

Burlingame Aquatic Club Newsletter

Fall 2010

Edited by Karen Eastwood

Upcoming Events

September 11
Masters Swimming
Swim Club Day & Fun Day

September 18-19
Club Swimming
CBA+ SSFAQ
Carlmont HS
All Groups

October 10
Age Group Water Polo
League Play

October 24
Age Group Water Polo
League Play

October 30-31
Club Swimming
BAC HOME MEET
ALL GROUPS

November 7
Age Group Water Polo
League Play

November 20-21
Club Swimming
CBA+ SOLO, Atherton
Barracuda, Bronze, Silver,
Gold and Senior Groups

November 21
Age Group Water Polo
League Play

December 3-4
Club Swimming
Short Course JO's
Pleasanton
(all qualifying swimmers)

December 11-12
Club Swimming
CBA+ SSFAC, Pacifica
All Groups



Notes from the Director

Hello BAC Members,
Families, Friends and Fans!

Here we are again, another new training year underway... I know we say it all the time, but if you come to the pool on any given day you will see and hear things that prove it once again to be the truth – it's a great time to be a part of BAC! The pre-dawn smiles and jokes from our masters swimmers, the deep end filled to capacity with new youth water polo players, the red ink speckled all over the age group swimming record board indicating that new records have been set – this range of balance and growth leads to the undeniable fact that we are succeeding at offering our ultimate goal: a training environment that teaches, inspires, and promotes dedication.

So what's on the table for this year? Our coaches make changes to their teaching styles every season, and this one is no different. New ideas emerge, some of which end up working more effectively than others, and as a result

we are in a constant state of assessment, adding new elements in, taking others out. At the crux of any changes we make, as well as any traditions and habits we uphold, is the goal to provide the best for all those who rely on us for fitness, challenge, personal growth, and a supportive community.

As we look across the pool at the variety of programs we run and the diverse population that we serve, two things stand out. (1) We want to enable all of our athletes to improve and become more competitive, while (2) not limiting opportunities for newer athletes who may have different goals than our veteran groups. For the former goal, we are looking at the ways that we train and structure our groups, how much individual attention we can offer each athlete and what help we can give them in setting and reaching goals. In short, we are trying to structure a training environment that encourages attention to detail so that the minor adjustments that lead to

major improvements can be made. For the latter goal, we are looking at areas where there is a growing need for group expansion. In the last year both age group programs have added groups and changed their group organization to accommodate a larger variety of skill and experience; this is something we expect to continue with this season and that we believe will further enhance our positive impact on the local community. The addition of increased skill sessions, breakout groups, and coaching time, is all part of that movement and we're excited at that expansion.

As always, thank you for your support of BAC and all the ways in which that support is expressed. I am proud to be a part of this community and look forward to our continued growth and success.

Sincerely,

Suze Gardner
BAC Club Director

this issue

| | |
|-------------------------------------|-----|
| Notes from the Director | P.1 |
| Upcoming Events | P.1 |
| Age Group Swimming Update | P.2 |
| Age Group/Masters Water Polo Update | P.2 |
| Iron Polo Swim Group | P.2 |
| Masters Swimming Update | P.3 |
| Calling All Masters! | P.3 |
| Athlete Profile | P.4 |
| Coaches Corner by Coach Culp | P.4 |
| Age Group 2009/2010 Awards | P.5 |
| Age Group Fundraising Summary | P.6 |
| A Note from the Board | P.6 |
| Fall Schedule Changes | P.7 |
| Calling All Parents | P.7 |
| Trans Tahoe Race | P.8 |
| Age Group Highlights/Achievements | P.8 |
| Athlete Profile | P.9 |
| Recent Graduates | P.9 |

Age Group Swimming Update

by Coach Culp

BAC swam their way to success in the final weeks of the summer season. Junior Olympics, Speedo Sectionals, and Far Westerns all had BAC finalists and many new personal best times were obtained. Congratulations to all the athletes that competed and achieved their goals in the last few meets of the season.

With the new fall season here it is time to refocus and realign our goals for this time of year. The coaching staff is working to get our swimmers up to speed and winter season. Swimmers need to set their sights on higher marks and bigger achievements than last year. Please take the time to look at our website and plan on attending the "club focus" meets that we will be attending. It is important that we have as many athletes representing BAC at these competitions as possible.

