

Weekly Wave

KC Waves

Week of June 21, 2009

Great First Meet KC Waves!

The first meet of the year was a victory for the KCWaves! It was exciting from the very first race, which the 15-18 Medley Relay team won by Matthew Kennedy's outstretched fingers. Although the meet was shortened by rain, we had a lead that was sure to increase if we had been able to swim the Free Relays. We won 30 of the 54 events.

Triple Blue Ribbon Winners

Mary Kate Johnson
(IM Relay, IM, Fly)
Coach Kristi Hedrick
(IM Relay, IM, Fly)

Individual Blue Ribbons:

6 & Under: Julia Monthie (Free), Anya Hessler (Bck)
7-8: Luke Hessler (Fr), Claudia Sweitzer (Bck), Grace Woodson 2 (Fr & Brst), Sam Alsheimer 2 (Bck & Fly)
9-10: JJ Woodson 2 (Fr & Fly), Roman Amponsah 2 (Bck & Brst), Greg Nelson (IM), Emma Stenoien (Brst)
11-12: Jenna Nelson 2 (Fr & Brst), Makenzie Miller 2 (IM

Pep Rally + Team Pictures

Aloha! Put on your hula skirt and join us this Friday, June 26th at 6:00 for a Hawaiian Luau at MacGills Common Pool. F. Paul Galeone will be on deck to take individual pictures as well as our annual team photo (\$12/ea). Individual picture taking begins at 6:45 and the team picture will be taken at 6:00. Please

& Fly), Sarah Amponsah (Bck), Matt Hagerty (Brst), Christopher Hong (Fly)
13-14: Scott Hand 2 (Fr & Bck), Keith Tobin (Brst)
Other notable performances: 6 & Under: Ben McDaniel and Caleb Hewitt each had a 2nd and a 3rd; Grace Alsheimer had two 3rds; John Collins chopped 15s off his Free while Van Danielson & Nora Collins each swam the Free 5s faster to finish high in the standings; Van also took 5s off his Back, as did Greta Kluckhuhn.

7-8: Jordan Davis & Jane Ridgell each had two 2nds and Taylor Liguori had two 3rds; Colby Higgins and Mathias O'Neil each clipped 3s off their Free, while Maya Lane, Bridgette Wang & Henley Jennings all took 9s off their best times; Emily Bovard took 6s off her Breast to finish 4th; Eric Hryniewicz took 4s off his Breast to finish 2nd.

9-10: Amanda Hopkins had two 2nd place finishes and Ryan Ridøell had a 2nd and a 3rd; James

remember to wear your KC Waves bathing suit if you have one.

This week, we'll bring in Subway sandwiches for dinner. Subs must be pre-ordered and pre-paid (see order form on our website). Chips, drinks and sno-cones will be for sale during the pep rally.

Wang took 10s & Caitlin Lydon took 4s off their Back; Caroline Smith took 4s off her Breast to finish 6th; Joseph Sarich and Abby White each took 3s off their Fly; The boys swept the top 4 positions in Back!

11-12: Nick Borsh and Katherine McGivern each had a 2nd and a 3rd; Kyle Lewandowski sliced 2s off his IM and .02s off his Fly for two 2nd places; Madison Stepherson took 2s off her Free; Nick Borsh had a 2nd and 3rd; Brian Hwang took 5s off his Back; Jacob Topper took 3s off his Fly for 4th.

13-14: Joel Stenoien decreased his IM time for a 2nd place plus his 1st place IM Relay; Scott Zimmerman had two 3rds; Paige Lorton had a 3rd plus her 1st in the IM Relay; Kate Kamischke had a 3rd and a 4th.

15-18: Megan Mosier had two 3rds to go with her 1st in the IM Relay; Mason Benard had a 2nd and a 3rd; Matt Kennedy took over 2s off his Free to finish 2nd.

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Please Note:

- KC v. Pheasant Ridge, Sat. 6/27 @ River Hill. Warm Ups @ 7:30 a.m.
- Team Caravan meets in MacGills parking lot at 7:00 to drive over.
- No Drink Donations needed this week as we have an Away Meet.

Charity Swim Event—July 11th

As part of Columbia Neighborhood Swim League tradition, we will host a charity swim event for swimmers raise money for a charity of our choosing.

At the meet last weekend, our swimmers voted for their favorite charity. They were asked to vote among The Chesapeake Bay

Foundation, The Humane Society and The Ken Ulman Cancer Fund.

