

RANCHO SAN DIEGUITO



SWIM TEAM NEWSLETTER



NOVEMBER 2015



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RSD November Dates:

1. [November 2: Palm Springs Meet Entries Due](#)
2. [November 6-8: Kevin Perry Invitational](#)
3. [November 7-8: HSA Granite Hills HS 11&Over Meet](#)
4. November 13: RSD Club Meet- Entries DUE NOVEMBER12
5. November 16: NCA A/B North Meet Entries Due
6. November 16: Junior Nationals West Entries Due
7. Nov 20-22: Palm Springs!!!
8. [November 23: WSST/La Jolla- C All Ages Entries Due](#)
9. [November 23: Sectionals Entries Due](#)
10. [Winter Age Group Championship Meet Entries Due](#)

USA Swimming Registration

It is a requirement of RSD that all swimmers must be members of

USA Swimming.

***This membership is mandatory in order to attend USA Swimming sanctioned swim meets and to be on the RSD Swim Team. ***

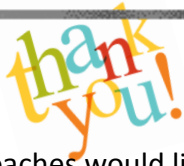


If you have questions about your eligibility, please contact the San Diego Imperial Swimming office at office@si-swimming.org. If you are not a member of USA Swimming, please use the following link for instructions:

<https://www.teamunify.com/SubTabGeneric.jsp?team=sirsd&stabid=97126>.

San Diego-Imperial Swimming
3511 Camino Del Rio South
Suite 405
San Diego, CA 92108

Hours: 10:30am - 2:30pm M-F
Phone: 619-275-1292
Fax: 619-546-5271
Email: office@si-swimming.org



THANK YOU VOLUNTEERS!!!



RSD Coaches would like to thank all of the parent volunteers for helping to run another successful swim meet! A special thank you to Brian Robinson, Lanhua Sinhota, Doris Lin, Jenny Berman, Rich Cosgrove, Raphael Hildeshiem and Matt Boese. We greatly appreciate every bit of help we could not run the meet without the support of all of our RSD parents!!!

RSD November & December Dates:

Date:	Meet:	Meet Location:	Eligible Swimmers:	Entry Date:				
Nov. 6-8	Kevin Perry Invitational	FAST/Janet Evans Swim Complex	All Qualified	Oct. 12		Info		
Nov. 7-8	11 & Over B/C	HSA/Granite Hills HS	All 11 & Over B/C Swimmers	Oct. 12		Info		
Nov. 13	Club Meet	RSD/Pardee Aquatics Center	All 12 & Under RSD Swimmers	Nov. 12	N/A	N/A	N/A	N/A
Nov. 20-22	Palm Springs	PST/Palm Springs, CA	All RSD Swimmers	Nov. 2		Info		
Dec. 3-6	Senior Nationals	AT&T/Federal Way, WA	All Qualified	Nov. 9				
Dec. 4-6	A/B All Ages - North	NCA/Alga Norte Park	All A/B Swimmers	Nov. 16		Info		
Dec. 9-12	Junior Nationals West	Speedo/Austin, TX	All Qualified	Nov. 16				
Dec. 12	C All Ages	WSST/La Jolla HS	All C Swimmers	Nov. 23		Info		
Dec. 18-21	Sectionals	ELAC/Los Angeles, CA	All Qualified	Nov. 23		Info		
Dec 19-21	Winter Age Group Champs.	SI/BBMAC Coronado HS	All Qualified	Nov. 30	Meet Sheet	Info	Active	

Practice Schedule Dec 21-24:

Sr. Champ & Prep – OFF; Sr. Red/Sr. White/Sr. Blue – 7:30-9:30am; Red, White & Blue (combined; practice optional for WAG swimmers) – 9:30-11:30am; All Weekday Fish Groups (combined) – 11am-noon; LCV – 8-9:00am; NO EPO

No Practices Dec 25th

Practice Schedule Dec 26 & 27:

Normal AM practices for FSS groups, no PM practice option

Practice Schedule Dec 28th-31st:

