

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER February 2017



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February Important Dates

| DATE | EVENT | LOCATION | ENTRY DUE DATE | SWIMMERS TO ATTEND |
|------------|------------------------------|---|-------------------------|--|
| Feb. 11-12 | SI-12 & Under ABC Meet (SCY) | FAST/Fallbrook HS | Sun. Jan. 22 | All 12 & Under Swimmers |
| Feb. 17 | Club Meet | Home | Th. Feb. 16 | All 12 & Under RSD Swimmers |
| Feb. 17-20 | SI-Senior Classic (SCY) | SI Swimming/BBMAC Coronado HS | Sun. Jan. 29 | All Qualified Senior Swimmers, excluding Sr Champ and Champ Prep |
| Feb. 24-26 | SI-Junior Olympics (SCY) | SI Swimming/Poway Community Swim Center | Sun. Jan. 29 | All Qualified |

March Important Dates

| DATE | EVENT | LOCATION | ENTRY DUE DATE | SWIMMERS TO ATTEND |
|--------------------|----------------------------------|--------------------------|-------------------------|--|
| Mar 2-5 | USA Swimming Speedo Sectionals | Alga Notre, Carlsbad, CA | | All Qualified |
| Mar. 11-12 | SI-JO Max – North (SC) | ICAC/Palomar College | Sun. Feb. 12 | All Swimmers with NO MORE THAN 5 JO Cuts |
| Sunday Mar. 19 | RSD Team banquet – Save The Date | | | |
| Mar. 24 | Club Meet | Home | Th. Mar. 23 | All 12 & Under RSD Swimmers |
| Mar. 30- Apr. 2 | PS-Far Westerns (SCY) | PLS/Pleasanton, CA | Sun. Mar. 5 | All Qualified 14 & Under Swimmers |

April Save the Date

| DATE | EVENT |
|------------------|--------------------------------------|
| Friday Apr. 7 | Bring it on a thon – Save The Date!! |

RSD February Club Meet

EVENT DATE: Friday, February 17

WARM-UP: 3:15pm

MEET STARTS: 3:45pm

ENTRIES DUE: Thursday, February 16 (This is FIRM!)

COST: \$5.00

- RSD club meets are open to all RSD swimmers ages 12 and under. *Swimmers in Senior Development may participate, see your coach for more info.*
- 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. Grunion and Corvina swimmers swim 25 yards of each stroke, Red Group and above will swim 50 yards of each stroke. Swimmers ages 9-12 may choose to dive off the blocks or go off the side of the pool. Swimmers in the White Group will have the opportunity to swim a 100 specific stroke, and Blue Group swimmers have the opportunity to swim a 200 specific stroke, cycled monthly.
- 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, practice group, 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 competitors. Each swimmer gets two slices of pizza and a glass of lemonade. Extra pizza can be purchased for a donation.

Please note: All 12 and under practice groups (FSS and weekday) are cancelled on Club Meet Days.



Weather Report Reminder



As we head into our winter season we wanted to clarify our practice policies during inclement weather. We want to communicate with you as quickly and effectively as possible, while not jumping the gun and cancelling workouts unnecessarily. **All practices will remain as scheduled during rainy days.** In the event that thunder/lightning can be heard or seen *from our facility*, the pool will be cleared of swimmers for 30 minutes from each instance (the 30-minute timer resets with each thunder/lightning occurrence). Abiding by these

safety procedures, the decision to cancel practice will be made 30 minutes prior to the start of workout. An email notification will go out to your child's group in the event that their practice will be cancelled. The cancellation of one group will not automatically cancel all subsequent groups, in hopes that the storm will blow through and the later workouts may be held as normal. In instances where the thunder and lightning is severe and persistent and the forecast indicates that the storm will not soon pass, then we may make the executive decision to close the facility for the remainder of the day, in which case we will send a team-wide email.

If you are unsure as to whether or not your swimmer's practice is still on, please check your email within 30 minutes of the start of practice. If you do not receive an email from us, it is safe to assume that practice is still on as scheduled.

