



WAC Summer Schedule

May 31– June 01	A/BB/B/C	Rays	Freedom Center Manassas
June 6-7	Relay for Life	WAC	Eastern State
June 7	Bubble Down Awards Banquet	WAC	Eastern State
June 20-22	Summer Solstice A & above 14 & under BB and above	CGIT	Sewell, NJ
June 20-22	A/BB/B/C	SMAC Commonwealth Games	Waynesboro, VA
July 11-13	A/BB/B/C	Last chance to qualify for states	Freedom Center Manassas
July 18-20	Age Group States	NA	TBA
July 25-27	Long Course Age Group	State Champs	George Mason Patriot Center
August 5-9	Nationals	TBA	University of Maryland
August 6-9	Eastern Zone Meet	VA All-Star Team	University of Pittsburgh

Coaches Corner



Welcome back from spring break. There is a lot going on this month. The team will be in meets in Annapolis and Norfolk the first two weekends of the month and end the month at the Freedom Center in Manassas. We plan on having a team picnic at the lake on that Saturday. The seniors have made their college choices and it looks like five of them will swim in college next year. We will save their choices for the awards picnic.

The wine and cheese auction with the Red Cross will be on Sunday, May 18 at the Williamsburg Community Center starting at 3pm. Please plan on attending. We had a great time last year with many great deals on

vacations, nights out on the town, antiques and even kids things like miniature golf.

The weekend of June 7-8 will be a big weekend for WAC. On Friday, the Relay for Life will be held at Jamestown. WAC increased its participation and gifts to fight cancer substantially last year and hopes to do the same this year under the leadership of Mike Basehore.

On Saturday we will have the "bubble down" party as well as the awards banquet at the bubble pool and picnic shelter. We need about fifty people to fold up the bubble. Flyers will be sent home with the starting times in mid-May.

We are going to be able to use Chippokes in Surry again this summer. The summer practice schedule will come out once Eastern State gives

us their pool schedule. There will be morning practices for older swimmers at both First Colony and Kingswood.

Finally, we now have the funds to build the bathhouse at the bubble pool. Special thanks goes to the county for making this possible. We will be finalizing the plans over the next few weeks and hope to start building in August.

Other items:

Special thanks to the Bacons for donating a refrigerator for the bubble. This will allow us to supply a wider selection of healthy snacks and make sure that the drinks are always cold.

Also B.J. Dunn got his first "AA" time last month.

- Harold

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COMING EVENTS:

- 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

President's Report- Summer At WAC

The spring WAC session is quickly coming to an end. I am sure many of you are looking forward to summer and swimming on your neighborhood teams. Keep in mind, WAC continues through the summer too! You can do both. See your coach for more details. Another exciting thing happening this summer will be the building of a bathhouse at the bubble for next year! Yes, we have gotten the

funding necessary to build the bathhouse so our WAC swimmers will have a place to change and take a shower next year. We are very excited about this development. It will be great addition to the WAC program. Our plans are to start building the bathhouse in late August/September so it will be ready by October/November. Many thanks to Arch Marston, Jim Bennett, Bob Emmett, Brett Dowling and Harold who have worked diligently for nine

months to make this happen.

Trooper Earle



Party for WAC!

Wine and Cheese Party



The Wine and Cheese Red Cross/ Williamsburg Aquatic Club fundraiser will be **Sunday, May 18 at 3pm** at the Community Center across from the library. The silent auction will start at 3:00pm with the live auction starting at 3:45pm. Among the items available are a

week at the Outer Banks, a complete patio set, dinners from in town to Matthews, bed and breakfast escapes, Water Country tickets, bonds and even miniature golf.

Call Harold at 229-8662 or 229-0363 for tickets or information.

Awards Picnic



The awards picnic and bubble take down party will be **Saturday, June 7th.**

We will start work on the bubble at 12:00p.m. It will take about 50 people to fold the bubble up.

The awards picnic will start at 3:00p.m. The swimmer's

meals are paid for. The cost for parents and siblings will be \$3.00/ meal. Awards will be given to those that participated in the meets during the year.

Harold

Trainer's Table

Knee Injuries

Introduction

Knee pain affects some 25% of competitive swimmers. While most knee pain occurs while doing the breaststroke, it also occurs while swimming freestyle, backstroke and butterfly.

Function

The quadriceps muscles straighten the knee out while the hamstring muscles, the group of muscles behind the thigh, flex the knee. The quadriceps are especially responsible for the ability to walk up and down the stairs. getting up from a squatted or seated position, and kicking in swimming, where the thigh muscles forcefully straighten out the knee.

The patella (knee cap) sits in a large, smooth groove in the front of the femur and moves up and down in the groove during normal

knee motion. The compressive force between the patella and the groove in the femur during the normal downstairs walking approaches 2-3 times the normal body weight, and it is much higher with more forceful actions, such as kicking in swimming.



This compressive force is also directly dependent on the amount of flexion (bending) the knee; greater flexion results in higher compressive forces between the patella and femur.

Biomechanics

Effective kicking in freestyle, butterfly and backstroke involves forceful extension (or straightening) of the knee against the resistance of the water, thereby creating forward propulsion of the body. Underwater filming has shown that the knees bend as much as 90 degrees during normal race swimming conditions.

Breaststroke kicking involves even greater bending of the knee, up to 135 degrees. Further, it involves placing the knees in a "knock-kneed" position (the knees close together and the feet apart) to catch as much water as possible on the inside of the shins. The medial collateral ligament is responsible for limiting the amount of this "knock-kneed" position inside of the shins.

Dianne

Thanks for a Great Year!



Many thanks to all the coaches and parents who worked so hard this year to make WAC the great team that it is. We are fortunate to have

such a dedicated group of individuals.

Good luck to all swimmers in their summer swim meets. Hope to see everyone back in the fall!