Sr. Champ & Prep- 7:30-10am & 3-5:00pm (no afternoon workout on Dec 31st); Blue- 9:45-11:45am; White- 9:45-11:30am; Red- 10-11:00am; Leopard Sharks- 11am-noon; Grunion/Corvina- noon-1pm; Sr. R/W/B- 1-3:00pm; LCV: 8-9:00am; NO EPO

No Practices Jan 1st

Practice Schedule Jan 2-3:

Normal Practice Schedule

PALM SPRINGS HOTEL INFORMATION



Renaissance Palm Springs Hotel
888 Tahquitz Canyon Way
Palm Springs, CA, 92262
(760) 322-6000

Traveling to this meet has been an RSD tradition for many years and is loved by swimmers, families, and coaches alike. This is the one meet throughout the year that the entire team, from Grunions all the way up to Seniors, can attend. This is a great bonding opportunity for all of the swimmers, as well as for the parents and families on our team. We strongly encourage EVERYONE who is able to attend as this is a truly special RSD experience.

We have reserved a block of rooms at the Renaissance Palm Springs Hotel for November 20-21. Our team members will receive a special discounted group rate of \$149/night when you mention that you are with RSD. We encourage you to book early as we have a limited number of rooms in our block, and there will be other teams visiting from out of town for this meet. Any rooms not reserved in our group block will be released back to the public on Oct 20th. You are encouraged, but definitely not required to stay at the team hotel. If the Renaissance does book out, there is additionally a Courtyard Marriot just next door. We hope that everyone can join us and don't forget to mention that you are with RSD when you contact the hotel!

RSD Club Meets

EVENT DATES: Friday:

-November 13, 2015

- **There will be no club Meet in December.**

*****Please check Team Unify under the Meets Info for an updated list of dates.**

Club meets will NO LONGER be held on the 4th Friday of every month. ***

WARM-UP: 3:15pm MEET STARTS: 3:45pm

ENTRIES DUE: Thursday, Nov. 12th (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.). **These times do not count towards USA Swimming Times.** Swimmers are welcome to swim any events they wish: In the order of Free, Back, Breast, Fly. The distance of the event is aligned with what swim group your child participates in. A swimmer 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.

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

IMPORTANT Change Coming in the New Year

Thank you for being a part of RSD Swim Team! We are proud and confident that we continue to be your “team of choice” in San Diego. We pride ourselves on our exceptional coaching staff, fantastic facilities, family oriented culture, and championship environment. As many of you already know, the Rancho San Dieguito Swim team is a part of The Boys & Girls Clubs of San Dieguito, an organization that has been serving north coastal San Diego County families for over 48 years. As part of the RSD swim team, you are a part of this extended family. Your participation in our program helps the Boys & Girls Clubs of San Dieguito to fulfill its mission of serving over 25,000 local area youth by providing a positive place for them to learn and grow.

RSD will add a small fee increase to our current price structure. Beginning January 1, 2016, we are raising the cost of all groups (with the exception of FSS groups) by \$5. We have researched other swim team programs in the area and found that these new rates remain very competitive and are still a great value. RSD remains a nationally recognized and high quality program! We have added additional groups and increased our coaching staff. These rates exemplify our commitment to providing the best swim team experience in San Diego.

Listed below is the new fee structure that will take place October 1, 2015:

- FSS Groups \$115 per month
- Corvina \$130 per month
- Leopard Shark \$130 per month
- Red \$130 per month
- White \$140 per month
- Blue \$155 per month
- Senior Red \$145 per month
- Senior White \$145 per month
- Senior Blue \$145 per month
- Senior Championship Prep. \$175 per month
- Senior Championship \$175 per month

We appreciate your understanding and continued loyalty to the RSD swim team. As always, financial assistance is available to those who qualify. If you have any questions or concerns please contact me at 858-755-4904 or by email at jbenjamin@bgcsandieguito.org.

Sincerely,

Joe Benjamin
Head Coach Rancho San Dieguito Swim Team

Sr. Red, White & Blue Friday Schedule Change Begins in January

Beginning in January 2016, the Sr. Red, Sr. White & Sr. Blue practices will be adjusted on Fridays to fall in line with their regular practice schedule throughout the week. Friday workouts will be from 5:45-8pm, the same as the Mon-Thurs schedule. Due to the positive expansion of the Senior Development program, the additional lane space that the later start time allows is beneficial in keeping the workouts productive for those athletes. We appreciate your cooperation with this minor schedule adjustment as we strive to create the most productive environment for our swimmers. On the following dates, we will train at our current "Early Friday" schedule due to hosting high school water polo tournaments: Jan 15th & Feb 12th

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.

