

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER September 2016



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September Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
September 6	Fall Practice Schedule Begins!!			
September 14	RSD Back to Swim Night at BGC 6:00 p.m.			
September 24	Freestyle Festival (SCY)	PS/Poway, CA	Sun. Sept. 4	Open to all swimmers

October Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
October 8	Team Photo Day at BGC arrival time 7:45 a.m. – more details to come!			
October 15	14 & Under Pentathlon (SCY)	CAST/Granite Hills HS	Sun. Sept. 25	14 & Under Only
October 16	Senior Meet (SCY)	CAST/Granite Hills HS	Sun Sept. 25	Open to all Senior level swimmers
October 28	RSD Club Meet	Home	Thur. Oct 27	All 12 and younger RSD swimmers

Please see important update regarding parking lot construction to install solar panels.

Click the car for more info →→→→



Thank you for your patience!

Palm Springs Team Meet



Renaissance Palm Springs Hotel
888 Tahquitz Canyon Way
Palm Springs, CA, 92262
(760) 416-2920

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.

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

SAVE THE DATE * November 18-19 * BOOK YOUR ROOMS NOW!



Team Photo Day
SAVE THE DATE
Saturday October 8
Arrive 7:45 more details to come!



Welcome
Back to
Swim!

Wednesday, September 14

Details:

6:00 p.m.

Team-Wide Meeting w/ Head Coach Joe.

Followed by individual group meetings w/ practice group specific coaches.

3:30-6:30 p.m.

2017 USA Swimming Registrations – a representative from the San Diego-Imperial Swim Office will be here to process USA Swimming registrations. *All RSD swimmers must be registered with USA swimming for daily practices and swim meets.*

Existing team members: will process USA registration renewals NOW for the 2017 year.

New team members: All first time registrants must present an original copy of a birth certificate or passport to complete registration. [Click here](#) for additional USA Registration information.

3:00 p.m. till ?

Paradowski's Swim & Sport will be here selling team equipment and apparel. We will also be selling RSD shirts and apparel from our pro-shop. [Click](#) for Paradowski's site.

Take advantage of this convenient opportunity! We hope all swimmers can complete their 2017 registration *and* get all your practice and competition gear needed for this season. Stock up on goggles, suits, and other swimming goodies. Additionally, RSD apparel will be available at the aquatics office, some items at blow-out prices!

Summer Championship Swim Meets in Review:

Long Course Junior Olympics

July 28-31 – Coronado

RSD Swim Team took 92 athletes to the 2016 San Diego Imperial Swimming Junior Olympic Championships. Our swimmers did a great job a lot of best times and many amazing performances. Some of the highlights included some first time finalists, exciting relays, and some great team spirit! Some of the standout swims were Yuma Dugas with a first place finish in the 200 IM. Mason Morris with a first place finish in the 200 Butterfly. Kaito Koyama with a first place finish in the 200 Breaststroke. Edwin Lim with a first place finish in the 100 Butterfly. Brandon Kulik with a first place finish in the 200 Backstroke. Josh Parmenter with a first place finish in the 100 Breaststroke. Oleg Nikolaev with a first place finish in the 400 Freestyle. Ty Gruwell with a first place finish in the 100 Backstroke. Eric Workman with a first place finish in the 800 Freestyle. Cora McClelland with a first place finish in the 100 Butterfly. Rachel Rhee with a first place finish in the 50 Freestyle.

Summer Futures Senior Championships

August 4-7 -- Stanford University

Coach Joe and Coach Chris traveled with 21 RSD athletes to the USA Swimming Futures Championships held at Stanford University, August 4-7. Swimmers who represented RSD at this National Level meet included: Isabella Abrajan, Isabela Boese, Winifred Chen, Madeline Cosgrove, Dylan Delaney, Alec Dickstein, Joshua He, Shane Knight, Kaito Koyama, Brandon Kulik, Joshua Lin, Thomas Linker, Cora McClelland, Oleg Nikolaev, Hunter Padgett, Jessica Parmenter, Joshua Parmenter, Rachel Rhee, Danielle Rosenthal, Elise Wright and Timothy Yen. This was an exciting and competitive championship meet with high-level athletes from across the western part of the United States. Our athletes represented RSD very well, with 75% best times and some major breakthrough swims!

