
WAVE Swimming

For over 21 years WAVE has developed champion swimmers and enriched the lives of hundreds of Raleigh area children. Our professional coaching staff instructs, motivates and instills the desire to be the best you can be. Our program includes goal setting, nutrition, overall physical fitness; helps develop self-discipline, good sportsmanship, high self-esteem, and other qualities that will carry over from childhood to their adult lives.

In 2006-2007 WAVE continued its tradition as A Team of Champions. Some of the team's accomplishments were:

- WAVE Swimmer won 10 individual and 9 relay events at this Springs North Carolina Championships
- Two Swimmers Qualified for the 2008 USA Swimming Olympic Trials, Nine Swimmers Qualified for the NCSA Junior National Championships.
- Seven graduating seniors who will go on to swim in college with scholarships.
- 2006-2007 North Carolina Open Water team Champions
- Six Swimmers on the USA Swimmer Scholastic All-American Team

Practice Groups

WAVE has a practice group designed for every level of swimmer, from the beginner to the national level. Group placement is determined by the coaches based on the ability of the swimmer.

Beginning Competitive: This is an introductory level for 5-7 year olds with emphasis on teaching the four competitive strokes.

45 minute practices twice per week, Fees: \$72 per month (4 month sessions)

Bronze Group. For beginning level competitive swimmers. Emphasis is on skill development of the four strokes, starts, and turns.

1 hour practices 4 times per week with attendance of 3 times per week recommended. Fees: \$115 per month (4 month sessions)

Fast Track: This group is designed for middle school and high school age swimmers who do not want to be in one of our year round groups or need to develop more skills in order to move into one of our year round groups. We offer fast track practice four times per week for 1 hour and 30 minutes. Fees: \$135 per month (4 month sessions)

Silver Group. For swimmers who know the four competitive strokes. Emphasis on skill development. Some conditioning is introduced. Three practices a week are recommended.

1 hour and 15 minutes practices 4 times per week, Fees: \$80 per month (11 months)

Gold Group. For more advanced swimmers. Competitive training is introduced while stroke instruction is still emphasized. Dryland strength development is introduced. Four practices a week is recommended.

1 hour and 30 minute practices Monday through Friday and Saturday 2 hour practices, Fees: \$100 per month (11 months)

Junior Group. Our top age group program for our most committed and advanced 11-14 year old swimmers. This group focuses on developing aerobic conditioning for long term success along with racing skills and strength development. Six practices per week are recommended.

2 hour practice Monday through Saturday with the option of attending early morning senior practices and weight training Fees: \$115 per month (11 months)

Senior/ National Group. Our top training group. This group focuses on training for the highest levels of USA swimming. Skill development, speed and endurance training, as well as strength training are included. Extensive travel and competition. For highly motivated athletes only. Nine practices a week are recommended.

2 hour and 30 minute practices Monday – Friday and 3 hour practices on Saturday as well as 3 1 hour and 30 minute practices in the morning are available. Fees: \$125 per month (11 Months)

Our practices during the school year are in the evening and we have morning and evening options during the summer. Our fees are paid monthly from September to July.

Competition

WAVE provides challenging competition for all ages and ability levels. WAVE is a member of the North Carolina LSC (Local Swimming Committee) of USA Swimming. All swimmers are required to be registered members of USA Swimming. USA Swimming provides accident insurance for practice and meets, certifies the coaches, and prints a newsletter that is great for kids. Types of competition:

1. Mini Meets - For WAVE swimmers who are young or new to the sport. Held at NRCA, Gypsy or TAC usually on Saturday mornings.
2. Dual Meets - With other local U.S. Swim clubs. Usually held on Saturdays.
3. Developmental Meets - For beginners and less experienced swimmers. These are usually one or two day meets held in cities usually less than 2 hours from Raleigh
4. Open invitational's - For all swimmers. Usually 2-3 days at various cities through the Southeast.
5. Championship Meets - For swimmers who meet qualifying standards. These meets range from the North Carolina State Championships up to the National Championships and Olympic Trials.

Facilities

TAC - The Triangle Aquatic Center will become one of WAVE's main facilities when it opens in the fall of 2007. The brand new facility will feature an 8 lane 50 meter pool that is 25 yards across, with a separate 10 lane 25 yard pool and a warm water teaching and rehabilitation pool. There will be large locker rooms, a full service concession area and a swim shop in the facility. This will be the premier facility in North Carolina and we will be hosting nearly all of our meets at TAC.

NRCA – North Raleigh Christian Academy will help cover the closing of Optimist pool for our North Raleigh families. This nearly brand new 6 lane 25 yard pool will be the home of our North Raleigh Operations and is one of the best teaching environments in Raleigh.

Impact Gym - we will be shifting many of our older swimmers from Impact to TAC. We will continue to run a developmental program at Impact with Bronze and Beginning Competitive Groups training at Impact. We will offer at least two sessions of each group and more if the need arises at Impact.

Gypsy Divers - We currently run our Silver, Bronze and Beginning Competitive groups at Gypsy Divers. This facility provides one of the few opportunities for teaching starts in the area. USA Swimming's new rules for water depth and teaching starts prohibits this at most facilities in the area. Gypsy offers us this opportunity and a great training environment for our swimmers. We have also hosted many of our developmental Mini Meets at Gypsy.

