



INSIDE THE WAVES

The Official Newsletter of the Waves of Westlake

WAVES 4-0 WITH 325-244 WIN; RECORDS FALL

2009 WAVES SCHEDULE

JUNE 20—Silver Spring Tsunami @ WOW (WIN 285-200)

JUNE 27th—WOW @ Greenbelt (WIN 332-231)

JULY 4th—BelAir Swim & Racquet @ WOW (WIN 313-263)

JULY 11th—WOW @ Whitehall Pool & Tennis (WIN 325-244)

JULY 18th—Montpelier @ WOW

JULY 19th—Charles County Championships!

JULY 25th—Division B Championship Meet

JULY 25th—Awards Banquet

AUGUST 1st—All-Star Meet

COUNTDOWN TO EIGHT STRAIGHT!

July 19th, 2009

At Indian Head



BE THERE TO WITNESS HISTORY!!

Resilience: the ability to overcome adversity and obstacles in order to succeed. The mark of a strong team is the ability to remain resilient when factors are stacked against you. On Saturday the Waves climbed to a 4-0 record despite having to succeed in a pool where, historically, the Waves have not performed well. Against a talented Whitehall team, the Waves set five team records, won 31 of 44 individual events and 4 of 5 relays, as their chances of finishing with a perfect 5-0 regular season record improved considerably. Once again the Waves opened the meet with two wins in the 200m Medley Relays, scoring an early 23-15 advantage that grew as the morning wore on. The girls 200m Medley team of Kendall McMillen, Ebony Sherrill, Amelia Tarlton and anchor Kelsey Hare won by over seven seconds while the boys team of Matt Cooke, Zach Stephens, Trey Lutich, and Jamie Hibbert eased into first with a 16 second bulge.

Whitehall had some great performances of their own from swimmers Holly Sampson, Annie Hayburn, triple winner Hannah Van Dress, Vince Conti and Dave Webster. As usual, Whitehall posed a huge threat to the season plans of the Waves, but also as expected they were a great group of parents, swimmers and volunteers that ensured a fun morning for all.

Highlights for the Waves included team records from Andrew Nguyen in the 9-10 25m backstroke, 25m breaststroke, and 50m free; Abby Belote in the 13-14 girls 50m freestyle; and Anthony Nguyen in the 8&under 25m backstroke. Great job Andrew, Abby and Anthony!!

Triple winners for the Waves were Alexander and Andrew Nguyen, Abby Belote, and Susan Duncan. Double winners were Cole Holloman, Ebony Sherrill, Anthony Nguyen, Zack Stephens, and Kendall McMillen. Single winners were Matt Essing, Christian and Austin Fisher, Trey Lutich, Amelia Tarlton, Spencer Gruwell, Carla Arquero, Jamie "FSU" Hibbert, and Logan Hare.

Cole Holloman and Logan Hare battled out the closest finish of the day in the boys 13-14 50m butterfly with Cole coming in at 33.99 and Logan at 34.00. Two hard workers getting the job done for the Waves!

There's never enough room to list all of the seconds, thirds and fourths, but this was another total team victory from every one of our swimmers. We can't do it without each and every one of you. Teamwork wins meets!

Next Saturday, the Waves will go for the perfect finish with a home meet against the Montpelier Marlins, and the Marlins will attempt to defeat the Waves for the fifth straight year. Come early and bring the family! It will be a great one.

WAVES CLINCH SHARE OF DIVISION TITLE!

2009 B Division

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|---------------|-----|
| Westlake | 4-0 |
| Belair S&R | 3-1 |
| Whitehall | 2-2 |
| Silver Spring | 2-2 |
| Montpelier | 1-3 |
| Greenbelt | 0-4 |

Westlake's win over Whitehall ensured one step of the 2009 campaign has been completed, a share of the division's regular season title. With Belair pushing for a possible 4-1 finish, even a loss by the Waves Saturday to Montpelier would still give them the head-to-head title thanks to their week 3 win over BSR. That's important, as we well know, when it comes to the Division Championship meet. The Waves will need just a second place finish at best to win the division title. But let's just win it outright, and

save fingernails! On Saturday, BSR slipped past Montpelier 301-269, and Silver Spring continued their surge with a strong win over Greenbelt 294-269.