In the event that thunder/lightning starts during a workout, swimmers will be cleared from the pool and taken indoors. If no further thunder/lightning occurs, they will get back into the water and resume their workout until their designated finish time. If there is less than 30 minutes, or an insignificant amount of time remaining in their workout time, swimmers will be able to call parents notifying you of the early finish and they will stay indoors until picked up.

CAUTION



Annual RSD Team Banquet

**Save
the
Date**



What: **Annual RSD Team Banquet**

When: **Sunday March 19**

Where: **More info coming soon.**

Practice Schedule Changes

Friday, Feb 17: Club Meet

Open to all swimmers ages 12 and younger (excluding Senior Groups).

We strongly encourage swimmers to participate in the Club Meet!

Regular practice is cancelled for the following groups: FSS Grunion, FSS Corvina, FSS Leopard Shark, Red, White, and Blue.

Monday, February 20: President's Day

| | |
|--------------------|---------------------------------|
| Corvina | 10:00-11:00 a.m. |
| Leopard Shark | 9:00-10:00 a.m. |
| Red | 8:00-9:00 a.m. |
| White | 9:15-10:45 a.m. |
| Blue | 9:15-10:45 a.m. |
| Senior Development | 1:00-2:30 pm. |
| Senior Red | 1:00-2:30 pm. |
| Senior White | 7:45-9:45 a.m. (w/dryland) |
| Senior Blue | 7:45-9:45 a.m. (w/dryland) |
| Senior Prep | 6:15-7:45 a.m. & 2:30-4:30 p.m. |
| Senior Champ | 6:15-7:45 a.m. & 2:30-4:30 p.m. |
| EPO | -Cancelled- |
| LCV | Regular schedule |

**BIG
SALE**

PARADOWSKI'S
SWIM & SPORT

7962 Convoy Ct San Diego, CA 92111

ANNUAL PARKING LOT SALE

SATURDAY, February 4, 2017 10:00am - 4:00pm

**25% OFF
EVERYTHING**

SALE AND CLEARANCE ITEMS TOO!

Sale prices on in stock items only.
Discount does not apply to prior purchases, special orders,
customization or purchase of Gift Cards.

Aquatics Department Info



Lifeguarding Class at the Pardee Aquatics Center

Dates:

March 18, 19, 25, 26

Time:

10:00am-6:00pm each day

The purpose of this course is to teach candidates the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries.

To enroll in the course, you must be 15 years of age before the last scheduled class session. To participate in the Lifeguarding course, you must be able to demonstrate the following skills: Swim 300 yards continuously, using front crawl or breast stroke or a combination of the two. Swimming on the back or side is not permitted. You may wear goggles. Tread water continuously for 2 minutes without stopping and without external support. While treading you may only use your legs. Your head must remain above the water the entire time. Starting in the water, swim 20 yards using the front crawl or breast stroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with both hands on the object and exit the water without using a ladder or steps, within 1 minute, 40 second.

The skills evaluation will occur on the first day of the course. Please bring a swimsuit and towel for the skills evaluation and for every class.

Prior to the course you will also have to purchase from the American Red Cross the following items: *Lifeguarding* and a pocket rescue mask.

Upon successful completion of the course, each participant will receive an *American Red Cross Universal Certificate* indicating Lifeguarding/First Aid CPR/AED course completion which is valid for 2 years. You will also receive an *American Red Cross Universal Certificate* indicating Administering Emergency Oxygen course completion which is valid for 2 years.



Grab a flyer at the Aquatics office or visit: <http://bgcsandieguito.org/registration/pardee-aquatics-center/> for more details and to register.

If there are any questions regarding this course please contact the Aquatics Department at 858-755-4904 or email aeaton@bgcsandieguito.org.

News You Can Use

USA Swimming Family: Amanda Weir

By Mike Watkins//Contributor

After winning a silver Olympic medal as a member of the 400 freestyle relay in Rio this summer, Amanda Weir knew she deserved a little rest and relaxation.

