul Schisa
Jane Winthrop

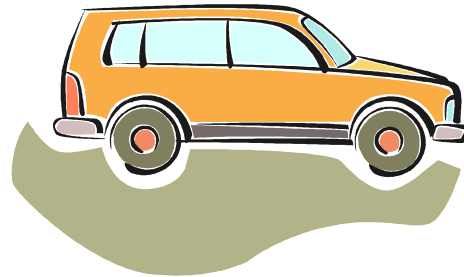
1st "B" Time

Izzy Laundrie
Eric Mease
Kelli Szvetecz
Catherine Spratt

Need a larger vehicle?

Interested in contributing to the financial well-being of the team?

One of our swim team families has generously donated a vehicle to the club which will be re-sold, with profits going to the club. The vehicle is a 1995 Mercury Villager with 150K miles and a current inspection. The asking price is \$2,000, but the club will consider any reasonable offer. If you're interested, or know of someone who might be, please contact Mark Knotts @ 220-8540.



TYPHOON MEET

JANUARY 22 & 23

NOTE CHANGE IN LOCATION
.... MEET WILL NOW BE HELD
AT FT. EUSTIS, NOT MIDTOWN

Practice Animals for December:

Senior Black - 100%

Jon Vorpapel
David Carlson
Sarah Murphy
Parker Field
Stephanie Evans
Kate Murphy

Senior Blue - 100%

Lisa Shanks
Meagan Holloway
Mitch Finch
Paige Boyer
Ted Sukramani
Kelly Dunbar
Ethan Sherman
D.J. Lockwood
Lindsay Ancellotti
Kelly Cuddihy
Matt Baumler
Ricky Knicely
Chelsea Jensen
Vallerie Lockwood
Scooby Peterson
Christiana Tambone

Pre-Seniors - 100%

Kindyl Boyer
Amber Hula
Kasey Silvia
Natalie Sukramani
Amanda Shideler

Age Group Black - 92%

Eric Bose
Eric Mease
K.K. Anderson

Age Group Blue - 100%

Matthew Wallace
Nicalina Marciante
Megan Killilea
Katelynn Mcbeath
Lindsay Page

Developmental Black - 100%

Johnny Shideler
Tray Pankey
Madeline Walters
Simon Watrous

Developmental Blue - 100 %

Jack Loneragan
Allison Bennett
Margo Minor
Jesse Shaner
Corey Shideler
Delaney Burgett
Margaret Williams

Joshua Burgett
Danielle Hackenmeyer
Indigo Cristol
Justice Scott



OFFICIALS OF THE YEAR

Our Officials of the Year for 2003-2004 were **Doug Lockwood, Mark Knotts,** and **Jim Hewitt.** These three gentleman worked over 20 sessions at meets last year, and deserve our sincere gratitude for the amount of time that they have contributed to the team. We also have the following new certifications by our officials:

New Stroke & Turn Judges

Fernando Groene
Colleen Killilea

New Timing Judges

Judi Shanks
Linda Lockwood

New Recorder

Linda Lockwood

NEW TEAM RECORDS

8 & under girls

Lindsey Page 50 Breast 42.57

11 & 12 Girls

Vallerie Lockwood 200 Free 2:07.99;
500 Free 5:41.09
50 Fly 28.01
100 Fly 1:01.82
200 Fly 2:14.81
100 I.M. 1:05.24
200 I.M. 2:22.75
400 I.M. 5:16.90

Ashley Bryd 50 Back 28.64
100 Back 1:03.08

13 & 14 Girls

Meaghan Holloway 100 Free 54.23
500 Free 5:15.42
1000 Free 10:55.95
100 Breast 1:05.98
200 Breast 2:22.31
100 Fly 58.12
200 Fly 2:08.31
200 I.M. 2:10.67
400 I.M. 4:33.67

