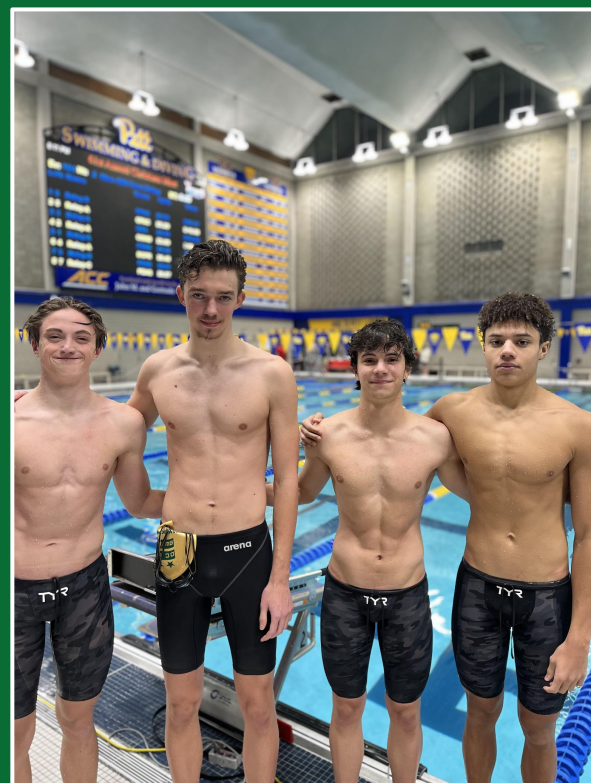




DC WAVE November & December 2023

Event Recap

As always, the months of November and December were very busy yet successful for DC Wave. We began by hosting our annual November Distance Meet at Takoma, where more than 75 of our swimmers took on the challenge of either the 500, 1000, or 1650 Free, some of the mentally and physically toughest events in swimming. In the following weeks, some of our swimmers competed at the PVS November Open at Providence Rec Center and Oddball Challenge at Fairland. These meets served as great practice for one of our culminating winter meets, Christmas Championships at Fairland. At this meet, 60% of our swims were personal bests, showing that our hard work through the fall paid off.



Event Recap (continued)

Two weeks after Christmas Champs, 30+ qualifying swimmers went to the PEAQ Christmas Invitational in Pittsburgh, where we saw our fastest 15 & Over swimming this year, including a number of team records (see next page), along with plenty of relays, best times, and finals swims. Great work swimmers, keep it up!

December Pictures



New Team Records!

Christmas Championships

400 IM (Boys 15-18)

Kai Henrikson-Brandt - 4:13.89

200 Fly (Boys 15-18)

Kai Henrikson-Brandt - 1:55.55

PEAQ Christmas Invitational

800 Free Relay (Girls Open)

Goodweather, Bellows,
Brinkley-Tyson, Goins - 8:39.75

800 Free Relay (Boys Open)

Henrikson-Brandt, Peterson,
Wallace, Uriarte Moreira - 7:20.87

200 IM (Boys 15-18)

Kai Henrikson-Brandt - 1:54.21

100 Fly (Boys 15-18)

Kai Henrikson-Brandt - 50.18

400 Medley Relay (Girls Open)

Mott, Rieger, Goodweather, Goins -
4:28.86

400 Medley Relay (Boys Open)

Henrikson-Brandt, Wallace,
Sparshott, Peterson - 3:31.03

100 Back (Boys 15-18)

Kai Henrikson-Brandt - 49.14

50 Free (Boys 15-18)

Kai Henrikson-Brandt - 21.67

400 Free Relay (Boys Open)

Henrikson-Brandt, Peterson, Uriarte
Moreira, Wallace - 3:16.39

Scholastic All-America

One of our National Group swimmers, Kai Henrikson-Brandt, became DC Wave's first recipient of the USA Swimming Scholastic All-American Award for the 2022-2023 Season.

This recognition requires high performance both in and out of the pool - a minimum 3.5 GPA for the school year, and a time equal to or faster than the Winter Junior National time standards. Kai achieved this in the 100 LCM Backstroke, where he surpassed the time standard of 58.89 with a best time of 58.63.

Congratulations Kai!



Visit our website!

www.dcwaveswimteam.com

Please email any suggestions, concerns, or photos to kai.paul.hb@gmail.com.

Created and edited by
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