The votes are in and our swimmers want to Save the Bay!

The Charity Swim will be held on Sat., July 11th from 7:00-10:00 p.m.

Swimmers will swim laps for charity and

participate in whatever fun returning coaches **Katie and Sebastian** have in store. Expect the return of the belly flop contest and other mischief and, of course, snacks.

If your swimmer is not able to attend the Charity Swim, s/he can complete their laps anytime between July 6th-11th.



Absentee Protocol



Please remember to let us know by Tuesday of each week if your swimmer will not be participating in that weekend's meet. You can sign the Absentee Book or you can email Maggie directly at mjohns12@umd.edu if you miss the Tuesday deadline.

Because Maggie carefully designs the line up to earn us as many points as possible, it is also important to let her know if your swimmer is or is not available for relays.

If you are not sure (because of overlapping sports) or know that

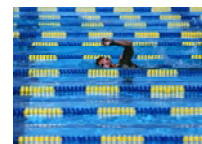
your swimmer has to leave by a certain time, adjustments can be made in the line up. However those accommodations are best made prior to the meet rather than on the morning of the meet, so please give Maggie the heads up.

Volunteers Please Check In

If you are scheduled to volunteer at a meet, please check in at the Manager's Tent when you arrive. Your name will be on the sign up sheet and we ask that you initial beside your name to let us know you're there.

Timers: Whether you're scheduled to time for the first or second half of the meet, please check in about 20 minutes prior to the start of the meet. There is a brief meeting in the baby pool prior lead by the meet's head timer.

Thanks for giving your time to the KC Waves!



Contact Information

Team Managers

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|-------------------|--|--------------|
| Maureen Kamischke | mkamischke@aol.com | 301-854-9517 |
| Sue Monthie | sgmonthie@verizon.net | 301-854-1345 |
| Kris Woodson | fivewoodsons@verizon.net | 410-312-7788 |

Age Group Parents

| | | |
|------------------------|--|---------------|
| 6&U Jolene Danielson | pjdanielson@verizon.net | 410-381-5123 |
| 7-8 Michele Hewitt | michelehewitt@comcast.net | 410-381-2251 |
| 9-10 Ann Stenoien | stenoien@erols.com | 301-490-6583 |
| 11-12 Wendy Hagerty | wendyhagerty@verizon.net | 410-2901-8753 |
| 13-14 Charlotte Hoyson | charlottehoyson@hotmail.com | 301-854-1328 |
| 15-18 Kim Mosier | kimmossier@comcast.net | 410-290-3776 |

Spirit Wear Coordinator

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|---------------|--|--------------|
| Leigh Ridgell | leightg@aol.com | 410-884-6888 |
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2009 Clippers Summer Stroke Clinic Series

Stroke clinics provide swimmers ages 9–13 an opportunity to learn or improve basic swimming skills & stroke mechanics. The clinics are open to all CA Members and CA Resident Card Holders. All clinics will be held at the Jeffers Hill Pool from 3:30–5:00 PM. Registration Forms can be found at www.clippers.org and can be mailed or dropped off at the Aquatics Office at 9450 Gerwig Lane.

Freestyle – Thurs., June 25th
Backstroke – Thurs., July 2nd
Breaststroke – Thurs., July 9th
Butterfly – Thurs., July 16th
Turns – Thurs., July 23rd

The Clippers (year round swim team) will hold Open Tryouts for swimmers age 6 & older at the Thunder Hill Pool on July 7th, 14th & 21st. NEW THIS YEAR: INTERESTED SWIMMERS MUST SIGN UP IN

ADVANCE FOR A TRYOUT SESSION AND TIME SLOT. Tryout Assignments & Openings can be seen at the Clippers website.

If you have any questions, please call the Aquatics Office at 410-381-0020.



Meet Ribbons

We know our swimmers love to get their ribbons—and we want to get ‘em to them.

Normally (when it doesn’t violently rain), all race ribbons are handed out at the end of a swim meet. (Best Time Ribbons are sometimes a few days later.) Hang

around after relays this weekend to pick up your swimmer’s. If you aren’t able, all ribbons will be kept in a file box at MacGills Common. Any time there is a practice at MacGills, you can look through the file box which will have folders

arranged by meet, by age and by gender. Please check the folders periodically for Best Time Ribbons and to be sure you’ve cleaned out all those hard earned ribbons!