Rachel Rhee led the way with nationally ranking times and podium scoring places in the 200 and 400 meter Freestyle events. Hunter Padgett also had a great meet, scoring in both the 200 and 400 Freestyle. Our men's 800 freestyle relay broke a long standing club record, and we had finalists in many events.

Western Zones Age Group Championships

August 10-13 -- Kearns, Utah

Two RSD swimmers were selected to represent San Diego Imperial Swimming at the Western Zones Championships. Mason Morris, and Eric Workman. Our boys helped San Diego earn a 5th place finish (out of fifteen teams)! Mason scored four events in the top 16. Eric scored three events in the top 16 and they both also swam on scoring relays.

Summer JO Max

August 13-14 -- Palomar College

The Rancho San Dieguito Aqua Vaqueros capped off their summer season in championship form by capturing first place at the JO Max swim meet. The Senior tri-color groups under the direction of lead coach Richard Contreras had an outstanding weekend. Swimmers from this group had a best time percentage of 94%. They won first place in several events, including relays which are worth double points! All the swimmers displayed good sportsmanship, camaraderie, and poise. Two notable performances were turned in by Grant Shields and Linnea Leidy; each placed first in the 200 yard butterfly. Congratulations to all the RSD swimmers!

Our Age Group program also experienced a strong showing. The 12 and under swimmers scored numerous individual first place finishes and new Junior Olympic qualifying times; on the girls side we had 9 individual first place finishes, 5 new JO cuts, and 3 relay victories, on the boys side we had 12 individual first place finishes, a whopping 10 new JO cuts, and 3 relay victories.

Member Info:

USA Swimming Registration

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

This membership is mandatory and provides athlete insurance to participate in swim practice, club meets, special events, and attend USA Swimming sanctioned swim meets.



If you are new to RSD/not a current member of USA Swimming, [Click Here](#) for registration instructions.

If you are transferring to RSD from another USA Swim Team the "Club Transfer Form" must be filled out and signed by your coach. Click above link to access transfer form.

Contact the San Diego Imperial Swimming office for more info: office@si-swimming.org.

Remember: Representatives will be at BGC on Wednesday, September 14 from 3:30-6:30 p.m. in the Lobby!

Competition Swimsuit and Swim Cap Policy

We would like to remind all of our swimmers and families about our competition swimsuit requirements. The RSD competition suit policy requires all RSD athletes to wear a Speedo suit in any competition (excluding Club Meets offered during practice). Swimmers may only wear a team cap. Our Speedo competition suits come in four different color options:



1. Speedo Solid Navy
2. Speedo Solid Red
3. Speedo Navy/Red Combo
4. Speedo Solid Black

As you may already know, we are a Speedo sponsored swim team. Since the consequence could be as severe as losing our sponsorship with Speedo and all that they offer us, we will enforce our team suit policy at competitions. Swimmers who do not have a Speedo suit with one of our four color options will be expected to purchase or borrow one (if available) or we will remove any swimmer from a competition. We thank you for your understanding and adherence to this policy.

Team swim caps are available at the RSD Aquatics office. Team swimsuits are available from Paradowski's

[Click Here](#)

Remember: Paradowski's staff will be at BGC on Wednesday, September 14 starting at 3:00 p.m.!

Become a Swim Official and Get 50% off 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 Rich Cosgrove at rcosgrove@gmail.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.

Member Info:

RSD Swim Lesson Policy

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

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

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

Addendum:

In an effort to provide our members with additional private lesson opportunities, while adhering to our team policy, we are providing the following additional alternative:

Personal technique sessions with RSD Certified Instructors are available to RSD Swimmers at Swim Labs, Encinitas. RSD has partnered with Swim Labs to create a curriculum that closely adheres to RSD teaching guidelines and philosophies.

This curriculum ensures that the certified instructors from Swim Labs that will administer the lessons to RSD Swimmers have met our criteria, use the same language, and share technical philosophies. We feel that private lessons with our Coaches, as well as RSD certified Swim Labs technicians can help our athletes and enhance what they are learning at practice.

Lessons scheduled through Swim Labs will include a summary and video that will be shared with your Swimmer's Coach, so that everyone is on the same page.

