



The Monthly Wave

Volume 3 Issue 1- January 2013

“Building Confidence & Character One Stroke at a Time”

State Championship is 43 days away!!!

Hello Nu Wavers,

Our 2012 Annual Awards Party was an enormous success with over 155 individuals in attendance. We presented Swimmer of the Year Trophies, Coaches Swimmer of the Year Award Plaques, Achievement Awards for all Riptides and Cyclone Swimmers, Motivational Time Chevrons, and Team Record Holder Certificates (43 individual records and 21). We had so many impressive accomplishments this past year, and we'd like to congratulate Josh Armond who broke four team records who was accidentally omitted on Awards Night. Congratulations to all our NuWave swimmers for all their hard work and dedication throughout the year!

Congratulations to our to Age Group Swimmer of the Year-Josie Leali, Nick Lovell, Morgan Gunnels, Pierce Thionville, Hannah Morris, Davis Edwards, Annie-Laura Cherbonnier, Aaron James, Emily Maclaren, Blaise Wise, Angele Cherbonnier, Michael Favaloro, and overall female and male Angele Cherbonnier, Pierce Thionville, and Patrick Riess..

Congratulations to our Age Group Coaches Swimmer of the Year- Jack Primeaux, Serena Klebba, Peyton McQueen, Philip Endom, Emma McMahan, Joel Guerra, Ryland Edwards, Warren Massimini, Christine Chang, Tyler Massimini, Brenna Weber, and Patrick Riess.

Motivational Time Chevrons were presented to all 10 & under swimmers who achieved a minimum BB time or higher A, AA, AAA, or AAAA. You can find those time standards on our website. If you earn a higher standard during the course of the year, ask your coach for a new chevron.

Announcements

- Mardi Gras Break schedule will be coming in a separate email
- Stroke Session 2 information is available on website, session runs February 26- May 9
- Nu Wave is looking to recruit parent volunteers to BECOME OFFICIALS, if interested contact Marshall Page.
- In anticipation of our Championship meets and all meets, please have a Nu Wave team suit or black high performance suit and TEAM CAP at all competitions. You can order team suits from our website, under team apparel. Caps can be purchased from Angele Thionville.
- If you have not received your TEAM shirt and TEAM cap included in your registration, contact Angele Thionville.
- Any Riptide and Cyclone Swimmer who has not received their Achievement Medal from the Awards Party, contact your Group Coach.
- Please remember to declare your commitment to attend a swim meet before the entry deadline. All upcoming meets invitations are posted on our website.

Newsletter Highlights

- Upcoming Swim Meets
- Nu Wave Record Holders
- Coaches Notes

Upcoming Swim Meets

January 25-27	Crawfish Aquatics Winter Invitational @ Crawfish Aquatics
February 16	TAQ Quad Meet @ LSU Natatorium
February 23-24	Louisiana State District Championships @ Crawfish
Feb 28-March 4	Speedo Champions Series, Sectional @ Texas

March 7-10 Louisiana State Championships @ Sulphur

March 12-17 NCSA Junior National Championship @ Orlando

March 23-24 Louisiana 8 & under Championship @UNO

2012 NuWave Team Record Breakers

Long Course Meters

8 & under

Julia Munger	50 fly	43.96
Julia Munger	100 fly	1:46.29

9-10

Hannah Morris	400 free	5:32.06
---------------	----------	---------

11-12

Josh Armond	100 fly	1:12.49
Davis Edwards	400 free	4:54.88
Davis Edwards	100 fly	1:12.60
Davis Edwards	200 IM	2:37.40
Charles Korndorffer, Connor Page, Maxwell Cattermole, Davis Edwards	200 free relay	2:04.71
	200 MR	2:23.56

13-14

Brice Soignier	50 free	26.49
Blaise Wise	1500 free	17:59.22
Blaise Wise	200 Breast	2:43.78
Blaise Wise	200 IM	2:22.65
Blaise Wise	400 IM	5:04.79
Aaron James	100 Breast	1:15.48
Vincent Tamplain	200 Fly	2:23.03
Brice Soignier, Warren Massimini, Joshua Armond, Aaron James	200 FR	1:53.80
Brice Soignier, Vincent Tamplain, Blaise Wise, Aaron James	200 MR	2:02.86

15 & 18

Kevin Conrad	800 free	9:15.45
Patrick Riess	50 back	28.94
Patrick Riess	100 back	59.17
Patrick Riess	200 back	2:10.56
Patrick Riess, Patrick Cecola, Tyler Massimini, Michael Favaloro	200 FR	1:39.79
Benjamin East, Tyler Massimini, Michael Favaloro, Patrick Riess	200 MR	1:57.89

