

# RANCHO SAN DIEGUITO



## SWIM TEAM NEWSLETTER



April 2015

Aquatics Billing.....	(858) 755-4904	<a href="mailto:ndouglas@bgcsandieguito.org">ndouglas@bgcsandieguito.org</a>
Aquatics Office.....	(858) 755-4904	<a href="mailto:aquatics@bgcsandieguito.org">aquatics@bgcsandieguito.org</a>
Joe Benjamin.....	(858) 755-2920	<a href="mailto:jbenedict@bgcsandieguito.org">jbenedict@bgcsandieguito.org</a>



---

### WE BROUGHT IT!

The Bring it On Athon 2015 was a very special one. The weather was great and the atmosphere was very fun with our coaches getting dunked in the dunk tank, our athletes swimming their hearts out in the pool and our parents cheering on everyone. We are proud of all of our swimmers for participating, showing their team spirit and commitment, and for raising funds for our team. This commitment and passion was shown throughout our team starting with our only grunion swimmer, Gia Bruzzone, who chose to do the one hour swim instead of the half hour swim, all the way up to our top performing boys who each swam 5750 yards in the one hour; Liam McCloskey, Eric Li and Jordan Blitz. Equally as impressive was Rachel Rhee as the top female performer swimming 4800 yards. **We want to give a special thank you to our amazing donors; we are overwhelmed by the generosity of how many people donated!** Over 250 kids participated in the Bring it On Athon raising \$40,359.39. Swimmers raised pledges per lap they swam, and turned in flat donations online. We would also like to thank or Solana Beach Swim Masters for their generous donations and effort in completing the 1 hour swim as well. A special thanks to Ty Gruwell for raising \$2500 as well as Sue and Darrell Swenson for supporting top lap swimmers with \$500 pledges per swimmer.

**PIZZA PARTY WINNERS:** White Group and FSS Leopard Sharks!

---

### LIKE US ON FACEBOOK!

<https://www.facebook.com/RanchoSanDieguitoSwimTeam>

---

### Summer Schedule

Our summer [practice schedule](#) and [meet schedule](#) have been finalized and are now available to view. We are very pleased to announce that after ongoing efforts, we have managed to solidify practice space for several of our groups to train long course during the summer at Cathedral Catholic High School. This is a huge benefit to the quality of our program and we are thrilled to provide this opportunity to our swimmers. This will enhance our training and will greatly benefit the long term development and excellence of our program. We hope you are as excited as we are for this new opportunity!

---

## **RSD Summer Swim League**

Rancho San Dieguito Swimming is proud to offer a Summer Swim League designed for the novice swimmer, serving as a fun introduction to the world of swimming. This is for people who are not currently on the RSD swim team. Please tell all your friends who are interested in joining RSD. There are 40 spots available on a first come, first serve basis.

For more information please click [here](#)

---

## **Clinic with Olympians, Jason Lezak and Aaron Peirsol!**

RSD is proud to present a swim clinic with two former Olympians!

The clinic will include: Motivational talk and Q&A session

In-water technique analysis of strokes, starts, and turns

Autograph and Picture Session with medals

Gift: DVD, Notebook, Autograph Card, and t-shirt

For more information please click [here](#)

---

## **JO MAX RE-CAP**

This year's JO max proved to be a fun and successful weekend of racing for RSD swimmers!

Overall RSD was top of the team rankings by over 500 points making it a great team effort.

Several RSD swimmer were able to obtain their JO cuts including; Jasira Dolphina, Christine Tsu, Paige Vance, Sophia Elson, Jenny Han, Mikeely Siegal, Rene Shanazarian, Rachel Tran, Taylor Lyon, Ava Burger, Ceylin Cinlinger, Robbie Andrews III, Ian Cosgrove, Grant Shields, Erik Cederstav, Colin Sway, Ben Tkah, Jeremy Freeman, Michael Cornick, Trey Telfer, Reinhardt Bartsch, Dillon Leung, Eric Han and Matthew Kilroy.