Next Saturday the Waves will attempt to get past their Marlin rivals after falling short the last four years. There have been two classic finishes in 2008 by 4 points, and in 2006 by 1 point, both in Montpelier's favor. This will be a meet where the regular season up to now can be thrown out the window. The Marlins will be bringing their best to Dorchester Pool!

Charles County Championships, Sunday, July 19th; B Division Championships, July 25th,



CHARLES TEAMS PREP FOR COUNTY MEET!

Smallwood, Bannister, Hawthorne Country Club and Indian Head have one goal in their minds as the 2009 regular season winds down. Beat Westlake in the Charles County Championships! The Waves will be prohibitive favorites to clinch their record setting eighth straight title this year, but being the favorite is not to be taken lightly. The target has been on the Waves every year since wresting the trophy from Smallwood in 2002. This season

will be no different, as our rivals have not been happy with the relatively easy victories for the Waves the last four tries.

On Saturday, Smallwood gained their first victory of the season with a strong win over Indian Head. Finishing second to the Waves the last seven years has them hungry for shocking the fans that will fill Indian Head's pool next Sunday. Bring it, Smallwood!!

DID YOU KNOW?

The U.S. National Swimming Championships

concluded Sunday, July

12th in Indianapolis,

Indiana. The meet

received the highest non-

Olympics television ratings

for a swimming event in

history. While Michael

Phelps ruled the pool, the

new Jaked01 swimsuit

debuted to controversy as

numerous records fell to

swimmers wearing the new

compression suits.

NEWS AND NOTES FROM AROUND THE PMSL

Division A was rocking on Saturday as the elite six wind down the 2009 season. Takoma Park downed MVP 321.5-256.5 to clinch the regular season title. But Belair Bath and Tennis won their third straight, a 292-287 nail biter over Theresa Banks to stay on their heels for the division championship. Strathmore Bel Pre won their first of the season with a commanding 323-253 win over 0-4 West Laurel. Takoma's win over BB&T in the opening week was

storm shortened after just 34 events, so the division title may be up for grabs in two weeks.

Our favorite former Wave, McKenzie Olup and teammate Haley Horkey both tripled for Hawthorne CC as they handed Bannister its first loss of the season 268-248. Haley, McKenzie and Jake Scanpioco of Bannister will be on display next week at the county meet. The 50th PMSL season has been a great one!

BUSY WEEK FOR SWIMMERS, VOLUNTEERS

While the Waves have five practices this week, their parents will be resting up for volunteer duties for the upcoming busy week in the PMSL. On Saturday, the Waves will complete the 2009 regular season with a home meet against Montpelier, then volunteers report to Regency Furniture Stadium at 4:30 pm for the fund raiser with the playoff bound Southern Maryland Blue Crabs! The next morning it's "on the road" to Indian Head for the Charles County Championship. Whew. We'll need you all to help out this weekend at one of the events. And since this is our last

home meet, it's time to honor our 18 year old swimmers who will be aging out and heading off to college in the Fall. So bring out the family, neighbors and friends, and join us in wishing this special group of swimmers well in their future endeavors. Then on July 25th, a select group of Waves will advance to the Division B Championship meet to hopefully lay claim to their first division title in six years! A smaller group will represent the Waves at the PMSL All-Star Meet on August 1st as all 39 teams send their best to compete for individual honors and to put an exclamation mark on the 50th Anniversary season of the Prince-Mont Swim League! GO PMSL!

TWO TROPHIES IN TWO WEEKS? DIVISION AND COUNTY CHAMPIONSHIPS ARE COMING!!

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