

Do You Know?

What all Age Group Swimmers Should Know

Coaching Guidelines

1. Show enthusiasm
2. Get all swimmers involved with the group.
3. Explain and demonstrate all skills.
4. Speak to the whole group.
5. Look at group when speaking.
6. Repeat sets and commands 2-3 times.
7. Start practice and sets when everyone is ready – no stragglers.
8. Correct mistakes – short key phrases.
9. Watch the group during practice.
10. Repeat skills if done cor-

rectly, and incorrectly. Make sure swimmers know the purpose of each drill, or set.

11. Talk to each swimmer at least 3 times during each practice.
12. Team meetings (1 every 3 months).
13. Sportsmanship
14. Positive attitude, spirit.

Respect

1. Bring equipment every session- goggles, caps, and suit.
2. **Be on time (15 min. early)**
3. Swimmers need to listen.
4. No talking when coach is talking.
5. No talking back to coach.
6. Do not disturb teammates.
7. Support and encourage teammates.

Coach Jeff

8. Finish all distances.
9. Stay off the bottom.
10. Stay off the ropes.
11. Don't put down teammates.
12. Give your best efforts on all sets and skills.
13. **Good attendance!!!!!!!!!!!!**
14. Respect elders- swimmers, coaches, and parents.
15. 2 practice suits for training

Nutrition & Meets

1. Bottle of water after every race.
2. Food after every race.
3. Eat a lot the night before a swim meet!!!!!!
4. Socks and shoes to stay warm at the meets.

Why Bingo?

WAC took over the Red Cross bingo game 2 years ago to help cover the cost of the bubble. Bingo covers about 25% of the budget for the year. This year it will bring in over \$60,000 in revenue before costs. Bingo generates about \$300/

swimmer per year as WAC has about 200 swimmers per session. When comparing costs of programs, be sure to include all costs including the required fundraising fees that other programs require. When it comes to bingo, we truly

mean it when we say "We want your help not your money". If you missed a work session, please sign-up for another one as we do not like to assess. If you want to do something other than bingo, see the coaches corner (p. 1).

Behind the Scenes (cont.)

(continued from page 1) keeping officials informed. WAC was always the most represented team of officials at every meet! All so quietly, Lorraine Bartlett (Secretary) continues to take detailed notes at all board meetings

and Beth Carpenter (Treasurer) keeps the bills paid and checks from bouncing! Many thanks to Paige Rogers (Personnel Chairman) for her constant effort to keep up with member work commitments. In all, the board

represents many volunteer parents giving of their spare time to help keep the club running and to help the coaches stay focused on coaching our kids. Thank you all!

Trooper Earle

Williamsburg Aquatic Club's
WAC ATTACK
 "NEWS FROM AROUND THE POOL"

Behind the Scenes

The Membership Handbook was recently emailed and handed out to all members. While it may not look like much was changed from the previous year, tons of time was taken reformatting the entire document, combining all the information into one single document to make it easy to modify and distribute in the future. Many thanks to Frank Tambone (local marketing) who stepped in to make this happen. A downloadable copy of the most current edition will now always be available on the web-

site. How about the stunning changes to the website? Many thanks to Bob Oller (publicity chairman) and Maurice Blacher (webmaster) for their hard work in making the website more attractive and functional. Still more is planned for the website so keep checking it out! The board is actively working to improve many things behind the scenes. Dexter Klock (Membership Chairman) is working to consolidate and share membership data through an online service called Groove. Several board members

have gotten together to review and strengthen our board structure, bylaws, and procedures. A group continues to work to get the funding for the bathhouse at the bubble. Robin McClaine (Social Chairman) and her band of helpers continue to give to our membership social events. Many thanks to Linda Lockwood (Meet Director) who successfully conducted our two hosted meets at Ft. Eustis this year. Many thanks to Tom Taylor (Officials Chairman) for constantly
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Coaches Corner

The Championship meets are right around the corner. Check with your coach about which meet/ meets your swimmer will be attending. The 9 & over swimmers are divided into 3 levels during this time based on their times to date. Your child may end up swimming some events at one level

and some at another level. I am starting to work on the Red Cross/WAC wine and cheese party for sometime April-June. Last year, this was a great party and a nice fundraiser that fell in our laps at the last minute. We hope to make it more successful this year.

While the Red Cross does the mailer, both organizations do a phone follow-up. We then pick up the gifts and have the party/auction. I could use 4 or 5 individuals who would like to help or prefer to do this over bingo.