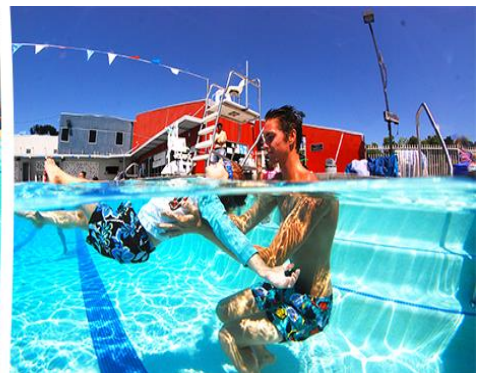
The two RSD Certified Instructors at Swim Labs are Mason Bailey (Swim Labs Owner) and Cody Miller (former RSD Swimmer & Coach).

Swim Lessons at the BGC

The fall swim lesson schedule is now available!

Weekday and weekend lessons are offered through the fall.

[Click here](#) for schedules and to register!



Aquatics Info:



POWERHOUSE PADDLE & SWIM

September 18, 2016

**Sponsored by San Dieguito Boys & Girls Clubs and
Rancho San Dieguito Swim Team**

[Click HERE to Register!](#)

The Powerhouse Paddle and Swim is an opportunity for youth and adults to participate in a challenging, yet friendly ocean competition. Del Mar Powerhouse Paddle & Swim 2016 is fun for the whole family. Beginners are especially welcome.

The paddleboard races include various events for youth, adults and challenged athletes over courses of ¼ mile, 1 mile, 3 mile, and 6 mile distances. The 1 mile rough water swim race is a unique course that follows the original Del Mar rough water course from the river mouth to the Powerhouse. All participants will receive a cool, hooded Powerhouse Paddle & Swim sweatshirt and lunch. All net proceeds from the event will be used to fund ocean and water activities for the children of Del Mar and the greater San Diego area.

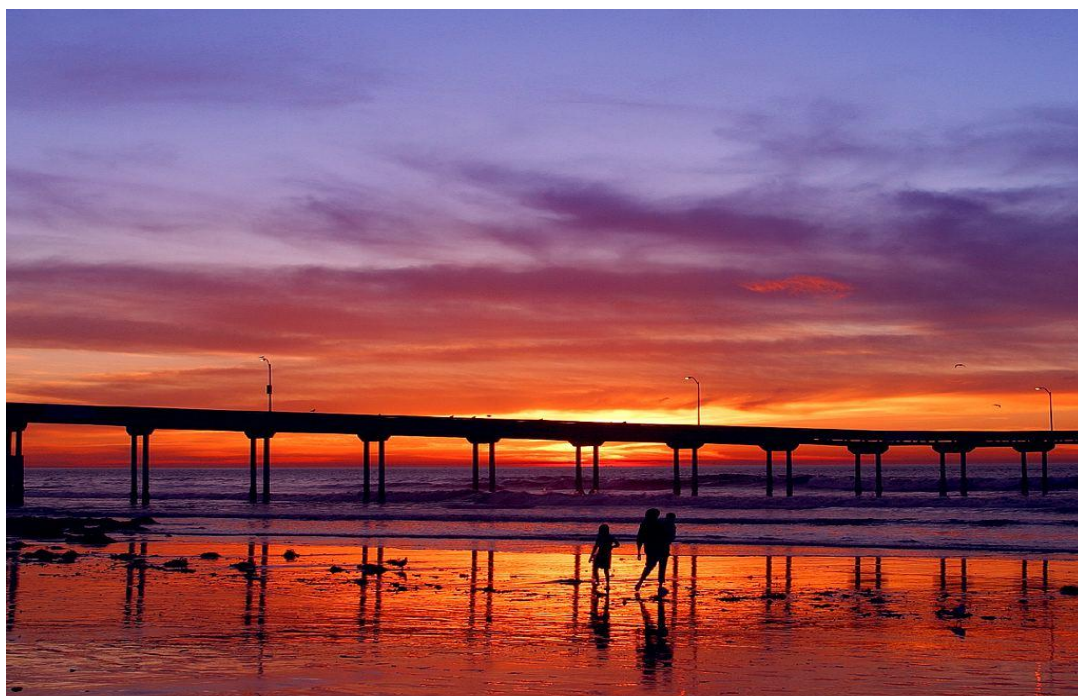


6:30AM – 7:30AM 1-Mile Swim
7:00AM – 8:00AM 250 Yard Youth Swim
7:30AM – 8:30AM Youth Paddleboard/SUP
7:30AM – 9:30AM 3 & 6-Mile Paddleboard/SUP
7:30AM – 9:30AM 1-Mile Novice Paddleboard



