



DC WAVE September + October 2023

Early Season Meet Results

PAC All Freestyle - [Full Meet Results](#) / [DC Wave Results](#)

October Open - [Full Girls Results](#) / [Full Boys Results](#) / [DC Wave Results](#)

Trick or Treat Mini Meet - [Full Meet Results](#) / [DC Wave Results](#)

Great start to the season swimmers! Keep up the hard work!

REMINDER: It is completely normal to not swim best times at the beginning of the season. After all, we've only been training for about a month or two. If you feel bad after a swim, talk with your coach about it and try to make positive takeaways.

A helpful exercise is to compare your times at this time of the season this year to the same events at the beginning of last season instead of comparing your new times to the end of last season. If you're better than where you were last year, you're on the right track.

With dedication, passion, and grit, results will come in time!

Favorite Stroke:

Breaststroke

Favorite Event:

100 Breast or 50 Free

Role Model:

“My brother, he’s turning 20 this year.”

Other Hobbies:

Volleyball

Favorite Swimming Memory:

“Dropping 13 seconds in the 200 Breast over two years”

Swimmer of the Month

Noa Rieger, 14

National Development



“Noa is new to the team this year, but has a really positive attitude and strong work ethic. She brings great energy to our workouts and we’re really excited to see what she can do this season.”

-Coach Green



Recovery Tips

In “grindy” sports like swimming, it can be very easy to focus on practicing, but neglect recovery. Recovery is crucial because gains, both cardio and muscular, are only stimulated by exercise; they need recovery time to come into effect. Here are some strategies to help your recovery:

1. Get 8-10 hours of good sleep.

With morning practices, this can certainly be difficult, but sleep is at the head of all recovery. To improve sleep quality, try to **go to bed and wake up around the same time** every day off the week (weekends, too) and sleep in a **cool, dark room**. **Avoid blue light** before bedtime as it can cause less melatonin to be produced, both reducing sleep quality and making it harder to fall asleep.

2. Eat high-quality carbohydrates, proteins, and fats.

As swimmers, we burn a ton of calories and therefore need to eat much more than our non-athlete friends. **All three** macronutrients are crucial for recovery. Below are some great, whole food options for each:

Carbs: fruits, sweet potatoes, brown rice, oats, pasta, whole wheat bread, dairy

Proteins: greek yogurt, beef, chicken, salmon, turkey, eggs, beans, cottage cheese

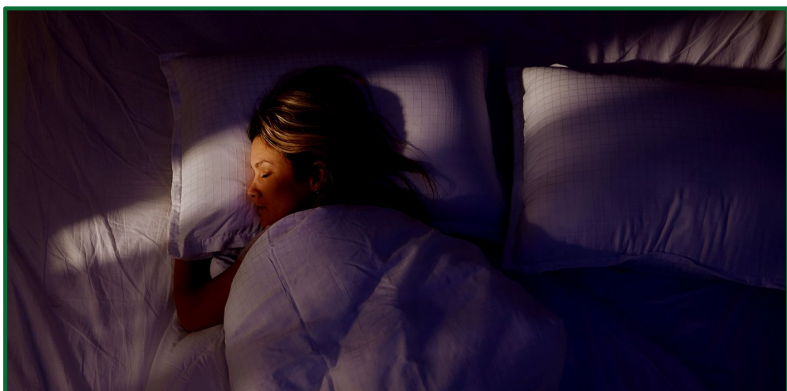
Fats: cheese, nuts, avocados, nut/seed butter, olive oil, dark chocolate

3. Hydrate and consume electrolytes.

Water and electrolytes are important for many bodily processes, and we sweat a lot of them out when we swim. Without water and electrolytes, we risk excess fatigue, cramps, and even fainting. Keep a water bottle on you all day to ensure that you’re hydrating steadily throughout. **Gatorade Fit** and **LMNT** are some of the best options for getting high-quality electrolytes before or after exercise, but drinks like regular Gatorade will work, too.

4. Warm up and cool down.

Yes, those easy yards at the beginning and end of practice can be boring, but they help your body process your hard work in the long-run. Warming up is crucial because it helps us acclimate to the water and the movements of swimming. When we exercise, our body produces **lactic acid** which is what makes our muscles sore. Cooling down helps to flush some of this lactic acid out, improving recovery.



Mini Meet Photos



And, a very happy birthday to our own Coach Robert Green, our favorite in a taco suit.



Visit our website!
www.dcwaveswimteam.com
Please email any suggestions, concerns, or photos to kai.paul.hb@gmail.com.



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