Our Spooky Fall Classic meet is just around the corner and we are looking to have this year be the most successful. Please be ready to volunteer to help make this happen.

Best of luck to all the swimmers this season and let's continue to strive for excellence!



Age Group Water Polo Update:

Welcome back to fall water polo at BAC! Recently we have been working to grow our membership by ensuring that members of the community know what we have to offer. This season we have succeeded and have many new members in all of our programs. Because our teams have many new athletes, this season we will be focusing on our fundamentals. Our athletes will become technically sound ball handlers and defenders. Our 12 and unders will be working to be able to make 10 dry passes in a row, while our 14 and unders aim to make 30 dry passes in a row. Additionally, both of our groups will focus on

team defense and learning to work together to make sure everyone on the opposing team is covered. Our returning athletes will be given added training in advanced techniques that will cover specialized shots and individual moves such as turns.

In addition to many new members, this fall marks the introduction of a new team at BAC - the Seals, and group of girls between the ages 9 and 11. This group is designed to be a transitional group for athletes from the Pee-Wee program into the Age Group program. The most important skill these athletes will learn is to eggbeater. Mastering this technique will be the first step toward joining our 12 and under team. In addition, these athletes will

begin to learn the concept of playing together as a team and how they help each to make plays in the water.

Masters Water Polo Update:

At BAC we want to make sure that we are doing our part to help keep the sport and competition alive for athletes after high school and college. That's why we work so hard to make sure our masters programs continue to grow and evolve. This fall, our Co-Ed group will host two tournaments for local masters teams. We are proud to be able to support our members in their effort to remain competitive.

- Coach Amy

New Training Group!! Iron Polo Swim Group

The swim coaches and the water polo coaches have teamed up to create a new group: Iron Polo Swim Group. This group will consist of water polo athletes who are looking to take their play to the

next level by improving their swimming technique. The Iron Group will train one day a week with Head Age Group Coach Tom Lo. These athletes will perfect their head up swimming, regular freestyle, water polo

backstroke, etc. All skills worked on will be with water polo in mind. A big thanks to Coach Tom for making this happen!

Calling All Master Swimmers!

by Traci Kreppel

I used to love to compete. My first race seems like just yesterday. I swam the 25 Free with no cap and pigtails. I thrashed my way through the water and finally made it to the end. Instantly I received a round of applause (for finally finishing) and the timer had to pull me out of the water because I was so tired. But the best part of my race happened several hours later when I received my award. It was a 5th place pink rosette. It was the most beautiful thing I had ever seen. Perfect for me, 5th place, same as my age and pink, my favorite color. I didn't care that there were only 5 swimmers in the race. I felt like I had won the grand prize. From that time on, I loved to win awards. My Mom will tell you that at every swim meet I would check out the award table to determine my level of effort. If the awards were good, I was amazing. This set the tone for the next 15 years of racing. I loved winning and I loved the prizes.

So where did that love for competition go? I have been to several Master's meets. Some have had great turnouts and sometimes I have been the only one from BAC. I have thought about what it is that I get out of swim meets now. The rewards are far different than age group swimming. Team camaraderie, the muscle aches that last way too long, the wonder of how many Diet Dr. Pepper's Ray will drink, the fun of trying to beat the person swimming next to you, I could go on and on. But I think there is something missing. What is the real reward that we can take home? I suggest we just start swimming with pride, for the joy of racing and seeing how fast you can go, and we'll show that pride and determination by signing up for a few swim meets every year.

To bring the group together under the love of competition, Coach Ray now has swim caps to offer any athletes that participate on behalf of BAC in any masters level swim meets. Join the "BAC Masters Racing Team"! Wear your cap with pride at you represent BAC by getting on the blocks and seeing how fast you can go. You just might be surprised!

Let's really do it. Let's all commit to the next meet and proudly wear our caps. The next team meet is the Pacific Masters Short Course Meters Championships, October 8-10. I know you are all busy, so one day is good enough. Look at the schedule and see which day has your favorite races. It's a lot of fun. I guarantee you will have a great time. Besides, you will have the perfect response to the next person that asks you why you are so crazy and get up and swim at 5:30 am. You can look them straight in the eye and calmly say, "I am part of the racing team."



Masters Swimming Update

The Trans Tahoe Swim this past July was a huge success for BAC! We finished in the top ten for the first time in club history. Todd Hinders, Bill Schroeder, Paul Cousineau, Dave Brafman, James Collins, and Mike Kiedel were all a part of the club's top team – congratulations to them all and thanks for representing BAC! See the recap on the swim by BAC team member Paul Cousineau later in this newsletter.