Open

Patrick Riess	50 back	28.94
Patrick Riess	100 back	59.17
Patrick Riess	200 back	2:10.56
Patrick Riess, Patrick Cecola, Tyler Massimini, Michael Favaloro	200 FR	1:39.79

Short Course Yards

8 & under

Derek Zhang	50 fly	37.13
Isabella Mendez	200 free	2:52.57
Isabella Mendez	200 IM	3:23.84
Julia Munger	100 fly	1:39.06
Iman Ferguson	50 back	40.17
Isabella Mendez, Iman Ferguson, Cameron Metzinger, Karson Dumas	100 FR	1:08.82
Karson Dumas, Isabella Mendez, Julia Munger, Cameron Metzinger	100 MR	1:17.29

9-10

Pierce Thionville	200 back	2:51.97
Hannah Morris	200 im	2:33.35
Hannah Morris	100 Breast	1:22.73
Morgan Gunnels	500 free	6:26.81
Hannah Morris, Kacey Guichard, Morgan Gunnels, Claudia James	200 FR	2:04.06

11-12

Davis Edwards	200 fly	2:29.65
Josh Armond	50 fly	28.45
Josh Armond	100 fly	1:01.50
Josh Armond	500 free	5:24.69
Davis Edwards, Connor Page, Charles Korndorffer, Joshua Armond	200 FR	1:50.15
Davis Edwards, Connor Page, Charles Korndorffer, Joshua Armond	200 MR	2:05.35

13-14

Vincent Tamplain	1000 free	10:43.51
Aaron James	100 breast	1:03.40
Blaise Wise	400 IM	4:30.31
Dorothy Drouilhet, Annie Cherbonnier, Emma Cole, Claire Rasmus	400 MR	4:26.46
Patrick Finegan, Warren Massimini, Brice Soignier, Aaron James	200 FR	1:38.28
Blaise Wise, Patrick Finegan, Vincent Tamplain, Aaron James	200 MR	1:48.62

15-18

Patrick Riess	100 back	50.62
Patrick Riess	200 back	1:49.96
Patrick Riess	100 free	45.84
Michael Favaloro, Patrick Riess, Adam Beyer, Tyler Massimini	200 FR	1:28.40
Patrick Riess, Adam Beyer, Tyler Massimini, Michael Favaloro	200 MR	1:38.58

Open

Patrick Riess	100 back	50.62
Patrick Riess	200 back	1:49.96
Patrick Riess	100 free	45.84
Tyler Massimini, Michael Favaloro, Patrick Riess, Kyle Batson	400 FR	3:13.86
Patrick Riess, Adam Beyer, Kyle Batson, Michael Favaloro	400 MR	3:33.63

Michael Favaloro, Patrick Riess, Adam Beyer, Tyler Massimini
200 FR 1:28.40
Patrick Riess, Adam Beyer, Tyler Massimini, Michael Favaloro
200 MR 1:38.58

Riptide- Uptown- Marshall Love

Hi Parents and Swimmers!

We are back in the groove after a long (for most) holiday break. With a group of swimmers as young as the Rip Tides, the improvements we see from week to week and month to month are tacit. I am very encouraged by the attendance and effort we coaches are seeing in practices. It's pretty amazing to witness! Thanks SO MUCH to Angele, Patrick, and Max for their efforts in holding our energetic crew to task in the water. This is the most robust and talented group I've ever been in charge of in my 24 years as a professional coach. And I've had some wonderful teams)

Please note our upcoming CHAMPIONSHIP meets:

~For swimmers who will be 9 or older by March 23, please sign up for the District Championships Feb 23-24. This meet has no entry requirements, but is considered a "Championship Meet" because it is the last meet of the SHORT COURSE season (Sept-Feb/March) before we start a new season called LONG COURSE (April-July). It is important that every available swimmer swim in this meet. See following:

Meet: Louisiana State District Championships (SCY)

Where: Crawfish Aquatics, Baton Rouge, LA

When: February 23rd - 24th 2013

Saturday

12 & Under: Warm up- 9:00 and 9:30AM, Meet Begins- 10:15AM

13 & Older: Warm up- 1:30PM, Meet Begins- 2:15PM

Sunday

12 & Under: Warm up- 8:00 and 8:30AM, Meet Begins- 9:15AM

13 & Older: Warm up- 12:30PM, Meet Begins- 1:15PM

~For swimmers who will still be 8 or younger on March 23, please sign up for the 8 & Under Regional Championships March 23-24. There are no requirements for this meet. See following:

