



DC Triathlon Club - WaveOne Swimming Masters Program
Mondays, Wednesday, Fridays - 7:00pm to 8:00pm
Oct 5 to Dec 30, 2011
Wilson Aquatic Center

We welcome you to the DC Triathlon Club and WaveOne Swimming program. DC Tri Club and WaveOne have joined forces to deliver a comprehensive swimming program geared specifically towards open water swimming competition technique and training especially for triathletes (new or veteran). We'll do this by teaching a combination of open water techniques while building the confidence, endurance and speed geared towards the open water. Although the winter indoor program is pool coached, the lessons learned translate to the open water. The program is **not** a learn-to-swim program; we assume this is not your first time in the pool!

The early state of the season encompasses technique and will employ more drills. From there endurance work begins with longer sets and less rest. The challenge is to maintain good swimming form as you tire. Developing and learning your swimming pace is very important in distance and open water swimming. Many of our sets will challenge you to practice pacing. As the season progresses, more speed sets will be introduced until the end of the season where race preparation begins. In addition, we will introduce some "dry land" exercises that will improve core strength and help maintain healthy shoulder and body positions.

During the season, we will teach better swimming techniques that are personally adapted, such as: pace work and interval training that will build your endurance and train you for a better strategic racing; builds strong core muscles; and a more efficient swimming body position in the water, including proper posture.

The program will achieve this goal in the following ways:

- Provide **coaching services** to advance the fundamental skills of program participants
- Offer **structured workouts** to guide participants from session to session
- Provide program participants with **open water swim training** (spring/summer only)
- Provide participants with **access to information and tools** to advance swimming skills (periodic video and stroke analysis)

Coaching Services - WaveOne Swimming

Club partner, WaveOne Swimming, offers the most experienced instructors in the country: national champions, open water champions, and elite-level triathletes. WaveOne's instructors know the exhilaration of winning and the lessons learned from failing. It is their love for swimming that keeps them in the water day after day, constantly learning the latest techniques for better and faster swimming. WaveOne treasures the opportunity to share their experience and joy of swimming with you by readying you for safe open water swimming in an easygoing, safe atmosphere.

Schedule

The club is happy to announce with a partnership with DC Parks & Recreation to deliver this quarter's program at the state of the art Wilson Aquatic Center, located at 4551 Fort Drive NW, Washington, DC. 20016 from October 5 to December 30, 2011 on Mondays, Wednesday, and Fridays from 7:00pm to 8:00pm.

We will not be meeting on: Monday Oct 10; Friday, Nov 11; and Monday, Dec 26.

Program participants are encouraged to arrive 15 - 30 minutes in advance to warm-up and stretch on their own. The coaches will offer a warm up set to use for a general warm up. The **practice will begin promptly at 7pm**. The lanes will be cleared at the beginning of practice and the coaches will introduce the first swim set. Depending on the lanes and time of the season, expect to swim anywhere between 1,800 – 4,00 meters per practice.

The program will provide at least two coached sessions per week from an experienced WaveOne coach (typically on Wednesdays and Fridays). The third practice will be used to work on skill-building and to perform a WaveOne prescribed workout under the guidance of a volunteer program manager. More details will be shared to those who sign up for the program.

The program is setting up a time and location for stroke analysis, including video analysis. We will let everyone know as soon as this is scheduled.

Swimming Etiquette

Since the lanes will typically contain 5 to 10 or more swimmers, circle swimming is mandatory at all times. Proper spacing is five seconds apart. Watch the pace lock on the wall to stay in time. Let faster swimmers pass to the left while not stopping in the middle of the pool. Pause friendly at the wall, if necessary. When finishing a swim, move to the left to allow clear access to the wall for the following swimming. Occasionally, swimmers may brush hands or bump into each other. This is normal, so keep swimming. Encourage your lane mates - you will help each other improve and enjoy yourself more with a shared positive attitude.

Equipment

Basic swimming equipment includes a swimming suit, like from companies Speedo or TYR. Try to stay away from suits that weigh or drag you down. Rash guards should not be worn.

Two pairs of goggles are necessary, in case one malfunctions, you have a backup pair. Try different shades. Low profile goggles are recommended because they are less likely to leak when you accelerate off the walls.

We will have opportunity to use fins and hand paddles at times. Fins may be basic rubber fins or Alpha fins, not plastic or Zoomers. Hand paddles that are basic, flat with holes, are all you need. Remove the wrist strap if there is one. Proper stroke will keep your paddle in place.

Caps are a personal choice.

Participants will receive two swag items, one from WaveOne Swimming and one from DC Triathlon Club. Items will vary quarter to quarter but include items such as swim caps, water bottles, towels and swim chamois.

Suggested items to bring:

- Swimming suit
- Goggles
- Swim Cap
- Government ID
- Lock for your locker

Contacts

Program Email: masters@dctriclub.org

Coaches

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