



Newsletter of Neptune Swimming

# THE TRIDENT



Issue. 6 <http://www.santarosaneptunes.com> [tridentnewsletter@gmail.com](mailto:tridentnewsletter@gmail.com) Dec. 2011 – Feb. 2012

## IMPORTANT DATES:



### Nov. - Jan.:

Food Drive

### Dec. 2-4:

Junior Olympics

### Dec. 9-11:

"Swim Like the Dickens" meet

### Dec. 12-23:

Toy Drive Giveaway

### Dec. 25, 2011:

Merry Christmas

### Dec. 30, 2011:

Happy Birthday!  
Head Coach Dan Greaves

### Jan. 1, 2012:

Happy New Year!

### Feb. 6:

High School swim season starts

### Feb. 10-12:

"Spring Fling" meet

## Thankful Tunes from the Neptunes!

The Editor



It's that time of year again. The holiday season is here! Time to break out the lights, wreaths, and Christmas tree. This past quarter was also an exciting time for the Neptunes. Many swimmers tested out their land legs in the second Save the Pool 5K Run/Walk. And, our team had a strong showing at the Lake Folsom open water swim. We had fun celebrating our swimming accomplishments at the annual

awards banquet.

Thanksgiving has recently passed, but everyone still has lots to be thankful for. In this edition, you'll find some of the things your teammates consider blessings this holiday season. Our entire team can be grateful for the many swimmers who have decided to join the Neptunes and for our new addition Coach Tyler.

The next Special Section's topic is, "What do you do

besides swimming?" and I encourage anyone to share with us.

As usual, the Trident Newsletter needs your support. Please submit your baby pictures, and participate in any other sections in the newsletter. You can send your input to [TridentNewsletter@gmail.com](mailto:TridentNewsletter@gmail.com). Thanks!

*Merry Christmas  
and have a  
Happy New Year!*

## THE MISSION OF THE TRIDENT NEWSLETTER :

"The mission of The Trident Newsletter is to provide a place where all swimmers can share their swimming experiences and read about those of their fellow Neptune teammates and coaches. Here, swimmers will be able to find motivation, support, and advice to help them become better swimmers and teammates."



## Coach's Voice

By Coach Dave Pfeiff



Hello Neptunes! We're coming up on the cold and wet part of the season and are you prepared? Have you traded in your t-shirts for a

parka? Your yellow Crocs for your Uggs? Instead of giving your coach Juice Shack are you ready to give them Starbucks, Peet's or curry? But more importantly are you ready for the part of the season that requires the dedication that you have shown in the past that has made this team great? There are a couple of things you can do to better prepare yourself for a successful season.

As everyone knows, this part of the swim season contains the holidays,

which means family members coming and going, great big meals and for some of you travel. Swimming is the best and hardest sport and one of the factors that makes it difficult is the longer one is away from the sport the more difficult it is to come back. If a swimmer doesn't practice for a week it takes them a week of practice to get back to where they were before they left for a week. With this thinking it is vital for your swimming goals to swim over the holiday break.

If you are traveling, find a pool and at the least just hop in and swim. It will be difficult and strange swimming without having your coach there helping, analyzing and yelling at you, but just swimming for at least 30 minutes will help you maintain your shape and the feel for the water. Always ask your coach for specific features that you can work on while traveling. Also,

if you are traveling for a long period of time, look to see if the town you are in has a swim team that you can train with. Swimming with another team while traveling not only will keep you in shape but you will develop friendships that could last a lifetime.

If you are not traveling...come to practice! Bring your family and show off and prove that you should be the favorite grandson or granddaughter. You might even be able to hint to your Aunt and Uncle that you need a new gear bag or a set of fins. Remember, we are a year round team and dedication is the key to success.

I feel that this team has started out this season on the right foot and the coaching staff and I look forward to working with you throughout the year to achieve your goals. See you on deck. Go Neptunes!

## Swimmer's Voice



The Trident newsletter's interview with Allie Davis and Sam Haley. Both are seniors from Windsor High School. Recently they went for college recruiting trips. Allie has committed to Purdue University and Sam has committed to University of Pennsylvania. Congratulations to both of them!

### Why do student athletes take recruiting trips?

(Allie Davis) Student athletes that take recruiting trips really get a feel for the college atmosphere. You'll never really know what kind of college you want to attend until you live on the campus as an enrolled student.