Lisa Shanks 1650 Free 18:09.38
200 Back 2:12.72

15 & 16 Girls

Kate Murphy 100 Free 52.54
200 Free 1:54.28

Anna Linkenauger 400 I.M. 4:33.96

15 & 16 Boys

David Carlson 50 Free 21.83
100 Free 47.83
200 Free 1:47.38
100 Fly 54.18

Senior Boys

Jon Vorpapel 200 Free 1:44.72

NEW RELAY RECORDS

9 & 10 Girls

400 Medley Olivia Freeland, Allie Bacon, Brooke Shawcross, Nicole Snyder 5:00.31

11 & 12 Girls

200 Medley Relay Ashley Bryd, Megan Knotts, Vallerie Lockwood, Scooby Peterson 1:59.91
400 Medley Relay Ashley Bryd, Megan Knotts, Vallerie Lockwood, Scooby Peterson 4:24.49

13 & 14 Girls

200 Medley Relay Lisa Shanks, Paige Boyer, Meaghan Holloway, Meghan Wheelock 1:54.98
400 Medley Relay Lisa Shanks, Meaghan Holloway, Lindsay Ancellotti, Sydney Giblin 4:09.56

13 & 14 Boys

200 Medley Relay Matt Baumler, Peyton Young, Kurt Linkenauger, Trevor Wheelock 1:45.85
400 Medley Relay Mitch Finch, Peyton Young, Matt Baumler, Kurt Linkenauger 3:53.20

SOCIAL COMMITTEE - UPCOMING EVENTS

► **WAC PIZZA ATTACKS --- Ci-Ci's Pizza - Sunday, January 23rd**

These continue to be popular, drawing 50-plus people to the “Main Event” and a growing number of “extras” throughout the weekend, so we will continue to have these after all B/C and BB/B/C meets. This week’s event is changed to **SUNDAY, January 23rd**, after the morning session of the Typhoon meet at Ft. Eustis, as opposed to our usual Saturday. Ci-Ci’s is located in Newport Crossing Shopping Center, off of Denbigh Boulevard in Newport News.

And remember, 11-and-Olders families and any 10-and-Unders families who can’t make the “Main Event” on SUNDAY can attend anytime over the weekend, for lunch or dinner, Saturday or Sunday. Please don’t forget to put your receipt in the WAC bucket at the register! Ci-Ci’s generously donates 10% of the weekend total back to the team!

The buffet is just \$3.19 for kids (drink included), and \$3.99 for adults (+ 59¢ drink). You can’t eat fast food that cheaply! For more information on this event, contact Lance Harrington at lanceharrington@prodigy.net or 715-1864.

► **2005 WAC Inter Practice-Group Bowling Tournament**

ALL AGE GROUPS, Williamsburg Lanes. **February 21st** (President’s Day Monday, late morning - *Scheduling under review with bowling alley, Practice Group Liaisons, and Harold* – tentatively 10:30 a.m.). There is NO SCHOOL that day, and NO CONFLICT with any Practice Group schedule. This is also in between B/C Champs and A+/BB Champs, so a lot of people should be in town either recovering or tapering. We have tentatively booked 20 lanes to accommodate between 100 – 120 people, and have the option of adding lanes with enough advance notice. We’ll have bumpers available for the younger swimmers’ lanes for as many who wish to have them. A LARGE group discount is being negotiated. Top scorers will be recognized as follows: 1) top three scoring practice groups (as teams – based on total points of each participant from that practice group); 2) top male and female overall; 3) top male and female in each practice group; 4) top male and female coach; and 5) MAYBE (depending on interest), top male and female parent. “Prizes” under consideration. Advance registration will likely be required to secure the discounted rate and the lanes. More info coming soon.

***** We had 15 WAC bowling boys from levels E, F, and G show up for a last minute outing this past Monday. A good time was had by all!

► **JCC Parks and Recreation “Splash-In” Movie, Rec Center**

“Shark Tales” or possibly a movie of our choice depending on the number signing up. Mid - March (tentative). This will most likely be on a Saturday from 6:00 – 8:00 p.m. Watch from the pool in the comfort of large Water Country rafts and in the company of your friends! Pool will be heated up to 88 degrees! Advance registration required. If we get enough sign-ups – we may be able to have a private WAC screening/pool party with the movie of our choice. Look for more information in the near future.

