

Weekly Wave

KC Waves

Week of July 27, 2009

KC Waves End with Winning Season

The Waves swam well against their arch rivals, the Huntington Dolphins. We won the meet, including 47 of the events and had 152 BEST Times! This week's biggest wins came from the 9-10 girls, winning all 6 of their events. The Relay Teams came together and won all but one relay event.

Triple Blue Ribbon Winners

Grace Woodson
(Free, Back, Free Relay)
Amanda Hopkins
(Back, Fly, Free Relay)
JJ Woodson
(IM, Back, Free Relay)
Emma Stenoein
(IM, Breast, Free Relay)
Michael Wegner
(IM, Free, Free Relay)
Makenzie Miller
(Free, Back, Free Relay)
Joel Stenoein
(IM, Back, Medley Relay)
Ellen Hoyson
(IM, Back, Medley Relay)
Keith Tobin
(Breast, Fly, Medley Relay)
Mandi Kennedy
(IM, Breast, Free Relay)
Kristi Hedrick
(Back, Fly, Free Relay)
Blue Ribbon Winners
6 & Under: Caleb Hewitt
(Back)
7-8: Sam Alsheimer (Free)
9-10: Greg Nelson (Free),
Mary Kate Johnson (Free),
Joey Hoyson (Breast), Roman
Amponsah (Fly)

11-12: John Hedrick (Back),
Brandon Kim (Breast), Jenna
Nelson (Breast), Sarah
Amponsah (Fly)

13-14: Kate Kamischke
(Breast), Annie Johnson (Fly)
15-18: Matthew Kennedy
(Free)

Other Notable Performances 6 & Under

Nora Collins won a 2nd & a 3rd
Van Danielson, Gracen
Alsheimer & Jacob Noorani
each won a 2nd; Jake
Buonaccori & Anya Hessler
each won a 3rd; Jessica Hoffman
took 36s off her Free; Emma
Jennings took 10s off her Back
and 2s off her Free.

7-8

Taylor Liguori won two 2nds
Jane Ridgell & Christian
Riordan each won a 2nd & a 3rd;
Rachel Noorani, Jared Wilson
& Sam Alsheimer each won a
2nd; Chelsea Baker & Eric
Hryniewicz each won a 3rd. The
girls swept the Top 8 positions
in Free & Back! Jasmine Daniel
took 20s off her Breast!

9-10

Jillian Hagerty, Roman
Amponsah, Nick
Buonaccorsi, Greg Nelson,
Mary Kate Johnson & Amy
Dell each won a 2nd. Ben Olek,
Evan Monthie & Kathryn
Witt each won a 3rd. Kyle
Sinclair took 11s off his Back!

11-12

Betsy Frekot won a 2nd & a 3rd;
Kyle Lewandowski, Abby

White, Brandon Kim, Jenna
Nelson, Sarah Amponsah,
Lauren Hoyson &
Christopher Hong each won
a 2nd; Julian James & Nick
Borsh each won a 3rd
Jacob Topper took 26s off his
Breast & 2s off his Fly!

13-14

Haley Brittingham won two
2nds; Scott Zimmerman won
a 2nd and a 3rd; Kara
McNaney & Rachel Sandler
each won a 2nd; Jennifer
Hopkins, Zenas Park &
Annie Johnson each won a
3rd; Dayesha Sims took 11s off
her Free & 26s off her Back!
Charlie Frekot swam up and
took 3s off his Free & his Fly;
he swam with Scott, Hayley
and Kate to win the Free
Relay!

15-18

Sam Taylor won two 2nds
Patrick Johnson won a 2nd &
a 3rd; Ellie Woolls, Mason
Bedard and Alison Curry
each won a 3rd

Special

Matt Kennedy swam his
fastest CNSL 50Y race ever in
his final KC Wave meet,
25.37s. Our records only go
back 3 years, but this is the
fastest time ever recorded by a
KC Wave. Now that's going
out in Style!

Inside this issue:

Meet Highlights	1
All City Meet	1
All City Concessions	2
Awards Banquet	2
WANTED	3
Year End Awards	3

Please Note:

- There are still ribbons left in the ribbons box.
- If you were unable to attend our Year End Banquet, your swimmer's trophy is in our shed at MacGills Common Pool.
- Contact us at kcwaves@gmail.com to arrange pick up of either ribbons or trophies.

2009 CNSL All City Swim Meet @ Phelps Luck Pool

8 Years & Younger

Friday, 7/31

Gates open at 4:00 pm

Warm Ups at 4:30 pm

Meet Starts at 5:30 pm

9 - 18 Years Old

Saturday, 8/1

Session I 13-18 yo

Gates open at 7:00 am

Warm Ups at 8:00 am

Meet Start at 9:00 am

Session II 9-12 yo

Warm Ups at 12:00 noon

Meet Start at 1:30 pm

Thank You to our All City Volunteers! We are required to provide nine volunteers for the All City Meet—and our KC volunteers stepped right up.