A big thank you to everyone who made this meet a success, we could not be more proud of our swimmers, parents, and coaches who did an amazing job over the weekend.

---

---

## RSD April Club Meet

**EVENT DATE: Friday, Apr 24th      WARM-UP: 3:15pm      MEET STARTS: 3:45pm      ENTRIES**

**DUE: Thursday, Apr 23 (this is FIRM!)      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. Swimmers 8 years old and younger will swim 25 yards of each stroke, while swimmers 9-12 years old will swim 50 yards of each stroke. 9-12 swimmers may choose to dive off the blocks or go off the side of the pool.
- Each participant should have several dry towels, warm shoes, and a jacket.
- Each participant must pre-register up to the day before the meet (see entry deadline). **NO LATE ENTRIES WILL BE ACCEPTED!!!!**
- 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 the meet is over, we will be serving pizza to all club meet participants. Each swimmer gets two slices of pizza and a glass of lemonade. Extra pizza can be purchased for a donation.
- Results from the meet will be recording in the Club Meet Results binder located in the front office. Please use the times from this meet when entering the next club meet.

***Please note: All 12 and under practice groups are cancelled on Club Meet Days.***

---

## Parking Lot Safety Issues!

RSD Parents & Swimmers, we need your help! We have witnessed some concerning activity in our parking lot. Please remember that the parking lot is a very busy area with many people dropping off and picking up children. Even when reminded not to, children can still dart out in front of cars. Be on alert for children coming from any direction while driving near the aquatic facility. Please drive slowly and carefully to insure that everyone gets to and from practice safely.

Over the past few months, we have had a problem with children being dropped off exceptionally early and being left late after practice. Swimmers must be supervised by an adult when arriving early and must stay on the pool deck until the start of their practice. Playing in the parking lot, lobby, and by the Center for Healthy Living is **strictly prohibited**. Once the practice has concluded, please pick them up in a timely manner. Thank you for your help with this safety issue.

---

---

## OVERUSE INJURIES – IS INFLAMMATION TO BLAME?

By [Sarah Vance](#)

Team sports offer many benefits to young athletes – the regular physical activity helps to improve muscular strength, endurance, and can support a healthy weight. Kids in sports also learn about good sportsmanship, goal setting, and how to prioritize & manage their time. But when choosing team sports – parents and kids need to also consider the relative risk of injuries associated with each chosen sport. ...[READ MORE](#).

---

## Coach Rachel Leaving

We want to inform our team that RSD Red Group Coach, Rachel Palmer, will be leaving RSD this spring. While we are very sad to be losing such a great Coach, we are excited for Coach Rachel who will be moving back to her native New Zealand to be closer to her family.

We thank Coach Rachel for the positive impact and dedication she has brought to our team! She will be greatly missed! If we ever get her back to the USA, we will be happy to put her back to work for RSD!

Since Rachel let us know well in advance about her move, we have had the opportunity to work on a succession plan for Coach Rachel's role.

We are pleased to inform you that our Coach Gabby will be taking on the Red group along with Coach Steve. Together they will lead the Red Group once Rachel leaves in mid April. Gabby will take on a more comprehensive administrative role as well.

---

---

## New Format for Progress Check Sets, Visits & Move-Ups

In an effort to standardize and simplify our move-ups and visits procedure for swimmers being promoted to the next group, we have come up with a more defined policy and schedule for promotions. Moving forward we will be on a quarterly system, so move-ups will happen twice per season, or 4 times per year. The schedule will be as follows:

Sept	Train
<b>Oct</b>	<b>Train--&gt;Progress Check</b> (end of month)
Nov	Visit
Dec	Train
<b>Jan</b>	<b>Train--&gt;Progress Check</b> (end of month)
Feb	Visit
Mar	Train
<b>Apr</b>	<b>Train--&gt;Progress Check</b> (end of month)
May	Visit
Jun	Train
<b>Jul</b>	<b>Train--&gt;Progress Check</b> (end of month)
Aug	Visit