### What were 3 main things you were looking for in a college?

(Sam Haley) The 3 main things I looked for in a college were: academics, swimming, and a place that would provide me with a new experience. At University of Pennsylvania I found that the swim team was very inviting and was as focused on their academics as well as their swimming. The East Coast will also be a new experience for me that I'm looking forward to very soon.

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A hard working, determined young lady has taken on a terrific sport since she was seven. Her name is **Riley Anne Schondel**. She is in white group and has been with the Neptunes for 3 years.

Riley attends Oak Grove Elementary School and is currently in 5<sup>th</sup> grade. She is a fantastic student who enjoys math and tries hard to succeed. Riley has danced with the Sebastopol Ballet School for 6 years and will perform the nutcracker this Christmas.

During swim practice she enjoys 100 IM sets and her favorite stroke is breaststroke. What motivates her? "I look forward to dinner after practice." One of her most memorable moments with the Neptunes was her 1<sup>st</sup> swim meet. "My first swim meet was very scary but also fun. It was my first sports competition ever." Riley has enjoyed swimming and has learned that when you don't give up you can achieve any hard obstacles.

## My Very First...

**Sara Soares (Black): First meet!** My very first swimming meet was on another team. I went like a 1:28 in the 100 free. I was a very slow 9 year old. I also spit Gatorade all over some teammates. I started laughing and that's how that happened. Overall it was a very weird first meet.

**Stella Clarkson (Seahorse 2): My First diving!** I did a huge belly flop at REAL's meet. It was off the deck. Hannah was my coach.

**Jessica Kwan (Bronze 2): My First breaststroke!** I remember that my first few breaststroke races, I always got D.Q.

**Miranda Howell (Elite): First travel meet!** I went to LA for a travel meet this year without my parents. I had a blast and I took off time in both

my backstroke events.

**Janarthan Nadendla (Elite): First butterfly!** I got D.Q.!

**Grace Bedsole (Blue): First Meet!** My first meet was at the Petaluma Swim Center. I had just started swimming with the Neptunes, and I was very nervous. Since I had never done a real start before, I had made sure to go over and over what to do with my coach. So when I stood on the block, reviewing everything I had learned about breaststroke, placing my feet, trying to balance, and just as my coach had said "take your mark" the beep went off and everyone dove in. It's almost funny to know that when I hit that water, every single little detail about anything I had learned, left my

head and I just swam. I swam a whole 100 breaststroke, which is now as simple as swimming a 200, but back then it felt like forever. And you know what, I won the race.



Grace Bedsole in the 100 Breast



Do you know who they are?  
The answers are on page 10.

## Welcome New Swimmers

**Johnny Ganser(4) Pre-Team** Favorites: Color: Blue; Food: Brazilian rice and beans; Stroke: Freestyle; Hobby: Ride bike and play toy trucks

**Ellie Morris(13) Bronze 2** Favorites: Color: Lime green and bright blue; Food: Pizza, pasta; Stroke: Freestyle and breaststroke; Hobby: Swimming

**Symon Myers(11) Bronze 1** Favorites: Color: Purple; Food: Italian; Stroke: Breaststroke; Hobby: Surfing

**Daniel Huebner(17) Silver** Favorites: Color: Green; Food: Fruit salad; Stroke: Freestyle; Hobby: Swimming!! Skiing, biking, horse riding, building electronics

**Andrea Bornstein(15) Silver** Favorites: Color: Purple; Food: Pizza; Stroke: Freestyle; Hobby: Ukulele

**Steven Loyd(6) Seahorse 1** Favorites: Color: Red; Food: Potato chips; Stroke: Breathe & blow; Hobby: Dirt bike

-Continued on Page 4

**-Continued from Page 3 [Welcome New Swimmers:](#)**

**Sophie Stamoulis(14) Silver** Favorites: Color: Red, aqua, lavender; Food: Sushi; Stroke: Freestyle & butterfly; Hobby: Reading, swimming, singing, dancing

**Hannah Hoffman(7) Seahorse 1** Favorites: Color: Red; Food: Cocoa puffs ; Stroke: Breaststroke; Hobby: Swimming

**Emma Ziegler(9) Red 1** Favorites: Color: Green; Food: Raspberry; Stroke: Breaststroke; Hobby: Swimming

**Zsa Zsa (Sophia) Sidney(10) Bronze 1** Favorites: Color: Purple; Food: Chicken noodle soup; Stroke: Breaststroke; Hobby: Drawing