Harold

COMING EVENTS:

- February 1-2—TAC BB/B/C Meet @ Ft. Eustis
- February 7-9 — Cherrytree "A" meet
- February 22-23 — B/C Mini Champs @ Ft. Eustis
- February 29-March 2 A/BB Champs @ Midtown

Trainer's Table

Shoulder Pain in Swimmers

Swimmer's shoulder is a term that is used broadly to describe pain in and around the shoulder in association with swimming activities. The pain in swimmer's shoulder is typically described as being more anterior and is often described in the region of the biceps tendon. Contributing factors for swimmer's shoulder are thought to include: (1) inadequate

strength and endurance of the muscles around the shoulder, scapula, back, pelvis, and abdomen, (2) glenohumeral laxity, and (3) particular stroke mechanics such as dropped elbow and lateral hand entry that may lead to impingement. Other associated findings include muscle imbalance and inflexibility, such as tightness of the pectoral muscles, and inflexibility of the posterior rotator cuff and posterior capsule. The risk of injury and pain is especially true for

swimmers who swim with poor technique.

Taken from Shoulder Pain in Swimmers by Scott Rodeo, MD, Chair of the USA Swimming Sports Medicine Committee

Next month: Treatment of swimmer's shoulder

Dianne



Attendance Leaders

The following swimmers had the top practice attendance for the month of December.

Level A-
Joey Peterson 91%

Level B-
D.J. Lockwood 90%

Level C-
Scooby Peterson 90%

Level D-
Robbie Lindermann 94%

Level E-
Kindyl Boyer 94%
Vallerie Lockwood 94%

Megan Knotts 94%

Level F-
Geoff Marston 81%
Shelby Klock 81%

Level G-
Christian Shaner 88%

What's Going Down?

What's Going Down? Times!
The following swimmers had new time classifications during January.

1st "AA" Time-
Margaret Anderson
Scott Cutler

1st "A" Time-
Morgan Dowling
B.J. Dunn
Grace Little

1st "BB" Time-
Amanda Bennett
Elizabeth Starbuck

1st "B" Time-
Leigh Hamilton
Katie Laundry
Grace Llewellyn
Lisa Mokszanowski
Katie Ridgeway
Connor McGinty
Lath Carpenter

Bathhouse at the Bubble

WAC Board working towards Bathhouse at the Bubble

For the past several months, several key WAC members have formed a committee to work towards building a bathhouse at the bubble. Those members include Jim Bennett, Arch Marston, Trooper Earle, Harold Baker, Bob Emmett, and Brett Dowling. So far, James City County has agreed to provide \$150,000 towards the building of the facility in exchange for pool time before school for the Lafayette and Jamestown High School teams. Since neither Eastern State (ESH) nor WAC use the pool during that time, the joint arrangement is good for all parties.

To build the bathhouse, David Steermann, an Architect with Carlton Abbott and former WAC swimmer, has developed drawings for a

building. Using the initial drawings, the committee asked several respected contractors for bids. Unfortunately, the bids were around \$300,000. After reevaluating the facilities, the committee decided many changes could be made to cut costs and it is currently estimated a smaller building could be built for around \$210,000.

While the county has recently confirmed their commitment of \$150,000 to this project, the remaining \$60,000 must be raised elsewhere. Harold is now attempting to contact the swim coaches and Athletic Directors at the High School to make a formal pitch to the School Board for the additional funding.

While the bathhouse would be a nice benefit for all that would

use the bubble, the building, once built, will belong to ESH. ESH is very supportive of this project for their own use, but their recent funding cuts have eliminated any possibility of their financial contribution.

Any WAC member who has any suggestions how we can reduce the remaining \$60,000 gap is encouraged to contact a committee member. As a non-profit youth organization, one way would be to ask building suppliers and contractors for discounts. Hopefully either the School Board or the city will be interested in supporting this project. Until WAC has satisfied our current financial obligation for the bubble loan, WAC cannot incur another.

Trooper Earle

We've Got the Groove!

We are working with software that will allow all the board members to share a common



database through the internet. What is nice about this software is that it is FREE and SECURE. The collaboration software is called Groove and can be found at www.groove.net.

Currently each volunteer keeps their own computer file to track information. A database is being designed an implemented to take all these separate files and merge

them into one database file. This database file will then be located on the collaboration software Groove for the board members to share. This will reduce the workload and allow for MUCH BETTER communications between the board members and also among the WAC Community.

Dexter Klock