Progress check sets will be set-up as a workout at the level and intensity of the group above, but fit into the time allotted for their current workout group. Progress check dates will be announced in the monthly newsletter with a primary day, as well as one designated make-up option. Only official progress check sets implemented by coaches on the designated days will be considered valid for move-ups. Swimmers will be evaluated on how mechanically sound they are in their strokes, as well as their speed and ability to perform on intervals without sacrificing their technique. Meeting attendance requirements of the next group is a prerequisite and meet attendance will also be taken into consideration. Subjective criteria that will be up to the coaches' discretion will include maturity as well as attitude and work ethic in determining whether or not the athlete can handle the elevated workload. Progress Check set intervals will be dynamic, constantly evolving with the progression of the team. Coaches will also take care to preserve the integrity of the group size so that coach to swimmer ratios are maintained, allowing for the most productive environment possible.

Swimmers who have earned their way into a higher group will be given visits\* for one month as a transition period. The visits can be any day that practice is available for the group as follows:

Fish Group: 1 workout per week for 1 month

Red & White: 1 workout per week 1<sup>st</sup> two weeks, 2 workouts per week 2<sup>nd</sup> two weeks of the month

Blue & Seniors: 2 workouts per week for the month

(\* Receiving coaches reserve the right to defer the move-up to a later date if deemed appropriate)

Coaches will inform both the athlete and the parent if visits will be offered, and will also confirm the move-up. After the month of visits, if the athlete is moved up, training with their new group will begin at the start of each quarter.

---

## Calling on Parents to Officiate! Officials Discount on Dues!!

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 :-). Parents who officiate receive a **50% discount** on their swimmer's dues. If you are interested, please contact Raphael Hildesheim at [rhildesheim@yahoo.com](mailto:rhildesheim@yahoo.com). This is an important volunteer job that we do need help with. If our team cannot provide enough officials at the meet we get fined, so please help us out if you are interested.

---

## RSD Swim Team Swim Lesson Policy

The Coaching staff at RSD acknowledges that some swimmers and parents may want some private one on one time with our coaches to help stroke and other technique improvements. We understand the need for this, and we are supportive of families discussing and fulfilling this need with our coaches. However, we do require that any private lessons are done with certified coaches on the current Rancho San Dieguito swim team staff. Lessons taken outside of RSD swim team are not permitted and can result in dismissal from RSD.

This policy is in the best interest of our athletes to insure that they are not receiving confusing or conflicting information from multiple sources. It also empowers our coaching staff as it provides them with more opportunities to work positively with our swimmers and build relationships based on trust and confidence.

We are serious about this policy and if we find out that swimmers have been doing lessons outside of RSD, we will have no choice but to suspend and/or dismiss the swimmer from the team.

---

## Eric Paredes Save-A-Life Foundation

This organization along with a medical team led by Scripps Cardiologist, John Rodgers provides free teen heart screenings for ages 12-19. The screening is completely non-invasive (no needles or x-ray exposure), takes about a half-hour to complete.

Sudden Cardiac Arrest (SCA) can happen without symptoms or warning signs. San Diego alone loses 3-5 teens annually. SCA is the #2 cause of death in the US for youth under 25 and is the #1 killer of student athletes.

**Register Online [HERE](#)**

### Upcoming Free Screening Events:

Jan 25 - Rancho Buena Vista High School, Vista

March 8 - Chula Vista High School

May 3 - Madison High School, Clairemont Mesa

June 14 - Rancho Bernardo High School

Please consider taking the time to bring your teens to this screening or notifying friends with teens about this opportunity.