Swim Suit Requirement

We would like to remind all of our swimmers and families about our competition swimsuit requirements. As you may already know, we are a Speedo sponsored swim team. Speedo offers RSD a lot of benefits as part of our sponsorship contract. Some of these benefits include warm-ups, swimsuit deals, discounts on various team equipment, and free or discounted Speedo technical suits for our Sectionals and Nationals qualifiers. We have worked very hard to build and maintain our sponsorship relationship with Speedo, and we are responsible for holding up our end of our contract with them. Our team requirements regarding competition suits are as follows: All RSD athletes must wear a Speedo suit in any competition. Our Speedo competition suits must be solid navy, solid red, navy and red combo, or solid black. Since the consequence could be as severe as losing our sponsorship with Speedo and all that they offer us, we will be enforcing our team suit policies, and we will remove any swimmer from a competition where they are not wearing a Speedo suit with one of our four color options. We thank you for your understanding and adherence to this policy.



If you would like to purchase a team suit from Paradowski's from our website, go to [TEAM INFO, FALL/WINTER GROUP INFO, EQUIPMENT, Buy Now!](#)

RSD's EPO offered Monday, Wednesday, and Friday!!!

Reminder that the EPO (Early Practice Option) is offered Monday, Wednesday, and Friday from 1:15 to 3:00pm. This option is available for all swimmers for swimmers in the Red, White, Blue, Sr. Red, Sr. White and Sr. Blue groups. This option is meant to replace a practice, not to be added to the practices already offered. This is a great way to get your swimmer in and out of the pool and allow extra time for family and homework. If you have any questions please feel free to contact your coach.

PARENTS WHO OFFICIATE RECEIVE A SUBSTANTIAL 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 first swimmer's dues and 25% on the second swimmer's dues. If you are interested, please contact Raphael Hildesheim at rhildesheim@yahoo.com. This is an important volunteer job that we need **YOUR** help with.



REMEMBER: If our team cannot provide enough officials at the meet, we get fined, so please help us out if you are interested.

Test 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 are using a more defined policy and schedule for promotions. We are on a quarterly system, so move-ups will happen twice per season, or 4 times per year. **Successfully completed test sets will be a jumping off point for consideration for a swimmer moving up, not the determining factor or automatic qualifier for a promotion.**

Test 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. Testing dates will be announced in the monthly newsletter with a primary day, as well as one designated make-up option. Only official test 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, leadership, attitude, and work ethic in determining whether or not the athlete can handle the elevated workload.** Test set intervals will be dynamic and 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. The schedule will be as follows:

Sept	Train
Oct	Train-->Test (end of month)
Nov	Visit
Dec	Train
Jan	Train-->Test (end of month)
Feb	Visit
Mar	Train
Apr	Train-->Test (end of month)
May	Visit
Jun	Train
Jul	Train-->Test (end of month)
Aug	Visit

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 1st two weeks, 2 workouts per week 2nd 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.

Want An Edge at Palm Springs?

By Nutritionist Sara Vance

Saturday night was Halloween, a fun holiday where we get to dress up and celebrate with friends and family. I loved Halloween as a kid, and used to look forward to it for weeks!! One of the best parts about Halloween for me was collecting candy - and lots of it!! The average kid brings home 100 pieces of candy. With each piece having about 2.5 teaspoons of sugar - that can add up to 250 teaspoons of sugar or more!! One of my kids (*he will remain nameless*) covered a lot of ground - he counted up his haul Sunday morning - he got 200 pieces of candy!! That is about 500 tsp. of sugar (10 cups!!)!! My other kid (*she will remain nameless*) - had several pieces of candy Halloween night and got a big ole' tummy ache. Anyone else relate to that?

It's Just Once a Year!

