



INSIDETHEWAVES

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

July 10th—Teresa 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!! 2010 IS

DIVISION STANDINGS

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

RECORDS FALL FOR WAVES DESPITE LOSS

There's a reason that Takoma Park was the league runner-up in 2008 and overall champion in 2009; they're simply awesome! Based on the talent on display at Takoma's home pool on Saturday during their 337-232 win, they may be vying for the league championship for a very long time. From age group to age group, they are deep, well-coached and will certainly set some league records as they progress. On July 3rd, they will face off with Theresa Banks, also undefeated in the A Division, with the winner taking a giant leap forward for the overall PMSL League Championship. Lost in all that were some outstanding chin dropping performances for our Waves, who once again came up short but competed at a very high level.

Kerrigan McMillen topped off her triple victory day with a Takoma pool record in the 8-under 25 yard breaststroke. Andrew Nguyen, not to be outdone, set a pool record in the 12-under 100m IM to help complete his own triple winner morning. Anthony Nguyen also had a triple winning meet, and captured pool records in the 8-under 25 yard free and breast events. Then to place an exclamation point on his effort, broke a 31 year old league record in the 25 yard, 8-under backstroke! What a day for three great kids! Congratulations!

Overall the Waves performed very well despite the loss. The away team took 14 of 49 possible first place ribbons and 19 seconds. But Takoma was able to pull away as the meet wore on and in the first three events of the day, Takoma set two league records and one pool record. That set off a pool and league record breaking day that the Waves can definitely be proud to have played a part. The Waves had three triple winners on the day with Kerrigan, Anthony and Andrew. Carla

Arquero was a double winner for the Waves, with Katalina Martinez, Alexander Nguyen and Brad Tipper each scoring single victories.

One troublesome occurrence was the Waves inability to field a mixed 8-under 100m free relay team in event 47. It's the first shutout in an event in many years and appears to have occurred as a result of swimmers departing early. Please work with the coaches early in the week to know who they will have available for the full duration of the meet. That shutout cost us 12 points!

It's tough enough to have a road meet, but add into that being the second such meet in a row, in an indoor facility where it's hard to hear, warmer than outdoor pools and a bit of chaos on deck, and you have a recipe for disaster. But the Waves took on the new surroundings and difficulties like the champions they also are. Once again, a thank you has to go out to our opponents for being gracious and friendly. No deck official can ever ask for more than free hotdogs, cookies and cold water! Takoma certainly did their best to make us feel at home and welcome at their aquatic center.

On July 3rd, expect fireworks to ensue as the Waves travel yet again to the outdoor pool of Strathmore Bel Pre in what is predicted to be a very close meet and may very well determine which team remains in A Division for the 2011 season. Early numbers seem to predict a Waves victory, but you never know who's been on vacation for the opponents, or who might be unavailable for the Waves due to absence or injury. Older parents will remember several classic matchups with Bel Pre in the past and the scores have always been tight! Go Waves in week 3!



PAGE TWO: SHOOT THE CURL

PMSL SWIMMING NEWS

DID YOU KNOW?

The NCAA has reported that for the seventh straight year, college swimmers have topped the grade point average list for all collegiate athletics! Not only does swimming keep you heart-healthy, it teaches you commitment and keeps you cracking the books! So don't give up! Get wet, compete, have some fun...and most importantly, BE A WAVE!!!

Ok, so the news coming out of the A Division may not be all good for the Waves! Theresa Banks, an upcoming opponent, took it to MVP in week 2 with an impressive 301.5-272.5 victory to move to 2-0. If it wasn't for watching our Waves, or the World Cup Round of Eight, on July 3rd, the only place to be would be the Takoma Park Aquatic Center to see them engage in the battle of the undefeated! Belair Bath and Tennis had little problem dispatching Strathmore 332-247. Belair's matchup with MVP will be very interesting as one of those two teams will drop to 1-2, with the other still in contention although needing some help. The Waves next three meets will go a very long way in deciding who wins the A Division crown, especially if we can pull off the upset! Back in our old homestead of B Division,

there's going to be a great matchup this weekend as 2-0 Adelphi takes on 2-0 Silver Spring for the division lead. Sentimentally, ya gotta pull for our former rivals from Silver Spring! Half the size of other teams, but so much talent! Here's hoping the Tsunami can win their third straight!

In C Division, our old friends from Montpelier and great rivals from New Carrollton have both gotten off to 0-2 rocky starts. But congratulations go out to Dave Mathews and his Greenbelt team who have had two straight dominating victories to lead the division.

In E Division, Pointers Ridge continues their climb in the PMSL with yet another 2-0 start. The PMSL heats up in July! Stay tuned to www.princemont.org!

NEWS FROM AROUND SOUTHERN MD POOLS

What's it going to take for the Smallwood Marlins to pull off the victory? Snake bitten time and again over the last three years, the Marlins have the market cornered on cardiac inducing finishes! On Saturday, the Marlins entered event 49 in a dead heat with a strong Russett team only to see the Sharks take first and second, sending Smallwood to a 5 point loss.

The Indian Head Torpedoes dropped their second straight in a 315-250 loss to the Roger Carter Seals.

Bannister couldn't follow an opening season victory and fell to Severn Crossing 282-267.

Hawthorne Country Club has opened the season with two impressive victories, the latest a 336-134 thrashing of Oxon Hill. Waves parents and friends,

lest you forget we're less than a month away from the premier swimming event in Charles County! Bannister Swim Team will host this year's installment and the Waves cannot rest on their eight-year streak! Hawthorne is undefeated, Bannister is much improved, and you just know that Indian Head and Smallwood are saving their best for last to get a crack at the coveted trophy. The Waves have dominated recently, but the trophy has the names of every other team and they would like nothing more than to claim they were the team who ended the Waves dynasty! It really is the one meet to bring family and friends to if they're visiting. Always a great time, Bannister is always the gracious host, and the swimming, well....it's simply the best!!

ENDLESS SUMMER, THE LAST WORD

Parents! Swimmers! Family and Friends! The next round of fundraisers is upon us. A great chance to have fun with your teammates, eat, drink and be merry—and most importantly—help raise funds for the Waves. On July 6th, come out to Boston's Pizza for food and fun with 10% of all sales going to the Waves! And 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!

On July 13th, it's Blue Crabs III! Another chance to get \$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!

On July 14th, the Waves will host Bannister in

a "B" meet. Any swimmer not placing in the top three in an event during the regular season meets may participate. It's a great opportunity for less experienced swimmers to get a crack at those coveted heat ribbons and hear their names announced over the speakers! So please come out and support your Waves all season long. We can't survive without you!!

WAVES OF WESTLAKE, REIGNING DIVISION B CHAMPIONS!