Located in Solana Beach, RISE Physical Therapy is proud to support the Rancho San Dieguito swimming community. Owner, Navid Hannanvash, and his team of physical therapists practice a uniquely functional approach to rehabilitation known as Applied Functional Science. Evaluating and treating all patients with a complete body approach to therapy allows them to determine an individualized program for each individual that walks through the doors. In order to best serve their patients they spend all sessions one-on-one with their patients without the use of aides. RISE Physical Therapy accepts all major insurances and as a service to the community offers FREE INJURY ASSESSMENTS. Learn more about them at ([www.risephysicaltherapy.com](http://www.risephysicaltherapy.com)) and call or email today to schedule your initial evaluation or FREE Injury Assessment.

RISE Physical Therapy  
380 Stevens Ave, Ste 314  
Solana Beach, CA 92075  
(P) 858-755-5200  
[rise@risephysicaltherapy.com](mailto:rise@risephysicaltherapy.com)

---

## **BOYS AND GIRLS CLUB SWIM LESSONS:**

The Boys and Girls Club of San Dieguito Spring 2015 Swim Lessons are open for registration! Go to <http://bgcsandieguito.org/programs/aquatics/swim-lessons/> to register for lessons. Spring lessons are offered on the weekends. Summer lessons are offered on a two-week cycle. Check the website for more details. Classes fill up quick so sign up now!

---

## **PARENTS COME CHECK OUT OUR SPIN/BOOTCAMP CLASSES OFFERED HERE AT THE BOYS AND GIRLS CLUB!**

### **STATIONARY INDOOR & OUTDOOR CYCLING**

Classes focus on endurance, strength, intervals, high intensity (race days) and recovery, and involves using a special stationary exercise bicycle.

**Who:** Men/Women Beginner - Advanced

**When:** Monday: 9-10am, Wednesday: 9-10am, Friday: 9-10am

**Where:** Harper Branch Gym

### **BOOTCAMP**

This outdoor fitness program is designed to help you achieve your health and fitness goals by utilizing fun, challenging, and invigorating activities. Instructor: Jarvis Albury.

**Who:** Men/Women Beginner - Advanced

**When:** T/Th 7:30am-8:30am

**Where:** Harper Branch Fitness Center

---

# January RSD Swimmer of the Month

## Grunion:

**Name:** Gia Bruzzone  
**Favorite land animal:** Snow Leopard  
**Favorite sea animal:** Sea Urchin  
**Favorite unhealthy snack:** Ice Cream  
**Favorite healthy snack:** Strawberry  
**Favorite subject in school:** Science  
**Favorite hobby:** Dance and Swim  
**What do I want to do when I grow up?** Teacher  
**If I had one superpower, what would it be?** To Fly

## F/S/S Grunion:

**Name:** Jack Murphy  
**Favorite land animal:** Elephant  
**Favorite sea animal:** puffer fish  
**Favorite unhealthy snack:** chips  
**Favorite healthy snack:** broccoli  
**Favorite subject in school:** space  
**Favorite hobby:** space  
**What do I want to do when I grow up?** Space scientist  
**If I had one superpower, what would it be?** speed

## Corvina:

**Name:** Nico  
**Favorite land animal:** Cheetah  
**Favorite sea animal:** Squid  
**Favorite unhealthy snack:** Ice Cream  
**Favorite healthy snack:** Banana  
**Favorite subject in school:** Math  
**Favorite hobby:** Reading  
**What do I want to do when I grow up?** Scientist  
**If I had one superpower, what would it be?** To fly

## F/S/S Corvina:

**Name:** Soei Amagi  
**Favorite land animal:** Lion  
**Favorite sea animal:** Shark  
**Favorite unhealthy snack:** cookies  
**Favorite healthy snack:** tomato  
**Favorite subject in school:** Art  
**Favorite hobby:** kick board  
**What do I want to do when I grow up?** Be a Nissan builder  
**If I had one superpower, what would it be?** fire

## Leopard Shark

**Name:** Ellie Koff  
**Favorite land animal:** Zebra  
**Favorite sea animal:** Turtle  
**Favorite unhealthy snack:** Skittles  
**Favorite healthy snack:** Salad  
**Favorite subject in school:** Math

