

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER November 2016



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November Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
November 4	SCS-Kevin Perry Senior Meet (SCY)	FAST/Fullerton, Ca	Sun. Oct. 16	Champ and Prep if Qualified
November 5-6	SI- All Ages ABC Meet – North (SCY)	RSD/Pardee Aquatics Center	Sun. Oct. 16	All Swimmers
November 18-20	SCS-Palm Springs (SCY)	PST/Palm Springs, CA	Sun. Oct. 23 Early Entry Date!	Team Travel Trip! All Swimmers

December Important Dates

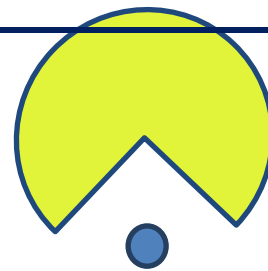
DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Dec. 2-4	SI-All Ages AB Meet (SCY)	CAST/Granite Hills HS	Sun. Nov. 13	Champ and Prep if Qualified
Dec. 7-11	USA-Junior Nationals (SCY)	USA Swimming/	Sun. Nov. 20	All Qualified
Dec. 10	SI-All Ages C Meet (SCY)	WSST/La Jolla HS	Sun. Nov. 20	All C Level Swimmers
Dec. 17-19	SI-Winter Age Group Championship (SC)	SI/BBMAC Coronado HS	Sun. Nov 20	All Qualified



When life gets you down do you
wanna know what you've gotta do?

**JUST KEEP SWIMMING.
JUST KEEP SWIMMING.
JUST KEEP SWIMMING.**

Practice Schedule Changes



November 4—Friday:

Blue	3:45-5:45 p.m.
Senior Development	5:30-7:15 p.m.
Senior Red	5:30-7:15 p.m.
Senior White	5:30-7:30 p.m.
Senior Blue	5:30-7:30 p.m.



November 11—Friday (Veterans Day):

FSS Grunion	9:00-10:00 a.m.
FSS Corvina	10:00-11:00 a.m.
FSS 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	7:45-9:15 a.m.
Senior Red	7:45-9:15 a.m.
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-



November 12—Saturday

Regularly scheduled Saturday practice
Senior White & Blue 7:45-10:00 am



November 24—Thursday (Thanksgiving Day):

All Practices cancelled

November 25—Friday:

FSS Grunion	9:30-10:30 a.m.
FSS Corvina	8:30-9:30 a.m.
FSS Leopard Shark	9:30-10:30 a.m.
Red	-Cancelled-
White	-Cancelled-
Blue	-Cancelled-
Senior Development	8:30-9:30 a.m.
Senior Red	7:30-8:45 a.m.
Senior White	7:30-9:30 a.m. (no dryland)
Senior Blue	7:30-9:30 a.m. (no dryland)
Senior Prep	9:15-11:45 a.m.
Senior Champ	9:15-11:45 a.m.
EPO	-Cancelled-



November 26—Saturday:

Regularly scheduled Saturday practice
Blue 9:00-10:00 a.m.

Rainy Day Policy

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/lighting starts during a workout, swimmers will be cleared from the pool and taken indoors. If no further thunder/lighting occurs, they will get back into the water and resume their workout until their designated finish time. If there is less than 30min, 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.

Hopefully this helps answer questions and clarifies procedures for stormy days. Thank you for your cooperation.



RSD Hosted Swim Meet
November 5-6

We need your help to run the best swim in town!

Click link to secure your favorite job!!
[2016 SI-RSD All Ages A/B/C Meet](#)
[Job Sign-Up](#)



Adjustments to Senior Level Groups

We have some positive changes that will be taking place within our senior level groups. To alleviate lane congestion, as well as to make the practices more productive and specific towards swimmers' abilities and goals, we will be splitting the Sr. Red Group into two separate groups. The new group, "Sr. Development" will be technique and training based with the goal of preparing swimmers for the rigorous demands of competitive swimming at the Senior Level. Competition at this level will be encouraged, but not compulsory and the attendance requirement will remain at 3 practices per week minimum. The evolved "Sr. Red" group will have mandatory meet participation as well as a 3 practice per week minimum. Test Set requirements and intervals will also be elevated to a higher standard. The Sr. Red Group will train from 5:30-7:15pm (dryland included); and the Sr. Development Group will practice from 7:00-8:15pm (stretching included, no intensive dryland at this level). Changes will go into effect Tuesday Nov. 1st.

Swimmers training at the **Sr. Blue Group** level who have had an individual meeting with their Coach and are tracking into the Sr. Championship Prep level will be required to attend 6 practices per week to be considered for promotion into Sr. Championship Prep. One morning practice per week will be required (Monday A.M. strongly recommended, but make-up mornings are available Tues-Fri A.M.). Attending the Saturday morning workout with the Sr. Championship Prep group is also required for promotion. While not mandatory, the Monday, Wednesday & Thursday morning practices are available as a replacement workout for all Sr. Blue & Sr. White Group swimmers who have a 4 practice per week minimum.