RSD Fall 2016 Practice Schedule

FSS Grunion:	3:15-4:10 Fr 9:00-9:55 Sat &Sun
FSS Corvina:	3:15-4:15 Fri 8:00-9:00am Sat & Sun
FSS Leopard Shark:	4:00-5:00 Fri 9:00-10:00am Sat & Sun or 3:00-4:00pm Sat & Sun
Corvina :	3:15-4:10 M-Th
Leopard Shark:	4:00-5:00 M-Th
Red:	4:50-6:00 M-Th; 4:45-6:00 Fri
White:	4:45-6:30 M-Th; 4:45-6:00 Fri
Blue:	4:45-6:45 M-F
Sr. Red, White & Blue:	5:45-8:00 M-Fri
Sr. Champ & Sr. Champ Prep:	3:00-6:00 M-F 7:45 -10:00am Sat see Coach Joe for additional AM workouts
EPO (Early Practice Option):	1:15-3:00 M, W, F
LCV (La Costa Valley):	3:00-4:00 M-Th (developmental) 3:45-4:45 M-Th (advanced)



Rio 2016

U.S. Paralympic Swimming Team



267 ATHLETES

30 MILITARY VETERANS AND ACTIVE DUTY
7 GUIDES FOR ATHLETES WITH VISUAL IMPAIRMENT



14 ATHLETES DEFENDING PARALYMPIC TITLES



RODERICK TOWNSEND
TALLEST ATHLETE
6'7"

TREYON JENIFER
SHORTEST ATHLETE
3'

15 YRS

YOUNGEST ATHLETE
MCCLAIN HERMES

64 YRS

OLDEST ATHLETE
DEE SMITH



2 ATHLETES COMPETING IN 2 SPORTS
*GRACE NORMAN
*ALLYSA SEELY

20 SPORTS



OVERVIEW:

Swimming was one of the eight original sports at the first Paralympic Games in Rome, Italy, in 1960. It was also one of the most popular, with 77 athletes from 15 countries competing in 62 medal events. At the London 2012 Paralympic Games, 600 athletes from 74 countries competed in 148 medal events, maintaining swimming as one of the largest sports in the Paralympic Games.

The rules of Paralympic swimming are similar to those of its Olympic counterpart. Swimmers are seeded into heats according to entry times. Seeding also determines the lane each athlete will swim in, with the faster seeds being closer to the center lanes of the pool. The top eight swimmers in each event progress to the final. One notable difference from Olympic competition is that athletes, rather than diving, athletes may choose to sit on the platform or be in the water to begin competition. The way an athlete starts is determined by the athlete's sport class and/or personal preference. In addition, swimmers with visual impairments have someone—usually a coach—acting as a “tapper.” At each turn, some part of the swimmer's body must touch the end wall of the pool. The tapper uses a long pole with a padded end to tap the swimmer on the head when he or she is close to the wall, indicating when the swimmer should turn or finish the race.

EVENTS:

Swimmers may compete in up to seven individual events at various distances in the Paralympic Games: freestyle (50-meter [50m], 100m, 200m, 400m), butterfly (50m, 100m), backstroke (50m, 100m), breaststroke (50m, 100m) and the individual medley (150m, 200m). Athletes also compete in two relays: freestyle and medley. Not all events are offered for all sport classes, and the distance depends on the sport class.

EQUIPMENT:

Paralympic swimming pools are the standard Olympic size, measuring 50 meters (164 feet) in length. The competition pool must have a minimum of eight lanes, each of which is 2.5 meters (8 feet) wide. While competing, no prosthetics or assistive devices may be worn. Athletes are also required to wear competition suits approved by the International Swimming Federation (FINA).

CLASSIFICATION:

Paralympic swimming competition is open to male and female athletes from all three impairment groups (visual, intellectual and physical). A system of letters and numbers is used to distinguish the sport classes; “S” is for freestyle, backstroke and butterfly; “SB” is for breaststroke; and “SM” is for individual medley. Details on classification can be found here: <http://www.teamusa.org/US-Paralympics/athlete-classifications/swimming/>

2016 U.S. Paralympic Swimming Team Roster announced after successful Trials in Charlotte

By Joe Clarke | July 03, 2016, 8:22 a.m. (ET)

CHARLOTTE, N.C. – U.S. Paralympics, a division of the United States Olympic Committee, today announced the 2016 U.S. Paralympic Swimming Team after three days of intense racing in Charlotte, North Carolina, filling the roster with 21 women and 10 men. Seventeen athletes heading to the Rio 2016 Paralympic Games have Paralympic Games experience, resulting in 14 fresh faces



who are looking to turn heads in the sport's ultimate competition. The team will also feature two U.S. military service members, one a retired Navy veteran and one active duty member currently serving in the United States Army.

