

RANCHO SAN DIEGUITO

SWIM TEAM

NEWSLETTER

August 2010



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Save the date....

R.S.D. Beach Banquet

When: Friday, September 10th 3:30-6:30

Where: Moonlight Beach, Encinitas

Who: *All RSD Swimmers and Families*

(Grunion through Senior Groups)

Dinner, Awards and Fun with RSD Team

Join us while we honor our incredible athletes, parents and coaches. Let's celebrate being a part of RSD Swim Team!

SPEEDO WESTERN GOLD CHAMPIONSHIP RESULTS....

RSD Swim Team recently competed in the Speedo Western Gold Championships in Santa Clarita, CA July 21-25. The competition was great, and some of our nation's fastest swimmers were in attendance. RSD swimmers achieved over 90% lifetime best times and broke 11 team records! We brought 19 swimmers, more than ever before, and we scored higher than ever before as well.

RSD and Coach Joe would like to say a special THANK YOU to team volunteer and dad, Rob Mackle, for chaperoning and helping Coach Joe with driving, organizing, motivating, and coaching our athletes.

Our Seniors re-wrote the relay record book, breaking all three relay records for men and 2 of 3 for women!

Men's 800 free Relay: Mickey Mackle, Mac Groot, Josh Mangus, Tomo Kelly

Men's 400 Free Relay: Josh Mangus, Mickey Mackle, Dorcey Abshier, Tomo Kelly

Men's 400 Medley Relay: Dorcey Abshier, Keegan Groot, Mickey Mackle, Josh Mangus

Women's 800 Free Relay: Alison DePeralta, Sarah Geerdes, Rochelle Dong, Nicole Skaggs

Women's 400 Free Relay: Rochelle Dong, Sarah Geerdes, Alison DePeralta, Nicole Skaggs

Women's 400 Medley Relay: McKenna Garfein, Kenna Nagy, Sarah Geerdes, Rochelle Dong

The following 19 athletes represented RSD and the Boys and Girls Club of San Dieguito very well, both in and out of the pool

Keegan Groot

Mac Groot

Allison DePeralta

Mickey Mackle

Tomo Kelly

Philip Geerdes

Cody Miller

Josh Mangus

Dorcey Abshier

Nicole Skaggs

Ali Paris

Kenna Nagy

Kasey Fontaine

Rochelle Dong

Sarah Geerdes

McKenna Garfein

Kim Boone

Sherri McIntee

Maddie Uebelhor

A HUGE congratulations to these athletes for qualifying and competing in such a high level meet! Way to go RSD!

RSD has a great group of parent volunteers who work as officials at swim meets. Unfortunately, most of these parents have children who are older or have progressed to higher level swim meets. We are looking for new officials who have younger children at the B and C level. NO experience necessary! Please contact our officials coordinator for more information or if you would like to start. Mindy Paris (mindy1957@aol.com) is the coordinator! All families that provide a volunteer official will receive a \$30 monthly discount on their swimmers dues!

RSD CLUB MEET / DUAL MEET

Our final Club Meet of the summer will be a fun meet with the Lomas Santa Fe Sharks. The meet will take place at Lomas Santa Fe Country Club at 1505 Lomas Santa Fe Drive.

The meet is Tuesday, August 10th. Warm-up begins at 4:00PM with races starting at 4:30PM.

Sign-up deadline is Monday, August 9th ... ALL SWIMMERS ATTENDING MUST HAVE A USA SWIMMING CARD!

The meet format will be the same as our club meets. Each swimmer's heat and lane assignments will be the same for all four races (free, back, breast, and fly). The age divisions are as follows: 6 & under, 7-8, 9-10, 11-12, and 13 & older. All swimmers 8 & under will swim 25 meters, all swimmers 9 & older will swim 50 meters. There will be no disqualifications. Freestyle relays will be offered at the conclusion of the individual races, time permitting. Registration is easy, stop by the swim office by Monday, Aug 9th and sign up. Sign-up using the yellow Dual Club Meet Card. Due to the complexity of running the swim meet with another team, **no late entries will be accepted**. Come join the fun!

- - - - > Please note: all afternoon practices are cancelled the day of this event.

Tropical Trackside Party

Where the Party Meets the Turf!

What: Tropical Trackside Party— A fundraiser benefiting The Boys & Girls Clubs of San Dieguito

Where: Del Mar Thoroughbred Club – Private trackside tented area with private betting windows & TV's – Entrance will be through the Solana Gate on Via de la Valle. The tent is located west of the west grandstand.

Date: Saturday, August 7, 2010

Time: 1:00pm to 7:00pm. First race is at 2:00pm — Last race is at 6:30pm.

Attire: Tropical casual attire.

Price: \$75 per person or \$145 per couple - Includes free parking, racing program, admission into the private tented area to watch the races, two cocktail coupons, and Mexican buffet.

Day includes: Silent auction, raffle, guaranteed winner per race drawing, and a chance to crown the winner of a race the day of the event!

