



INSIDE THE WAVES

The Official Newsletter of the Waves of Westlake

SPECIAL TIME TRIALS 2009 EDITION!

2009 WAVES SCHEDULE

- JUNE 13—Time Trials @ WOW
- JUNE 20—Silver Spring Tsunami @ WOW
- JUNE 27th—WOW @ Greenbelt
- JULY 4th—BelAir Swim & Racquet @ WOW
- JULY 11th—WOW @ Whitehall Pool & Tennis
- JULY 18th—Montpelier @ WOW
- (End of Regular Season)
- JULY 19th—Charles County Championships!
- JULY 25th—Division B Championship Meet
- JULY 25th—Awards Banquet
- AUGUST 1st—All-Star Meet

BLUE CRABS FUND RAISERS

Last year, Waldorf's minor league baseball team, the Southern MD Blue Crabs, provided five great fund raising opportunities, and the money earned allowed for benefits to all Waves families, including reduced team fees and new equipment. On April 23rd the Crabs embarked on their second season and invited the Waves to earn a lot of cash too. It was an enormous opening success!

VOLUNTEER TO WORK AT LEAST ONE GAME!

CALL JOHN STEPHENS AT 410-610-3102 TO RESERVE YOUR SPOT AT ONE OR MORE GAMES.

WELCOME TO TIME TRIALS! June 13th marks the first official presentation of your 2009 Waves of Westlake Swim Team! Time trials will be the only date this season that the Waves swimmers compete against their teammates for seeding position during the regular season. Sit back, relax and enjoy the show! Or better yet, volunteer for a deck position or to help out the snack bar!

This is my 10th Summer as a swim parent, and this one is especially important as our oldest child, Kelsey, prepares to age out this season. I will tell you that there is nothing more fun for Mindy and I than watching our two kids swim, and being at the pool with all of you. This decade of being a part of the Waves family has been one of the most rewarding in my life and not just from the standpoint of the competition. What the Waves family brought to mine is much more than the Saturday swim meets these past years. It's a sense of belonging to a small group of people who value the health and well-being of their children, and who have become lifelong friends away from the pool. I hope as time goes on that the Waves will do as much for you as they've done for my family. So here's my appeal.

In a few short years, the core of older parents will age out.

If you're a younger family, look around at time trials this weekend and notice the volunteer positions on and off the deck. The folks who have volunteered to be deck officials, timers, ribbon writers, run the snack bars, announce the meets, order swimsuits, make t-shirts, run for Board positions, author the newsletter and set up the pool are all going to age out soon leaving a huge void. Now's the time to step up, think of something you'd enjoy helping with, and then commit as a volunteer and help the Waves stay together for another two decades.

My very first season as a "swim dad" was spent in an lounge chair reading a paper, and not even understanding how a meet is scored or how the league competes. But my wife urged me to get involved for year two, and I did. Here's what I gained by that simple act: friends that look out for my kids, my family and my home; friends named John, Gregg, Jim, Ron, Chris, Al, Tom, Rich and the list goes on. People I can count on, have fun with year round, and my kids look up to with respect. We have football parties, morning breakfasts, simple get togethers and we extend the Waves family to 12 months a year. All it took was asking "What I can do to help today?" The reward lasts a lifetime. It's more than just for the kids, it's for all of us. Go Waves in '09!

WEEKLY ROUNDUP FROM DIVISION B

2009 B Division

Montpelier	0-0	0 pts
Westlake	0-0	0 pts
Greenbelt	0-0	0 pts
Belair S&R	0-0	0 pts
Silver Spring	0-0	0 pts
Whitehall	0-0	0 pts

Mark the calendars, call in the family and friends and get ready for the start of the 2009 regular season. There's a Tsunami rolling in from Montgomery County on June 20th. The Silver Spring Tsunami bring their small but talented team to the home of the Waves, and everyone will need to shake off the winter rust quickly if we hope to get out to a 1-0 season start.

In Bowie, there will be two hotly contested meets going on while the Waves

battle Silver Spring down in Waldorf. Montpelier invades Whitehall Pool and Tennis, while Greenbelt visits Belair Swim and Racquet. Lots of early season pride on the line in all three Division B meets! Greenbelt was the 2007 Division B Champion, while Montpelier tries to defend its 2008 Championship title. And of course the Waves, who won the Division B Divisional Meet in a shocker last season - nearly taking the overall crown - will be swimming for the title in 2009!

July 19th, 2009, Be a Part of the History! Let's Go Waves!!



CHARLES COUNTY SWIMMING NEWS

The 2009 season kicks off on June 20th for our four Charles County rivals, including one inner-county matchup that may set the stage for a challenging county meet in late July.

Pointer's Ridge of Bowie, one of the "fast risers" in the PMSL, open their season on the road against a tough Indian Head Torpedoes team. At the PMSL's most distant team's home pool, the Smallwood

Marlins visit the Roger Carter Seals and in the early county matchup of the season, two small but talent-rich teams square off as Bannister visits Hawthorne Country Club and our former Wave swimmer McKenzie Olup. Go get 'em McKenzie!!

Keep an eye out on July 18th as Smallwood and Pointer's Ridge square off, most likely, to claim the Division D title.

DID YOU KNOW?

Michael Phelps made a semi-successful return to the pool with two wins and two losses at the Charlotte Ultraswim event in May. Phelps has committed to compete in the 2012 Olympics and will hope to build on his eight golds in the 2008 games.

NEWS AND NOTES FROM AROUND THE PMSL

With the 2009 season just around the corner, it's time to take a minute and get yourself acquainted with a Summer swim meet. Unlike high school's relatively short meets, the PMSL has 47 events in each meet, and typically between two large teams such as the Waves, the event can last up to 3 1/2 hours.

If this is your first swim season in the PMSL, I encourage you to read the

league rules at:

<http://www.princemont.org/rules.html>

The PMSL website is a great resource during the season offering direction to away meets, records in each event, scores from previous seasons, et cetera.

And of course don't forget our own website at:

www.wavesofwestlake.info

First Home Meet of '09 Means "Pack the House!"

Ok, we've talked about the fact that the Tsunami of Silver Spring come to Dorchester Pool at 8 am on June 20th to kick off the 2009 campaign, but what does that mean to you? It means call the grandma's and grandpa's, aunts and uncles, neighbors and former Waves families! Let's pack the house at Dorchester Pool for the first regular

season meet. Nothing would fire up our swimmers or drop some tenth's of a second more than seeing a packed pool for this first key division meet.

Come out, bring a friend, and cheer on the new coaching staff, Seth Rose, Nathan Stephens, Christine Dunleavy and Susan Dunleavy!

Hey Waves...July 19th, 2009...will YOU be ready?...EIGHT STRAIGHT!

For late-breaking Waves news: www.wavesofwestlake.info