**Favorite hobby:** Swimming  
**What do I want to do when I grow up?** Vet  
**If you had one superpower what would it be?** Talk to animals

## F/S/S Leopard Shark:

**Name:** Lucas Luwa  
**Favorite land animal:** Cats  
**Favorite sea animal:** Sharks  
**Favorite unhealthy snack:** Chips  
**Favorite healthy snack:** Carrots  
**Favorite subject in school:** Math  
**Favorite hobby:** Rocketry  
**What do I want to do when I grow up?** Be a scientist  
**If I had one superpower, what would it be?** Fly

## LCV

**Name:** Ava Barbano  
**Favorite land animal:** Boxer Dogs  
**Favorite sea animal:** Sea Otters  
**Favorite unhealthy snack:** Chocolate  
**Favorite healthy snack:** Yogurt with Granola  
**Favorite subject in school:** Math  
**Favorite hobby:** Swimming and going to the beach  
**What do I want to do when I grow up?** Vet  
**If I had one superpower, what would it be?** Flying

## Red:

**Name:** Sydney Yang  
**Favorite land animal:** Cheetah  
**Favorite sea animal:** Dolphin  
**Favorite unhealthy snack:** Ice Cream  
**Favorite healthy snack:** Carrots  
**Favorite subject in school:** Social Studies  
**Favorite hobby:** Drawing  
**What do I want to do when I grow up?** Teacher  
**If I had one superpower, what would it be?** Force Field

## White:

**Name:** Lauren Tracy  
**Favorite event:** 50 Free  
**Favorite Song:** Sugar  
**Favorite food before practice:** Popsicles  
**Favorite food after practice:** Jersey Mikes  
**Hobbies:** Golf, Swimming, Horse Back riding,  
**Favorite book:** The Land of Stories series  
**Favorite TV show:** The Voice  
**Favorite Athlete:** Damon Rhodes  
**Favorite Quote:** But every day above ground is a great day remember that - Pitbull



### **Blue:**

**Name:** Grace Van der Byl aka "Gracie"

**Favorite event:** anything over 50 miles

**Favorite Song:** "All around the world" – Justin Bieber

**Favorite food before practice:** Gu Energy Gel

**Favorite food after practice:** Protein Bars covered in Gu Energy Gel

**Hobbies:** Swimming really, really, really, really far

**Favorite book:** 'Think like a champion' – Donald Trump

**Favorite TV show:** The Apprentice – Donald Trump

**Favorite Athlete:** Myself

**Favorite Quote:** "Just Keep Swimming" – Dory the fish

### **Senior Red:**

**Name:** Conner Ellis

**Favorite event:** freestyle

**Favorite Song:** What a Catch Donnie

**Favorite food before practice:** none, because I don't like to cramp up

**Favorite food after practice:** anything I can get my hands on.

**Hobbies:**

**Favorite book:**

**Favorite TV show:** friends

**Favorite Athlete:** Lebron James

**Favorite Quote:**

### **Senior White:**

**Name:** Andrew Hu

**Favorite event:** 50free LC

**Favorite Song:** Call Me Maybe

**Favorite food before practice:** Pasta

**Favorite food after practice:** Any

**Hobbies:** Swimming

**Favorite book:** Twilight

**Favorite TV show:** The Office

**Favorite Athlete:** Kian Ingwell

**Favorite Quote:** Get Good, Kid

### **Senior Blue:**

**Name:** Michael Caylor

**Favorite event:** 50 free, 100br

**Favorite Song:** Thunderstruck

**Favorite food before practice:** Eggs, Bacon, hash browns and toast

**Favorite food after practice:** meatball sub from subway or jersey mikes

**Hobbies:** Swimming

**Favorite book:** A brief history of time

**Favorite TV show:** Big Bang Theory or Family Guy

**Favorite Athlete:** Michael Jordan

**Favorite Quote:** I have missed more than 9000 shots in my career; I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