As we reach goals, we set new ones. As I put together the season plan, I select certain races that I want everyone to go to. Everyone is encouraged to sign up, not only the fastest swimmers but the whole team. What makes these events fun is the time we spend together, not just the racing. You do not have to be the fastest to help the team improve, just showing up may help us enter an extra relay. Meets are also a great way to mark improvements in your training, as you just might go faster than you thought you could!

This fall we have the Short Course Meters Championships and we are seeking a great turnout from our entire swimming group – all lanes! We not only need to set team goals, but each swimmer should set their own goals as well. As a team we may want to finish in the top ten, and you may want to finish a hard race. Take a minute and set a goal and let's accomplish it together! The final entry deadline for the meet is September 29th: Sign-up now! (<http://www.pacificmasters.org/comp/10wcm scm.pdf>) Note that all swimmers who race in any masters meet automatically become a member of the BAC Racing Team (see article in this newsletter by Traci Kreppel)!

Pool meets are not our only activities; we also have open water swims, weekend brunches, and the occasional off-pool party. Open water swimming is the biggest growth area in Masters swimming right now. To accommodate that, we have two long distance

freestyle workouts a week (Tuesday and Thursday 5:30 AM). These workouts offer longer sets and tough intervals, in addition to being longer practices. If you have not tried one yet, come on out T/Th mornings and jump in!

For those who prefer not to compete, there are other ways to get involved and set goals. You may start simple with a goal such as: I will make three workouts a week. You may move that up to: I am going to move over one lane faster, or, I'm going to finish with a faster time. If you want to get better, setting a goal is the first step. When you start reaching those goals, who knows, you may want to show off your new skills and go to a meet! Until then, I'll see you at the pool.

- Coach Ray

1) How did you first get involved in BAC?

I first trained with Burlingame masters swimming team in 2001 / 2002 to prepare for Masters Nationals in Hawaii. I was living in the city and did 3 – 4 workouts a week with Doug Huestis and the team. I had a great time training with Brian Skuse, Anya Kolbisen, Jeff Henderson, Todd Arris and Steve Pratt and would write down my times on all my sets every day. It was a great introduction to the club and when we moved to the Peninsula in 2008, one of the main reasons we chose our house was because it was with a block from the pool.

2) What programs do you regularly participate in?

I'm doing both master swimming and waterpolo, my wife Janet McGhee swims with the masters team, and our two children take swim lessons during the summer with BAC.

3) Describe your typical day at practice.

Friday 5:30am is a great workout. I'll get there a little early, finish a banana, pull a cover, get distracted by a Chris Butler story, mock Tod H. about that thumb exercise thing he does, get in a little late and warm up slowly. I'll usually work the early sets and the first iteration of the main set hard. I'll try to keep up with the horses in the Jurassic Park lane next door on the meat and potato sets and might take a lead on a kick or a stroke set.

The Saturday noon – 2:00pm waterpolo work out is the most fun. We usually have enough people (20-55 years olds, mostly men but 1-3 women) for 3 teams and we play long course. Most folks played in college and the games are pretty competitive, although they start to get slower and the yelling at the refs starts to get louder as 2pm gets closer. Games are first to 4 and then we rotate in the waiting team. Tons of fun.

4) What is the most memorable moment you've had at BAC? What does that moment mean to you?

The greased watermelon game we play at the end of the Burlingame swim meet this year was crazy fun.

5) What does it mean to you to be a part of BAC?

Between swimming, waterpolo and swim lessons, we are at the pool almost every day so BAC is a key piece of our family's well being.

6) How does your participation at BAC impact your day?

Marvelously.

continued on next page

Age Group Swimming Coaches Corner

By Coach Culp

Good Starts:

It's clear to anyone observing a swimming meet that some swimmers are much faster off of the blocks. Differences in starting ability from one swimmer to the next are easy to notice. Unfortunately, it is one part of the race that is not always mastered equally well by all swimmers. There are two contributing factors to the success of the start: learned skill and natural ability.

The simple fact is that not all swimmers are built the same. Some will always be better starters because they are born with a higher percentage of "fast twitch" fibers making them more explosive and capable of getting off the starting block faster. It is a hereditary factor and cannot be significantly changed through training.

