

# WAC ATTACK

“News from Around the Pool”

February & March  
2005

Volume 5, Issue 2

## COACH'S CORNER

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Thanks to everyone for being patient about the Bubble. It appears that a squall/small tornado caught the bubble and did some major damage. The 2,000 lb.

Air unit was moved and the gas line broken. About 30 of the hooks & sleeves were pulled out of the concrete. The seam between the blue and white was split on the air unit side of the building. Mark Knotts, Mark Newcomb, Jeff Fairbanks, & Charlie Patton came over and did most of the repairs in the first 2 days. Unfortunately, the canvas repair people were repairing and opening Busch Gardens last week and this week.

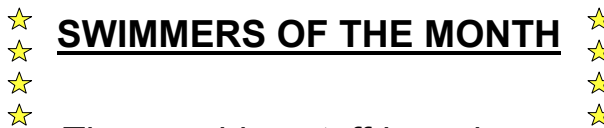
It looks like the seam will be sewed on Monday. Please check the website & the Email from Coach Harold on the Weekend schedule.

Now for the good news. WAC is proud to announce the addition of Mark Rios to our staff. Mark was Age Group Coach of the Year for the State of Virginia in 2003.

*(continued on page 6)*



### SWIMMERS OF THE MONTH



The coaching staff has chosen the following swimmers to receive the **January** “Swimmer of the Month” awards:

- 10 & under Girls - **Nicalina Marciante**
- 10 & under Boys - **Matthew Cullom**
- 11 & over Girls - **Paige Boyer**
- 11 & over Boys - **Jon Vorpapel**

The **February** “Swimmers of the Month” are:

- 10 & under Girls - **Lauren Sheetz**
- 10 & under Boys - **Johnny Shideler**
- 11 & over Girls - **Kelly Bennett**
- 11 & over Boys - **Paul Schisa**



## New Classification Swims

(through A/BB Champs)

### 1st "AAA" Time

Ricky Knicely  
Catie Pittman

### 1st "AA" Time

Chris Biernacki  
Corydon Butler  
Laura Curtis  
Sean Golden  
Jonathan Hedrick  
D.J. Lockwood  
Cameron Overy

### 1st "A" Time

K.K. Anderson  
Cole Fairbanks  
Max Groene  
Kevin Holder  
Michael Holder  
Mitchell LeForge  
Haley Lisle  
Nicholas Mercer  
Danny Morrow  
Erin Morrow  
Brent Shawcross  
Amanda Sellew  
Catherine Spratt  
Katie Stewart

### 1st "BB" Time

Allie Bacon  
Erin Bacon  
Kelly Bennett  
Katie Laundrie  
Grace Little

### 1st "BB" Time (cont.)

Sarah Mincks  
Eli Noblitt  
Joseph Pankey  
Paul Schisa  
Christian Shaner  
Brooke Shawcross  
Lauren Sheetz

### 1st "B" Time

Caroline Blommel  
Rae-Mi Cooper  
Chad Hartman  
Kevin Holder  
Mitch Watkins  
Simon Waltrous

## **WAC Bowling**

**Many thanks to Lance Harrington and the Social Committee for planning and coordinating the Bowling event on 2/21. Over 135 swimmers participated ... which is one-half of our membership. The event was well-run, with all the lanes being pre-assigned, and the kids names all being pre-programmed into the computers. The kids had a great time. The results were previously sent out by separate e-mail.**

## Practice Animals for January:

### Senior Black -

JON VORPAGEL - 100%

### Senior Blue -

PAIGE BOYER - 100%

LINDSAY ANCELLOTTI - 100%

MEGAN KN OTTS - 100%

RICKY KNICELY - 100%

### Pre-Seniors -

AMANDA SHIDELER - 100%

### Age Group Black -

KELLY BENNETT - 95%

### Age Group Blue -

MATTHEW WALLACE - 100%

### Developmental Black -

JOHNNY SHIDELER - 100%

DARI ZLOTNICK - 100%

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## Practice Animals for February :

### Senior Black -

JON VORPAGEL - 100%

SARAH MURPHY - 100%

### Senior Blue -

RICKY KNICELY - 100%

KELLY DUNBAR - 100%

MEAGHAN HOLLOWAY - 100%

LISA SHANKS - 100%

## February (cont.)

### Pre-Seniors -

PAUL SCHISA - 87%

LAUREN DAWSON - 87%

### Age Group Black -

IAN OWEN - 88%

JOEL OWEN - 88%

### Age Group Blue -

NICALINA MARCIANTE - 100%

### Developmental Black -

BRUCE JACKSON - 100%

BRIDGET KILLILEA - 100%

MADELINE WALTERS - 100%

### Developmental Blue -

DELANEY BURGETT - 100%

THOMAS HOOD - 100%

SAMANTHA KOSTELNI - 100%

MARGO MINOR - 100%

## Developmental Blue (cont.)

JOEY MORROW - 100%

JACK PITTMAN - 100%

JACK WHITESCARVER - 100%



**Looking for a way to fulfill your  
work commitment? Do you want  
to be on the deck during meets?  
Would you like to eat well (and  
for free) both before and after  
the meets?**

Then think about becoming an official, and working some of the meets that you'll already be at anyway. For more information, contact WAC Officials Chair Eric Young at [wacofficials@hotmail.com](mailto:wacofficials@hotmail.com).

