

# RANCHO SAN DIEGUITO



## SWIM TEAM NEWSLETTER



December 2011



Aquatics Office..... (858) 755-4904

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Save the date....

*R.S.D. Holiday Splash*

Thursday, December 15<sup>th</sup>

Check-in: 4:15 pm

Warm-up: 4:30 pm

Meet Starts: 4:45 pm

Entry Fee: \$15 (includes swimmer's dinner)

Entries Due : Friday December 9th, 2011

Let's kick off the holiday season by participating in RSD's Annual Holiday Splash Relay Event!!! We would like AS MUCH participation as possible. Parents, Masters, Water Polo players are all invited to participate!!!

1. Mixed 200 Yard Medley Relay

2. Mixed Ages "Buddy" Relay (must have a partner to participate). Each team has 8 people, 4 pairs and each pair completes a 50.

3. "Old" Dudes vs. "Young" Dudes 200 yard Freestyle Relay

\*Please see entry sheet for description of each relay located at the Aquatics Office

Each swimmer is \$15 (includes swimmers dinner), 2nd swimmer from same family is \$10, 3rd and all those after are \$5 (this includes their entry fee and dinner).

All swimmers must have a properly filled out entry sheet (available at the pool). Please fill in the swimmer's name, age, and indicate which relays your swimmer would like to participate in. There is no limit to how many relays you can swim in.

Please join us for dinner. We need volunteers for this event to be successful (timers and food handlers) AND each family is asked to bring a salad, drinks, dessert, utensils, etc.

Please sign up for these items by following this link:

<https://docs.google.com/spreadsheet/ccc?key=0AjTo7PfKdmbgdDRQLXJacDRZVXp1djBOSIVMYWNDcUE>.

If you have any questions, please contact Kate Nowlan at [knowlan@positiveplacesd.org](mailto:knowlan@positiveplacesd.org).

## Schedule Changes for December

### 12/19 - 12/23

Grunion: 2:30-3:10 (small pool)

Red: 3:00-4:00 (small pool, no Early Red this week. Those kids will swim w/Red)

Red Star: 3:50-5:00 (big pool :-)

White: 2:30-4:00 (big pool)

Blue: 2:30-4:30 (drylands first 30 min., then big pool)

Senior D: 7:30-9:30 AM

Senior: OFF

\*12/19 Blue and White practice will be combined from 2:30-4:00

\*12/23 Red and Red Star will be combined from 3:00-4:00

### 12/26 and 1/2 (Mondays after the holidays)

Grunion: OFF

Red: OFF

Red Star: OFF

White: 7:45-9:30

Blue: 7:45-9:45

Senior D: 7:30-9:30

Senior: 9:30-11:45

### 12/27-12/30

Grunion: 2:30-3:10 (small pool)

Red: 3:00-4:00 (small pool, no Early Red this week. Those kids will swim w/Red.)

Red Star: 3:50-5:00 (small pool)

White: 4:00-5:30 (big pool)

Blue: 3:45-5:45 (big pool, drylands first for 30 min.)

Senior D: 7:30-9:30 AM

Senior: 8:00-10:00 AM and 2:00-5:00 PM (out of water by 4:15 so Blue and White can get in)

\*12/30 Red and Red Star will be combined from 3:00-4:00

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## New RSD Short Course Club Records for November

Girls 15-18 100 Yard Butterfly: Rochelle Dong 56.94 at the Kevin Perry Invite 11/14/2011

# SWIMMER OF THE MONTH

## Grunion:

Name: Braden Fink

Event: Butterfly

Favorite Band: Michael Jackson

Favorite Song: Smile

Favorite Food: Mac n' cheese

Hobbies: swimming, soccer, baseball, germinating seeds

Favorite TV Show: Star Wars the Clone Wars

Favorite Athlete: Walter Olson (Grandpa)

Favorite Quotate: "Bad Karma"

## RED Group:

Name: Taylor White

Favorite Swimming Event: Freestyle

Favorite Band: Taylor Swift

Favorite Song: Baby

Favorite Food: Hamburgers

Hobbies: Swimmimg, Camp

Favorite TV Show: ICarly

Favorite Athlete: Tebow

Favorite Quotate: "In it to win it"

## Red Star Group:

Name: Riley Parker

Favorite Swimming Event: 200 Free

Favorite Song: "Big Time Rush

Favorite Food Before Practice: Ice Cream

Favorite Food After Practice: Ice Cream

Hobbies: Gymnastics

Favorite Book: So Random

Favorite Athlete: Craig Parker

Favorite TV Show: Soul Surfer

Favorite Quote: "Do your Best"