But starting ability is not all heredity, as proper mechanics also contribute. Coaches teach these mechanics several times a week and can help the swimmer make significant improvements over time. It is important to remember that swimmers learn at different paces. Despite the best efforts of coaches, some

swimmers will take longer to learn a good start than others.

Before judging a swimmer's ability to get off the block, either as very good or as needing a lot more coaching, look at where and when the swimmer surfaces after the start. After the starting signal, who gets to the 15 meter mark first? It's not always the first swimmer off of the block. A study done several years ago examined the relative importance of the initial quickness off the block versus the swimmer's ability to enter the water, streamline, kick, and breakout properly. According to the study, how the swimmer hits the water and what they do in the water are of far greater importance than speed off of the block. This ability is a complex skill requiring a lot of practice, mixed with the right body type. Some argue that it is more dependent on body type which is a factor a swimmer cannot control. The fact is that because of body type and buoyancy some swimmers streamline better than other swimmers and with proper kicking and breakout mechanics



will thus surface in front of other less able swimmers.

So what can we make of all this? Answer: always look at the larger picture. Is the swimmer improving and is she or he happy? That's the larger, larger picture. Looking at the "smaller larger picture," one needs to consider all aspects of the race, including good approaches to the walls, good turns, proper breakouts, good stroke mechanics, proper race management, and a great finish. It all adds up. If the swimmer has not yet developed a great start, entry, and break out, there are many other areas of the event we can look to for success.

Age Group 2009 - 2010 Awards

**BAC Swimming – 2010
Male Athlete of the Year**

BRYANT JACOBS

**BAC Swimming – 2010
Female Athlete of the Year**

SELBY STURZENEGGER

BAC Swimming
2009 – 2010
**Pre-Comp Group
Most Improved Athlete**
Petra Hinders

BAC Swimming
2009 – 2010
**Pre-Comp Group
Most Inspirational Athlete**
Spencer Lee

BAC Swimming
2009 – 2010
**Pre-Comp Group
Excellence Award**
Milo Duncan

BAC Swimming
2009 – 2010
**Pre-Comp Group
Excellence Award**
Isabelle Rusli

BAC Swimming
2009 – 2010
**Barracuda Group
Most Improved Athlete**
Marc Rusli

BAC Swimming
2009 – 2010
**Barracuda Group
Most Inspirational Athlete**
Rachel Maxwell

BAC Swimming
2009 – 2010
**Barracuda Group
Excellence Award**
Alex Wong

BAC Swimming
2009 – 2010
**Barracuda Group
Excellence Award**
Courtney Wilson

BAC Swimming
2009 – 2010
**Bronze Group
Most Improved Athlete**
Matthew Lee

BAC Swimming
2009 – 2010
**Bronze Group
Most Inspirational Athlete**
Caroline Pease

BAC Swimming
2009 – 2010
**Bronze Group
Excellence Award**
Hannah Wren

BAC Swimming
2009 – 2010
**Bronze Group
Excellence Award**
Camille Hui

BAC Swimming
2009 – 2010
**Silver Group
Most Improved Athlete**
Johannes Stoppler

BAC Swimming
2009 – 2010
**Silver Group
Most Dedicated Athlete**
Cody Sakamoto

BAC Swimming
2009 – 2010
**Silver Group
Coach's Award**
Hannah Pang

BAC Swimming
2009 – 2010
**Gold Group
Most Improved Athlete**
Jake Lin

BAC Swimming
2009 – 2010
**Gold Group
Most Dedicated Athlete**
Michael Martinez

BAC Swimming
2009 – 2010
**Gold Group
Coach's Award**
Selby Sturzenegger

BAC Swimming
2009 – 2010
**Senior Group
Most Improved Athlete**
Madison Gebhard

BAC Swimming
2009 – 2010
**Senior Group
B.A.C. Award**
Wyatt Butler

BAC Swimming
2009 – 2010
**Senior Group
Excellence Award**
Kristen Brennand

**BAC Water Polo – 2010
Male Athlete of the Year**

GRANT PEEL

**BAC Water Polo – 2010
Female Athlete of the Year**

FRANKIE PUERZER

BAC Water Polo
Summer 2010 – **12u Team
Coach's Award**
Arvin Bahia

BAC Water Polo
Summer 2010 – **14u Team
Most Improved Athlete**
Janna Safran

BAC Water Polo
Summer 2010 – **14u Team
Most Valuable Player**
Simon Senan

BAC Water Polo
Summer 2010 – **16u Team
Coach's Award**
Sean Mock

BAC Water Polo
Summer 2010 – **16u Team
Most Improved Athlete**
Edward Troshin

BAC Water Polo
Summer 2010 – **18u Team
Most Dedicated Athlete**
Kyle Kim

BAC Water Polo
Summer 2010 – **18u Team
Lifetime Participation
Award**
Kristen Strem