► **Mid-Summer 2005 – WAC summer reunion Beach Party**

First Colony Beach (tentative) on the James River, off Route 5.

► **Fall 2005 – Go Carts Plus night and/or Putt-Putt Golf tournament**

IF YOU ARE INTERESTED IN ATTENDING, HELPING PLAN, OR ASSISTING AT ONE OF THESE EVENTS, PLEASE CONTACT LANCE HARRINGTON (lanceharrington@prodigy.net or 715-1864).

These Swimmers have Birthdays
in January:

TAYLOR FISHER	1/1
ALLIE BACON	1/3
JAKE BISKEY	1/3
JAKE LONERAGAN	1/5
ALLISON MOORE	1/5
KATIE RIDGEWAY	1/6
BRIDGET KILLILEA	1/7
AMANDA SHIDELER	1/10
VICTORIA SCHOENIG	1/12
TED SUKRAMANI	1/12
GRAHAM SCHLICKENMEYER	1/14
JOEL OWEN	1/15
NATALIE SUKRAMANI	1/16
COLBY JENSEN	1/17
KASEY SILVIA	1/17
CRAIG HULA	1/18
JENNIFER JOHNSON	1/18
EMILY HORRELL	1/19
JASON HAIGH	1/20
CATHERINE PEARCE	1/21
DAVID BLACHER	1/22
KATIE BLACHER	1/22
ELIZABETH CHAPMAN	1/23
NICHOLAS MERCER	1/27
THOMAS SNYDER	1/29
GRACE LLEWELLYN	1/30
CATHERINE SPRATT	1/30



**Congratulations to the Knowles
family on their latest edition ...
born last week!**



HAPPY BIRTHDAY!

We Are Champions!

News For SWIM PARENTS

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Swimming Tired

Herb Huddleston, Long time coach, Orlando, FL.

One aspect of competitive swimming that many swimmers (and parents) have a difficult time understanding and/or accepting is what coaches call “swimming tired.” This mostly applies to senior level swimmers, but can also affect younger swimmers.

To understand fatigue, and its effect on meet performances, it is important to understand the “training effect.” Improvement in swimming (or any aerobic sport) is largely a result of the body’s adaptation to the stress of regular training. Of course, technique and skills are very important for peak performance, but for our purposes in understanding this element of swimming, we will address only physical training.

The body adapts in many different ways—the muscles become stronger, the heart pumps blood more effectively, and the cardiovascular system becomes more efficient in transporting oxygen to the muscles. These all contribute to faster swimming. Progress at the beginner or novice level comes quickly and is dramatically evident in large decreases in swimming times. As a swimmer becomes more accomplished, decreases in swimming times come in smaller increments, even though the amount of training may increase. When training is increased, fatigue may affect performances at competitions. However, swimmers may still be able to swim best times, in spite of being tired. Improved stroke technique, better starts and turns, more effective race strategies, and increased conditioning and strength can offset the fatigue that they have accumulated.

Coaches always encourage swimmers to swim at 100% effort and use their skills to overcome the tiredness.

So, why not reduce the large training load just before each meet, and allow the swimmers to be a little rested to ensure better meet performances? To optimize the benefits of training, it is best not to “interrupt” the continuous stress of training at certain times of the season for the purpose of swimming faster, for example at an early-season meet compared with the championship meets at the end of the season. These meets early in the season can be considered “practice meets,” where the swimmer gains valuable race experience and tests improvements in strokes and skills. A successful swim performance is not always just a fast time. Not resting for early-season meets will result in better end-of-the-season times.

This strategy can be difficult for the swimmer and parent to accept and can be frustrating. Often, other swimmers who do not train consistently will swim faster at early season meets, because they are not as tired. It is important that under these circumstances, the swimmers keep their ultimate goal in perspective, and that the parents empathize and support their children. The hard training of the early and middle part of the season will pay off at the end of the season at the meets that really count!