

RANCHO SAN DIEGUITO



SWIM TEAM *NEWSLETTER*



MARCH 2010



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RSD Billing Department

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RSD CLUB MEET

EVENT DATE: Friday, March 19th

WARM-UP: 3:30pm

MEET STARTS: 3:45pm

ENTRIES DUE: Thursday, March 18th

COST: \$5.00 (Late entries, if accepted: \$6.00)

- 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.
- 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 as early as 2:45pm, until the start of the meet. Please arrive as early as you can.**

SAVE THE DATE: Monday, May 3rd for RSD Annual "Bring It On Athon". This is RSD Swim Team's biggest fundraiser of the year!!! (formerly known as the RSD 150!). **All** RSD Swimmers are required to participate.

Schedule Change:

Friday, March 12th...

- All Junior Groups Cancelled (Grunion, Red, Red Star, White and Blue)
 - All Senior Group 5:15-6:30AM only
 - Senior Development 5:00-7:00PM (including Senior Group swimmers unable to attend am workout)
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SENIOR CLASSIC MEET RESULTS UPDATE SPRING 2010

The Rancho San Dieguito Swim Team participated in two local championship meets last month. The first was the Presidents' Day Senior Classic Swimming Championships in Poway, February 12-15. RSD had over 30 senior swimmers qualified, and they all performed very well. Our athletes achieved over 85% best times, and as a team we finished in 3rd place out of 40 teams from all over California and Arizona. This was a great performance by our team, especially considering most of our athletes were not rested for this meet. The RSD Coaching Staff is very proud of our athletes!

We also re-wrote the RSD record books in the past 2 weeks. The following RSD team records were broken in February:

Individual:

- Rochelle Dong: 13-14 Girls: 50 Free, 100 free, 200 Free, 100 Fly, 400 Free Relay, 400 Medley Relay
 - Sherri McIntee: 13-14 Girls: 200 Breaststroke, 400 Medley Relay
 - Anderson S. Lee: 9-10 Boys: 100 Back
 - Brandon A. Kulik: 9-10 Boys: 50 Fly
 - Mickey Mackle 15&over Boys 1650 yard freestyle
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**2010 San Diego-Imperial Short Course
Junior Olympic Championships**

CONGRATULATIONS to RSD's 2010 SHORT COURSE JUNIOR OLYMPIC SWIM TEAM!!

The San Diego-Imperial Junior Olympic Championships were held February 19-21 in Coronado. Our swimmers did a great job! On our way to a fourth place team finish, the RSD team swam well setting new team records. RSD was just a few points away from a 3rd place finish.

It was also very clear that RSD swimmers had the BEST technique in the pool! In addition to the new team records, we had numerous JO Champions, medal winners, finalists, and individual best times. RSD's Katelyn Thomas was the 9 & 10 Girls High Point Award Winner. As well, RSD's Rochelle Dong was the 13 & 14 Girls High Point Runner Up. Rochelle also broke the J.O. Meet Record in the 50 and 100 Freestyle, and she broke the 13 & 14 Girls San Diego-Imperial Swimming record in the 50 Freestyle, which had stood for 22 years. Her time in the 50 was 24.06.

Please check out all of the new records on our website. Our parents also did a great job of timing, officiating, and volunteering for job assignments. Thank you for all of your team spirit and support! The coaching staff is very proud of all of our JO swimmers

GRUNION Group:

Name:

If you could mix 2 foods together what would they be:

Favorite Destination:

What Animal would you be:

Favorite Game:

Favorite Swimming Event:

RED:

Name: Hanna Lindel

If you could mix 2 foods together what would they be: chocolate pizza

Favorite Destination:

Montana/Australia

What Animal would you be: kitten or poisonous snake

Favorite Game: soccer/monopoly

Favorite Swimming Event: 25 Free

RED Star:

Name: Nic Aschomeit

If you could mix 2 foods together what would they be: pizza and spaghetti

Favorite Destination: Home

What Animal would you be: a platapus

Favorite Game: catch in lacrosse

Favorite Swimming Event: 50 Free

WHITE Group:

Name: Erin Vantertie

Favorite Swimming Event: 100IM

Favorite Song: Tik Tok by Keisha

Favorite Food Before Practice: apples

Favorite Food After Practice: whatever for dinner

Hobbies: reading, drawing

Favorite Athlete: Dara Torres

Favorite TV Show: iCarly

Favorite Quote: "Fall down 7 times, get up 8"

SWIMMER OF THE MONTH

BLUE Group:

Name: Aluyssa Kelliher

Favorite Swimming Event: 100 Fly

Favorite Song: "Your gonna go far"

Favorite Food Before Practice: Milk Chocolate

Favorite Food After Practice: Dark Chocolate

Hobbies: Swimming and sleeping

Favorite Book: Twig light Series

Favorite TV Show: 30 Rock

Favorite Athlete: Lindsay Vaun

Favorite Quote: "I like pie" Katie Wimsatt

SENIOR DEVELOPMENT:

Name: Brock Bergum

Favorite Swimming Event: 200 Fly

Favorite Song: "the Hills are alive..."

Favorite Food Before Practice: milkshake

Favorite Food After Practice: sausage

Hobbies: collecting bugs

Favorite Book: Charlotte's Web

Favorite TV Show: Welcome Back Cotter

Favorite Athlete: Karlyn Bergum

Favorite Quote: "there's no crying in baseball" Casey Jones

SENIOR:

Name: Ali Paris

Favorite Swimming Event: 200 Fly

Favorite Song: One Day

Favorite Food Before Practice: peanut butter

Favorite Food After Practice: power bar

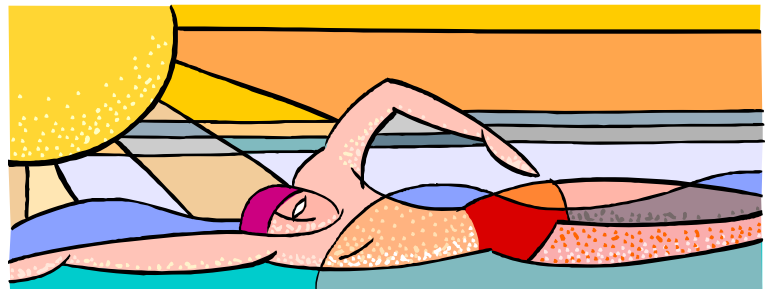
Hobbies: Annoying Coach Joe

Favorite Book: The Power of One

Favorite TV Show: Chuck

Favorite Athlete: Shaun White

Favorite Quote: It was a sandwich of kings and the queen was in the middle.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	M	A	R	C	H	
	1	2	3	4	5	6
					JO MAX @ICAC Palomar College	JO MAX @ICAC Palomar College
7 JO MAX @ICAC Palomar College	8	9	10	11	12 NOTE SCHEDULE CHANGES FOR RSD	13 A/B All Ages @ Poway
14 A/B All Ages @ Poway	15	16	17	18	19 Club Meet w-up 3:30 start 3:45	20
21	22	23	24	25	26	27 ABC 14 & Under FAST—distance event for Far West. Qualifiers. See your coach.
28 ABC 14 & Under FAST—distance event for Far West. Qualifiers. See your coach.	29	30 Entries due C All Ages @ CAST	31			

Head Coach:

Joe Benjamin

Senior Coach:

Richard Contreras

Head Age Group Coach:

Paul Mazzarella

Assistant Coaches:

Cody Goyette

Bryan Jacobson

Macon Lane

Troy Marcikic

A-Lisa Miles

Mickey Murad

Kate Nowlan

John Scheurman

12 & Younger

Grunion (session 1)

Monday, Wednesday, Friday

3:20-4:00 pm

Grunion (session 2)

Tuesday, Thursday, Friday

3:20-4:00 pm

Red

Monday - Friday

4:00-5:00 pm

Red Star

Monday - Thursday

5:00-6:00 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

Friday

5:00-7:00 pm

Senior

Monday - Friday

3:00-6:00 pm

Saturday

7:45-10:30am