But at this point in her career – soon to be 31 and swimming as fast as she ever has – Weir chose to keep pushing forward and preparing for what's still to come.

"I think I flew back home (from Rio) on a Thursday and was back at practice on Monday, so I'm pretty confident in the foundation of work I've put in so far this year," she said. "It felt great to get back into long course racing in Austin (two weekends ago.)

"My days as a professional athlete are filled with swim practice, cross training and rehab/recovery sessions for the next practice to do it all over again the next day, and I wouldn't have it any other way."

A three-time Olympian (2004, 2012, 2016), Weir is definitely no stranger to putting in the work necessary to remain among the world's best freestyle sprinters.

But rather than spending every day in practice chasing times – she still does 8000 meters of work in the pool and loves it – Weir has chosen to focus on something other than just finding ways to swim fast.

"To be honest, I'm sick of obsessing over being 'faster' when what I really strive to be is better," she said. "I'm just over trying to re-create what I did or how it felt to go 53.5, or 53.0 years ago. Enough looking in the rearview mirror when I'm having so much fun challenging myself day in and day out to perfect what I do best, which is just race to win, and you never know what time that is going to take or feel like until you do it.

"Recently, I swam a personal best in the 200 free at Winter Nationals after 11 years and had a blast doing it which is not something I've always been able to say about a 200. So I'm definitely finding new things to love and challenge me every day."

That love showed this summer, first at Olympic Trials in Omaha and later at the Olympic Games in Rio.

And even though she admits to being a "teensy bit" disappointed at not being able to place one spot higher in the 100 freestyle so she could swim the event individually in Rio, Weir said she was really proud of how she swam in Omaha and subsequently as a member of the Olympic relay team.

"All of my 100s were within one tenth of each other - maybe less - and I stuck to the plan that my coach and I had so relentlessly prepared for," she said about Trials. "I'm proud of the fact that I was able to conquer my nerves and emotions at the pressure cooker that is our Olympic Trials and at the end of the day, it was my highest place (third) so far at Trials."

As the oldest female member of the Olympic Team this summer, Weir said she drew inspiration and excitement from the younger members of the team – and there were many of them.

But before that, she relied upon the daily exuberance of her training mates in Atlanta (where she lives with husband Chris Davis, son of SwimAtlanta head coach and namesake Chris Davis, who is also a swim coach) who just happen to be more than a decade and then some younger than her.

"What motivates me day in and day out is pushing myself in practice and trying to string together as many consistent days as I can," she said. "The kids that I train with are also a huge motivation to me, both in their effort and enthusiasm and also because they keep me on my toes to set a good example in everything I do.



“People always seem surprised when they hear that I swim with high school aged kids, and that I am still doing those grueling 8000m club workouts, but I love it and think it’s the best way to stay connected with what I love about the sport.”

While she swam in Athens (2004) and London (2012), Weir said this year’s Rio Games stand out the strongest in her mind as being the most difficult – and satisfying.

Having never been able to swim an individual event at the Games, she has taken prideful ownership of her seat on the 400 relay team.

And despite winning a silver medal (her fourth Olympic medal) as a member of the preliminary heat team, Weir admits she left Rio “more disappointed and heartbroken than ever.”

She still struggles daily with the decision to hold her out of the relay final even though she had one of the fastest morning splits and entered the Olympics as the American record holder in the 100 free.

For her, a consummate team player, being a member of a relay is a badge of honor that she wears and will always wear with pride and humility. She just hopes in the future, the methods used to make tough relay calls will be reviewed in order to preserve the objectivity she loves so much about the sport.

“Above all, what I strive to be is a teammate that can be counted on for consistency – consistency of performance, attitude, support, etc.,” she said. “I would take a season’s worth of consistent 100 freestyles, swum with smart splits, over an outlier on either side of the equation any day because I swim on relays and want to be dependable.

“Being on a Team USA relay is an unparalleled experience because of our history of success and the way we come together as a team to accomplish amazing things.”