Promotions (Age-ups/Move-ups)

All age group swimmers will be considered to be the age they will be during the championship meet of the season. For example, if your 12 year old swimmer will be turning 13 before JO's, your swimmer will be considered to be 13 for the purpose of move-ups and promotions into the Senior Level. This will ensure that your child is training with the coaches and swimmers that they will be competing with at the pinnacle of their season. Swimmers in Leopard Shark/Red/White/Blue who are 12 ½ will perform the test set necessary to be placed in the appropriate Senior level group.

If you have any questions specific to your own child's progression, please do not hesitate to reach out directly to their Coach.



Congratulations to RSD Swim Team Co-Captain, Rachel Rhee, for her invitation to the USA Swimming National Select Camp! Rachel will be heading to the Olympic Training Center in Colorado Springs, Colorado, January 19-22, with some of the Nation's best swimmers.

Please join us in congratulating Rachel for this amazing accomplishment!

NATIONAL SELECT CAMPS A ONCE-IN-LIFETIME CAMP EXPERIENCE

Each fall, USA Swimming brings 60 of the top USA Swimming member athletes in the nation for a once-in-a-lifetime camp experience. Swimmers are selected from the SWIMS database of top times. During the camp, these swimmers will learn about post-race recovery, drug and supplement rules, psychological training skills, nutrition, race strategy and more.

[Click Here](#) to learn more

News You Can Use:

5 Pillars of Mental Toughness



Want to take your game to the next level and reach your full athletic potential? Physical training will only take you so far. Success in sports also depends on many aspects of mental toughness, including the ability to increase self-confidence, improve focus, sharpen your mental preparation, control arousal (or energy level) and develop resilience.

Although it is invaluable for sport success, mental toughness is often a misunderstood part of athletic development. Yet how you develop your mind will directly impact how well you play your sport—for better or for worse.

The reality—and the good news for athletes—is that mental toughness can be learned. The "Five Pillars of Mental Toughness" are skills you can develop and improve. Using them will lead directly to future success in sports.

#1 Preparation

Mental preparation includes how well you pay attention to details, your level of self-discipline, and the attitude you develop that helps you stay positive and optimistic. Mentally prepared athletes achieve success in the classroom, train regularly, and avoid negative influences that can interfere with their athletic development.

Use the following questions to gauge your level of mental preparation:

- Are you fully aware of the expectations placed on you by your team?
- Do you know your role on the team?
- Are you keeping up with all of your responsibilities—and not just sports?
- Do you make it a point to adopt a positive attitude every day?
- Are you working hard every day to become the best player you can be?

#2 Focus

Another vitally important component of athletic success, focus is often the difference between two equally talented athletes. Even elite athletes can lose focus, both on and off the field.

Here are three ways to improve your focus:

- **Ignore irrelevant distractions**

Identify the things that are critical to your future athletic success—like staying in top physical condition, eating right and getting proper rest—and block out irrelevant factors—like what is being said about you on Twitter and in sports chat rooms. Remember, the only play that is important is the next play, so focus accordingly.

- **Journal your progress**

Keep a journal of your goals, accomplishments and notes about how to continue to improve. Since human memory can sometimes be sketchy, developing a journaling system will help you improve your focus.

- **Balance your time**

It's tempting to devote all of your free time to sports, but your focus will actually improve if you maintain a more balanced schedule. Prioritize family, school and other important parts of your life as much as you do sports. When you balance, you will increase your motivation, feel fresher when you play and lower the risk of burnout.

#3 Arousal Control

To achieve athletic success, it's important to know how to calm down when you're nervous (high arousal), and how to get pumped up when you're flat (low arousal).

The "zone" is the state of optimal arousal. Athletes who are "in the zone" don't have to think when playing their sport; they simply react. Learn how to modify your energy level and find a happy medium between high and low arousal.

Calming Down

- Take one or two deep breaths into your stomach and hold each one for four or five seconds. Deep breathing is the best way to calm your nerves and lower arousal.
- Use imagery to generate positive, calming thoughts
- Starting with one muscle group, tense and relax it for 4 or 5 seconds, then go through the rest of your body

5 Pillars of Mental Toughness (continued)

Pumping Up

- Listen to upbeat music on game days
- Increase your heart rate with a dynamic warm-up
- Review your personal goals

#4 Confidence

Confidence and athletic success are closely correlated, and they reinforce each other. When you play well, your confidence increases, and when you improve your self-confidence, you tend to play better.