Twelve-time Paralympic gold medalist Jessica Long (Baltimore, Md.), Rudy Garcia-Tolson (Bloomington, Calif.) and Cody Bureau (Latrobe, Pennsylvania) are the only swimmers on the team able to say their Paralympic Games career stretches back to the Athens 2004 Paralympic Games. All three have been named to their fourth U.S. Paralympic Team with the trio all having competed in 2012, 2008 and 2004.

Cortney Jordan (Henderson, Nevada), Noga Nir-Kistler (Allentown, Pennsylvania), Tucker Dupree (Raleigh, North Carolina) and Roy Perkins (San Diego, California) will all be representing Team USA for the third time, having seen action in both London and Beijing.

Brickelle Bro (Castle Pines, Colorado), McKenzie Coan (Clarksville, Georgia), Alyssa Gialamas (Naperville, Illinois), Letticia Martinez (Las Cruces, New Mexico), Rebecca Meyers (Baltimore, Maryland), Mallory Weggemann (Eagan, Minnesota), Colleen Young (St. Louis, Missouri), Evan Austin (Terre Haute, Indiana), Dalton Herendeen (Elkhart, Indiana) and retired Navy veteran Brad Snyder (Baltimore, Maryland) will all return for their second Games.

Athletes making their Games debut include Hannah Aspden (Raleigh, North Carolina), Reilly Boyt (Fort Collins, Colorado), Cailin Currie (Danvers, Massachusetts), Lindsay Grogan (Macon, Georgia), McClain Hermes (Dacula, Georgia), Sophia Herzog (Fairplay, Colorado), Michelle Konkoly (Eagleville, Pennsylvania), U.S. Army Sgt. Elizabeth Marks (Prescott Valley, Arizona), Marth Ruether (Allegany, New York), Natalie Sims (Minneapolis, Minnesota), Elizabeth Smith (Muncie, Indiana), Tharon Drake (Hobbs, New Mexico), Tye Dutcher (Merced, California) and Robert Griswold (Freehold, New Jersey).

There are a combined 19 gold, 8 silver and 12 bronze Paralympic Games medals among the 31 athletes, with Long pacing the field at 12 golds. Her 14 world records, long course and short course, also lead all swimmers. As a whole, the group owns a combined 39 world records factoring in both long course and short course distances.

Twenty-five athletes on the roster are currently ranked in the top 10 in the world across 89 events with six swimmers being in the top 10 on the planet in five or more events.

The United States Resident Team based at the Olympic Training Center in Colorado Springs, Colorado will have nine representatives heading to Rio, including five women (Beranbaum, Herzog, Marks, Martinez and Ruether) and four men (Austin, Drake, Dutcher and Garcia-Tolson).

Sims and Dutcher are the two members of the 2016 emerging team to qualify for Rio.

**Coverage of the 2016 Paralympics begins
on the networks of NBC starting Sept. 7.**

**See the schedule below for when you can catch all the action from Rio on
television.**

Wednesday, Sept. 7	7 - 10 p.m., NBCSN--Opening Ceremony
Thursday, Sept. 8	2:30 - 6 p.m., NBCSN
	7 - 9 p.m., NBCSN
Friday, Sept. 9	1 - 5 a.m., NBCSN
	11:30 p.m. - 1:30 a.m., NBCSN
Sunday, Sept. 11	1:30 - 3:30 a.m., NBCSN
	7:00 - 10:00 p.m., NBCSN
Monday, Sept. 12	7:00 p.m. - 12:00 a.m., NBCSN
Tuesday, Sept. 13	1:00 - 5:00 a.m., NBCSN
	2:00 - 5:00 p.m., NBCSN
	7:00 - 9:00 p.m., NBCSN
Wednesday, Sept. 14	1:00 - 5:00 a.m., NBCSN
	2:00 - 6:00 p.m., NBCSN
	7:00 - 9:00 p.m., NBCSN
Thursday, Sept 15	1:00 - 5:00 a.m., NBCSN
	2:00 - 6:00 p.m., NBCSN
	7:00 - 9:00 p.m., NBCSN
Friday, Sept. 16	1:00 - 5:00 a.m., NBCSN
	8:00 p.m. - 12:00 a.m., NBCSN
Saturday, Sept. 17	1:00 - 5:00 a.m., NBCSN
Sunday, Sept 18	12:00 - 3:00 a.m., NBCSN
	7:00 - 10:00 p.m., NBC
	10:30 p.m. - 12:00 a.m., NBCSN--Closing Ceremony

