

# RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER JULY 2016



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## RSD July Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
June 26-Jul 3	Olympic Trials (LC)	USA Swim/Omaha, NE	Mon. June 20	Michael Cohn, Rochelle Dong & Liam McCloskey
July 4	All Practices Cancelled – Happy Fourth!			
July 8-10	A/B 11 & older (LC)	Granite Hills HS/EI Cajon	Mon. June 20	All A/B Swimmers ages 11 & older
July 9-10	A/B 10 & under (SC)	Montgomery Middle School/ El Cajon	Mon. June 20	All A/B Swimmers ages 10 & younger
July 15 tentative	Movie Night	Home	TBA	All RSD Swimmers
July 23-24	C All Ages (SC)	FAST/Fallbrook HS	Mon. July 4	All C Swimmers
July 28-31	SI Junior Olympics (LC)	SI/BBMAC Coronado HS	Mon. July 4	All Qualified
July 29	Club Meet	Lomas Santa Fe CC	Tue. July 26	All Swimmers (excluding Sr. Prep & Sr. Champ)

## RSD August Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
August 4-7	2016 Futures (LC)	USA Swim/Stanford, CA	Mon. July 4	All Qualified
August 8-19	Senior Champ and Senior Prep on two-week break.			
August 10-13	Western Zone Championships (LC)	SI/Kearns, UT	Sat. July 30	All Accepted Applicants
August 13-14	SI JO Max	ICAC/Palomar College	Mon. July 18	All Swimmers with NO MORE THAN 5 JO Cuts
August 15-19	Modified practice schedule for all 12 & under practice groups: (Corvina, Leopard Shark, Red, White, Blue, and all FSS groups)*see practice times on pages 4-5			
August 15-19	Senior Red, Senior White, and Senior Blue on 1-week break			
August 22-Sept 5	Cross-Training begins for all Senior Groups: (Sr Champ, Sr Prep, Sr Red, Sr White, Sr, Blue)			
August 22-Sept 5	All 12 & under practice groups on 2-week break (Corvina, Leopard Shark, Red, White, Blue, and All FSS groups)			
September 5	Happy Labor Day!			
September 6	Fall Practice Schedule Begins			

# RSD July Club Meet vs Lomas Santa Fe

**EVENT DATE: Friday, July 29**

**ARRIVAL/CHECK-IN: 4:00-4:15pm**

**WARM-UP: 4:15pm**

**MEET STARTS: 4:45pm (expected to finish approx. 6:15)**

**ENTRIES DUE: Tuesday, July 26 (This is FIRM!)**

**COST: FREE**

**LOCATION: at Lomas Santa Fe Country Club**

**1505 Lomas Santa Fe Dr, Solana Beach, CA 92075**

- RSD club meets are open to all RSD swimmers of all ages.
- 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 will be divided will divided by age group; swimmers 6 and younger, 7-8 years old will swim 25 yards of each stroke, while swimmers 9-10, 11-12, and 13+ years old will swim 50 yards of each stroke. Swimmers ages 9 and older may choose to dive off the blocks or go off the side of the pool.
- **Each participant must pre-register (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.

*Please note: FSS afternoon practice groups are cancelled on Club Meet Days.*

*Red Group will hold regular practice on Friday morning 8:50-10:00am*

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## RSD Team Banquet Recap

We hope you enjoyed the team banquet as much as we did! We appreciate everyone who came out to celebrate our swimmers and our team. From all of our coaches and staff, thank you for being a part of our RSD family and for your continued support and enthusiasm for our program!!!

The 2015-2016 Rancho San Dieguito Swim Team Banquet was held June 6th at Power House Park in Del Mar. The Coaching Staff is extremely proud of our athletes and families, and we are grateful to be able to celebrate our team's success in such a fun setting. Thank you for your gracious gifts and appreciation!

There were many things to celebrate, including a special opportunity to honor and recognize our high school seniors. We also recognized our many award winners, swimmers of the month, record holders, first time competitors, JO and JO Max Qualifiers, along with our Sectionals, Futures, and RSD National Team recognition.