Here are some techniques that improve confidence:

- **Goal setting**

Set goals you can control and that are specific and measurable; and be sure to keep track of your progress. Set short-term, mid-term and long-term goals. You will be creating a goal ladder to future success. Short-term goals will lead to long-term goals.

- **Consistent, healthy training**

There are no shortcuts to success; and hard work, healthy living, motivation and perseverance will lead to greater self-confidence.

- **Positive self-talk**

If you tell yourself you stink, your confidence will suffer. Positive and productive self-talk will boost your confidence.

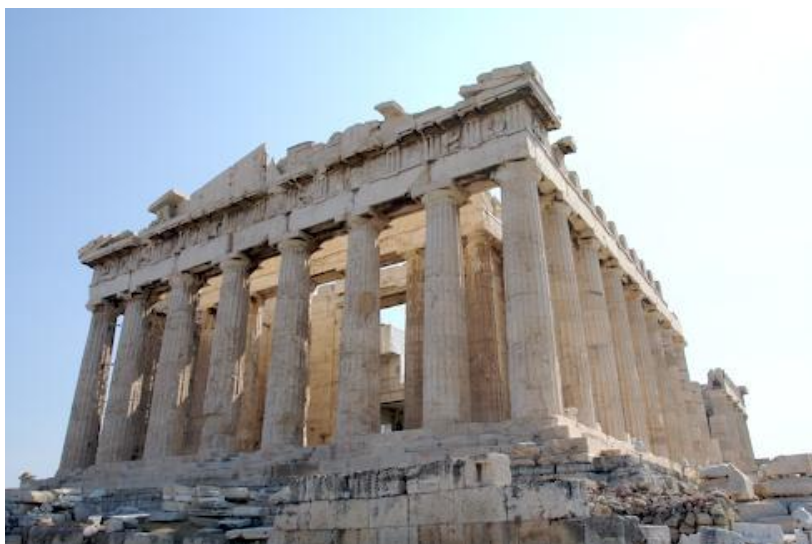
#5 Resilience

Resilience is the ability to handle stress, adversity and failure. Regardless of how talented you are, there will be days when things don't go right. This is where character develops. You either overcome the adversity or succumb to it. When you learn ways to deal with stress and adversity, you improve your chances for athletic excellence in many ways.

Athletes who allow their emotions to take over usually end up playing below their potential. It's your choice what to do the next time you drop a ball, strike out or miss an open shot. You can either view negative events as threats to your athletic development or as challenges to make yourself better the next time the situation occurs. Feeling sorry for yourself, throwing tantrums or taking your aggression out on others won't help, but learning from those experiences will.

Creating a bounceback technique will help in moments of failure and frustration. A bounce-back technique is a ritual you perform during a game that allows you to quickly turn things around in your mind. For example, after a bad play you might pinch a few blades of grass and throw them into the wind—a symbol for letting that last play go. The technique should be quick, unobtrusive and linked in your mind to letting a bad play go. Knowing what you will do when failure occurs will prepare you for times when you do come up short.

-Chris Stankovich, Ph.D., is a licensed professional clinical counselor and founder of Advanced Human Performance Systems, a counseling and performance center based in Columbus, Ohio





October Swimmers of the Month



Corvina: EVIE NAPLES



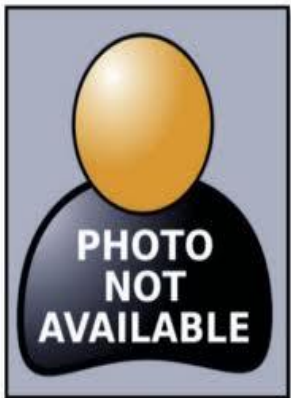
Favorite land animal: Panda
 Favorite sea animal: Manta ray
 Favorite unhealthy snack: Ice cream
 Favorite healthy snack: Seaweed
 Favorite subject in school: History
 Favorite hobby: Cooking
 What do I want to do when I grow up? Neuroscientist
 If I had one superpower, what would it be? Breathe under water

Leopard Shark: DUNCAN SCHACK



Favorite land animal: Wolf
 Favorite sea animal: Dolphin
 Favorite unhealthy snack: Cheese
 Favorite healthy snack: Orange
 Favorite subject in school: Reading
 Favorite hobby: Football
 What do I want to do when I grow up? Disney imagineer
 If I had one superpower, what would it be? Fire

LCV: MATTHEW SHAPIRO



Favorite land animal: Axolotl
 Favorite sea animal: Orca
 Favorite unhealthy snack:
 Favorite healthy snack: Celery w/ peanut butter
 Favorite subject in school: English
 Favorite hobby: Swimming
 What do I want to do when I grow up? Oncologist – study and effort to develop cancer cure
 If I had one superpower, what would it be? Shapeshifting

Totally Awesome!!