Keeping It Chill, Fun-Loving Evan Austin Aims For Hot Swims In Rio

By Stuart Lieberman | Aug. 08, 2016, 12:29 p.m. (ET)



Evan Austin (right), seen here at the 2016 U.S. Paralympic Team Trials, will be competing in five events at the Rio 2016 Paralympic Games.

Walking around the U.S. Olympic Training Center in Colorado Springs, Colorado, you're bound to run into U.S. Paralympic swimmer Evan Austin at some point.

You can't miss the 14-time American record-holder and his witty antics. At 6-foot-2, he's a self-proclaimed class clown who goes out of his way to be a goof ball.

"I'm just a simple Midwest boy who gets along fine with just about anyone," Austin likes to joke.

"That's just the easiest way that I can control my swim meets mentally. If I just sit there totally serious the whole time, I'm going to start getting between my ears, and that would have a negative effect on my races. If I can laugh and I can have a good time and separate myself from my race up until it's time to get behind the blocks, then that's what I'll do."

Rio 2016 will mark the second Paralympics for 23-year-old Austin, who competed in four individual events and one relay at the London 2012 Games, finishing as high as sixth place in the 100-meter breaststroke SB7 after being seeded eighth heading into the final.

The only international medals he has won in his career thus far have come at the 2014 Pan Pacific Para-Swimming Championships.

But that could change in Rio, where Austin will swim five individual events: 100-meter freestyle S8, 100-meter breaststroke SB7, 100-meter butterfly S8, 200-meter individual medley SM8 and 400-meter freestyle S8.

Born with familial spastic paraparesis, Austin has shared the same hereditary condition — which is almost like a cousin of cerebral palsy — as his mother, Nola. While his mom was not impacted until she was in her late 40s, the condition only remained dormant in Austin until age 3. As he began to grow, the muscles in his legs and back refused to grow, which shaped, changed and warped how he walked on a daily basis.

It hardly had an effect on Austin in the pool, though, a place he began visiting frequently by age 11 back home in Terre Haute, Indiana. He simply learned to drag his large frame through the water with his exceptional upper-body strength.

After an adequate Paralympic debut in London, Austin wanted to distance himself from his everyday life in Indiana, where he said there were too many daily distractions going on around him. So after several discussions with his family, he moved to the U.S. Olympic Training Center in Colorado Springs to make swimming the top priority in his life.

"If I was going to make a serious run at the Rio Games, I needed to take my training a little bit more seriously, so why not go to the place where that's the focus every single day that you get up?" he said.

Austin is one of eight members of the U.S. Resident Team based in Colorado Springs who will represent the program in Rio, part of a group that also includes his domestic rival and three-time Paralympic champion Rudy Garcia-Tolson.

The other members of the resident program include: Tharon Drake, Tye Dutcher, Sophia Herzog, Elizabeth Marks, Leticia Martinez and Martha Ruether.

The full U.S. Paralympic Swimming Team roster is made up of 31 athletes, including 17 athletes with Paralympic experience who have won a combined nine gold, eight silver and 12 bronze Paralympic Games medals.

“For every one of us that’s heading down to Rio, there’s an expectation that you’re not alone, but that you have to come into practice prepared every single day,” Austin said. “You have to get to work. You can’t be that one weak link in the team when there’s so many people in your training group, which is to win a medal for this country.”

Austin plans to take the same approach in Rio as he does in Colorado Springs, keeping it light on the Aquatics Stadium’s pool deck.

“People don’t really expect it, so it can be considered a little bit of psychological warfare,” he said.

“If I can get in someone else’s mind in the way I joke around and have a good time, they may think I’m lackadaisical and that will only have a positive effect for me.”