The following is our list of Senior swimmers that will be moving on to college in the fall:

- Caleb Baer – Attending and Swimming at Cal Baptist University
- Michael Caylor – Attending University of Kansas
- Cora McClelland – Attending and Swimming at University of California Davis
- Christy Collins – Attending University of California Davis
- Maddie Cosgrove – Attending and Swimming at California State University, Bakersfield
- William Dong – Attending Stony Brook University, New York
- Izzy Imacseng – Attending University of California Berkeley
- Katherine Lauerma – Attending and Swimming at Pomona College
- Eric Li – Attending University of Illinois Urbana-Champaign
- Diego Majewski – Attending and Swimming at University of California Santa Cruz
- Joshua Parmenter – Attending and Swimming at East Carolina University
- Marissa Woytowicz – Attending and Swimming at Pepperdine University
- Tim Yen – Attending and Swimming at University of Hawaii

Thank you to all of our families that brought so many wonderful salads, sides, desserts, and most importantly, your swimmers! Congratulations to all of our RSD Swimmers and thank you for making our banquet so much fun!

-Joe Benjamin

# RSD Team Banquet Recap (continued)

In recognition of all of our 2016 RSD Award Banquet recipients:

## FSS Grunion:

- Female Performance – Isla Shew
- Male Performance – Brandon Agbayani
- Female Team Values – Parise Mason
- Male Team Values – Rhys Frontis

## Corvina:

- Female Performance – Addison Jester
- Male Performance – Gavin Noguchi
- Female Team Values – Rhyan Schwartz
- Male Team Values – Trent Keyser

## FSS Corvina:

- Female Performance – Elaclair Leedon
- Male Performance – Evan Rollinson
- Female Team Values – Carly Cohen
- Male Team Values – Jack Norman

## Leopard Shark:

- Female Performance – Teagan Conti
- Male Performance – Graydon Manion
- Female Team Values – Fiona McGrath
- Male Team Values – James “Callum” Bolitho

## FSS Leopard Shark:

- Female Performance – Martie Cohen
- Male Performance – Jaden Taylor
- Female Team Values – Samantha Sisitsky
- Male Team Values – Andrew Golden

## La Costa Valley:

- Female Performance – Ava Barbano
- Male Performance –
- Female Team Values –
- Male Team Values – Cody Bishop

## Red:

- Female Performance – Liva laCour
- Male Performance – Anish Jayant
- Female Team Values – Lindsay Carstairs
- Male Team Values – Conner Chen

## White:

- Female Performance – Charlie Ruckdaschel
- Male Performance – Trey Telfer
- Female Team Values – Karis Goodwin
- Male Team Values – Ethan Cho

## Blue:

- Female Performance – Mia Kragh
- Male Performance – Lachey Reed
- Female Team Values – Revere Schmidt
- Male Team Values – Austin Hellickson

## Sr. Red:

- Female Performance – Ava Cross
- Male Performance – Scott Wofford
- Female Team Values – Allie Mulvehill
- Male Team Values – Shahen Boghousian

## Sr. White:

- Female Performance – Sydney Becker
- Male Performance – Carter Greenman
- Female Team Values – Lucia Rejzek
- Male Team Values – Matthew Kilroy

## Sr. Blue:

- Female Performance – Christine Collins
- Male Performance – Cooper Dort
- Female Team Values – Anna Fitch
- Male Team Values – Diego Majewski

## Sr. Prep:

- Female Performance – Lindsey Ren
- Male Performance – George Wythes
- Female Team Values – Paige Shields & Amelia Cho
- Male Team Values – Zach Schmitt

## Sr. Champ:

- Female Performance – Rachel Rhee
- Male Performance – Josh Parmenter
- Female Team Values – Katherine Lauerman
- Male Team Values – Joshua He



# Practice Schedule—Group Summary

	Location	Times
<b>Senior Champ &amp; Prep</b>		
June 13-August 3	M-F @ CCHS T,W,Th PM @BGC  Sat @ CCHS	M-Th: 7:15-10:15am; Fri: 7:15-9:30am T,W,Th: 2:30-4:30pm; Dryland: 4:40-5:15pm (Boys M&W; Girls T&Th) Sat: 7:30-10:00am
August 8-19	Break	
August 22-Sept. 5	Cross-training, schedule T.B.A.	
September 6	Fall practice schedule begins!	

