



INSIDE THE WAVES

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

WELCOME TO THE 2010 SEASON!

Welcome returning swimmers and families, and a special hello to our new team members! The 2010 season is NOW, and there are some exciting news tidbits to bring you up to date on.

When we last left you in August, the Waves were busy preparing for the All-Star meet at Whitehall Pool and Tennis. What a performance by our swimmers! Six top finishes, many more in the top 15, and a huge news article in the Southern Maryland Independent. We also crowned the Waves as County Champs for the eighth consecutive year, and now the reigning 2009 Division B Champions!

It truly was a great year, undefeated and ready to grow for 2010. In April, the PMSL officially promoted the Waves to A Division, the premier division in the league. Our Waves spent one season in the top division back in 2004, resulting in a 2-3-0 record, before returning to B Division for the last five years.

We've also said goodbye to six of our swimmers aging out after as many as 12 years on the team, and to team president, John Stephens and our treasurer, Gregg Sato. They finish their two year terms with an 8-2 overall regular season record, two County titles and one Division title, and a team that's financially solid for coming years.

We now welcome our two new board members, elected at the awards banquet in July! Stephanie Duncan and Chris Pelletier, two long-time swim parents who always volunteered for numerous assignments with the team. Stephanie and Chris are great additions, and the board is lucky to have them for the next two years.

Belated congratulations to our undefeated coaching staff of Seth Rose, Christine & Susan Dunleavy,

and Nathan Stephens. Well done, coaches!!

For new parents there are three sources of Waves swimming news you'll want to use frequently. The Waves website, www.wavesofwestlake.info, will give you the latest news about practices, cancellations, meet information, et cetera. This newsletter will provide a weekly recap of all things Westlake, and the Washington Post's newest addition, www.reachforthewall.com, provides detailed story lines from every Summer swim league in Maryland, Virginia and DC. And for league standings, news and schedules check out www.princemont.org.

2010 will mark a change to our home pool after two years at Dorchester. The Waves make their triumphant return to Hampshire pool for the next two seasons.

For our newest swimmers, remember, we don't care where you finish, just that you tried your best and had fun doing it. Every swimmer, no matter how accomplished or how new to the sport, is an equal part of a great Waves tradition. I think you'll come to realize very quickly that this is a special extended family of friends and teammates. Enjoy it this coming Spring and Summer.

Stay tuned to "Inside the Waves" for this season's news, including how the swim Dads are faring in the Westlake Fantasy Football League. This is your team, your Summer family, and for the next three months, it's all hard work and a lot of enjoyment for everyone. Time to jump in the pool, shake off that chilly water...and...just....SWIM!!

GO WAVES 2010!! Good luck in A Division!



PAGE TWO: SHOOT THE CURL

CHARLES COUNTY SWIMMING NEWS

DID YOU KNOW?

The Southern Maryland Blue Crabs baseball team made the playoffs in just their second season in the American Professional Baseball League. The “Crabbies” used power hitting and the best pitching staff in the league to dominate throughout the season. And they’re responsible for critical funds raised by the Waves in 2009. Get out and support them in 2010!

If you’re a new Wave family, you may not have heard what keeps the Summer so hot in Charles County. It’s our rivalries with our friends across the region who also compete in other divisions throughout the PMSL. Topping the list are our friends “across the way”, the Smallwood Marlins. Smallwood has competed for many years in many different divisions in the PMSL. The Bannister Barracudas may be small in number, but long on talent! They are a force to be reckoned with in their division every year. Hawthorne Country Club boasts several of the areas very best swimmers and never fail to disappoint. A little further down the way, the Indian Head Torpedoes have been rocking the pool for many years, and this year hope to field one of the best teams they’ve

had in many years. The Torps should never be taken lightly! Along with the Waves, these four teams strike fear in the hearts of our PMSL rivals to the North. Charles County swimming is on the rise both in the Summer and throughout the Southern Maryland Athletic Conference high schools. Each year, on the Sunday following the final regular season meet, the five County teams meet for bragging rights and to lay claim to the coveted Charles County Championship. In 2009, the Waves became the first team to capture the title for an unprecedented eighth straight season. In 2010, the Waves will marching toward number nine, but leave no doubt, there are four worthy opponents waiting to steal the trophy back this year. Bring it home in 2010 Waves!

NEWS FROM AROUND THE PMSL

The PMSL is the second largest Summer swim league in the area, boasting seven divisions and 40 teams for 2010. The “elite six” in the A Division bring some of the best talent in Maryland, including two indoor facilities and several year round teams. Make no mistake, just being promoted to the A Division as a Summer only team is a great accomplishment for the Waves, but there will be no easy meets. After five mostly dominating years in the extremely talented B Division, the Waves earned the respect of the PMSL to move up for the second time in 6 years. Very few Summer only teams will ever get the chance to pit their swimming talents against the very best but the Waves have been given just that opportunity. Maximum Velocity Propulsion, Strathmore Bel Pre,

Teresa Banks, and Bel Air Bath and Tennis all competed with the Waves in season’s past. Takoma Park, owners of one of the league’s finest swimming facilities round out the talent in this year’s premier division. This column each week will bring you news and notes from around the PMSL’s seven divisions as each of the 40 squads vie for their respective titles. Go to www.princemont.org, click on 2009 results and check out the banner ceremony pictures for our Waves. It’s the perfect way to end a perfect season when you can hoist the banner as the champion of your division, and that’s just what our Waves did in 2009. 2010 will be a bit more challenging though, and it will be interesting to see how we match up!

ENDLESS SUMMER, THE LAST WORD

Well here we go again Waves families! The 2010 season is here and the challenge is on to compete in the toughest division of the PMSL! You are part of one of the longest lasting and respected traditions in Charles County—the Waves of Westlake Swim Team! We all want the best for our children, and I can’t think of anything better to provide them with two

months of fun, teamwork, and smiles. Many children have gone before yours wearing the Waves colors, and they all come back year in and year out to cheer on their successors. We have welcomed back lawyers, college students, business women and men, and all of them got their start right here with our Waves. The pool water is chilly, the sun is

hot, the volunteering takes your time and your sweat, but believe me, it will all be worth it! The Waves board, officials, deck volunteers and our returning swimmers wish you a wonderful, splash-filled Summer! Be a part of it all by helping out in one of many ways that our swim parents can make a difference for all of our kids. Surf’s up, Catch a Wave!! Let’s GO!!

WAVES OF WESTLAKE, REIGNING DIVISION B CHAMPIONS!