"Halloween comes just once a year - so why be a Debbie Downer and make a fuss? Just let them have their candy and eat it too!"

I used to think that sugar was just "empty calories" - obviously not good for you of course, but not really bad either. Boy - was I wrong. Eating candy spikes our blood sugar, which is followed by a drop - which in the short term leaves us fatigued, hungry and moody - so we reach for more candy to fix it - I call that "The Sugar Rollercoaster." Adults might also reach for caffeine - *I talk about this cycle and share my personal story with it - in my book [The Perfect Metabolism Plan](#).*

This cycle is not good for anyone, and certainly not for athletes. When you regularly eat sugar/candy - the metabolism gets into "*sugar burning*" mode - which means it is burning sugars for energy (and it gets lazy and can't mobilize fat for fuel - you can see how this can lead to stubborn weight gain, mood swings, and fatigue). Using sugar as fuel supplies **short term energy** - which can mean an athlete may not have optimal energy for long training sessions or to compete. And because sugar/insulin raises inflammation, it also means recovery may not be optimal. Over the long term - being on the sugar rollercoaster lowers our immune system and raises the risk for serious diseases like diabetes, heart disease and cancers. And because sugar is highly addictive - once you get into the candy, it is hard to stop - *I know, been there done that too*. A recent study found that just 10 days of cutting down sugar had a major impact on kids' health ([read more](#)). So it makes me wonder what 10 days of candy overload could do...

But Athletes Burn it!

"But Sara, athletes can eat more sugar - because they burn it off."

Yes, Athletes do burn more energy than a couch potato. And yes - they can get away with eating things like candy, and may not gain weight. And swimmers regularly deplete their glycogen stores (*sugars stored in the muscles*) - so that does need to be replenished. But glycogen can be replenished with healthy carbs like fresh fruit, dried fruit, vegetables, and whole grains like quinoa and gluten free oats. And our weight is not the only indicator of health. Other indicators - moods? (*Get ready for the 'girl drama' around school to get turned up with everyone on their sugar rollercoasters over the next few weeks*). How is their long-lasting energy? Focus & attention? Digestion? Immune system - are they getting every cold? Eating a lot of sugar lowers our white blood cell effectiveness. Excess sugar can impact all those things. (Read more about this in my article: [Are You Headed for Performance Burnout?](#)).

Serious athletes need good fuel

A couple weeks ago my daughter had eaten a couple pieces of candy before practice - and not surprisingly - she got some pain and cramping, and was generally not feeling well. I found out later about the candy - and I talked to her about it. I told her - "If you want to be an athlete, you need to take care of yourself. You need to give yourself healthy fuel if you are going to push your body and expect it to perform." She agreed, and has stepped up her nutrition lately - *see even the Nutritionist's kids don't have perfect diets all the time (nor does the Nutritionist herself)!!*

Want that Edge?

So back to Palm Springs. My kids are really looking forward to the Palm Springs meet. It has always been a really great/fun meet for my daughter, and this will be my son's first time competing there. So I have been telling my kids that if they *REALLY* want an edge there - to lay off the Halloween candy. SAY WHAAAAAAT?

Since Palm Springs comes about 3 weeks after Halloween, realize that most kids who are competing at that meet will have brought home between 100 and 200 pieces of candy (like mine did) - if they don't eat it all in the first week, they will probably have been eating Halloween candy for the 3 weeks leading up to Palm Springs. So they will be running on that short term fuel, making their energy stores less than optimal. So anyone that can avoid eating their Halloween candy leading up to the meet - might just have an edge at that meet.

But It's Mine, I Earned it!!

Now - if you had asked me when I was a kid if I would part with my candy after Halloween - I probably would have said "*no way!*" In fact, one year - on my way home with my Trick or Treat bag full, a big Gorilla tackled me and tried to steal my Halloween candy, and I protected my Halloween candy like my life depended on it. It safely arrived home with me.

You see, kids often walk for miles to get that candy – I think Jimmy Kimmel summed it up well – “Halloween candy is kind of a sacred thing. For many kids it is the first time they have ever earned anything.” Want to know how much Halloween candy matters to kids? Check out this video from the annual series “[Jimmie Kimmel Told me To Eat Your Halloween Candy](#)”.