<b>Senior White &amp; Blue</b>		
June 13-July 31	M-Th @ BGC Fri @ CCHS	M-Th: 7:00-9:00am Fri: 9:00-11:00am
August 1-12	BGC	M-F: 7:00-9:00am
August 15-19	Break	
August 22-Sept. 5	Cross-training, schedule T.B.A.	
September 6	Fall practice schedule begins!	

<b>Senior Red</b>		
June 13-July 29	M-Th @ BGC Fr @ BGC	M-Th: 7:00-9:00am Fri: 9:30-11:00am
August 1-12	BGC	M-F: 7:00-9:00am
August 15-19	Break	
August 22-Sept. 5	Cross-training, schedule T.B.A.	
September 6	Fall practice schedule begins!	

<b>Blue</b>		
June 13-July 29	M-Th @ CCHS Fri @ BGC	M-Th: 9:15-11:30am Fri: 7:15-9:00am
August 1-12	BGC	M-F: 2:15-3:45pm
August 15-19	BGC	M-F: 9:00-10:00am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>White</b>		
June 13-July 29	M-Th @ CCHS Fri @ BGC	M-Th: 9:15-11:00am Fri: 7:15-9:00am
August 1-12	BGC	M-F: 2:15-3:45pm
August 15-19	BGC	M-F: 9:00-10:00am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>Red</b>		
June 13-August 12	BGC	M-F: 8:50-10:00am
August 15-19	BGC	M-F: 9:00-10:00am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

## Practice Schedule—Group Summary (continued)

	Location	Times
<b>Leopard Shark</b>		
June 13-August 12	BGC	M-Th: 9:50-10:50am
August 15-19	BGC	M-Th: 9:00-10:00am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>Corvina</b>		
June 13-August 12	BGC	M-Th: 8-8:50am
August 15-19	BGC	M-Th: 9:00-10:00am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>FSS Leopard Shark</b>		
June 13-August 21	BGC	Fri: 4:05-5:05pm Sat & Sun: 9:00-10:00am <i>or</i> 3:00-4:00pm
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>FSS Corvina</b>		
June 13-August 21	BGC	Fri: 3:20-4:15pm Sat & Sun: 8:00-8:55am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>FSS Grunion</b>		
June 13-August 21	BGC	Fri: 3:20 -4:10 Sat & Sun: 9-9:50am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>LPO (Late Practice Option):</b> open to levels Leopard Shark & above		
June 13-August 12	BGC	Tues & Thurs: 3:00-4:30pm
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>La Costa Valley</b>		
June 20-August 18	LCV	M-Th: 9-10:30am
August 22-Sept. 5	Break	
September 6	Fall practice schedule begins!	

<b>Summer League</b>		
Session I June 20-July 8	BGC	M,W,F: 2:30-3:30pm
Session II July 11-29	BGC	M,W,F: 2:30-3:30pm

During the summer months only, we will allow open cross-over between weekend and weekday Fish Groups.

# USA Swimming Deck Pass for Swimmers

When you link your USA Swimming membership to your Deck Pass account, all your times from USA Swimming-sanctioned meets will automatically be updated on Deck Pass, so you can begin earning patches right away – or at least as soon as you compete in your first meet of the season.

You can also keep track of your times in the Deck Pass Log Book and set goals with our Goal Setter.

Click the tile for more information:



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## USA Swimming Rules Clarification

Please see the information below regarding the use of body tape at all USA swimming competitions:

From: Jay Thomas, Chair, Rules & Regulations Committee  
Re: USA Swimming Rule 102.8.1E– The use of Tape.

The NCAA and NFHS have adopted rules which permit the use of tape under certain circumstances. There now appears to be some confusion regarding the application of USA Swimming Rule 102.8.1E.

The following interpretation of 102.8.1.E is presented to provide clarity to the use of tape in USA Swimming competitions.

Article 102.8.1E states in part, ...“Any kind of tape on the body is not permitted unless approved by the Referee.”