Meet: Louisiana Regional 8 & Under Championships (SCY)

Where: UNO Lakefront Arena - hosted by Franco's FINS

When: March 23rd - 24th 2013

Meet Schedule:

Saturday and Sunday, March 23 and 24, 2013

Warm-up: 9:00AM Meet: 10:15AM each day

Our kids need to attend these meets if at all possible because they provide closure for the season and are the "focus meets" for the long training period that began way back in September. At these meets they will also get a sense of where WAVE fits into the state's team landscape and will have a chance to really feel they are a part of something special.

Your faithful coach,
Marshall

Cyclone – Uptown- Jonathan Lindquist

January has been a month of competition. The cyclones rang in the New Year with Nu Wave's IMX challenge where we had the opportunity to swim longer events and practice racing against older swimmers. We rose to the challenge! Bringing home best times and proving that we can compete with the rest of them. I was most impressed with our enthusiasm about swimming longer events. We went into the meet ready to swim at 100% and it showed!

Next we swam in the CCSC Winter Invitational and it was back to our usual events. We swam incredibly fast 50's and 100's and some of us went for the 200's and 500's again. The cyclones posted personal bests and many made it back to swim in finals. Many of our swimmers also qualified for the Louisiana State championship which will be our biggest meet of the season.

The cyclones will be taking the drive to Baton Rouge next weekend to swim at Crawfish Aquatics Club. We will use this opportunity to hone our racing skills and try new events. This will be our third all-weekend meet of the month so it is important that we keep our energy up. I hope we have the stamina and I know we have the spirit to swim fast when we are tired. If we can do that, imagine what we can do when we are rested!

Tsunami- Uptown- Sarah Gros

Congratulations to everyone who swam in the IMX meet! Special congratulations to:

Phillip Endom – 2nd place 10 year old male
Kacey Guichard – 1st place 10 year old female
Morgan Gunnels – 2nd place 10 year old female
Aidan Thionville – 1st place 11 year old male
Hannah Morris – 1st place 11 year old female
Davis Edwards – 1st place 12 year old male
Emma MacMahon – 1st place 12 year old female

Hannah Morris- 1st place overall IMX winner (female)
Kacey Guichard – 2nd place overall IMX winner (female)
Phillip Endom – 2nd place overall IMX winner (male)

The swimmers in the Tsunami group have been focusing on their “underwaters”. Every practice the swimmers have at least one set where they focus on this skill. Every swimmer in the group can complete a 25 underwater without breathing-in streamline position! The swimmers are learning how to use their “underwaters” to their advantage, in practice and competition.

Riptide-Cyclone-UNO-Coach Chris Clark and Brian Bradsley

I want to introduce myself---my name is Chris Clark and you'll see me on deck at UNO as Assistant Coach of the Cyclone/Riptide group. This is my third stint at Nu Wave; I coached uptown from 2008-2009 and 2010-2011 while I was studying for my bachelor's at Tulane. I just moved back to the States after spending a year as a Fulbright Scholar in Santiago, Chile where I researched microfinance in an upper middle income country. Next fall I'll start my master's in development studies at the University of Cambridge in the UK. Currently, I'm working as a Research Fellow with a former professor--Chris W. Surprenant--at the Tocqueville Project, a research institute Dr. Surprenant founded last year.

In addition to prior experience with Nu Wave, I served as Assistant Coach with two summer league teams and three high schools in Missouri (where I'm from). I started my swimming career at Springfield Aquatics at Drury University and Parkview High School in Springfield. I'm excited to be back with Nu Wave and I look forward to chatting with you on deck. Feel free to contact me via email at cclark@tulane.edu or via phone at [\(417\) 209-3115](tel:4172093115).

Cheers, Coach Chris

Parents and swimmers,

I know a few of you have gotten a chance to meet our new coach Chris Clark who will be working with our group now. Chris coached with Nu Wave in 2010 before living in Chile for a year. I am very happy to have him working with our group and I know he is happy to be here.

We have had a great past few months of swimming both in practice and meets. I hope I do not forget to mention anyone's accomplishments, if I do please let me know.

Dougie Alsem is doing a good job in practice of learning all four strokes. If he continues to keep working and listening he will be ready to swim in his first meet this season.

Hailey Ton continues to do a phenomenal job. Her attitude is great every day and she has come a long way since the start of the year. Whenever a coach gets the chance to see her swim they do not believe me when I tell them where she was as a swimmer a few months ago and how far she has progressed.

