



# Weekly Wave

Newsletter of the KC Waves Swim Team  
PreSeason, 2010

## KC Waves Looking Strong in 2010

Welcome back to another fun-filled summer swim team season—we can't wait to see you! Team Manager, Kris Woodson will be returning with newbie Lesley Ahmuty and Team Administrator, Sally Smith. Building on a great 2009 summer season, we'll do our best to keep things working smoothly.

We are thrilled that **Maggie Johnson** will be returning as our head coach along with assistant coaches, **Kristi Hedrick** and **Chelsea Watkins**. So many CNSL teams have new coaches; we are lucky to welcome back our mighty (and experienced) three! Also, KC Waves is such a large team (nearly 200 swimmers) that we get to hire a "Coach in Training". More information on the KC CIT when we know who it is—but be assured it will be a swimmer from within our team who is going to be a fantastic addition to the coaching staff.

Please stop by the annual KC Waves Meet 'n Greet at Amherst House on Friday, May 14<sup>th</sup> from 6:00 to 8:00. Drop by to say hi to our coaches and have your kids play BINGO. Parents can catch up with one another,

check out our new Spirit Wear and sign up to volunteer.

We plan to have volunteer t-shirts again this year, so please come by and get yourself on the schedule so we can give you a t-shirt.

We have a new suit this year (see p. 2) and Cy's of Catonsville will be at Amherst House that night for suit try-on.

Pre-Season Practices begin on June 1<sup>st</sup> and run in the evenings all the way through June 23<sup>rd</sup>—(see schedule p.2). We will have time trails and one swim meet before Regular Season Practices begin. Regular Season begins on Thursday, June 24<sup>th</sup> at Dickinson Pool at 8:00 a.m. For our Regular Season Practice Schedule, see p. 3.

Don't forget about our website [www.kcwaves.org](http://www.kcwaves.org). It will be updated regularly by Eric Wilson.

Maggie Johnson is unable to come to our Meet 'n Greet on May 14<sup>th</sup> as she has been studying abroad this year. Here is a quick note from her:

*Hola KC Waves,*

*Greetings from Spain! I have been studying abroad in Spain since January and I am having the time of my life but I can't wait to return home to the KC Waves! I'm so happy to be returning again this year, along with Coach Chelsea and Coach Kristi and we all think that this will be the best season yet! I hope all of you have had a great year and that you're gearing up for the upcoming summer season. Chelsea, Kristi and I have been tossing around some new ideas and surprises for this summer that we hope you all will enjoy! I'll be back in the U.S. at the end of May, but feel free to email me with any questions or concerns at [mjohns12@umd.edu](mailto:mjohns12@umd.edu). Can't wait to see all of you! Adios!*

*Coach Maggie*

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### Please Note:

- Contact us at [kcwaves@gmail.com](mailto:kcwaves@gmail.com).
- **Team Managers**
- Kris Woodson
- Lesley Ahmuty
- **Team Administrator**
- Sally Smith
- **Coaches**
- Maggie Johnson
- Kristi Hedrick
- Chelsea Watkins

## A Word of Explanation About our New Suit

Every two years we choose a new suit. The trouble with being a team whose colors are purple & white is that the purple choices are limited. Add this that both the Huntington Dolphins and Clary's Forest Sun Devils had already picked their suits before we got around to picking ours and our choices became even more limited.

So...we made an executive decision and we hope you'll understand. This year's suit is going to be a "one-year" suit, meaning we'll pick a

new one again next year. This gets us off the same two-year "choice cycle" as the other two purple teams in CNSL so that we can always choose exactly what we want from the relatively small number of purple choices. Remember, you aren't obligated to buy the team suit, but we hope you will, as we think it's pretty cool, and fairly different than anything we've had before. We tried to pick a suit with a slightly lower price point since it will only be around for one year (girls' suit is \$32;

boys' jammer is \$24). Also, the boys' jammer isn't your basic black jammer with a solid purple stripe down the leg—the inset stripe actually matches the girls' suit!

Here's a picture of the suit, which will be available for try-ons at the Meet 'n Greet on May 14<sup>th</sup>. Cy's will also bring their usual mix of goggles and other swim gear to the Meet 'n Greet—including new KC Waves swim caps!



KC Waves 2010 Season Suit by The Finals: Shattered Dreams

## Age Group Parents/Officials Training Dates

Last summer, we had **Age Group Parents** whose job it was to be the "go to" person in each age group if a parent or swimmer within that group had a question. We thought this was a good system—and Jolene Danielson and Michele Hewitt did a great job with our younger age groups.

