



# INSIDETHE WAVES

The Official Newsletter of the Waves of Westlake

## WAVES 3-0 AFTER WIN OVER BSR!

### 2011 Season Schedule

**June 18th—Greenbelt @ WOW (Win! 291-272)**

**June 25th—@ West Laurel (Win! 295-280)**

**July 2nd—BelAir Swim & Racquet @ WOW (Win! 298-270)**

**July 9th—@ Adelphi Recreation**

**July 10th—Guppy Meet @ Smallwood**

**July 11th—TEAM PICTURES!**

**July 16th—Whitehall Pool & Tennis @ WOW**

**July 17th—Charles County Championship Meet**

**July 23rd—B Division Championship Meet**

**July 23rd—Awards Banquet**

**July 30th—All Star Meet**

### DIVISION STANDINGS

<b>WAVES</b>	3-0-0
Whitehall	2-1-0
Greenbelt	2-1-0
West Laurel	1-2-0
Adelphi Rec	1-2-0
Belair S&R	0-3-0

The story line has always been that most competitive division in the PMSL is the B Division. The Waves and Belair Swim & Racquet made sure to put an exclamation point on that statement after a 298-270 win for Westlake in a meet much closer than the final score indicates. With the win, the Waves have a commanding 3-0 regular season record in the division, but the championship meet on July 23rd is far from a given. As the Waves know from the 2008 and 2009 division meets, there are surprises that occur when six evenly matched teams vie for the title.

On Saturday, the steamy temperatures were combined with a meet that changed hands early on, and the lead never reached more than 10 points until very late. The Waves took three of five relays for a total advantage of 52-39, and were 27-22 in the 49 events. With a score that hovered within 5 points either way, the Waves finally broke through and dominated 6 of the 8 backstroke events to grab some breathing room and slowly put away the meet from there on.

There was once again a changing of the guard just below the Waves in the standings as both West Laurel and Adelphi dropped their second straight meets to Greenbelt and a very strong Whitehall team respectively. That could set up a huge matchup between the Waves and Whitehall on July 16th for the regular season title.

The Waves triple winners this week were Anthony Nguyen, Carla Arquero, Andrew Nguyen, Alex Nguyen, and Noemi Arquero. Double event winners were Denny Nguyen, Emily Decker and Kerrigan McMillen. Single winners were Riley Hayes, Thomas Nguyen, Carsen Essing, Matt

Essing, and Tyler Bovard. Great job kids, and to all our Waves for a big win this week!

Six Waves of Westlake records fell this weekend too. Andrew Nguyen broke the team records for the 11-12 50m free and 12-under 100m IM. Anthony Nguyen broke the 9-10 25m breast record and Carla Arquero now owns the team record in the 11-12 50m backstroke. Denny Nguyen broke the team record in the 15-18 100m IM, then joined Alex, Andrew and Anthony to break the 9-18 200m freestyle relay! There's a reason this team is called WOW!

No time to rest on our laurels though as the Waves take their 3-0 record on the road to a very tough Adelphi Recreation team this weekend! Time to pack it up and hit the route 301 caravan early and please remember to pack lightly. These teams really need your support at their snack bars and since the Waves always come in great numbers, we're a date where they hope to make a lot of profit for their teams. Buy a coffee or a doughnut and help keep all our PMSL teams moving forward.

Although there are only three weeks left in the division season, the calendar is PACKED with action! Don't forget that our 10 and unders will need cheering on at the Guppy Meet on July 10th, (the day your head timer turns 50, not 63!) then team picture day is July 11th...Smiles! Smiles! Then two meets in two days as the Waves closeout the regular season with Whitehall and turn around 24 hours later to try to take the Charles County trophy for the 10th consecutive year! The B Division championships are Whitehall on the 23rd with the Waves Awards Banquet that evening!



# PAGE TWO: SHOOT THE CURL

## CHARLES COUNTY SWIMMING NEWS

### DID YOU KNOW?

Almost 50% of all competitive swimmers are treated for shoulder pain at some point in their careers. It takes a lot of muscle and joint power to move a body through the water at a fast pace. An hour of swimming burns more calories than either biking or speed walking, and is considered by most physicians as the very best exercise for your heart and lung health. So swimmers, you get our R-E-S-P-E-C-T for all those hours in the pool at high school, Raiders and Waves practices. It isn't easy but it sure is beautiful to watch!

With the County championship meet just under two weeks away now, the Waves' local rivals are getting warmed up for an ambush they hope! Sunday, July 17th at Smallwood pool, five teams will enter the water with one common goal, capture the most coveted swimming trophy in the County! If this is your first ever County meet, be prepared to be entertained! It's always a festive occasion as the five competing teams cheers will drown out iPods throughout the neighborhood. Bring your family and friends out for this one.

Week three in the PMSL had our four rivals in heated action. The Russett Sharks downed Smallwood 299-278. The Marlins have struggled for a win this season, but their talented younger swim-

mers keep them close every week. In the only intra-County meet this weekend, Indian Head downed Bannister 297-237 in a showdown of hopefuls. Hawthorne Country Club impressed on Saturday with a 349.5—140.5 thrashing of Oxon Hill.

Our Calvert County neighbor, Kings Landing, swam to their eighth consecutive regular season victory in two years as they downed Temple Hills 326-248. Many of us longtime Waves parents remember well the Temple Hills of the mid-1990's that swam every year in A Division and held their own against year round opponents. Temple Hills used to send their very best older swimmers to the annual Shark Meet at Smallwood and impressed all of us with their talent every year.

## NEWS FROM AROUND THE PMSL

Division A continues some of the more compelling swimming ever seen in the PMSL this season. Takoma Park bested Belair Bath & Tennis 298.5—278-5. Theresa Banks waited till the last relay to put away Maximum Velocity Propulsion 289-286. Strathmore got their first win of the season downing 0-3 Silver Spring Swim Team 305-252.

With their wins, Takoma Park and Theresa Banks enter week four undefeated two weeks ahead of their final week showdown. MVP will host Takoma Park this weekend and Theresa Banks is a heavy favorite hosting Silver Spring. Keep an eye on this division coming down to the wire. Their division championship meet should be one for the ages! Of course,

old-timer Waves sentiment lies with MVP rallying to take it all. They were a great host to the Waves three times in our history and are not only an incredibly talented bunch of swimmers, but some of the nicest parents in the league.

In Division C, Kingfish continue to dominate after a 352-212 thrashing of old rival Cheverly. Marlton Swim and Racquet continued their run downing Northridge 293-283, setting the stage for a huge showdown with Kingfish as the season wraps up in two weeks.

It's been a great season in the PMSL so far. Make sure to follow all the action at [www.princemont.org](http://www.princemont.org)!

## ENDLESS SUMMER, THE LAST WORD

Kudos to all our great volunteers last Saturday. All the timers were in place long before the meet and several parents stopped by the head timer position to offer their assistance to give our folks a much needed break during the meet. Each season some really great parents step up and offer to be a part of the ever-growing Waves tradition! Now's your chance

too, if you haven't done it yet. Our Moms in the snack bar put on some show for us every week as organized by Jan McCool. The Walking Tacos get better every weekend and were the talk of Belair Swim and Racquet's timers this past meet. One timer told me that he may still show up after his kids age out just to get his hands on one of those cups of tacos.

Hats off too to our great ribbon writers and clerks of course. They start early, stay late and earn every bit of our praise keeping the meet moving. And even though our great announcer has yet to say it, Tom Belote, you still have the best legs on the deck. Thanks to all those dedicated deck officials who keep our meets moving along smoothly!

**Waves of Westlake, Feel Our Power! County Championship!**