Grace and Mark Bergeron are both doing great in practice. Not only are they improving their technique and smoothness in the water, they are also improving on their endurance.

Ava Fischer has been doing well in practice, and is also performing at meets. It has been a lot of fun to watch Ava get more and more comfortable at every meet she has participated in and continue to drop more and more time in all of her events.

Sophie Rabalais swam in her second meet with Nu Wave at IMX challenge last weekend. Not only did she drop time in all of her events, she also did a great job of listening to feedback from coaches during the meet. I am excited to see her take that feedback and swim even better at our meet this coming weekend.

Another swimmer who has been listening to feedback and using it to swim faster is Lambert Boissiere. Lambert had another good meet at the IMX challenge, I do not think there has been a single meet this season where he hasn't dropped time in almost every event he swam.

Elliette Vorhoff has been a pleasant surprise so far this year. At the start of the season she said she only wanted to compete in one meet all year. After swimming in her first meet of the season she did such a great job she now wants to swim in almost every meet. It is really fun as a coach to watch her swim new events and continue to drop time.

Ross and Max Jacobson are two guys who like Elliette continue to swim new events and drop time. Since both boys started swimming with me this summer they have done an awesome job of listening and working hard. Moving forward I look for both of them to continue improving, dropping time, and swimming new and challenging events.

Another swimmer who is doing a great job taking on new events is Margo Thionville. At the IMX challenge Margo swam a number of events for the first time including the 100 freestyle. Even though her cap fell off during the race Margo kept swimming hard and had a great swim. She started the season with 25s and is already up to doing 100s, that is very impressive.

Karson Dumas has continued with her wonderful season. At the IMX meet she got her state time in the 50 breast, her second state time for the season. I would be shocked if she does not pick up another state time in the next few meets to allow her to swim a full line up at state.

A final swimmer I would like to recognize is Dane Clarke. When Dane first joined the team this fall he trouble swimming more than a couple of lengths and could only do freestyle legally.

Over the past few months he has worked hard and grown into a very good swimmer. His first meet in Baton Rouge he competed in freestyle and backstroke and did well. At the IMX meet he dropped time in all of his events, and at our next meet he will be adding the 50 breast to his event line up. Dane does a great job of working hard in practice and gets better every single day, I am really happy to have him in the group.

If you have any questions about practices or meets please feel free to contact me at anytime.

Brian (214) 336-9972

Pre National – National – UNO – Andrew Schmidt

We are just about six weeks out from the Louisiana State Championship meet. It has been a great four months and I am really excited to see what the kids are going to do in a few short weeks. We are at our peak yardage in the season so, as I am sure you have all noticed, your swimmers are probably more tired than usual. This is a very important part of the season because the practice time they put in now will have a direct effect on how well they taper at the end of the year.

One of our goals at the beginning of the year was to become the best underwater team in the state, and over the last couple months we have done underwater work every day to help us achieve that goal. I am very pleased with our progress so far and at the meet this past weekend I could see a drastic change in the distance our swimmers were travelling underwater off their walls. I am certain that with our continued work on this front we will no doubt be the best underwater team in the state by March. Another goal we set out for at the beginning of the season was to be a better kicking team. Kicking has been one of our weaknesses over the last couple seasons and I really wanted our legs to be a source of strength and not something that kept us from achieving our individual and team goals. We have seen our kids embrace our kicks and our interval times have dropped dramatically in the last couple months. The kids have been doing a great job of taking what was once a weakness of ours and challenging themselves to become great at it. Keep up the great work guys, you are doing amazing things in practice!

We have a couple more meets before the end of the season which means there are more chances to race and more chances to get any state cuts you are looking for. This coming weekend we have a meet at Crawfish Aquatics, in Baton Rouge. This is a three day meet, and just about everyone is swimming events they will be swimming at state. This is an opportunity to play with your races and see where you are before the home stretch of the season. Our last schedule meet of the season is February 16th at Tiger Aquatics, also in Baton Rouge. This will be

a one day quad meet including TAQ, FINS, COLA, and Nu Wave. This is a great chance to race some fast swimmers three weeks before state, and right before we start out taper. If you have not already signed up for this meet, I suggest you do so sooner rather than later.

We have all been doing a great job this season and the next six weeks are very important to our performance at the end of the year. The more work you put in the greater the reward in March. Keep your eye on the prize and make sure you put the work in every day at practice.

Go Nu Wave!

Andrew