So taking away the candy that kids walked for hours to collect might not go over so well, huh? There is another option...

A Trade!

About 6 years ago, when my kids were little, I was sharing my frustrations with all the Halloween sugar with my friend Jill. That is when she told me about the Switch Witch! The Switch Witch is kind of like the Tooth Fairy she explained - but instead of coming when they lose a tooth and leaving money for a tooth - the Switch Witch comes once a year and trades the Halloween candy for a toy!! My eyes lit up...a trade, brilliant!! Read all about how I came to write the book [Serena the Switch Witch](#) as a way to deal with candy overload.

Crowd it out

If you do decide to keep the candy - just try to not eat too many each day (*1 or 2 max!*). And make sure to get plenty of plant based foods, high quality protein, and healthy fats to balance it out. I like to start my kids day with a healthy smoothie - because when you make healthy choices, you kind of "crowd out" the not so healthy choices. When we start our day right with healthier choices, we want the unhealthier choices less, we might even find that we enjoy them less!

What is a superfood smoothie?

Superfood smoothies are full of nutritious ingredients that deliver vitamins, minerals, fiber, protein and healthy fat – which all help to keep our blood sugar level and energy balanced– which means you are going to be less likely to reach for a candy for “the quick energy fix.” Avoid the “dessert” type smoothies found at many smoothie stores that have a lot of fruit juice and frozen yogurt - those just stimulate the sweet tooth and lack the protein, fiber and fat to keep the blood sugar & energy stable (learn more about Sara’s ‘Rule of Three’ for keeping blood sugar stable below and in her book *The Perfect Metabolism Plan*).

This is our favorite smoothie recipe right now:

Strawberry Orange "Julius"

- 1 cup of coconut water
- 1 small orange (peeled) - yes the whole orange, not orange juice
- 2 teaspoons of chia seeds
- 1/2 scoop protein powder
- 1 big pinch of pink himalayan salt (or Real Salt brand)
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- 1/2 tsp of vanilla extract
- optional - 1/2 cup baby spinach or a couple baby carrots

Put orange and coconut water into blender - blend to liquify. Add chia seeds and protein powder - soak 3 mins. Add the rest of the ingredients - blend to combine well. Add ice as desired to thicken. Serve!

This recipe is best with a powerful blender like a Vitamix.

Or try my delicious [Pumpkin Cacao Chip Smoothie](#)- tastes like pumpkin pie in a glass!

The Rule of Three

Another way to help keep your blood sugar level - is to follow my Rule of Three - make sure to get at least one of the following macronutrients each time you eat to keep blood sugar level:

- Healthy fat (nuts, seeds, coconut, grass fed butter, avocados, nut butters, chia seeds, hemp hearts, etc)
- High quality protein (organic animal proteins, nuts, quinoa, hemp hearts, etc.)
- Fiber (whole plant based foods, whole grains like quinoa and gluten free oats, etc).

So remember - nutrition can impact your performance, and it is up to you if you want to fuel up the right way!! My kids are considering trading their candy - and I hope they decide to. But if they don't, we will still encourage them to really limit the amount they do eat.

Article by Nutritionist Sara Vance - author of [The Perfect Metabolism Plan](#), [Serena the Switch Witch](#), and mom of 2 RSD Swimmers.

10 Ways You Know You Swim Too Much

10/21/2015

By Mike Gustafson//Correspondent

Swimmers swim. Not a little, but a lot. Non-swimmers just don't understand: We don't dip our toes into the pool, go back and forth, then hop out. Just because our races last a minute, that doesn't mean we only train a minute.

We train millions of minutes for one.

Those minutes take their toll in ways non-swimmers can't imagine. Our hair rips. Our skin recoils. The sight of refrigerators morphs our hunger into zombies invading an amusement park. Our shoulders turn into colossal helicopter landing pads.

Yup. Swimmers swim a lot.

Here are **10 Ways You Know You Swim Too Much...**

1. Your hair changes its molecular structure.

If you swim sans-cap for a season, chlorine and water slowly morphs your once-beautiful hair into something that resembles The Joker: Green and slightly askew. Once, my friend started the swim season with a full head of hair. When the season ended, his hair was shorter. He had not had a haircut. Chlorine cut his hair, slowly but surely, not with scissors but with sweet, sweet chemicals.