## WHITE Group:

Name: Erik Cederstav

Favorite Swimming Event: 50 Free

Favorite Song: "Look at me now"

Favorite Food Before Practice: yogurt

Favorite Food After Practice: dinner

Hobbies: Building lego's

Favorite Book: The Wall

Favorite Athlete:

Favorite TV Show: Sponge Bob Square Pants

Favorite Quote: "So close but yet so far"

## BLUE Group:

Name: Kristina Puglisis

Favorite Swimming Event: 50 Breaststroke

Favorite Song: Headlines

Favorite Food Before Practice: Taylor Swift

Favorite Food After Practice: Hamburgers, cookies, pizza

Hobbies: Swim and Volleyball

Favorite Athlete: Natalie Coughlin

Favorite TV Show: ICarly

Favorite Quote: "Work Harder"

## SENIOR DEVELOPMENT:

Name: Katie Mulkowsky

Favorite Swimming Event: 200 Breast

Favorite Song: Unknown Brother—Black Keys

Favorite Food Before Practice: Apple

Favorite Food After Practice: Pasta

Hobbies: Collecting Stamps, planking, picking my nose

Favorite Book: The Dictionary

Favorite TV Show: Teenage Mutant Ninja Turtles

Favorite Athlete: Katie Page

Favorite Quote: "Moses" Shayun Pedram

## SENIOR CHAMPIONSHIPS:

Name: Michelle Jacobs

Favorite Swimming Event: 200IM

Favorite Song: Sweet Home Alabama

Favorite Food Before Practice: Tangerine

Favorite Food After Practice: Lasagna

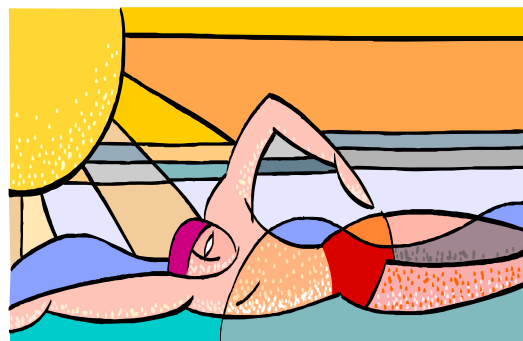
Hobbies: Swimming, Baking

Favorite Book: No Preference

Favorite TV Show: Last Man Standing

Favorite Athlete: Coach Darrell Swenson

Favorite Quote: "Eat, Sleep, Swim"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>D</b>	<b>E</b>	<b>C</b>		
				1	2	3 <b>12&amp;Under Pentathlon @ CAST</b>
4 <b>12&amp;Under Pentathlon @ CAST</b>	5	6	7	8 <b>Jr. Nationals @Univ. of Texas</b>	9 <b>Jr. Nationals @Univ. of Texas/ Holiday Splash Entries Due</b>	10 <b>Jr. Nationals @Univ. of Texas/BC All Ages @SBA</b>
11 <b>BC All Ages @SBA</b>	12	13	14	15 <b>HOLIDAY SPLASH!!</b>	16	17 <b>Winter Age Group Championship</b>
18 <b>Winter Age Group Championship</b>	19 <b>Winter Age Group Championship</b>	20	21	22	23	24
25	25	26	27	28 <b>BC All Ages @ FAST entries due</b>	29	30
31						

**12 & Younger**

**Head Coach:** Joe Benjamin

**Senior Coach:** Richard Contreras

**Head Age Group Coach:**

A-Lisa Miles

**Assistant Coaches:**

Linda Herman

Jamie Jackson

Bryan Jacobson

Rob Mackle

Mickey Murad

John Scheuerman

Gracie Van Der Byl

**Grunion**

Monday-Friday 3:20-4:10 pm

**Early Red**

Monday - Friday 3:15-4:15 pm

**Red**

Monday-Friday 4:00-5:00 pm

**Red Star**

Monday - Thursday 4:50-6:00 pm

**White**

Friday 4:00-5:00 pm

**Blue**

Monday-Friday 5:00-6:30 pm

**Senior Development**

Monday-Tuesday 4:45-6:45 pm

**Senior**

Wednesday-Friday 4:45-7:00 pm

Monday - Friday 5:15-7:30 pm

Monday - Friday 3:00-6:00 pm

(see Coach Joe for additional workouts and practices)

**13 & Over**