Tickets: Visit PositivePlaceSD.org or Call 858.720.2188

Meet Type (Short Course Yards)	Date	Host / Location	Swimmers Who Should Attend	Entry Due Date
Freestyle Festival - North	Sept 25	RSD / Pardee Aquatics Center	All Groups	Sept. 14 th
Senior Meet	Oct 9-10	HSA / El Cajon Valley HS	Senior Dev.	Sept. 21 st
A/B/C All Ages - North	Oct 16-17	RSD / Pardee Aquatics Center	All Groups	Sept. 28 th
C All Ages	Nov 6-7	SDAC / Rancho Bernardo HS	Grunion, Red, Red Star, White, Blue, Senior Dev.	Oct. 19 th
A/B/C All Ages	Nov 12-14	PS / Poway Community Center	White, Blue, Senior Dev.	Oct. 26 th
Kevin Perry Senior Meet	Nov 12-14	FAST / Fullerton, CA Janet Evans Swim Complex	All Qualified Seniors (Fri/Sat only)	Oct. 26 th
Palm Springs All ages (SCS)	Nov 19-21	Palm Springs, CA	All Groups	Oct. 26 th
Senior Nationals	Dec 2 – 4	Columbus, OH / Ohio State University	All Qualified Seniors	Nov. 16 th
Holiday Senior Meet	Dec 3 & 5	CAST / Joan Kroc Center	Senior Dev.	Nov. 16 th
12 & Under Pentathlon – SI A time standard	Dec 4	CAST / Joan Kroc Center	White, Blue	Nov. 16 th
Junior Nationals	Dec 9-11	Atlanta, GA / Georgia Tech Aquatic Center	All Qualified Seniors	Nov. 23 rd
Winter Age Group Champs (tentative)	Dec 10-12	SCS / Cerritos, CA	All Qualified 12 and Unders	Nov. 16 th
B/C All Ages	Dec 11-12	SBA / Loma Verde Pool	Red, Red Star, White, Blue, Senior Dev.	Nov. 23 rd
Sectionals	Dec 17-20	TBA	All Qualified Seniors	Nov. 30 th
SI All Star Qualifying Meet	Jan 7-9	ICAC / Palomar College	All Qualified	Dec. 21 st
Speedo Grand Prix	Jan 14-17	TBA / Belmont Plaza, Long Beach	All Qualified Seniors	Dec. 28 th
B/C All Ages	Jan 15-16	FAST / Fallbrook HS	Grunion, Red, Red Star, White, Blue, Senior Dev.	Dec. 28 th
SI-CC-SN All-Star Tri-Meet	Jan. 22-23	CC Swimming / TBA	All Qualified	Jan. 4 th
12 & Over No Time Standard	Jan 28-30	HSA / El Cajon Valley HS	Senior Dev.	Jan. 11 th
12 & Under ABC Meet - North	Feb 11-13	FAST / Fallbrook HS	Grunion, Red, Red Star, White, Blue	Jan. 25 th
SI Senior Classic	Feb. 18-21	SI / TBA	All Qualified	Feb. 1 st
Junior Olympics	Feb 25-27	SI / TBA	All Qualified	Feb. 8 th
JO Max - North	Mar 11-13	ICAC / Palomar College	Grunion, Red, Red Star, White, Blue, Senior Dev.	Feb. 22 nd
Short Course Far Westerns (PC) (tentative)	Apr 7-10	PS LSC / TBA	All Qualified	March 22 nd

RANCHO SAN DIEGUITO SWIM TEAM SHORT COURSE 2010-2011 Meet Schedule

2010 Fall Practice "Clip and Save" Effective **September 7th 2010**

Rancho San Dieguito Swim Team 2010-2011 Practice Schedule

12 & Younger

Grunion	Monday – Friday	3:20-4:10 pm
Red	Monday - Friday	4:00-5:00 pm
Red Star	Monday - Thursday Friday	5:00-6:00 pm 4:00-5:00 pm
White	Monday and Wednesday Tuesday and Thursday Friday	5:15-6:30 pm 5:15-6:45 pm 3:45-5:00 pm
Blue	Monday - Friday	4:30-6:30 pm

Show Your Spirit!

Purchase a
Rancho San Dieguito Swim Team
Car Magnet!

Only \$10 Each

6" x 4"

Get One For
Each Car In
Your Family!



RSD magnets are available for purchase NOW
at the Aquatics Office! Quantities are limited so
get yours while they last and show your
RSD colors every day! Credit card, check or cash accepted.
Please make check out to BGCSDTO.
Thank you for your support!

Remember:

- Never put your magnet on a dirty car (you could scratch your car's paint!).
- Clean both sides of your magnet whenever you wash your car (or more often!)
- Do not place on horizontal surfaces (such as automobile hoods!)
- Remove magnet by lifting entire magnet from surface (do not slide the magnet across the surface!)

