


Trainer's Table

Categories of Treatment for Swimmer's Shoulder- (continued from March)

Muscle Strengthening



The primary function of the rotator cuff muscles are to guide the ball of the humerus within the socket of the joint. If these muscles are relatively weak, the stronger deltoid muscle will pull the humeral head up into the acromion causing a rubbing (or

impingement) in this area which is a cause of most shoulder pain in swimmers. Therefore, exercises which strengthen the rotator cuff muscles are an important part of long term plan for shoulder pain. These exercises consist of "fly away" shoulder exercises while bent over at the waist using enough weight in the hand so that the swimmer can just do 15 repetitions. These exercises should be continued on a regular basis for at least the remainder of the season, if not your swimming career, **even if your shoulder no longer hurts.**

Stretching

If your joints are not limber prior to activities such as swimming, the surrounding muscles and tendons are more likely to become strained and therefore, painful. A regular stretching program, not only for the shoulder but for the entire body, should be done **after** all workouts.



Dianne

Sectionals and Zones

WAC Sectional Swimmers-

Amy Carlson
Esther Knicely
Anna Linkenauger
Steven Evans
Josh Fowler

Austin Fiehler
Joey Peterson
Jon Vorpapel

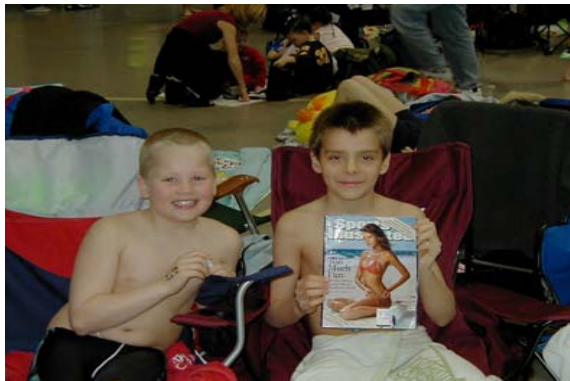
WAC Zone Swimmers-

Vallerie Lockwood

Megan Knotts
Matt Baumler

9 others qualified but choose not to go—most of those went to sectionals instead

WAC PICS!



WAC For All Seasons



Spring is now here!
Congratulations to all those

who did extremely well during the short course season. The summer long course schedule is now available on the website. For those families that focus during the summer mostly on their VPSU team, please keep in mind that if you swam WAC for all 3 session this past year, the summer session practices are free to you. If your child wants a second practice this summer to help them

do better, you can join any summer WAC practice for free! Also, the summer away meets are fun and I would encourage everyone to do at least one overnight meet. It is like a mini vacation with your family and most of the time the WAC families will do dinners and activities around the meet schedule. This summer, the Board is looking for establish 2 parent liaisons for every VPSU team in the Williamsburg area. The duties of the parent liaison will be to simply help make

sure the WAC message gets to others on your VPSU team that are unfamiliar with WAC by putting WAC flyer up at your pool, keep registration brochures on display, hopefully get some exposure at your team banquet, and be available to answer questions about WAC to your fellow teammates. If you are interested in being a liaison for your VPSU team this summer, please email me at trooper@swimwac.com.

Trooper Earle

Inside this issue:

Team Records	2
New Times	2
Champs Results	2
Fundraisers	3
End-of-the-Year Picnic	3
Attendance	3
Trainer's Table	4
Sectionals & Zones	4
WAC Pictures	4

COMING EVENTS:

- April 27—Virginia Swimming Awards Banquet @ Richmond
- May 2-4—Naval Academy A & Above meet @ Annapolis
- May 9-11—Tidewater BB/B/C meet @ Fleet Recreation Center in Norfolk
- May 18— Red Cross/WAC Wine and Cheese Party and Auction @ Community Center, Williamsburg
- May 31- June 1— Rays A/BB/B/C meet @ Freedom Center in Manassas

Coaches Corner



The schedule was passed out recently. Please mark your calendar with the dates of the special events (Relay for Life, Red Cross/WAC wine and cheese party and the Bubble down/competitive awards picnic). The

schedule is also available on the web site. As you can see in the newsletter, we had a very successful end of the year. The team broke a lot of records, placed high and sent several swimmers to both the sectionals and zones. The coaching staff will be putting to-

gether a practice schedule for the summer shortly. We will be at Chippokes again as well as offering both morning and afternoon practices for the older swimmers. Remember that the summer session is FREE to all swimmers that swam the first three sessions.

Harold

It Was a Record Year!

