



INSIDETHE WAVES

The Official Newsletter of the Waves of Westlake

2010 Season Schedule

- June 12th—Time Trials
- June 19th—@ Maximum Velocity Propulsion (L—304-266)
- June 26th—@ Takoma Park (L—337-232)
- July 3rd—@ Strathmore Bel-Pre (L--314-259)
- July 10th—Theresa Banks @ WOW
- July 14th—"B" Meet vs Bannister @ WOW (6 pm)
- July 17th—Bel Air Bath & Tennis @ WOW
- July 18th—Charles County Championship Meet
- July 24th—A Division Championship
- July 24th—Awards Banquet
- July 31st—All Star Meet

LET'S GO WAVES!!

DIVISION STANDINGS

Takoma Park	3-0
Teresa Banks	2-1
MVP	2-1
Belair BB&T	1-2
Strathmore	1-2
WAVES	0-3

WAVES HIT MID-SEASON BUMP AT BEL PRE

In hockey they call it heavy skates; in baseball, the mid-season drag; in swimming...well, be it tired arms, legs or the heat...the Waves are in the midst of it after a tough 314-259 loss in Montgomery County. A statistician can look across the PMSL at swimmer's times and determine if there's something to the third week slump, but it does seem to happen this time every year to many teams. On Saturday at Strathmore Bel Pre, the Waves encountered their third straight away meet and looking at the times across the board, the team was feeling the wear and tear. While 2/10's of a second goes unnoticed in most sports, it's an eternity in swimming, and most Waves saw their times drop off from their peak about that much last week. With Bel Pre representing the Waves best chance at scoring a victory in A Division this season, the Waves must now regroup, reenergize and prepare for two home meets where the competition is scary good.

Looking back at Saturday's meet, the Waves performance overall was similar to the first two meets, although times were not quite as stellar. Our Waves captured 19 of the 49 events, and finished second in 23. Not bad! Further, the Waves won the first three individual events of the meet but then lost 18 of the next 25. That dug a 40 point hole that no rally could overcome.

The silver lining here is that the Waves have remained competitive in their first three A Division meets and to this observer, should remain in A Division for another season provided the talent pool of swimmers doesn't drop significantly in the offseason.

Despite the loss at Bel Pre, the Waves made it

three consecutive meets with new records set! Andrew Nguyen set new Westlake records in both the 11-12 boys 50m backstroke and 50m breast stroke. The backstroke record was previously set back in 1993 by Seth Halsey, and the breaststroke record belonged to assistant coach Nathan Stephens since 2002. I think Seth and Nathan would both be proud to know that Andrew has rewritten those event records!

Triple winners on Saturday were Anthony and Andrew Nguyen, and Katalina Martinez. Kerrigan McMillen was the Waves only double winner this week. Single event winners were Christian and Austin Fisher, Hannah Liese McMillen, Matt Essing, Darian Bassett and Noemi Arquero. GREAT JOB!

This Saturday, the Waves are enjoying home pool advantage against a very talented Theresa Banks team who will be coming in following a very close loss to Takoma Park. The Waves last met TB in the 2005 and 2006 seasons as they were seeded in B Division with us.

Let's show Theresa Banks all the respect and good sportsmanship that we've seen from our first three gracious hosts this season. Shake hands in the pool, wait for the last swimmer to hit the wall before you exit, and let them remember us as a classy and fun place to visit. Parents, this is your first chance to really dive in and volunteer this season! We'll need some dedicated folks to help out in the snack bar and on-deck. Helpers running water to the timers, handing out heat ribbons and running DQ slips to the judges are all going to be needed. You don't need experience, just a big heart to help out and make it the best experience for our kids! GO WAVES!



PAGE TWO: SHOOT THE CURL

PMSL SWIMMING NEWS

DID YOU KNOW?

This is the first year in many that the Waves have an age gap for swimmers! We're short on 10 & unders for next season. So when you all get back to school in the Fall, tell all your friends about your swimming experience with the Waves and encourage them to come out next season! We can use novice or expert swimmers in any age group too. Recruiting hard will make us the team to beat in 2011! Be a WAVE!

Not just the temperature is heating up the pools in the PMSL as we enter July! The talent is coming to the surface and close meets abound. In A Division, Takoma Park outlasted Theresa Banks in a battle of unbeatens 294-281. MVP rebounded from a loss to TB last week to edge out Belair Bath and Tennis 291-288. BB&T will take on Takoma Park this coming Saturday in a huge meet that will go a long way to determining the regular season champion.

In B Division, our old friends from the Silver Spring Tsunami made it three wins on the season by a 303-266 margin over Adelphi.

In C Division, Greenbelt rose to 3-0 with a win over Northridge, and Montpelier had an easy time in their second win of the season, this one over New Car-

rollton. Cheverly slipped past Marlton 286-281 in a great meet than came down to the final relays.

In D Division, the Russett Sharks and Kingfish stayed on track as unbeatens and moved closer to the big week 5 showdown to determine the regular season champion!

In E Division, Pointer Ridge of Bowie stayed unbeaten, while our friends at Bannister moved to 2-1 on an impressive season for the Barracudas.

Division F saw the Hawthorne Country Club go to 3-0 with another impressive win on Saturday!

Kings Landing, Calvert's only PMSL entry, easily won their third straight meet in their inaugural season in Division G. The PMSL is staying strong in 2010.

NEWS FROM AROUND SOUTHERN MD POOLS

Can you feel it? Like a train in the night, the smell of the air just before Snowmageddon, the turning of the leaves before the thunderstorm....it's almost here. The Charles County Championship Meet is nearly upon us!! On Sunday, July 18th, Smallwood, Indian Head, Hawthorne CC, and the Waves descend upon Bannister's home pool for the hottest meet in all of the County! Can the Waves pull off the unthinkable? A ninth straight County championship? It's never easy to pull off two meets in 24 hours, but we have to do it and keep the streak alive!

This year, the Waves will need to quickly move past a very difficult 2010 regular season campaign, and get ready for bragging rights for the next 12 months.

We're two wins from a decade of dominance! But never count out four teams that have their sights set on being the team that ends the streak! Similar to the Division Championships on July 24th, the coaches will select top swimmers in each event to represent the Waves. So if you don't make it this season, come out and root for the team and get yourself ready for next season! It's a true honor to carry the Waves colors into this meet and Bannister is always a great host. If you've never been to a CC meet before, get there early for the best parking. Team areas will be limited in size so just bring what you need, and keep your coolers packed light so that Bannister can grab some needed profits from their snack bars. Let's go Waves—9 Straight!!

ENDLESS SUMMER, THE LAST WORD

Now that we've gotten past the 4th and have entered "Summer Phase 2", let's not forget the fundraisers that help our team survive from year to year. On July 7th, come out to Boston's Pizza for food and fun with 10% of all sales going to the Waves between 4-9 pm! Then don't forget to come to Boston's after both home meets this season and celebrate

Wave's victories with the team, family and friends! It's a great way to meet your teammates and their families. Please stop by Boston's anytime as a thank you for sponsoring our team this Summer.

On July 13th, it's another night with the Blue Crabs, once again Southern Division champs!! Buy your \$13 tickets and have half the price

go directly to our team. See Ron Liberi or any of the board members to get your vouchers!

And who can't wait for another season ending blowout at the Annual Awards Banquet and Swim Party?!?! Be there July 24th for good food, trophies, memories of the 2010 season, and then invade the pool till closing! Be sure to see Stephanie Duncan for your RSVP!

WAVES OF WESTLAKE, REIGNING DIVISION B CHAMPIONS!