13 & Over

Senior Development

Monday - Thursday

5:15-7:30 pm

Senior

Monday-Friday
Saturday

3:00-6:00 pm
7:45-10:30am

GRUNION Group:

Name: Ashley Holland
If you could mix 2 foods together what would they be: Ice Cream, Cake
Favorite Destination: Grand Cayman
What Animal would you be: Horse
Favorite Game: Checkers
Favorite Swimming Event: Breaststroke

RED:

Name: Hannah Mackenhausen
If you could mix 2 foods together what would they be: Pizza & Spaghetti
Favorite Destination: Skiing in Big Bear
What Animal would you be: Dog
Favorite Game: Marco Polo
Favorite Swimming Event: Diving

RED Star:

Name: Taraneh
If you could mix 2 foods together what would they be: Peppermint Ice Cream & Oreos
Favorite Destination: New York City
What Animal would you be: Dolphin
Favorite Game: Checkers
Favorite Swimming Event: 50 Free, 100 IM, 50 Butterfly

WHITE Group:

Name: Jenne Kamada Brookes
Favorite Swimming Event: Breaststroke
Favorite Song: Round and Round
Favorite Food Before Practice: Peanut Butter with Wheat Toast
Favorite Food After Practice: Dinner
Hobbies: Singing, Dancing and Acting
Favorite Athlete: Jenne Brookes
Favorite TV Show: Jersey Shore
Quote: "all battles are won before they are fought."

BLUE Group:

Name: Brandon Kulik
Favorite Swimming Event: 50 Free
Favorite Song: Halfway There
Favorite Food Before Practice: Sandwich
Favorite Food After Practice: Sandwich
Hobbies: Swimming, Guitar, Reading, Video Games
Favorite Book: Wormhole Pirates on Orbis 3
Favorite TV Show: George Lopez
Favorite Athlete: Michael Phelps
Favorite Quote: How do you like dem apples?

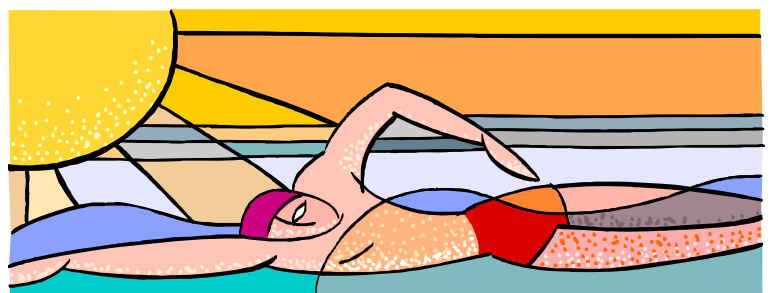
SENIOR DEVELOPMENT Group:

Name: Colin Loyd
Favorite Swimming Event: 100 Breaststroke
Favorite Song: The Final Countdown
Favorite Food Before Practice: Popcorn
Favorite Food After Practice: Pizza
Hobbies: Soccer
Favorite Book: Harry Potter and The Deathly Hallows
Favorite TV Show: That 70's Show
Favorite Athlete: Tim Howard
Favorite Quote: "It ain't over until the fat lady sings"

SENIOR Group:

Name: Kenna Nagy
Favorite Swimming Event: 100 breaststroke
Favorite Song: Dynamite
Favorite Food Before Practice: Blueberries
Favorite Food After Practice: Pad Thai
Hobbies: Sleeping, Drawing, wakeboarding
Favorite Book: Swimming to Antarctica
Favorite TV Show: Project Runway
Favorite Athlete: Rochelle Dong
Favorite Quote:

SWIMMER OF THE MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 NATIONALS	4 NATIONALS	5 NATIONALS	6 JO MAX @ Palomar College	7 JO MAX @ Palomar College
8 JO MAX @ Palomar College	9 JR. Nationals @ Irvine Dual Meet Entries Due	10 JR. Nationals @ Irvine Dual MEET @ Lomas Sante Fe Country Club	11 JR. Nationals @ Irvine	12 JR. Nationals @ Irvine	13 JR. Nationals @ Irvine	14
15	16	17	18	19 JO'S	20 JO'S	21 JO'S
22 JO'S	23 RSD BREAK NO practices	24 RSD BREAK NO practices	25 RSD BREAK NO practices	26 RSD BREAK NO practices	27 RSD BREAK NO practices	28
29	30 RSD BREAK	31 RSD BREAK				
		A	U	G		

Head Coach:

Joe Benjamin

Senior Coach:

Richard Contreras

Head Age Group Coach:

A-Lisa Miles

Assistant Coaches:

Karli Abshier

Cody Goyette

Bryan Jacobson

Macon Lane

Troy Marcikic

A-Lisa Miles

Mickey Murad

John Scheuerman

12 & Younger

Grunion (session 1)

Monday, Wednesday, Friday

3:20-4:10 pm

Grunion (session 2)

Tuesday, Thursday, Friday

3:20-4:10 pm

Red

Monday - Friday

4:00-5:00 pm

Red Star

Monday - Thursday

5:00-6:00 pm

White

Monday-Friday

4:15-5:45 pm

Blue

Monday - Friday

2:30-4:30 pm

13 & Over

Senior Development

Monday, Wednesday, Friday

7:30-9:30 am

Tuesday, Thursday

2:30-4:30 pm

Senior

Monday, Wednesday, Friday

7:30-9:30 am

Monday, Wednesday, Friday

2:00-5:00 pm

Tuesday, Thursday

6:30-8:45 am

Saturday

7:45-10:00 am