New Team Records for the 2002-2003 Season

The following individual and relay teams set new WAC records.

8 & Under Boys-
Geoff Marston 25 Fly 15.86

11-12 Girls-
Lindsay Ancellotti :
1000 Free 12:35.52
1650 Free 20:48.51
200 Back 2:26.16

Paige Boyer:
100 Breast 1:12.27
200 Breast 2:37.54
Scooby Peterson:
200 Fly 2:31.83

11-12 Boys:
Matt Baumler:
50 Free 25.26
100 Free 55.55
200 Free 2:00.83
1000 Free 12:12.58
1650 Free 19:45.86
100 Back 1:00.13
200 Back 2:17.64

Kurt Linkenauger:
400 IM 4:59.04

13-14 Girls-
Jennifer Johnson:
50 Free 25.23
Kate Murphy:
100 Free 55.04
200 Free 1:58.27

15-18 Girls-
Anna Linkenauger:
200 Free 1:58.27

15-18 Boys-
Austin Fiehler:
500 Free 4:42.54
200 IM 1:56.47
400 IM 4:03.06

8 & Under Boys 100 Medley Relay- 1:17.88– Taylor Fisher, Max Longo, Geoff Marston, Matt Warren

11-12 Boys 200 Free Relay- 1:44.92– Matt Baumler, Scott Cutler, Ricky Knicely, Tucker Coleman

11-12 Boys 400 Medley Relay- 4:22.79– Matt Baumler, Peyton Young, Tucker Coleman, Corydon Butler

9-10 Girls 200 Medley Relay- 2:11.88– Natalie Sukramani, Vallerie Lockwood, Scooby Peterson, Catie Pittman

9-10 Girls 400 Medley Relay- 5:05.27– Colby Jensen, Megan Knotts, Vallerie Lockwood, Kindyl Boyer

11-12 Girls 400 Medley Relay- 4:33.76– Margaret Anderson, Paige Boyer, Scooby Peterson, Caroline Wilke

13-14 Girls 200 Medley Relay- 1:59.50– Elizabeth Chapman, Mollie Wilson, Kate Murphy, Jennifer Johnson

13-14 Girls 400 Free Relay- 3:44.03– Jennifer Johnson, Elizabeth Chapman, Sarah Murphy, Kate Murphy

New Times

The following swimmers had new time classifications at Junior Age Group Champs and Sectionals.

1sr "AAAA" Time-
Megan Knotts

1st "AAA" Time-
Brandon Basehore
David Carlson
Parker Field
Lindsay Ancellotti
Margaret Anderson
Colby Jensen

Megan Knotts
Caroline Wilke

1st "AA" Time-
Colby Jensen

1st "A" Time-
Brooke Shawcross

Gotta Eat!

Ukrops Golden Gift Program and Grocery Cards

Once again Ukrops is sponsoring the Golden Gift program. All you have to do is have your Ukrops' card swiped and the points will accumulate on your account.



In early May, Ukrops' will include your Golden Gift Certificate in their newsletter. If the certificate is lost, just go to their customer service desk and they'll print you another one. Please consider donating your certificate to WAC. WAC can earn up to 2% of your purchases. Thanks for your help.

Grocery cards are now even easier to purchase! In addition to Harold and Jeff, Chris will have cards at his practices. Your support of this fundraiser is greatly appreciated. It is an easy way for the club to make money and benefits you with 3% off your dues based on the dollar value you purchase!

The Bubble is Coming Down!

Picnic and Board Elections



On June 7th, WAC will again be having its annual Bubble Down Picnic. Before the picnic we need the help of many volunteers to bring the bubble

down and store it for next year. Afterwards, the team will have a picnic and the coaching staff will be doing presentations for this past year's short course. It will be tons of fun so set your calendar now to attend! At the picnic this year, the Board will formally be electing board officers for next year. Anyone interested in getting involved,

please let someone on the Board know. In particular, the Board is actively looking for someone to be next year's Treasurer. If you have an interest in being the club's Treasurer, please contact Trooper Earle at troop@swimwac.com. Hope to see everyone there!

Top Attendance

The following swimmers had top attendance through March 1.

Level "A"
Steven Evans 96%
Joey Peterson 96%

Level "B"
Parker Field 94%

Level "C"
Paige Boyer 94%

Level "D"
Christiana Tambone 88%

Level "E"
Kindyl Boyer 95%

Level "F"
Mary Beth Colley 83%

Level "G"
Megan Killilea 89%
Bridget Killilea 89%
Joseph Pankey 89%