Weir said she drew further inspiration and motivation for her own relay race by watching the U.S. men’s performance in the 400 free relay in Rio.

She said seeing them come together and win despite having limited time to train and sync up together reminded her what it truly means to know the value of your role as a member of the United States swim team.

“Watching that race helped me to be content and appreciative of being a relay swimmer because of how much it clearly meant to all of them - especially the guys who had been around for the silvers and bronzes over the years,” she said.

“I think we are on the right path now to claiming that top podium for ourselves next time around in American women’s sprinting, and I’m sure it will be just as meaningful for the women who accomplish it.”

While she has no immediate plans to stop swimming, Weir acknowledges that she isn’t getting any younger in a sport owned by youth.

Still, she and Chris love being Aunt Amanda and Uncle Chris to a niece and two nephews who all live in Atlanta so they get to see them pretty often.

Coupled with their busy lives in the sport along with their “speedy” Italian Greyhound, Jupiter, they have no immediate plans to become parents.



Right now, she's just enjoying the ride that is swimming – a sport that's been a huge part of her life for more than two decades...and counting.

"When I think about how long I've been doing this, what stands out in my mind is the people along the way who have supported me, pushed me in practice, helped me work through the rough patches, and just all of the friendly faces I look forward to seeing at meets," said Weir, who intends to continue interior design and house flipping in her post-swimming life.

"Swimming has shown me the world and helped me build a family within this community, and I'm so grateful for that. As long as I still enjoy it and it fits into our life, I'll still be swimming. I actually think I always want to swim even if I step back from competing someday. I know that swimming can always give me health, fitness, and a little 'me' time, so I hope I'm always able to keep it in my life."

10 Foods for Faster Swimming

By Bri Groves, *Swimming World Intern*.

Swimming fast requires intense physical and mental exertion, which is all the more reason for competitive swimmers to focus on what goes into their bodies. It's no wonder then that providing your body with the proper nutrients it needs to perform, recover, and reset comes with a hefty reward.



What the body needs

There are a multitude of healthy food options for swimmers but timing is essential to receiving benefits. While swimmers require foods rich in complete proteins, it is difficult to digest these foods during a workout. So while high protein foods are a valuable asset, eating lots of protein during workout could be disastrous. The Academy of Nutrition and Dietetics warns that consuming foods that are difficult to digest or even foods in excess will hurt swim performance on race day or during training. To help you decipher when to best incorporate these foods into your diet, use the following guidelines. Ultimately, which dietary approach works best for you will require some individual testing and varies from person to person.

Before swimming/competition: Try to eat a snack or meal high in complex carbohydrates with some easily digestible protein. Example: a piece of peanut butter toast.

During swimming/competition: Swimmers should eat easily digestible foods that contain primarily carbohydrates. Examples: apples, bananas, raisins, power bars and pretzels.

After swimming/competition: Protein is essential for proper muscle recovery and should be combined with complex carbohydrates, healthy fats, and a variety of vitamins and minerals. Example: Spaghetti and meatballs with a side salad.

10 Foods to Incorporate into Your Diet

Nuts and Seeds: These foods are full of healthy fats, fiber, protein, magnesium and vitamin E. Try using them to top cereal, yogurt, or just grab a handful. If you're not allergic pecans and walnuts are also high in a diverse range of vitamins and acids that promote balanced moods and high energy levels.

Beans: Full of fiber, protein, iron, zinc and magnesium, beans are a hearty addition to a wide variety of meals. Roast them for a crunchy snack, mix into a burrito or salad, or throw them into a pasta dish.

Berries: Cranberries, blueberries, raspberries, blackberries and strawberries are all packed full of antioxidants. Try mixing them in your smoothie for a burst of flavor or eat them plain for an equally tasty treat.

Unsweetened dark chocolate: Dark chocolate, when consumed in moderation, has exceptional antioxidant powers without the added sugar.

Low-fat yogurt: Not only is it a good source of calcium, vitamin D, potassium and protein, it also provides long lasting energy and boosts muscle recovery. If you want even more protein, look into the Greek varieties.