BAC Water Polo
Summer 2010 – **16u Team
Most Improved Athlete**
Emma Smith

BAC Water Polo
Summer 2010 – **16u Team
Coach's Award**
Cat Ibarra

continued **BAC Athlete Profile – Paul McGhee**

7) What role do your teammates play in bettering your experience at BAC?

I like that our lane goes to battle together against the tough sets and shares a sense of accomplishment when we make it. And I've learned a lot about swimming from watching and listening to the BAC swimmers. Catherine Fox coached me through how a more relaxed, straighter arm freestyle might be faster for me, Anthony Mosse showed me a better pull-through for my fly and what is possible with 4 butterfly kicks off a turn, Anca Oliver taught me to keep my upper body tauter in my streamline off the wall, Steve Pratt sets a good example on welcoming new swimmers to our lane and encouraging everyone to lead a set, and Brian Skuse inspires me with his committed and thoughtful approach to swimming. Also, the non-swimming team events like the Christmas party in January with the Chain of Fools horn section and the poolside picnics are lots of fun.

My waterpolo teammates are – sometimes patiently and often in a highly physical manner - teaching me how the game is now played. And in those rare moments when they're not yelling at me or mauling me, they're usually scoring on me!

8) How has your experience at BAC influenced other areas in your life?

Everything tastes better when it sits on a Ritz! My life seems to be much more fun when I'm in shape and and BAC makes it fun and easy to get my exercise.

9) What are some of the ways that BAC has helped you achieve your personal goals?

First Doug and then Scott and now Ray have all been very flexible about working with me on my swimming goals. Whether it's taking splits or carving out an extra lane so I can do a challenge set, the coaches are up for it. And scrimmaging with the BAC waterpolo team has been critical in preparing for Nationals this year.

10) What insight can you offer new athletes about how to get the most out of BAC?

Don't be afraid to ask your teammates questions, play in the greased watermelon game at the intramural swim meet and the pull buoys with the fat tops are much faster than the symmetrical ones. Also, consider playing waterpolo. I'm surprised I'm the only person on the swim team playing masters waterpolo because it is so accessible and fun.



BAC Age Group Fundraising Summary 2009-2010 Fiscal Year

We recently concluded our fundraising season for the 2009-2010 fiscal year, and we've done so with great success! Both of our age group programs rallied together to draw the support of friends and family in an excellent effort to strengthen the club's financial base. As you may know, member dues alone are not sufficient to cover the full cost of running such a large (and growing!) youth aquatics program, and we rely on special events and fundraising to ensure that we meet our needs without having to sacrifice the quality of what we offer.

Below are a few key highlights:

- In total, our age group programs raised \$23.5K
- The swimming program raised \$16.2K with participation from 36% of registered athletes
- The water polo program raised \$7.3K with participation from 35% of registered athletes
- The top earning swimming group was the Barracuda group
- The top earning water polo group was the 16U Girls group

- The top three individual earners for the swim program were: Mackenzie Bressie (1st), Erin Slichter (2nd), Milo Duncan (3rd)
- The top three individual earners for the water polo program were: Cat Ibarra (1st), Frankie Puerzer (2nd), Cameron Bick (3rd)

While we do use a percentage of our fundraising income to cover some operational costs, we use a large portion of it to enhance our training opportunities. Highlights from our fundraising efforts are as follows:

- (1) We were able to rent space at San Mateo HS and King Pool over the busy summer season; this fall we are renting pool space at Joinville Pool. The additional pool space benefits all of our groups, as it alleviates crowding and ensures that everyone (both swimming and water polo) has the room they need to train properly.
- (2) We hired Coach Anna Tarka to lead the Silver group, resulting

in an increase in the individual attention offered to each swimmer.

(3) We were again able to send our two Head Coaches Tom Lo and Chris Culp to the annual ASCA World Clinic, a weeklong intensive for coaches that offers technical, psychological, strength, and philosophical training and ideas for career swim coaches. This year the clinic was held in Indianapolis.

