



RANCHO SAN DIEGUITO

SWIM TEAM

NEWSLETTER

February 2012



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Joe Benjamin..... (858) 755-2920

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RSD Billing Department

aquaticsbilling@PositivePlaceSD.org

Calling Parents to Officiate!

We are looking for new parents to volunteer to officiate at swim meets. There are several perks that come with this volunteer position, front row seat at swim meets, free food at most swim meets, and (most importantly) a discount on your swimmer's RSD dues :-). If you are interested, please contact Michael Faulstich at mick@salk.edu. This is an important volunteer job that we do need help with as if our team cannot provide enough officials we get fined. Currently we are in DIRE need of help at C level meet. So if you are a parent of a new swimmer (or even a parent of an old swimmer that is now interested) and you have some interest, PLEASE contact Michael so we can get you more information :-)

2012 WINTER CHAMPIONSHIPS ARE HERE!

The short course swimming season is coming to a close. February and March are busy months for RSD as we prepare for the short course championship meets. USA Swimming Championship swim meets are available for all ages and every level of swimmer.

Senior Classic-Open to all swimmers who achieve qualifying *Senior* time standards.

Junior Olympics-(14 & Under) Must achieve JO qualifying time standards.

JO Max-(18 & Under) Open to all swimmers who have not qualified for Junior Olympics. All swimmers must have swum in at least one USA meet this season (Sept. 2009 to present).

All of these swim meets offer team scoring and relays! RSD Swim Team would like to give our best showing at ALL of these Championship swim meets. For the latest swimming news in San Diego Imperial Swimming and for a list of qualifying time standards for these swim meets, please visit www.si-swimming.com. All swim meet information is available at the pool office. Please see your coach for more information.

Schedule Changes for February

Monday, February 20th

ALL WORKOUTS CANCELED

**Only Junior J.O. Swimmers from 8-10am

Save the date...

RSD Annual **Bring It On Athon** is set for *Wednesday, April 18Th!* Please mark your calendars as ALL RSD Swimmers are required to participate. We are seeking donations for our raffle and for prizes (gift certificates, goods and services, etc). If you or your business or anyone you know would be interested in donating toward this event, please contact Kate @ knowlanpositiveplacesd.org.

RSD CLUB MEET

EVENT DATE: Wednesday February 15th, 2011

WARM-UP: 3:15pm

MEET STARTS: 3:45pm

ENTRIES DUE: February 14th, 2011

COST: \$5.00

- RSD club meets are open to all RSD swimmers ages 12 and under.
- The purpose of this meet is to give swimmers swim meet experience and a chance to record Personal Best Time (P.B.). Swimmers are welcome to swim any events they wish: In the order of ...Free, Back, Breast, Fly. 8 years and under will swim 25 yards and 9 years and over will swim 50 yards.
- Each participant should have a dry towel for each event they participate in and warm shoes and jacket.
- Each participant must pre-register up to the day before the meet (see entry deadline)
- All swimmers must have a properly filled out Club Meet Card. Please fill in the swimmer's full name, gender, and age at the top of the card. Fill in your best times from your previous club meets. If you have not swum in a club meet before, then enter NT (no time) in the appropriate spaces on your card.
- After you swim all your events at the club meet, you are welcome to have 2 slices of Pizza Port cheese pizza and a refreshing cup of lemonade. Spectators are welcome to dine with a small donation AFTER swimmers have been served!
- Your coach will return card with times at the next practice. Swimmers who swim a Personal Best (P.B.) or a 1st race will receive *Stars* next to the time. Parents, please save card to record swim times for future meets.

Please note: All 12 and under practice groups are cancelled on Club Meet days

- All Blue and White Group swimmers are offered a short practice before the Club Meet starting at 2:30pm, until the start of the meet. Please arrive as early as you can.
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New RSD Short Course Club Records for January

- Gregory Macchio 2:26.33 in the 11-12 Boys 200 Yard Butterfly at the All Star Tri Meet Jan. 21st-22nd.

SWIMMER OF THE MONTH

Grunion Group:

Name: Elizabeth Wetzel

Favorite Swimming Event: Freestyle

Favorite Band: Train

Favorite Song: Hey Soul Sister

Favorite Food: Mac and Cheese

Hobbies: Shop for Hello Kitty Stuff

Favorite TV Show: Fetch

Favorite Athlete: Michael Phelps

Favorite Quote: "I love swimming"

RED Group:

Name: Alexander Pertakalos

Favorite Swimming Event: Swim Meet

Favorite Band: Beatles

Favorite Song: U can't touch this

Favorite Food: Pasta

Hobbies: Swimming, Soccer, Karate

Favorite TV Show: Farly Off Parents

Favorite Athlete:

Favorite Quote: "Take your feet off the table"

RED Star:

Name: Ryan Luther

Favorite Swimming Event: 50 Breaststroke

Favorite Song: Green Day 21 Guns

Favorite Food Before Practice: Chips

Favorite Food After Practice: Soup

Hobbies: Running

Favorite Book: Diary of a wimpy kid

Favorite TV Show: survivorman

Favorite Athlete: Drew Brees

Favorite Quote: Burn

WHITE Group:

Name: Thomas Freedman

Favorite Swimming Event: 200 Free

Favorite Song: "Jazz Police"

Favorite Food Before Practice: Ham and Cheese Sandwich

Favorite Food After Practice: Steak

Hobbies: Playing Saxophone, reading, biking

Favorite Book: The 3 Muskateers

Favorite Movie: None

Favorite Athlete: Rafael Nadal

Favorite Quote: "Just do it"

BLUE Group:

Name: Annika Bram

Favorite Swimming Event: Any freestyle

Favorite Song:

Favorite Food: Any swimmers goldfish

Hobbies:

Favorite Book:

Favorite TV Show:

Favorite Athlete: Katie Wimsatt

Favorite Quote: "Instead of IM you can do freestyle"

SENIOR DEVELOPMENT:

Name: Katie Page

Favorite Swimming Event: 200 Breaststroke

Favorite Song: Don't Stop Believing

Favorite Food Before Practice: Pasta

Favorite Food After Practice: Pasta

Hobbies: Volleyball, Creative Writing

Favorite Book: The Outsiders

Favorite TV Show: NCIS

Favorite Athlete: Natalie Coughlin

Favorite Quote: "What doesn't kill you makes you stronger"

SENIOR:

Name: Julie Keenan-Rivers

Favorite Swimming Event: 200 Back

Favorite Song: Call it What You Want

Favorite Food Before Practice: Granola Bars

Favorite Food After Practice: Pasta

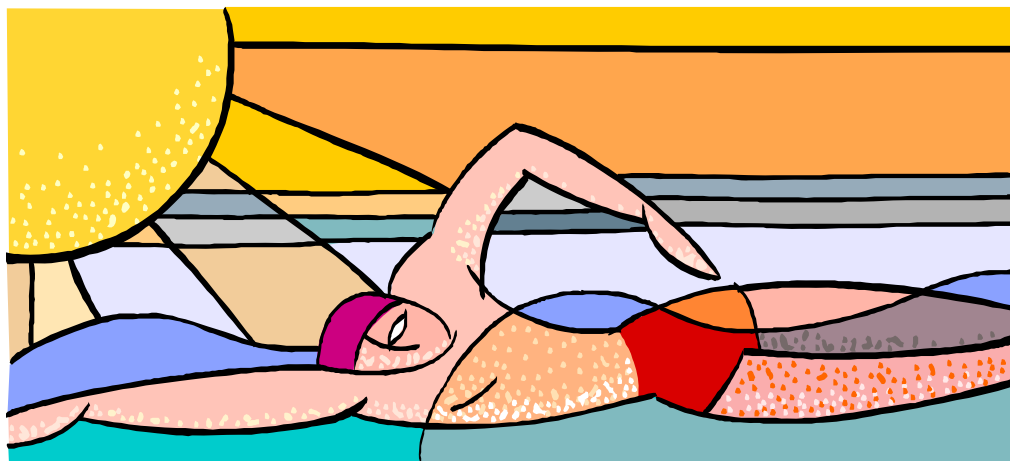
Hobbies: Swimming, Reading, Piano

Favorite Book: Hunger Games

Favorite TV Show: Modern Family

Favorite Athlete: Natalie Coughlin/Missy Franklin

Favorite Quote: "Try your hardest and you might succeed."



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>F</i>	<i>T</i>	<i>B</i>		
			1	2	3	4
5	6	7 Junior Olympic Entries Due	8	9	10 FAST ABC MEET (Monthly Billing Due)	11 FAST ABC MEET
12 FAST ABC MEET	13	14	15 CLUB MEET	16	17 Senior Classic Meet	18 Senior Classic Meet
19 Senior Classic Meet	20	21	22	23	24 Junior Olympics	25 Junior Olympics
26 Junior Olympics	27	28 JO MAX Entries Due	29			

Head Coach:

Joe Benjamin

Senior Coach:

Richard Contreras

Head Age Group Coach:

A-Lisa Miles

Assistant Coaches:

Linda Hermann

Bryan Jacobson

Macon Lane

Jenny Lyle

A-Lisa Miles

Mickey Murad

John Scheuerman

Darrell Swenson

Gracie Van Der Byl

12 & Younger

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

Monday, Wednesday

5:15-6:30 pm

Tuesday, Thursday

5:15-6:45 pm

Blue

Friday

3:45-5:00 pm

Blue

Monday - Friday

4:30-6:30 pm

13 & Over

Senior Development

Monday-Thursday

5:15-7:30 pm

Senior

Monday-Friday

5:00-7:00 pm

Monday-Friday

3:00-6:00 am

Saturday

7:45-10:00 am