# SWIM PARENTS

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## What is Taper?

”When A Championship Meet Approaches, My Child’s Workouts Get Easier And Shorter. Shouldn’t He Be Working Harder Right Before A Meet? What Is Taper?”

Answered by: Marc Williams, Head Coach of the City of Richardson Swim Team, Richardson, Texas.

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It shouldn’t be surprising to see a team reducing the amount of work leading up to an important competition. Swimming is extremely demanding physically, and in order to produce top performances, the body needs rest.

Before an important meet, a swimmer will go through a training phase known as a taper. This means a reduction of work and an increase in the amount of rest. The length of a taper will vary. A short taper will consist of one to three days of reduced work and a full taper can last up to six weeks. In general, a young body can recuperate rapidly and does not require as much rest as a senior swimmer. In fact, sometimes the younger swimmer does not respond well to more than a few days rest. The age group swimmer is less developed physically and has undergone less intense training than the senior swimmers. Usually, the age group swimmer will need to reduce the workout load a few days before the meet or maybe take a day or two off.

During the course of the taper, all types of stress should be gradually reduced. As the taper progresses, the amount of high stress work is decreased and the quality of performance is gradually improved. For optimum performance, it is suggested that the swimmers curtail their outside activities as much as possible. Most swim coaches realize it is not always possible to skip a little league baseball, softball or soccer game during a taper. However, the neighborhood football game and overnight slumber parties should be saved for another time. Ideally, you would like the swimmers to store up as much energy as possible for the swimming meet.

When the workload is reduced, there is a noticeable increase in the swimmer’s energy level. Resting is an important part of the taper, and expending the energy will only defeat the purpose of the taper.

There are many factors a coach must consider when planning a taper: age, gender, body type, and the swimmer’s primary event.

Age: Older swimmers require more rest than younger swimmers.

Sex: Men usually require more rest than women.

Body Type: Muscular swimmers need more rest.

Primary event: Peak performance in shorter events requires more rest than peak performances in longer events.

During the season, a coach will be very selective in deciding which meets to taper for. Normally, a coach will not rest or taper a swimmer more than two or three times during the short course season. Often times, a swimmer will only taper for the season-ending championship meet.

An effective taper varies greatly from swimmer to swimmer. Consequently, it is essential that there is close communication between the swimmer and coach.

These Swimmers have Birthdays

These Swimmers have Birthdays

in February:

Jannah Blommel	2/1
Ralph Romero	2/2
Garrett Hasslinger	2/5
Kelsey Blue	2/6
Grace Little	2/7
Yujin Kim	2/8
John Warren	2/9
Trevor Leforge	2/11
Joey Morrow	2/11
Dari Zlotnick	2/11
Olivia Freeland	2/12
Brooke Shawcross	2/13
Johnny Shideler	2/15
David Carlson	2/19
Claire Lennarz	2/19
Nina Lepres	2/20
Sophia Rodriguez	2/21
Jack Mills	2/23
Jordy Oglesby	2/23
Andrew Patton	2/23
Jordan Wortham	2/24
Margaret Anderson	2/26

in March:

Margaret Williams	3/4
Braxton Stover	3/4
Ian Owen	3/5
Laura Curtis	3/5
Kindyl Boyer	3/8
Drew Fairbanks	3/9
Jason Montgomery	3/9
Jenna Sellew	3/12
Kurt Linkenauger	3/13
Matt Phillips	3/14
Thomas Hood	3/14
Indigo Cristol	3/15
MacKenzie Karnes	3/17
Holly Bacon	3/18
D.J. Lockwood	3/21
Emma Groene	3/26
Bruce Jackson	3/27
Erin O'Connell	3/28
Jenna Harma	3/29
Beth Murphy	3/30

**HAPPY BIRTHDAY!**



*We Are Champions!*

*(continued from page 1)*

He was an Age Group swimmer at Glendale in summer league, at CGBD and Past in United States Swimming, and at Menchville High School. He continued his Swimming career at James Madison University. Mark has been waiting 6 months to come on board because of a non-compete clause with his old club. He will be working with a variety of the groups. Thanks to Doug Lockwood for keeping him employed during the wait and to Mark for being willing to give up 6 months of coaching to be part of our team. Welcome aboard!

The Championship Season is going well. We had over 30 more swimmers at B/C Champs this year and placed 2nd at A/BB Champs. See the new Classifications list for all of the great accomplishments at these two meets. With larger numbers at Seniors, Age Group State Champs, and Sectionals, the staff is excited about the progress and possibilities. Last weekend, 26 Team Records were broken at Senior State Champs even though most of the those Swimmers have either Eastern United States Sectionals or the Virginia State Age Group Champs this weekend as their final taper meet. Thanks go out to everyone who is part of the "Team". Harold

## SWIMMING

By Nicalina Marciante &  
Brooke Loneragan

Swimming is fun.  
If you do it right,  
There's a lot to be done.  
Freestyle and Backstroke,  
Breaststroke and Fly,  
Work out your muscles  
Till you feel like you'll die.  
There's also fun games,  
That you play when your done.  
Like Sharks and Minnows,  
A game you play as one.  
The coaches get you ready,  
For the champs coming soon,  
And they cheer you on,  
While you shine like the moon.