### **Senior Champ Prep**

**Name:** Chris Yarranton aka "Little Joe"

**Favorite event:** I prefer to watch

**Favorite Song:** "Who do you think you are?" – Spice Girls

**Favorite food before practice:** Tea and Crumpets

**Favorite food after practice:** Bangers and Mash

**Hobbies:** Taking Selfies

**Favorite book:** Men are from Mars; Woman Are From Venus

**Favorite TV show:** Gilmore Girls

**Favorite Athlete:** Coach Gracie

**Favorite Quote:** "I'm good enough. I'm Smart enough. And doggone it people like me."

### **Senior Champ:**

**Name:** Joe Benjamin aka "Joenado"

**Favorite event:** 25 Breaststroke

**Favorite Song:** 'Maniac' by Michael Sembello

**Favorite food before practice:** Emergen- C

**Favorite food after practice:** Ibuprofen

**Hobbies:** "The three S's": Swimming, Surfing & Stressing.

**Favorite book:** 'Breathe Easy' – Audio Book

**Favorite TV show:** The Bachelorette

**Favorite Athlete:** Bobby Fischer (Chess Grandmaster)

**Favorite Quote:** "I don't like weakies." – Bobby Fischer

## April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 <b>No Practice</b>	6 Senior Invite entries due	7	8	9 2015 Far Westerns	10 2015 CNSA A/B All Ages Meet  2015 Far Westerns	11 2015 CNSA A/B All Ages Meet  2015 Far Westerns
12 2015 CNSA A/B All Ages Meet  2015 Far Westerns	13 Poway A/B/C meet entries due <b>Progress Check Sets</b>	14	15	16 <b>Progress Check Sets Make-Up</b>	17	18 Fast C All Ages Meet
19 Fast C All Ages Meet	20 Mini Meet Entries Due	21	22	23 Club Meet Entries Due	24 La Mirada Senior Invite  Club Meet	25 La Mirada Senior Invite
26 La Mirada Senior Invite <b>Progress Check Sets (FSS)</b>	27	28	29	30	1	2 <b>Progress Check Sets Make up (FSS)</b>

### RSD COACHING STAFF:

**Head Coach:** Joe Benjamin  
**Head Age Group Coach:** Nicole Douglas  
**Senior Development Coach:** Richard Contreras  
**Assistant Coaches:**  
 Steve Ferson  
 Michelle Jacob  
 Bryan Jacobson  
 Armani Kobik  
 Gabby Leibbrandt  
 Troy Marcikic  
 A-Lisa Miles  
 Kelsie Norton  
 Rachel Palmer  
 Elizabeth Schlicher  
 Darrell Swenson  
 Grace Van der Byl  
 Chris Yarranton

### RSD Practice Schedule – Spring Schedule

<b>Grunion:</b>	3:20-4:10	M-Th
<b>Corvina:</b>	3:15-4:10	M-Th
<b>Leopard Shark:</b>	4:00-5:00	M-Th
<b>FSS Grunion</b>	3:20-4:10	F
	9:00-9:50 am	Sat/Sun
<b>FSS Corvina:</b>	3:15-4:10	F
	8:00-8:55 am	Sat/Sun
<b>FSS Leopard Shark:</b>	4:00-5:00	F
	9:00-10:00 am	Sat/Sun
	3:15-4:15 pm	Sat/Sun
<b>LCV:</b>	3:00-3:50	M-Th
	3:45-4:45	M-Th
<b>EPO:</b>	1:15-3:00	M-F
<b>Red:</b>	4:50-6:00	M-Th
	5:00-6:15	Friday
<b>White:</b>	4:45-6:30	M-Th
	5:00-6:15	Friday
<b>Blue:</b>	4:45-6:45	M-F
<b>Senior Red, White, Blue:</b>	5:45-8:00	M-Th
	4:45-7:00	F
<b>Senior Champ/</b>	3:00-6:00	M-F
<b>Champ Prep:</b>	7:45-10:00 am	Sat.