The following uses of tape are generally permitted in competition:

1. Wound protection and closure. Band-Aids, dressings, “Butterfly” type, etc. are normally permitted with no advanced notification to the Referee. When the tape to hold a dressing in place completely circles a major limb or the dressing is exceptionally large in size, advanced notification to the Referee is recommended.
2. Taping of fingers or toes. “Buddy Taping” no more than two (2) injured fingers or toes together should be permitted. Advanced notification to the Referee is recommended.
3. Tape to secure medical alert bracelets and pendants, religious objects, etc. should be permitted. Advanced notification to the Referee is recommended.
4. Tape to secure medical devices. Example – insulin pumps, ostomy bags, etc. should be permitted.

Advanced notification to the Referee is required.

***The following uses of tape are not permitted in competition – irrespective of whether a Doctor’s note has been presented.***

- 1. Elastic Therapeutic Tape is never permitted.***
- 2. Kinesio Taping is never permitted.***
- 3. Any other taping intended to provide compression or support to muscles, ligaments, tendons or joints (except as stated above) is never permitted.***

Jay Thomas  
Chair, USA Swimming Rules & Regulations Committee



# RSD Progress Evaluation Dates

## **FSS Groups (FSS Grunion, FSS Corvina and FSS Leopard Shark**

Primary evaluation date: Friday, July 1

Make-up evaluation date: Sunday July 17

## **Corvina and Leopard Shark**

Primary evaluation date: Tuesday, July 12

Make-up evaluation date: Thursday July 14

## **Red**

Primary evaluation date: Tuesday, July 12

Make-up evaluation date: Thursday July 14

## **White**

Primary evaluation date: Tuesday, July 5

Make-up evaluation date: Thursday July 7

## **Senior Development Red**

Evaluation date: Tuesday, July 12



## Schedule Change

Senior Prep and Senior Champ practice is cancelled on Saturday, July 9 due to swim meet conflict.

## 2016 Western Zone Championships

The Information Sheet and Application for the 2016 San Diego-Imperial Swimming Western Zone Championships Team has been released. This year, the Western Zones meet will be held in Kearns, Utah. Zone Team applications must be submitted by the end of LCJO prelims on Saturday, July 30 to be considered. The Western Zone Time Standards are also available

[Click here](#) for information and swimmer application

[Click here](#) to view the Western Zone time standards



## Palm Springs Swim Meet

Book your rooms now!

The traditional team travel trip to Palm Springs will be November 19-20, 2016. This is the one meet throughout the year that the entire team, from Grunions all the way up to Seniors, can attend.

We have reserved a block of rooms at the Renaissance Palm Springs Hotel for November 18-19. Our team members will receive a special discounted group rate of \$154/night.

Mention "**Rancho San Dieguito Nov2016**" when contacting the hotel.

Renaissance Palm Springs Hotel

888 E Tahquitz Canyon Way

Palm Springs, CA 92262

T 760.416.2920 [Click Here](#) for hotel information

# Aquatics Department Info:

*Share with friends and neighbors!*

## 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. There are 50 spots available on a first come, first serve basis.

### *Who's Welcome to Attend?*

- Any swimmer ages 5-14 who are able to demonstrate a 50 yard freestyle unassisted and without stopping, under 2:15.

### *What you'll learn:*

- An introduction to four competitive swim strokes
- Dives/turns/ finishes/ USA Swimming Rules and Regulations
- Advanced stretching techniques
- Team culture and values: Integrity, Leadership, Quality, Teamwork, Excellence, Respect

### *RSD Summer Swim League:*

- Professionally coached by fully certified and trained USA Swimming Coaches. You will not find a more enthusiastic, involved, and better prepared staff to work with your young swimmers!
- Optional swim meets for a chance to compete in a no-pressure, fun environment!

### *Sessions:*

Space is still available in Session II. Scholarships are available.

- Session II: 3-weeks July 11 - July 29 **Cost \$200**
- Practice Times: Mon, Wed, Fri 2:30-3:30pm

If you have any questions, please email Nicole Douglas at [ndouglas@bgcsandieguito.org](mailto:ndouglas@bgcsandieguito.org)

[Click Here](#) to Register online!