(4) We were able to make equipment purchases to support our youth polo groups, including a second small goal.

Please accept my thanks on behalf of all of our young athletes for your individual and family contributions to our 2009-2010 fundraising campaigns. We remain an organization dedicated to offering the highest level of swimming and water polo training possible, and your support is what makes it happen.

- Suze Gardner, Club Director

A Note from the BAC Board of Directors

BAC has a Board of Directors?

Why yes we do, and we're looking for new member nominations.

Although the coaching staff manages each of the programs (Age Group Swimming, Age Group Polo, Masters Swimming, & Masters Polo) and the Executive Director and her staff manage most day-to-day activities, the Board of Directors is the "senior management" and is responsible for the club's long term strategic vision, balancing the priorities of various programs, and managing the needs of our other pool partners.

Many members don't realize that although our club is one of the largest users and a key contributor to the Burlingame pool, the pool is owned and maintained jointly by the City

of Burlingame and the San Mateo Unified High School District. This creates some unique dynamics as the Board plans for how best to grow our programs while managing our partnerships with these groups.

BAC is a nonprofit organization; all Board Members serve as volunteers as they manage the annual budget and work to provide a full range of athletic aquatic opportunities for our 500+ members from Burlingame and across the Peninsula.

The Board meets monthly, with various sub-committees sometimes meeting more often to work on new projects or programs for club improvements. Board members are nominated and then elected to a two year term. The Board strives to have representation

from across all of our programs and encourages members or parents who are interested in becoming more involved in the club to consider joining the Board.

You can contact Executive Director Suze Gardner, or any of our current Board members, to discuss what it is like to be a Board member. Please visit the Board Information Page on the BAC website (<http://burlingameaquatics.com/site04/why/board.htm>) to learn more about our current members. We have two Board openings this year and are looking for certain skills to implement the Club's strategic vision. If you are interested, please let us know. We rely on the considerable talents of our Board members to help make this a great Club.

BAC Fall Quarter 2010

Important Practice Schedule Updates September 29th through November 14th

**Age Group Swimming,
Age Group Water Polo,
Masters Swimming,
Masters Water Polo**

If there is no listing for a specific program on a particular date then all workouts within that program will follow their regular schedule.

September 29th – SMUHSD Water Polo Usage:

Age Group Swimming, some groups may have extra dry-land training

October 6th – BHS Water Polo Games:

Age Group Swimming, some groups may have extra dry-land training

October 13th – BHS Water Polo Games:

Age Group Swimming, some groups may have extra dry-land training

October 20th – SMUHSD Water Polo Usage:

Age Group Swimming, some groups may have extra dry-land training

October 27th – SMUHSD Water Polo Usage:

Age Group Swimming, some groups may have extra dry-land training

October 30th – BAC Home Swim Meet:

Masters Swimming, workout moved up; practice held from 5:30-7am

Masters Water Polo, practice canceled

Calling All Parents - Swimming and Water Polo!

We are getting everything together to ensure that the 2010-2011 competitive season is a success, and a big part of that is getting volunteer involvement from our families. We truly appreciate all the time and energy that our families donate on behalf of our young athletes – We can't do it without you!

For the swim team, the biggest way to help this fall is to volunteer and be active in running our home meet – October 30-31. To put on a meet really does take the whole team, so we need everyone to get involved in invest a few hours to make sure the event goes off well. Sign-ups for meet volunteering will be posted on our website in early October, though we do need early commitments for some of our larger jobs.

Key Swim Meet Roles:

- **Head Marshall:** Oversee all safety needs. Work with Meet Director and Volunteer Coordinator to staff the venue adequately during all hours of a meet, from warm-up until closing. Supervise team of marshals and work with Pacific Swimming officials as needed.
- **Meet Volunteer Coordinator:** Sign up volunteers to staff our home swim meets and ensure that all positions are filled. Generate sign-up sheets before the meet and report hours to the Head Volunteer Coordinator after the meet.
- **Timing System Operators:** Operate the on-deck timing system; requires training but is a

fun, exciting job!

- **Meet Program Coordinator:** Gather information for meet program the week before the meet. Copy program for coaches, officials, and meet sales.
- **Assistant to the Meet Director:** Two or three positions: work with Meet Director to fulfill any volunteer and organizational needs required.