October Swimmers of the Month



FSS Grunion: TATE CRIQUI



Favorite land animal: Snake
Favorite sea animal: Frogfish and basking shark
Favorite unhealthy snack: Tortilla chips
Favorite healthy snack: Salsa
Favorite subject in school: Science
Favorite hobby: Minecraft
What do I want to do when I grow up? Writer/cartoonist
If I had one superpower, what would it be? To be able to transform on command

FSS Corvina: JACK MURPHY



Favorite land animal: Mike the Hamster
Favorite sea animal: Sea urchin
Favorite unhealthy snack: Milkyway
Favorite healthy snack: Broccoli
Favorite subject in school: Science
Favorite hobby: Video games
What do I want to do when I grow up? Space scientist
If I had one superpower, what would it be? Super speed

FSS Leopard Shark: ALISTAIR ZHANG



Favorite land animal: Snake
Favorite sea animal: Sharks
Favorite unhealthy snack: Cake
Favorite healthy snack: Meat
Favorite subject in school: Writing
Favorite hobby: Playing video games
What do I want to do when I grow up? An author
If I had one superpower, what would it be? To be invisible

Totally Awesome!!





October Swimmers of the Month



Red: Mai Plsek



Favorite land animal: Horse
 Favorite sea animal: Turtle
 Favorite unhealthy snack: snickerdoodle cookies
 Favorite healthy snack: Strawberries
 Favorite subject in school: Math
 Favorite hobby: Swimming
 What do I want to do when I grow up? Professional Volleyball Player
 If I had one superpower, what would it be? To Fly

White: AMELIA SCARLATO



Favorite event: 50 Free
 Favorite song: JoJo on that beat
 Favorite food before practice: Larabar
 Favorite food after practice: Cheese
 Hobbies: Piano, minecraft
 Favorite book: Under the egg
 Favorite TV show: Don't have a TV...Lab Rats?
 Favorite athlete: Michael Phelps
 Favorite quote: "Just do it"

Blue: HANNAH WONG



Favorite event: 200 Free
 Favorite song: We don't talk anymore
 Favorite food before practice: Bacon
 Favorite food after practice: Orange chicken
 Hobbies: Swimming
 Favorite book: Land of Stories
 Favorite TV show: One Upon a Time
 Favorite athlete: Katie Ledecky
 Favorite quote: "F.E.A.R. has two meanings, Forget Everything and Run or Face Everything And Rise."

Totally Awesome!!





October Swimmers of the Month



Senior Red: JESSICA CONNELL



Favorite event: 100 Breast
 Favorite song:
 Favorite food before practice: Croissant
 Favorite food after practice: Brownies
 Hobbies: Reading, swimming, field hockey
 Favorite book: Ender's Game
 Favorite TV show: Project Mc2
 Favorite athlete: Lilly Kink, Michael Phelps
 Favorite quote:

Senior White: LILA KENDALL



Favorite event: 100 Free
 Favorite song: Alive - Sia
 Favorite food before practice: Pasta
 Favorite food after practice: Pizza
 Hobbies: Reading, ballet, NCL (National Charity League)
 Favorite book: Harry Potter
 Favorite TV show: Amazing Race
 Favorite athlete: Katie Ledecky
 Favorite quote: "Just keep swimming, just keep swimming." - Dory

Senior Blue: BRIA NOVOTNY



Favorite event: 100 Free
 Favorite song: Alive - Sia
 Favorite food before practice: Pizza
 Favorite food after practice: Pasta
 Hobbies: NCL (National Charity League), hanging out w/ friends
 Favorite book: Percy Jackson Series
 Favorite TV show: Scorpion
 Favorite athlete: Michael Phelps
 Favorite quote: "Don't take a ride from strangers unless they give you candy. And don't take candy from strangers unless they give you a ride." -Coach Richard

Totally Awesome!!





October Swimmers of the Month



Senior Championship Prep: REBECCA MADDEN



Favorite event: 200 IM
Favorite song: Photograph
Favorite food before practice: Bar
Favorite food after practice: Pasta
Hobbies: Reading
Favorite book: Harry Potter
Favorite TV show:
Favorite athlete: Lindsey Ren
Favorite quote: "Just Keep Swimming"

Senior Championship: BRANDON KULIK



Favorite event: 100 Butterfly
Favorite song: Kiss by a Rose - Seal
Favorite food before practice: Subman
Favorite food after practice: Subman
Hobbies: Going to Subman
Favorite book:
Favorite TV show: Drake and Josh
Favorite athlete: Joseph Schooling
Favorite quote: "I would love to say that I was born this way. I think the short answer is that my wie dresses me like all great Americans."
– Ken Bone

Totally Awesome!!