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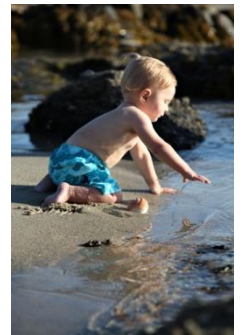
## Swim Lessons at the Boys and Girls Clubs



[Click Here](#) for the Boys and Girls Clubs Swim Lesson Program Guide. The summer lessons start in a few weeks and our classes fill up quickly! Don't miss out, register today! We also offer swim lessons on the weekends year-round.

Our group classes have been tailored to not only teach basic swimming skills but also to prepare participants to move from lessons to swim team.

[Click Here](#) for more information and to register.





# The More You Know



USA Swimming shared information about athlete dehydration. While training at the Olympic Training Center in Colorado Springs, CO, a group of USA National Team members were tested to measure hydration levels before and after each scheduled workout. The most relevant take away from the testing was the high frequency of dehydration prior to morning training. The athletes were swimming two times each day and they learned that over 90% of the athletes were in some-state of dehydration prior to their morning workout (fewer swimmers were dehydrated prior to the afternoon workout). Even after education and suggestions to hydrate prior to future morning practice, a few days later the same group of swimmers were tested again and nearly 60% of the athletes were still found to be in some-state of dehydration.

Please help our swimmers hydrate prior to practice (especially during our swimmer schedule with most practice groups swimming in the morning). Proper pre-hydration begins the day/night *before* the morning workout and continues when they wake up. Swimmers should be drinking plenty of fluids with breakfast and on their way to the pool

## Pre-Hydrate with Chia

By Sara Vance | August 5, 2011



With Fall comes football and other sports, and some tough training in hot weather. **Dehydration** occurs when too many fluids are lost, not enough are taken in, or a combination of the two. Kids can get dehydrated more quickly than adults, the risk of dehydration increases when the weather is sunny & hot, especially if there is profuse sweating and intense exercise. So kids heading off to football training or other intense Fall sports should come prepared with plenty of water and electrolyte replenishing beverages. Acute dehydration can be life-threatening, but even slight dehydration in the muscles can negatively affect performance, so prehydrating the body for as many as 3 days before a major sports event can help to prepare kids for sports.

### Prehydrate with Chia

Gradually eating more **hydrating foods**, and drinking an extra glass or two of water each day over a 3 day period can help to hydrate the body and muscles. But one of my all time favorite foods for prehydration is chia seeds. A staple food of both Native American and Mexican cultures, chia fueled the Aztec warriors as they went to battle. The book **Born to Run**, written by Christopher McDougall, tells the story of how chia seed, known as ‘the running food,’ could sustain the Tarahumara barefoot runners in Mexico on regular 50-100-mile runs. McDougall compared chia to a ‘smoothie of wild salmon, spinach and human growth hormones.’ In addition to incredible stamina, the Tarahumara also enjoyed longevity and mental health, very likely related to their consumption of chia seed. Naturally high in omega 3s, chia is also covered in a very unique soluble fiber. Unlike the soluble fiber of oats or flax seed, chia’s fiber is hydrophilic – meaning it can absorb approximately 10-12 times of it’s own weight in water\*. When chia seeds come in contact with liquid, they soak up the water and turn into a gel. Being hydrophilic means that chia prolongs hydration and retains electrolytes in body fluids which protects against dehydration and promotes endurance and recovery – exactly what an athlete needs! Chia seed might also give an athlete an edge – over time naturally boosting endurance, stamina and energy. Check out this **photo gallery of chia seeds**. Learn how chia seed can also **naturally lower cholesterol**.

\*Because of its hydrophilic properties, it is important to consume chia seed with plenty of water or a liquid to ensure that the seed is not soaking water internally from your body. Ideally, chia seed is soaked in water for 10 minutes before it is consumed.

### How to Recognize Dehydration:

Certain factors such as sweating, hot climate, vomiting, medications can quickly accelerate fluid loss to **cause acute dehydration**. It is important to be familiar with the **signs of dehydration**, especially parents and coaches. Taking these symptoms seriously is important, as **complications from severe dehydration** can be life-threatening. **Relying on thirst** is not a good way to determine if you need fluid replacements, as thirst may not always be a reliable indicator of dehydration.