2. You see teammates more than your family.

This maybe isn't necessarily a bad thing. But it's still a thing.

3. When you haven't been in a pool for over 24 hours, you actually get nervous.

"Shouldn't we go swimming?"

"You just swam."

"I know... I just... miss it..."

4. No amount of food can make you full.

Remember that weird sensation... being full? The last time you felt that, you were seven-years-old. Thanks, swimming!

5. You actually get mad when non-swimmer friends ask if you want to hang out.

"Want to hang out on Friday?"

"I have swim practice."

"How about Saturday?"

"I have a swim meet."

"Sunday, then?"

"Sure. (Long pause.) No, wait, I need to swim on Sunday."

6. Your notebooks are not school notes.

Instead, all your notebooks are furious scribbles of goal times, split times, practice times, previous meet times, projected meet times, time standards, times of your competitors, times you went in 2007, times you want to go in 2017.

7. You always carry an extra set of swim goggles.

You know. Just in case an impromptu swim practice breaks out.

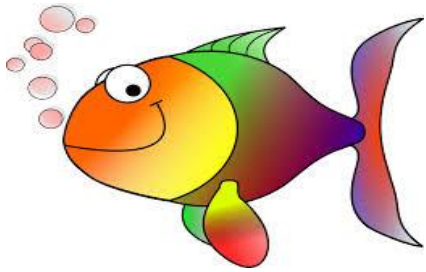
8. When you turn on the TV, and you see 50 football games on every single cable channel everywhere, you silently grit your teeth in anger and mutter, "Oh, sure, they can broadcast 50 football games but not the swimming national championships?"

9. Your skin is a scratch-and-sniff chlorinated mess.

When you apply skin lotion, your skin sucks that lotion up like a sponge and it disappears like you've been in the Mojave Desert.

10. When a friend asks when you want to go get lunch, you look at your watch and say, "Let's leave on the top."

Ah, swimming.



November Swimmer's of the Month

Grunion: Sia Darling Hext



Favorite land animal: Snow Leopard
Favorite sea animal: Dolphin
Favorite unhealthy snack: Fruit Gummies
Favorite healthy snack: Sweet Peas
Favorite subject in school: Reading
Favorite hobby: Swimming
What do I want to do when I grow up? Be a veterinarian
If I had one superpower, what would it be? Breathe Underwater

Corvina: Victor Hiu

Favorite land animal: cheetah
Favorite sea animal: whale
Favorite unhealthy snack: chips
Favorite healthy snack: apple
Favorite subject in school: math
Favorite hobby: swimming and chess
What do I want to do when I grow up?
If I had one superpower, what would it be? To be able invisible

Leopard Shark: Kara Dees



Favorite land animal: Dog
Favorite sea animal: Fish
Favorite unhealthy snack: chips
Favorite healthy snack: grapes
Favorite subject in school: writing
Favorite hobby: swimming
What do I want to do when I grow up? Be a Swimmer
If I had one superpower, what would it be? flying

FSS Grunion: Chloe Mullen



Favorite land animal: fox
Favorite sea animal: dolphin
Favorite unhealthy snack: chocolate chip cookie
Favorite healthy snack: apples
Favorite subject in school: reading
Favorite hobby: study rocks
What do I want to do when I grow up? Olympic Swimmer

FSS Corvina: Andrew Taich



Favorite land animal: Gorilla
Favorite sea animal: Eel
Favorite unhealthy snack: Ice Cream
Favorite healthy snack: Apple
Favorite subject in school: History
Favorite hobby: Video Games
What do I want to do when I grow up? New Owner of Microsoft
If I had one superpower, what would it be? Invisibility

FSS Leopard Shark: Katherine Drennan



Favorite land animal: Owl
Favorite sea animal: Turtle
Favorite unhealthy snack: Chips
Favorite healthy snack: Carrots
Favorite subject in school: Math
Favorite hobby: Swimming
What do I want to do when I grow up? Dermatologist
If I had one superpower, what would it be? Being able to Fly