Milk or soymilk: Dairy is a natural source of calcium, potassium, protein and vitamin D. If you're allergic or prefer soymilk, buy versions fortified with calcium and vitamin D. Either option is a great post-workout recovery drink.

Dark-green leafy vegetables: Veggies like kale, spinach and collard greens are high in iron and calcium. To maximize the absorption of iron from the vegetables, pair them with foods high in vitamin C, or serve with meat.

Orange fruits and vegetables: These foods are loaded with vitamins C, E, A, and potassium. Your immune system will thank you!

Russet and sweet potatoes: Contrary to popular preconceptions, potatoes can be a healthy part of a balanced diet. Russet potatoes are antioxidant-rich while sweet potatoes are high in beta carotene, which helps promote endurance. Just don't go nuts with the butter and sour cream.

Apples: An apple a day may actually keep the doctor away. Regular apple consumption has been linked to increased fighting against free radicals. These unstable molecules seek to bond with other molecules to increase their stability. When free radicals bond to body tissues, they speed up the aging process and can cause long-term health complications. Free radicals have even been linked to cancer and some autoimmune diseases. Antioxidants help prevent free radicals from bonding.



It's a Girl!!

**Congratulations to new mom and dad, Coach Gracie and Neil!
Welcome baby girl, Jean Chemelle Van der Byl!**



RSD's Swimmers of the Month



Corvina: RHYAN SCHWARTZ



Favorite land animal: Elephant
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Cookies
 Favorite healthy snack: Strawberries
 Favorite subject in school: Math
 Favorite hobby: Sewing
 What do I want to do when I grow up? A swimmer
 If I had one superpower, what would it be? Water power

Leopard Shark: ELLA RUCKDASCHEL



Favorite land animal: Cat
 Favorite sea animal: Turtle
 Favorite unhealthy snack: Popcorn
 Favorite healthy snack: Bell pepper
 Favorite subject in school: Reading
 Favorite hobby: Softball
 What do I want to do when I grow up? Sportscaster
 If I had one superpower, what would it be? Fly

LCV:



Favorite land animal:
 Favorite sea animal:
 Favorite unhealthy snack:
 Favorite healthy snack:
 Favorite subject in school:
 Favorite hobby:
 What do I want to do when I grow up?
 If I had one superpower, what would it be?

Smile, I'm Proud of You!





RSD's Swimmers of the Month



FSS Grunion: ROHINI PATURI



Favorite land animal: Dog
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Cheetos
 Favorite healthy snack: Watermelon
 Favorite subject in school: Reading
 Favorite hobby: Swimming
 What do I want to do when I grow up? Pastry Chef
 If I had one superpower, what would it be? To be invisible

FSS Corvina: ASHMITA ANNAMALAI



Favorite land animal: Horse
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Candy
 Favorite healthy snack: Apples and peanut butter
 Favorite subject in school: E.L.A.
 Favorite hobby: Reading
 What do I want to do when I grow up? Teacher
 If I had one superpower, what would it be? Invisibility

FSS Leopard Shark: MICHELE KIM



Favorite land animal: Owl
 Favorite sea animal: Leopard Shark
 Favorite unhealthy snack: Doughnuts
 Favorite healthy snack: Mangoes
 Favorite subject in school: Music
 Favorite hobby: Arts & Crafts or music
 What do I want to do when I grow up? I want to be a musician
 If I had one superpower, what would it be? To be able to change the past.