This year, we plan to have **Age Group Parents** return. We have a couple parents returning but have some gaps—please talk to us at our

upcoming Meet 'n Greet if you'd like to hear more.

Interested in being an **Official** at one of our meets? We need both **Stroke & Turn Judges** and **Starters**. Even if you completed the training last summer, you must go through the training annually, unless you are a certified USA Swimming Official.

Mark your calendars for one of these training dates:  
June 7<sup>th</sup>—Stroke & Turn  
June 8<sup>th</sup>—Stroke & Turn

June 10<sup>th</sup>—Starters  
June 17<sup>th</sup>—Stroke & Turn Times and location to be announced.



## Pre Season Practices—Easier Schedule to Remember

Pre-season practices begin on June 1<sup>st</sup>. This year all of our pre-season practices will be at MacGills Common. The pool will be all ours so we can put in the lanes lines and use all six lanes for the (nearly) four weeks of the pre-season. The upside to this is the fact that we get more practice time and space—and fewer of our little ones have to stand on the

pool deck with their teeth chattering. The downside is the baby pool will not be open for younger siblings. (sorry!)  
**Pre-Season Practice Times**  
June 1<sup>st</sup>- June 23<sup>rd</sup>  
*Swimmers 6&U*  
5:00-5:30 p.m.  
*Swimmers 7-10*  
5:30-6:15 p.m.  
*Swimmers 11 &U*  
6:15-7:00 p.m.

If your swimmer is juggling the end of spring sports and cannot make his/her age group practice time, send them to another time slot. It's better to be in the water for 30 minutes than not at all.



## Regular Season Practice Schedule—June 24<sup>th</sup> – July 30<sup>th</sup>

### Mornings Practice Schedule & Locations

#### **Mondays**

No Practice

#### **Tuesdays**

Dickinson

#### **Wednesdays**

MacGills Common

#### **Thursdays**

MacGills Common

#### **Fridays**

Dickinson

#### **Swimmers 11 &U**

8:00-8:45 a.m.

#### **Swimmers 7-10**

8:45-9:30 a.m.

#### **Swimmers 6&U**

9:30-10:00 a.m.

### Evenings Practice Schedule & Locations

#### **Tuesdays**

MacGills Common

#### **Swimmers 6&U**

5:00-5:30 p.m.

#### **Swimmers 7-10**

5:30-6:00 p.m.

#### **Swimmers 11 &U**

6:00-6:30 p.m.

#### **Thursdays**

Dickinson

#### **Swimmers 6&U**

6:30-7:00 p.m.

#### **Swimmers 7-10**

7:00-7:30 p.m.

#### **Swimmers 11 &U**

7:30-8:00 p.m.

### Other Important Dates:

May 1 <sup>st</sup>	CNSL Registration Begins
May 14 <sup>th</sup>	Meet 'n Greet @ Amherst House
June 1 <sup>st</sup>	First Day of PreSeason Practice
June 6 <sup>th</sup>	New Parent Orientation
June 7 <sup>th</sup>	Cy's Second Fitting
June 12 <sup>th</sup>	Time Trials @ MacGills, 7:30 a.m.
June 18 <sup>th</sup>	Team Picture/First Pep Rally
June 19 <sup>th</sup>	First Swim Meet
June 25 <sup>th</sup>	Pep Rally/(Team Photo Raindate)
July 10 <sup>th</sup>	Charity Swim, 7-11 p.m.
July 27 <sup>th</sup>	Awards Banquet
July 30 <sup>th</sup>	8&U All City
August 1 <sup>st</sup>	9&Older All City

## Meet Schedule, Summer 2010

Date	June 12 <sup>th</sup>	June 19 <sup>th</sup>	June 26 <sup>th</sup>	July 10 <sup>th</sup>	July 17 <sup>th</sup>	July 24 <sup>th</sup>
<b>KC Waves</b>	Time Trials	Home v.	Home v.	Away v.	Home v.	Away v.
<b>Opposing Team</b>		Clemens Crossing	Wilde Lake	Thunder Hill	Pheasant Ridge	Harpers Choice
<b>Pool</b>	MacGills Common	MacGills Common	MacGills Common	Thunder Hill	MacGills Common	Longfellow Pool
<b>Warm Up</b>	7:30 a.m.	7:00 a.m.	7:00 a.m.	7:30 a.m.	7:30 a.m.	7:00 a.m.