LCV: Evan Wright



Favorite land animal: Wolf
Favorite sea animal: Dolphin
Favorite unhealthy snack: Hershey Dark Chocolate
Favorite healthy snack: Popcorn
Favorite subject in school: English
Favorite hobby: Gaming, Scouting
What do I want to do when I grow up? Engineer
If I had one superpower, what would it be? To Fly

Red: Trent Atkins



Favorite event: 50 Free
Favorite Song: Whatever is on the Radio
Favorite food before practice: quesadilla
Favorite food after practice: Orange Chicken
Hobbies: Hiking and Camping
Favorite book: Everlost
Favorite TV show: The Amazing Race
Favorite Athlete:
Favorite Quote: Be prepared.

White: Alexis Torykian



Favorite event: 100 free/50 back
Favorite Song:
Favorite food before practice: PB&J
Favorite food after practice: Steak
Hobbies: Swimming, Skiing, Hiking, and Being Outdoors
Favorite book: Where the Mountain Meets the Moon
Favorite TV show: The Voice
Favorite Athlete: Michael Phelps
Favorite Quote:

Blue: Nick Siljander



Favorite event: 100/200 IM
Favorite Song: Renegades, X Ambassadors
Favorite food before practice: Apple
Favorite food after practice: Steak
Hobbies: Swimming, Reading, Baseball
Favorite book: The Alchemist
Favorite TV show: The Flash
Favorite Athlete: Ryan Lochte, Ben Zobrist
Favorite Quote: "Stupid is as stupid does." Forrest Gump

Senior Development Red: Lucia Rejzek



Favorite event: 200 Breaststroke
Favorite Song: Would? -Alice in Chains
Favorite food before practice: yogurt with granola
Favorite food after practice: Rudy's Carne Asada and Rice& Beans Platter
Hobbies: Volleyball
Favorite book: Tales of the Madman Underground
Favorite TV show: Dr. Who/ Gravity Falls
Favorite Athlete: Cassie Strickland/ Missy Franklin
Favorite Quote: "The sooner you figure out that it's up to you to make life interesting, the better off you will be." -Bernadette, Where'd you go Bernadette?

Senior Development White: Averi Bogucki



Favorite event: 200 Back
Favorite Song: "Hall of Fame" by The Script and "Don't You Worry Child" by Swedish Mafia House
Favorite food before practice: Naked Juice, Green Machine flavor
Favorite food after practice: Spaghetti with Alfredo Sauce and Shrimp
Hobbies: Reading, Sleeping, Swimming, Eating
Favorite book: Harry Potter and the I am #4 series.
Favorite TV show: The Office, SNL, The Tonight Show
Favorite Athlete: Me
Favorite Quote: "Do what you love, love what you do."

Senior Development Blue: Andrea-Morland- Tellez

Favorite event: 100 free

Favorite Song: Crying Shame

Favorite food before practice: Smoothie

Favorite food after practice: Dinner

Hobbies: Reading, Swimming, Surfing

Favorite book: Harry Potter

Favorite TV show: Criminal Minds and Law&Order

Favorite Athlete: Me

Favorite Quote: "Don't take Candy from Strangers, Unless they give you a ride."

Senior Championship- Prep: Renee Shahnazarian



Favorite event: 200 Fly

Favorite Song: "No Control" by One Direction

Favorite food before practice: green grapes

Favorite food after practice: spaghetti and meatballs

Hobbies: One Direction, singing, taking pictures, swimming

Favorite book: Paper Towns by John Green

Favorite TV show: Dancing With the Stars

Favorite Athlete: Katie Ledecky

Favorite Quote: "What would Beyonce do?"

Senior Championship: Caleb Baer



Favorite event: 200 FR

Favorite Song: Going down for Real -FloRida

Favorite food before practice: Goldfish, Cheez-its

Favorite food after practice: spaghetti and meatballs

Hobbies: soccer, football, snowboarding

Favorite book: Unbroken

Favorite TV show: Modern Family

Favorite Athlete: Josh Paramenter is my hero

Favorite Quote: "When you want to succeed as much as you want to breathe, then you will be successful."