*Smile, I'm
Proud of You!*





RSD's Swimmers of the Month

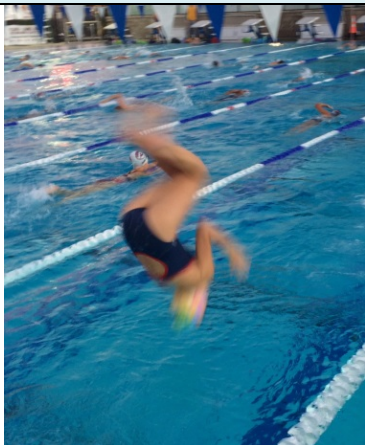


Red: MICAH FINLEY



Favorite land animal: Dog
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Pizza
 Favorite healthy snack: Apples
 Favorite subject in school: Science
 Favorite hobby: Swim
 What do I want to do when I grow up? Don't know
 If I had one superpower, what would it be? Super speed

White: ADYSON BAKER



Favorite event: 100 Free
 Favorite song: Shy
 Favorite food before practice: Popcorn
 Favorite food after practice: Tacos
 Hobbies: Art, swim
 Favorite book: The Outsiders
 Favorite TV show: Full House
 Favorite athlete: Katie Ledecky
 Favorite quote: "Happiness is found when you stop comparing yourself to other people"

Blue: CHARLIE RUCKDASCHEL



Favorite event: 100 Backstroke
 Favorite song:
 Favorite food before practice: Carrots
 Favorite food after practice: Bananas
 Hobbies: Ride bikes
 Favorite book: Lightning Thief
 Favorite TV show: America's Funniest Videos
 Favorite athlete: Missy Franklin
 Favorite quote: "Reach for the stars"

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RSD's Swimmers of the Month



Senior Development: BRANDON MACDONALD



Favorite event: 100 Freestyle?
 Favorite song: Ice cream truck song
 Favorite food before practice: Ice cream
 Favorite food after practice: Ice cream
 Hobbies: Tennis, XC, piano
 Favorite book: I hate reading
 Favorite TV show: Big Bang Theory
 Favorite athlete: Too many
 Favorite quote: "Take the best, forget the rest"

Senior Red: MICHAEL WIELAND



Favorite event: 100 Free
 Favorite song:
 Favorite food before practice: Chocolate muffin
 Favorite food after practice: Hamburger
 Hobbies: Water polo
 Favorite book:
 Favorite TV show:
 Favorite athlete: Stephen Curry
 Favorite quote:

Senior White: JESSICA SMITH



Favorite event: 200 IM
 Favorite song: none
 Favorite food before practice: Fruit
 Favorite food after practice: Steak and eggs
 Hobbies: Baking
 Favorite book: none
 Favorite TV show: Madam Secretary
 Favorite athlete: Michael Phelps
 Favorite quote: "Nothing is impossible, the word itself says: I'm possible"

**Smile, I'm
Proud of You!**





RSD's Swimmers of the Month



Senior Blue: JOCELYN LIVEZEY



Favorite event: 200 Free
 Favorite song: The Greatest
 Favorite food before practice: Bar
 Favorite food after practice: Steak
 Hobbies: Hanging out with friends
 Favorite book: Hunger Games
 Favorite TV show:
 Favorite athlete: Missy Franklin
 Favorite quote: "Just keep swimming"

Senior Championship Prep: MASON MORRIS



Favorite event: 400 Fly and 200 kick on back
 Favorite song: Anything in the underwater speakers
 Favorite food before practice: Yogurt with Oreos
 Favorite food after practice: Beach City Bowl from Beach City!
 Hobbies: Watching horror movies with mom and hanging with Renee
 Favorite book: "Stretching for Dummies" by Isabella Abrajan
 Favorite TV show: Red Band Society
 Favorite athlete: Yuma Dugas
 Favorite quote: "I didn't finish my homework but I'm going to bed anyway" – Kira Craze

Senior Championship: GEORGE PETERSON



Favorite event: 200 Fly
 Favorite song: Don't Waste My Time – Krept & Konan
 Favorite food before practice: Yogurt and oatmeal
 Favorite food after practice: Everything edible
 Hobbies: Woodshop and metal work
 Favorite book: I don't read
 Favorite TV show: Grimm
 Favorite athlete: Santo Condoelli
 Favorite quote: "If you want to be the best, you have to do things that other people aren't willing to do" – Michael Phelps

*Smile, I'm
 Proud of You!*