In addition to the help that we need preparing for and operating meets, we have a need for ongoing organizational support for special events and projects. The following volunteer positions are open and we would significantly benefit from parents taking them on. If you are interested in accepting one of these volunteer positions please contact Club Director Suze Gardner at: suze@burlingameaquatics.com. Note that swimming specific positions are in blue and water polo specific positions are in green. Thank you!

- **Volunteer Coordinator(s):** Track volunteer hours for each swim

family and fill volunteer roles that the staff identifies. 1-2 persons needed.

- Team Stats

Coordinator: Track and organize stats from all team competitions.

- Masters Registrar:

Work with the bookkeeper and age group water polo staff to confirm that program rosters are current and that all members are registered with the club and appropriate governing national body. Follow up with any members who have incomplete registrations. Update computer databases as needed.

- Welcome Committee and Member Liaisons:

Introduce and familiarize new families to the club. Coordinate welcoming events for new families and remain available to answer questions about club workings as needed.

- New Year Party

Coordinators: Help organize our 4th Annual New Year Party, to be held sometime in January. 2 people needed.

Thanks in advance for your involvement this training season and for helping to BAC best one of the best places to swim in the Bay Area!



BAC Masters at the Trans Tahoe Race,

by Paul Cousineau



The BAC Masters team was well represented at the Olympic club's annual Trans Tahoe relay this past July. For the uninitiated, the Trans Tahoe relay is an 11.5 mile race across one of the bluest and coldest lakes around. Teams consist of 6 members. Depending on how you count it, BAC members formed some portion of a half dozen teams. Although the finishing times of participants varied widely, the common thread was that everyone had the same great weather and the same feeling

of elation when they saw that final buoy. There are many stories to be told by the various team members, including boats that wouldn't start and swimmers who tried to head to South Lake (that's not where the finish is) - hit up your fellow swimmers to hear them all.

In true BAC tradition, the race was sprinkled with several social events, including a pre-race dinner on a patio overlooking the lake and a great post-race BBQ hosted by James and Gina Collins. All in all - a nice mix of great racing, great scenery, and great people. Next year, Ray would love to have more teams to yell at from his Captain's Chair - we may be able to get him to wear one of those skipper hats from Gilligan's Island if we get 10 teams. Race signups for the 2011 edition will start in January, with BAC Jurassic Park looking to improve on its 7th place overall finish and all teams looking to improve on their 2010 performance (or at least come up with names we can put in the newsletter).

Continued.....

BAC Fall Quarter Important Practice Schedule Updates

October 31st – BAC Home Swim Meet:

Masters Swimming, workout moved up; practice held from 5:30-7am (short course)

November 3rd & 4th – PAL League Water Polo Championships:

Age Group Swimming, some groups may have dry-land training
Age Group Water Polo, may have extra dry-land training

November 11th – Veteran's Day:

Age Group Swimming, no practices
Age Group Water Polo, no practices
Masters Swimming, one practice from 8-10am

Age Group Highlights & Special Achievements

Age Group Water Polo:

- Congratulations to **Grant Peel & Nathan Perisic** who both made the Pacific Zone Olympic Development Program Team!
- The **Boys 12U Team** qualified for Junior Olympics. This is the first time BAC has taken a team to JO's in 3 years. Congratulations to all of our participants!

Age Group Swimming:

USA Swimming Speedo Championship Sectional Meet:

- **Kristen Brennand** (16) placed 14th in the 100 Fly, and 24th in the 200 IM

Far Westerns:

- **Camille Hui** (10u) placed **1st in the 50 Back, 1st in the 50 Free**, 3rd in the 100 Fly, and 7th in the 100 Back
- **Jake Lin** (11-12) placed 8th in the 50 Fly
- **Johannes Stoppler** (11-12) placed 9th in the 100 Breast

Junior Olympics:

- 10U Girls Relay placed 2nd in the 200 Free Relay (swimmers **Ashley Bianchi, Camille Hui, Jihye Um, and Caroline Pease**)
- 10U Girls Relay placed 3rd in the 200 Medley Relay (swimmers **Ashley Bianchi, Camille Hui, Jihye Um, and Karilin Yiu**)