Pullen Aquatic Center - The city of Raleigh's best indoor facility. We currently train our age group program at Pullen. This is a 50 meter by 25 yard pool with many opportunities for outstanding training.

Candler North - A heated outdoor 50 meter pool. Candler offers early season training opportunities for our older and more advanced swimmers in the early spring, summer and early fall. The opportunity to train long course for a majority of the year is a strong benefit to our team.

Peace College – Indoor 25 yard, 5 lane pool. Peace offers us the convenience of time later in the evening for parents who both work or swimmers that have other after school activities.

The Coaches

Our professional coaching staff is certified by USA Swimming and is dedicated to developing good swimmers in an atmosphere of fun and good sportsmanship. With over 75 years of competitive swimming experience our staff is one of the most knowledgeable and professional coaching staffs you will find anywhere in the country. The coaching staff has an outstanding balance of personalities and works remarkably well together. The coaches are often available for parent meetings and extra help with the swimmers.

John Roy, Head Coach - In his second year as head coach, John has over 18 years of USS, High School and college coaching experience. Coach Roy has worked with Olympians, Junior National Champions, age group champions, as well as beginning level swimmers. He was the 1995 Southeastern Swimming Age Group Coach of the Year and the 1997 Women's Coach of the Year in Tennessee. Roy is a former two time All-American at the University of Tennessee, where he graduated with a bachelor's degree in Psychology. Coach John works with the senior group along with all aspects of the WAVE program.

Ed Lower - Ed has 20 years of coaching experience coaching all ages and abilities from beginner to Olympic Champion. Ed was the 2004 NCSA National Coach of the Year and the 2002 NC Swimming Coach of the Year. Ed believes in developing the entire swimmer with a combination of technique, dryland and stroke specific training. He has helped swimmers achieve their goals of continuing to swim into college with scholarships to these schools: UNC, NC State, UNCW, ECU, Texas, TCU, Davidson College, Mary Washington, and The United States Naval Academy.

Ryan MacDonald- Ryan comes to WAVE from the Sweetwater Swim Club where he served as Head Coach and team President. Coach Ryan's career began after serving six years as a United States Marine, in 1998, with the Oceanside Swim Club in Southern California. Over the next few years he served as Head Coach of Folsom and San Marcos high schools, and as Senior Coach of Dana Point Aquatics Club. Within that time, Ryan developed a reputation of immediately making a positive impact on swimmers lives and their performances that resulted in over a dozen league champions. Ryan served as a volunteer assistant coach with one the strongest teams on the west coast, the Sierra Marlins Swim Team. In 2003, Ryan became the Head Site Coach for the Marlins of Raleigh Swim Team where he lead a group of swimmers from being competitive at a local level to making an impact at the State and Sectional level.

Zac Adams, - In his third year with WAVE, Zac brings a wealth of swimming knowledge to WAVE. As a member of some of the best club teams in the U.S. Coach Zac has learned from the best coaches in the country. He is a former LSU Swimmer who is in the LSU all time top ten and a Junior National finalist and Georgia State Record Holder. Zac coaches the WAVE Junior group and additionally is the head coach for the Raleigh Area masters and North Hills Club.

Brandon Reed - Brandon has been with WAVE for over one year and coaches our Gypsy Divers and Peace College sites. In addition to his duties with WAVE Brandon serves on the USA Swimming National Education Committee and coaches at the North Hills Club.

Jonathan Bescher -Jonathan is now starting his 7th year with WAVE. He has worked with ALL groups within the WAVE program. This past year Jonathan has worked with the Gold and Silver groups at Optimist. Since taking over the Gold group his swimmers have swum top 16 times, won NC Age Group Championships and had swimmers ranked as high a third in the country. Jonathan will work with the Gold and Silver groups at NRCA.

Kim Chekan - Kim is starting her 3rd year with WAVE both as a coach and a swimmer. She loves to coach children between the ages of 5 and 10. She will be a Senior at Ravenscroft this upcoming school year. Kim will be helping out with the Bronze level swimmers at NRCA.

Brandon Bergin - Brandon will be starting his second year with WAVE. He will be responsible for the Impact Gym site. Brandon's ability to work with our younger swimmers is outstanding and he will be leading our Bronze and Beginning Competitive Groups at Impact.

Registration and Group Placement

WAVE registration and group placement can be done year round simply by calling the WAVE office at 919-981-0644. A tryout will be arranged at that time. A registration booth is also set up at the Cary City and Greater Raleigh Meets. WAVE will hold "try us out" practices on August 27 and 28 for new swimmers. Applications for the new season beginning in September are due by August 1st to ensure a spot on the team. Swimmers are placed in groups by the coaches based upon ability. Especially at the younger levels of our program, group placement is mostly based on technique and not speed or age. We try to accommodate families and carpools as best we can, but having a child in the wrong group will slow their progress and often the progress of the entire group.

Team Apparel and Equipment

All WAVE swimmers are expected to have equipment bags for their training equipment. The equipment for each group varies and we have a list of equipment for each group available at our team supplier. Each swimmer is required to buy a team suit and should have a practice suit and goggles. A cap and team T-shirt are provided to each swimmer. Team sweats, bags and other items are available for purchase.

2007-2008
WAVE SWIMMING

WAVE does not discriminate against any race, sex, color, religion, disabilities, nationality or ethnic origin. Limited financial aid is available for those families in need. Please contact the Head Coach.

“The Team of Champions”

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