



INSIDETHEWAVES

The Official Newsletter of the Waves of Westlake

2010 Season Schedule

June 12th—Time Trials

June 19th—@ Maximum Velocity Propulsion (MVP)

June 26th—@ Takoma Park

July 3rd—@ Strathmore Bel-Pre

July 10th—Teresa Banks @ WOW

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!! 2010 IS GOING TO BE GREAT!!

DIVISION STANDINGS

| | |
|--------------|-------|
| WAVES | 0-0-0 |
| Belair BB&T | 0-0-0 |
| MVP | 0-0-0 |
| Takoma Park | 0-0-0 |
| Strathmore | 0-0-0 |
| Teresa Banks | 0-0-0 |

...AND THE ROAD TRIPS BEGIN!

At 8 am on Saturday, in the cozy confines of the indoor Lab School pool in NW Washington, DC, the 2010 Waves season officially begins. The opponent is Maximum Velocity Propulsion, a truly elite opponent that will give the Waves coaching staff a true test of the Wave's ability to compete among the top six teams in the forty team Prince Mont Swim League. The meet with MVP begins a string of three consecutive road contests with the likes of Takoma Park and Strathmore Bel Pre. Along with the challenge of competing with year-round swimming teams among the best in the Washington, DC, area, comes the unique opportunity to swim in a few of the finest facilities. MVP and Takoma sport relatively new swimming facilities that meet exacting competition standards beyond those of normal Summer teams. It's also the first opportunity this season for our swimmers, parents and fans to be great representatives of Southern Maryland. Coolers are always present on these road trips, but keep in mind that all Summer teams need money to operate each season—a lot of money! So the snack bars, water and energy drinks are all a profit maker for the home team. Keep the coolers packed light and frequent the snack bars of our hosts when you can. Remind your swimmers to stay in the water until the last swimmer has reached the wall and always extend a hand of congratulations regardless of where they finished. And finally, bring the trash home or deposit it in a can! Don't let the last thing people remember about the Waves be our empty bottles and wrappers.

Plan on being at the opposing pools early to get a prime seat. A Division teams bring lots of fans! Unless the Lab Pool has changed since our last visit

5 years ago, there is VERY limited seating for fans. You may be asked that fans of swimmers not competing in the next event step outside to allow parents of competing swimmers to be able to see the event.

MVP swam against the Waves twice during their brief stay in B Division, winning a close meet at home and dominating the Waves late in the meet at Waldorf. They have some incredible swimmers and always come prepared. A huge first test for the Waves.

Last Saturday our Waves took to the water and displayed both flashes of brilliance and some inexperience in the water for the younger swimmers. As is always the case, the only pre-season meet presents much work to be done by the coaching staff to get the newer swimmers up to speed and shaking the rust off the veterans! But good times were prevalent despite the heat and early start. The Waves appear poised to make some noise in A Division, much like the 2004 team did finishing with an impressive 2-3 record.

Parents wishing to volunteer for the 9 timer positions needed for away meets need to contact Bonnie Impostato prior to the meet.

Get excited for 2010!! Not only are our Waves coming off one of their best seasons in 2009, the competition will be awesome in the elite division! There's no reason to assume that the Waves will be overmatched. Both boys and girls sides are loaded with talent for the Waves as the number of year-round swimmers from high schools to the Raiders have stocked our ranks over the last few years. And there's always that young diamond in the rough that pushes us over the top!



PAGE TWO: SHOOT THE CURL

PMSL SWIMMING NEWS

DID YOU KNOW?

USA swimming superstar Michael Phelps has once again provided a positive push for swimming success in the United States. Joining with ski boarder Ross Powers and the Level Field Fund, Phelps has donated a significant portion of his own funds along with money earned from his apparel line to help fund the costs of young Olympic hopefuls and their training needs. Way to go Mike!

MEET OF THE WEEK! Where else to start but in the top division? To open the season on a high note, Belair Bath and Tennis visits Takoma Park in what could be a showdown for the division title. Takoma has steadily risen through the ranks of the PMSL and have recently owned a share of the division lead on a regular basis. BB&T once was the ruler of A Division but have struggled just a bit to remain among the top 3 teams. Still BB&T's team that annually numbers over 200 swimmers are poised to make another run to the top while Takoma plans to make it a long day for them. Tune into princemont.org on Mondays to follow all the action in the PMSL. Also don't forget that your very own Waves have a website on reachforthewall.com hosted by the Washington Post.

Reachforthewall covers the action in all of the DC and Baltimore area swim leagues and provides a forum for swimmers and swim parents alike to share their Summer experiences. The Waves newsletter is posted to the wall each week and is viewed by numerous teams to keep track of what's happening throughout this swim crazy area.

Six teams being their quest in our former B Division this weekend to see who can follow the Waves' successful 5-0 and Division Championship 2009 season. West Laurel who struggled the last two seasons in A Division plan to take their frustrations out on a division that returns three teams from 2009, and welcomes three new teams, West Laurel, West Arundel and Adelphi Recreation.

NEWS FROM AROUND SOUTHERN MD POOLS

Our county rivals face some interesting opening meets this weekend. Indian Head brings what could be one of their best teams in their long history into their first home meet with the Russet Sharks. Russet is growing and advancing through the ranks and presents a huge test for the talented Torpedoes. Our friends "across the way", Smallwood, faces another challenge in hosting the talented elite team, the Kingfish who have been making a lot of noise in D division and have their sights set on moving up. Hawthorne Country Club, with former Wave McKenzie Olup leading the way, will host the Brandywine Blue Wave on Saturday. Hawthorne is small in number but brings a lot of talent to the E Division. They also boast numerous Charles County Championships

from the 1990's. Last but not least, our 2010 hosts for the County Championship meet, the Bannister Barracudas, will host Temple Hills in what should be a hotly contested meet to open the season. Temple Hills reigned in A Division for more than a decade before changing demographics have allowed them to slip in numbers a bit over the last few years.

A hearty welcome to the newest Southern Maryland team and 40th member of the PMSL—the Calvert County based Kings Landing Swim Club. Kings Landing has a rich swimming pool of talent to build from and we can expect them to be on the move in the PMSL quickly.

ENDLESS SUMMER, THE LAST WORD

There are so many chances to help the Waves succeed this year and into the next. Remember that on June 24th the Blue Crabs, Waldorf's own professional baseball team, will host us for the Waves Night fund raiser. Every \$13 voucher gives \$6.50 to the Waves. We have almost 100 vouchers still available. So please, get those grandparents, aunts, un-

cles and siblings some tickets!! Of the 13 years I've been associated with the Waves, this is one of the best and easiest fund raisers we've ever had. Buy a ticket, go to the stadium, kick back and watch some of the best baseball in the American Professional Baseball League. Nothing more to do, no grilling burgers, no washing dishes, just relax and enjoy

the surroundings of minor league baseball in one of the finest stadiums in the league. The Blue Crabs are averaging almost 4,000 fans a game this season at Regency Furniture Stadium. There's a rock climbing wall, bumper boat pool and lots of other attractions if baseball's not your thing! Contact Ron Liberi if you'd like to purchase additional vouchers!

WAVES OF WESTLAKE, REIGNING DIVISION B CHAMPIONS!