Chronic dehydration typically occurs from not taking in enough hydrating fluids and/or foods on an on-going basis. The symptoms are more likely to be chronic and might not be recognized as dehydration at all – they can range from

bothersome to serious and can include constipation, headaches, low energy, elevated cholesterol, and more. People suffering from one or more of the above symptoms, might try gradually increasing their intake of fluids and foods with a high water content and notice if there is an improvement in their symptoms over a period of time. Regularly drinking caffeinated, sugary or alcoholic beverages can also contribute to chronic dehydration, as all are diuretics. Chronic dehydration puts us at greater risk of becoming acutely dehydrated from a workout and/or sweating.

### **Dehydration and Blood Thickening**

Studies have found that a loss of 2% or more of one's body weight due to sweating can cause a drop in blood volume – so the blood essentially becomes “thicker”. When this occurs, the heart has to work harder to move blood through the bloodstream, this can raise the risk of a heart attack. Blood thickening also causes muscle cramps, dizziness, fatigue, heat exhaustion/ heatstroke, and can even lead to swelling of the brain and **hypovolemic** shock.

### **When is Water Not Enough?**

Electrolyte replacement is needed when someone loses measurable amounts of fluids from one reason or another (sweating, vomiting, etc). How do we know how much fluid we have lost? One way to tell if there is fluid loss – is to weigh yourself before and after a workout – if you have lost weight – there has been fluid loss. Typically 2 cups of fluid accounts for approximately each pound of weight lost. But if it is not convenient to weigh yourself – you need to go by feel – did you work out hard, sweat a lot, maintain fairly continuous movement over a period of time? Was it a hot or particularly dry day? Are you working out in high altitude? Did you drink enough water leading up to the activity, or do you tend to be chronically dehydrated? If there has been a significant amount of fluid lost – there will be sodium, potassium and other important minerals also lost. Plain water will not replace those lost minerals. If someone loses a lot of fluids and drinks lots of water without replenishing electrolytes – this can lead to **hyponatremia**, which is an imbalance of water to sodium in the cells. Brain swelling can result from hyponatremia.

### **Why Do Sports Drinks Contain Sugar?**

After a very intense workout, glycogen stores get depleted in the muscles – many sports drinks contain sugar (such as glucose) because it is a fast-acting carbohydrate that can quickly replenish the lost glycogen. So endurance and intensity athletes that want to quickly replace lost energy after an intense workout – might use sports gels or drinks – which offer the electrolytes and fast acting carbohydrates they need.

But often kids drink sports beverages when they have not worked out very hard and their body does not really “need them” to replenish glycogen stores, in this case, the carbohydrates/sugar end up getting stored as fat overtime. A 20 oz. sports drink contains 125 calories and 35 grams of sugar – which is over 9 teaspoons – more than the recommended daily limit for added sugars for one day for kids. Studies show that over-consumption of sports drinks is linked to weight gain and an increase in cavities in children.

Another concern are the artificial colors many sports drinks contain, which serve no other purpose than to make them more “fun.” There is some evidence that some kids are sensitive to artificial coloring – potentially causing ADD-like symptoms, or **making them worse**. So it is important to read labels to know what is in the sports drinks, and be aware of how often sports drinks are consumed – and if they are really “needed”. But if someone is showing signs of dehydration – grab them any sports drink – dehydration is very serious and if someone is showing the signs – it is not the time to debate about artificial colors or sugar.

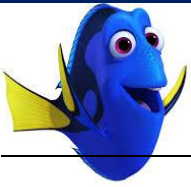
### **Alternative Electrolyte Replenishers:**

If you want an electrolyte replenisher, but don't want the added sugar, artificial sweeteners, and artificial coloring, there are some cool products available:

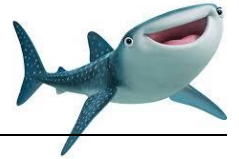
1. **Skrratch**– are powdered electrolyte replenishing packets that you can add to your own water after a hard workout. These would be a smart thing for coaches and kids to pack in their bags.
2. **Coconut Water**– called nature's perfect drink for a reason- coconut water is naturally high in potassium and other minerals, and it also has some natural carbohydrates. Coconut waters come in a variety of delicious flavors too. It also is naturally alkalizing – which helps to balance our body's pH and recover from workouts. ONE Coconut Water has convenient single serve coconut waters, and they even have a new line of coconut waters with fruit juice – great for kids' lunchboxes.
3. **Electrolyte waters** – these are just plain unflavored waters that serve to replenish lost electrolytes without the sugar, artificial coloring, etc. I like the brand **Metroelectro**. These do not contain carbohydrates, so to replenish glycogen stores have with a carbohydrate.