Please remember to show your KC Waves pride and wear either some piece of KC Waves spirit wear or your KC Waves Volunteer shirt.

Friday Night

Bill Buonaccorsi

Karen Wang

Paul Keating

Dan O'Connor

Bill Goering

Saturday Morning

Don Brittingham

Saturday Afternoon

Dave Nelson

Mel Miller

Kimberly Amponsah



KC Waves Win Bid to Host All City Concession Stand

Are we crazy!?! Why would we want to host the All-City Concession stand? Let's put it this way: There are **350 8&U swimmers** registered to swim on Friday night. They all have to come with their families...there's the potential to make a **lot** of money for our team to use next summer.

When we won the bid to host the Friday night concession stand, we took a big leap of faith because in addition to the nine volunteers we had

to give to CNSL, we needed our own volunteers to run the concession stand.

We didn't have to worry because our volunteers **ROCK!** Here's the schedule of All City Volunteers for Friday Night:

Set Up 3:30-6:30

Leigh Ridgell

Bev Goering

Lisa Noorani

Jennifer Alsheimer

Jerusalem Hagos

Kathy DiValentin

Clean Up 6:30-Close

Betsy O'Connor

Drema Davis

Roberto Arocho

Tina Higgins

In addition, some of our older swimmers have offered to help out, which is much appreciated:

Alison Curry

Megan Mosier

Megan & Amanda Frekot

Annie Johnson

Thanks girls, you're GREAT!

End of Season Awards Banquet

Thank you to Wendy Hagerty and her team of volunteers for a terrific end of season Awards Banquet on Tues., 7/28! The weather was touch and go there for a bit but then the sun (and humidity) came out and we had a great evening.

Swimmers picked up their trophies and Coaches Maggie, Kristi and Chelsea

had a few other awards in store for our swimmers:

The KC Wave Award:

Katie McDaniel

Rookie of the Year:

Maya Lane

Superglue award:

Hunter Mountford & Patrick Johnson,

Ben & Katie McDaniel, Ben

Liguori & Mason Walls

Golden Goggle award:

Sam Daniel

Bed Head Award:

Maya Woodson, Brigid

Mangan, Katie Sarich, Mary

Kate Johnson

Awards Continue, p. 3



WANTED: Third KC Team Manager for 2010 Season

Good-bye to Team Managers Maureen Kamischke and Sue Monthie; you did a GREAT job and will be missed!

Maureen & Sue are cycling out of the TM's position but Kris Woodson will remain on as TM for the 2010 season. She will be joined by Lesley Ahmuty, who has generously agreed to help. We are looking for one more Team Manager, so we can continue our pattern of having a seasoned manager paired up with a manager(s) in training, which is why the TM position is typically a two year commitment. TM's do not pay

the CNSL registration fee for their swimmers—it's a small way of compensating you for your time.

The Team Manager's jobs can be divided roughly into three categories:

Administration: Meet details, meet protocols, database management, CNSL procedural compliance.

Communication: Weekly Wave, getting emails out when necessary, helping volunteers who head Pep

Rallies, Banquet, etc. with their communication and fliers, etc.

Volunteers: Managing KC volunteers and making sure slots are filled for meets, pep rallies, banquet, etc.

Everybody has strengths and if one of these sounds like yours, let us know! We'd love to wrap up this summer knowing who our third manager is...email us at kctwaves@gmail.com. We look forward to hearing from you!

Kris Woodson & Lesley Ahmuty

Year End Swimmer Awards, Cont'd

Most Spirited:

Kaleigh Wilson
Emma Jennings
Nate Topper
Mary Kate Johnson
Phillip Magaletta
Annie Johnson
Hunter Mountford

Most Improved:

Quinn O'Neil
Tina Hoyson
Henley Jennings
Samuel Park
Madison Stepherson

Keith Tobin

Alison Curry

Unsung Heroes:

Lauren Higgins
Jake Buonnaccorsi
Hannah Gorel
Joseph Sarich
Nick Borsh
Katherine McGivern

Charlie Frekot

Megan Frekot

Gatorade Award:

Mary Kate Johnson
Charlie Frekot
Megan Frekot

JJ Woodson
Evan Monthie
Greg Nelson
Gracen Alsheimer
Phillip Magaletta
Ryan Ridgell
Anyah Hessler
Gavin Walls
Amanda Hopkins
Kira Bennett
Jordan Davis
Katherine McGivern
Joseph Sarich
Jillian Hagerty

The Off Season

Another Summer Swim Season on the books—our swimmers have come a long way and we don't want them to "forget" all the things our coaches taught them this year. Next June, we want to see our swimmers on deck and ready to go! For those of you who don't want to

make the commitment to year round swimming, but don't want your swimmer to lose ground, there are fall, winter and spring stroke clinics throughout the area. CA runs a five week stroke clinic as a part of their swimming lesson program—each week swimmers focus on a different stroke. Watch

the CA Activity Guide for more information. Other area swim clubs such as GBSA and RAC have stroke clinics as well. The most important part of swimming is to keep them in the water!