- **Camille Hui** (10u) placed **1st in the 50 Fly, 1st in the 50 Free**, 2nd in the 100 Fly, 2nd in the 100 Back, 3rd in the 50 Back, 3rd in the 100 Back, 3rd in the 100 free, and 7th in the 200 IM
- **Ashley Bianchi** (10u) placed 3rd in the 100 Breast, 6th in the 50 Breast, 6th in the 200 IM, 7th in the 400 Free, and 7th in the 100 Free
- **Jihye Um** (10u) placed 7th in the 100 Fly, 7th in the 100 Back, and 8th in the 50 Fly
- **Johannes Stoppler** (11-12) placed 6th in the 100 Breast, and 7th in the 200 Breast
- **Jake Lin** (11-12) placed 8th in the 400 Free, and 8th in the 200 Breast
- **Selby Sturzenegger** (13-14) placed 4th in the 400 IM, and 6th in the 200 Breast
- **JoJo Kmak** (13-14) placed 3rd in the 200 Breast, and 4th in the 100 Breast
- **Drew Quan** (13-14) placed 8th in the 400 IM
- **Joshua Yeager** (15-16) placed 8th in the 200 Fly



BAC Athlete Profile – Ashley Chambers

1) How did you first get involved in BAC?

Coach Amy came to Lincoln Elementary and told us some facts about water polo. Alison's Dad sent out an email saying that we are finding people to participate in water polo at BAC.

2) What program(s) do you regularly participate in?

We go to pee-wee water polo practice every Tuesday and Thursday from 4-5pm. One time we went to Stanford to watch the women's water polo team play Cal.

3) Describe your typical day at practice.

First we jump into the pool and do some laps and then we pass a ball to the assigned partner. After our warm up, we do a couple drills. Then we split into teams and put on our caps and play.

4) What is it that keeps you coming back to the pool for your next practice?

I look forward to coming to the next practice because of the excitement of what we're going to learn next time. And sometimes we jump into the big pool and practice eggbeater (how to tread water).

5) What is the most memorable moment you've had at BAC? What does that moment mean to you?

I was the first player to play goalie of the season and someone shot a ball at me and I blocked it for my first time.

6) What does it mean to you to be a part of BAC?

It's a friendly environment when we play. All of the teachers are nice. The kids are nice and we encourage and support each other.

7) How does your participation at BAC impact your day?

People ask me about water polo and I explain it. It makes an exciting and fun end to my day.

8) What role do your teammates play in bettering your experience at BAC?

If you just met them, they are your friends like you've known them your whole life.

9) How has your experience at BAC influenced other areas in your life?

When I walk up to people and they say that they heard I play water polo, they say "I've played water polo" or "Isn't it a fun sport?"

10) What are some of the ways that BAC has helped you achieve your personal goals?

One way is that I learned a new sport. It brought me back to swim which I love and hadn't done for a while.

11) What insight can you offer new athletes about how to get the most out of BAC?

Eggbeater is hard to learn so be patient because it might take a while to get the hang of it.

A quick note on Ashley: Ashley participated in a previous pee-wee session and now this fall has graduated from pee-wee and participates with the BAC Seals, a new group for girls ages 9-11 that practices in the big pool twice per week, once in the shallow end and once in the deep end. If you see the Seals in the water look out for Ashley!



BAC's Recent Graduates – Congratulations!

Below is a list of recently graduated BAC seniors (now freshmen!) and where they have gone on to for the fall. We are very proud of all of these young adults and the accomplishments that they made as athletes in our programs. We are also very proud to see that many of them are choosing to continue their aquatic careers during this next leg of their lives, some at the varsity level and some at the club level.

Congratulations to all of the athletes below, and a big thanks for the contributions they have made to the BAC community.

Wyatt Butler
Claire Collins
Nick Crossfield
Gianna Davino
Sean Doker
Bailey Girard
Markus Gutierrez
Jeffery Johnson
Harrison Lee
Anne Miles
Chelsea Morton-Jones
Chris Pei
Audrey Pratt
Jeff Riegler
Kristen Strem
Kaj Tassi
Kirsten Tocchini

UC Berkeley
Whitman College
CSM Fire Academy
College of San Mateo
UC Davis
College of San Mateo
University of Washington
UC Merced
UC Berkeley
Scripps College
Santa Barbara City College
Claremont McKenna
University of Michigan
CSU Chico
Marquette University
Chapman University
San Francisco State

Swimming
Swimming
Water Polo Coaching
Water Polo/Coaching
Swimming
Swimming
Water Polo

Swimming
Swimming
Swimming
Water Polo

Water Polo
Water Polo