[Click here](#) for related articles and recipes from Sara Vance!



# RSD's June Swimmers of the Month



## Corvina: Pete Hornsten



Favorite land animal: elephant  
 Favorite sea animal: dolphin  
 Favorite unhealthy snack: ice cream  
 Favorite healthy snack: apples  
 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 teleport

## Leopard Shark: Haidyn Lorenzon

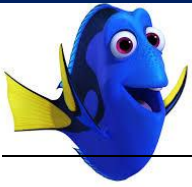


Favorite land animal: cheetah  
 Favorite sea animal: dolphin  
 Favorite unhealthy snack: oreo ice cream  
 Favorite healthy snack: apples  
 Favorite subject in school: math  
 Favorite hobby: playing  
 What do I want to do when I grow up? doctor  
 If I had one superpower, what would it be? fly

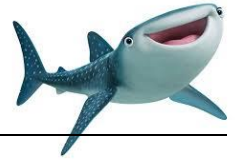
## LCV:

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?





## RSD's June Swimmers of the Month

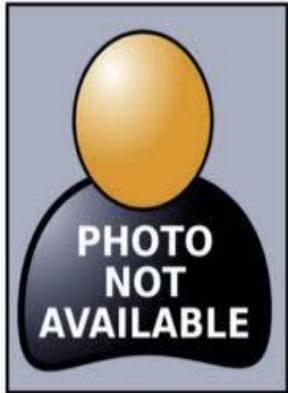


### FSS Grunion: Bennett Simpson



Favorite land animal: snake  
Favorite sea animal: shark  
Favorite unhealthy snack: Reeses' Peanut Butter Cups  
Favorite healthy snack: scrambled eggs  
Favorite subject in school: math  
Favorite hobby: boating  
What do I want to do when I grow up? Be a Navy SEAL  
If I had one superpower, what would it be? to be able to fly

### FSS Corvina: Giancarlo Del Core

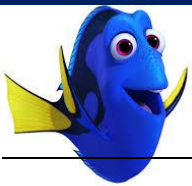


Favorite land animal: fox  
Favorite sea animal: shark  
Favorite unhealthy snack: Twix  
Favorite healthy snack: orange  
Favorite subject in school: math  
Favorite hobby: hanging out at home  
What do I want to do when I grow up? architect  
If I had one superpower, what would it be? teleportation

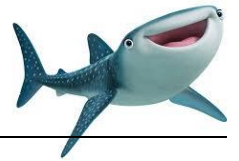
### FSS Leopard Shark: Katja Dunayevich



Favorite land animal: donkey  
Favorite sea animal: octopus  
Favorite unhealthy snack: cake  
Favorite healthy snack: smoothie  
Favorite subject in school: reading/writing  
Favorite hobby: writing/reading  
What do I want to do when I grow up? be an author  
If I had one superpower, what would it be? to be able to go into stories



# RSD's June Swimmers of the Month



## Red: Nathan Dai



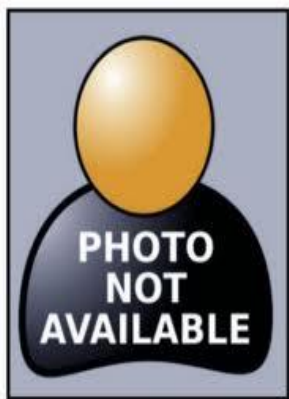
Favorite land animal: dog  
Favorite sea animal: Meglodon shark  
Favorite unhealthy snack: Lays sour cream & onion chips  
Favorite healthy snack: apple  
Favorite subject in school: math  
Favorite hobby: swimming and golf  
What do I want to do when I grow up? IDK  
If I had one superpower, what would it be? To get more super powers

## White: Kale Lozano

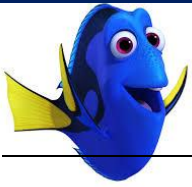


Favorite event: 100 IM  
Favorite song:  
Favorite food before practice: energy bar  
Favorite food after practice: tacos  
Hobbies: to read, play soccer, baseball, swim  
Favorite book: Harry Potter and the Deathly Hollows  
Favorite TV show:  
Favorite athlete: Clint Dempsey  
Favorite quote: "Stupid is as stupid does" – Forrest Gump

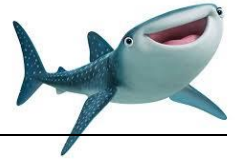
## Blue: Allen Cioaca



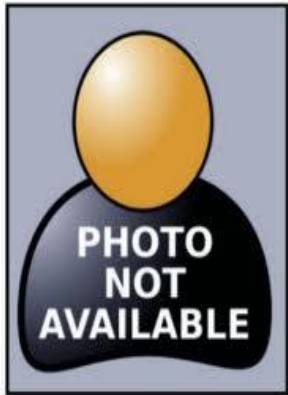
Favorite event: 200 IM  
Favorite song: Work  
Favorite food before practice: salad  
Favorite food after practice: pizza  
Hobbies: swimming, karate, tennis  
Favorite book: I am Number Four  
Favorite TV show: Saturday Night Live with Jimmy Fallon  
Favorite athlete: Michael Phelps  
Favorite quote: "Never give up"



# RSD's June Swimmers of the Month

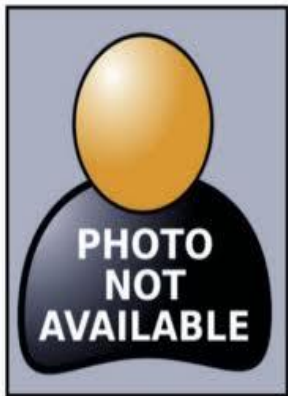


## Senior Development Red: Alex Luoni



Favorite event: 50 free  
 Favorite song: Pop Style  
 Favorite food before practice: bagel  
 Favorite food after practice: wings  
 Hobbies: travel  
 Favorite book: Shatter Me  
 Favorite TV show: Pretty Little Liars  
 Favorite athlete: Dwayne Johnson  
 Favorite quote: "Can you smell what the Rock is cookin'" – The Rock

## Senior Development White: Linnea Leidy

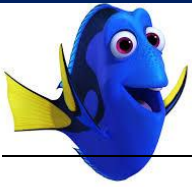


Favorite event: 100 Fly  
 Favorite song: Anything that isn't country  
 Favorite food before practice: dihydrogen monoxide  
 Favorite food after practice: frozen yogurt  
 Hobbies: almost hitting Coach Armani with my Prius  
 Favorite book: Swimming for Dummies  
 Favorite TV show: Law and Order SVU  
 Favorite athlete: Mikael Thompson  
 Favorite quote: "Good morning sunshine" – Richard Contreras

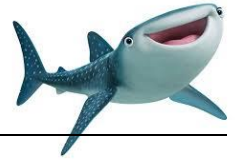
## Senior Development Blue:

Favorite event:  
 Favorite song:  
 Favorite food before practice:  
 Favorite food after practice:  
 Hobbies:  
 Favorite book:  
 Favorite TV show:  
 Favorite athlete:  
 Favorite quote:





# RSD's June Swimmers of the Month



## Senior Championship Prep: Lukas Loy



Favorite event: 200 free, 200 back  
Favorite song: Drive By - Train  
Favorite food before practice: anything  
Favorite food after practice: sushi  
Hobbies: surfing, mtn. biking, swimming, sleeping  
Favorite book: don't have one  
Favorite TV show: The Amazing Race  
Favorite athlete: Michael Phelps, myself  
Favorite quote: "You can't have a better tomorrow if you can't stop thinking about yesterday" - Anonymous

## Senior Championship: Leah Coffin



Favorite event: 50 fly  
Favorite song: Say It  
Favorite food before practice: cereal  
Favorite food after practice: sushi  
Hobbies: eating, Netflix  
Favorite book: Extremely Loud and Incredible Close  
Favorite TV show: Friends  
Favorite athlete: Dani Rosenthal  
Favorite quote: "I'm just going to try as hard as I can not to die"  
Wells Adams