**Will Carter(9) Red 1** Favorites: Color: Magenta; Food: Ice cream; Stroke: Butterfly; Hobby: Dancing

**Camila Silva-Cardiel(8) Seahorse 1** Favorites: Color: Pink; Food: Meatballs with spaghetti; Stroke: Freestyle; Hobby: Melty beans

**Nicholas Falk(7) Seahorse 1** Favorites: Color: Gold; Food: Pizza; Stroke: Freestyle; Hobby: Watch TV and video games

**Rachel E. Pride(11) Red 1** Favorites: Color: Light purple; Food: Chicken noodle soup; Stroke: Breaststroke; Hobby: Soccer

**Jordan Pride(9) Red 1** Favorites: Color: Aqua; Food: Bean burrito and sushi; Stroke: Breaststroke; Hobby: soccer

**Yuly Tatiana Lopez(12) Bronze 1** Favorites: Color: Yellow; Food: Spaghetti; Stroke: Dolphin kick; Hobby: Arts

**Carson Kimball(13) Silver** Favorites: Color: Cyan; Food: Sushi; Stroke: Butterfly; Hobby: Video games

**Olivia Baldenegro(4) Pre-Team** Favorites: Color: Pink; Food: Crunchy tacos; Stroke: Kick board; Hobby: Coloring

**Michael Severi(16) Silver** Favorites: Color: Aqua blue; Food: Pancakes; Stroke: Freestyle; Hobby: Play guitar

**Renee Richichi(8) Seahorse 2** Favorites: Color: Aquamarine; Food: Pesto Gnocchi; Stroke: Freestyle; Hobby: Play with my dog and friends

**Devin James Konhoff(8) Bronze 1** Favorites: Color: Blue; Food: Spaghetti; Stroke: Front stroke; Hobby: Video games



### [Coach Tyler Denize](#)

I started my coaching career in 2000, and have been developing my passion for swimming ever since. I grew up swimming in the East Bay, which is where I also started coaching for my summer club team and High School after I graduated. Since moving to the North Bay in 2006, I have been coaching at Santa Rosa Junior College where I currently am the Head Coach for the men's water polo team, and head assistant coach for both the men's and women's swim & dive team. My passion for the sport of swimming comes from building individual relationships with the athletes and helping them achieve goals they never thought possible, through focus, diligence and hard work. I am extremely excited and fortunate to be part of the Neptune family, and cannot wait to be a part of all the great things to come.

Currently I am coaching both Pre-Team and Gold group.

[~~Welcome coach Tyler Denize~~](#)

## [Neptune History](#) - Interview with Carrie Noonan

During the past quarter, we had the chance to interview a former Neptune Swimmer, Carrie Noonan. Ms. Noonan swam on our Neptune team from 1962 to 1977. She worked for Hewlett Packard in the United States and Europe for 18 years with a degree in engineering and later in law. Currently, she works for the US Department of Energy in Golden, Colorado. She and her three children are all good swimmers and love the sport. Below is our interview:

Q. What was your favorite part about swimming/Neptune swimming?

A. Friends and the confidence it gave me!! I have loads of memories with these friends and 40 years later, I still consider them friends!

Q. Any especially memorable events?

A. Hawaii (See picture on page 9 – the one laughing in the back left), the City Meet, the State Fair Meet (the super slide and food court) - Red Bluff and the Lamplighter Hotel!!! De Anza College and the long night t-shirts we all bought.

Q. Do you have any advice to current and future Neptune swimmers?

A. Stick to it, make friends, and support others who swim – especially mentor a younger swimmer. Swimming is a sport that keeps on giving!



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## Questions for the Coaches



**Question: Why do some swimmers breathe to the front while others choose to side breathe in butterfly?**

**Answer:** Breathing to the front during butterfly is the traditional way for a swimmer to breathe, but some swimmers will breathe to their side during butterfly to either stay lower to the water or to get a quick glance at their competition. Breathing to the side takes a large amount of neck flexibility and practice, so discuss with your coach the individual benefits before changing your stroke.

**Question: Is it better to breathe every stroke or every other stroke in butterfly?**

**Answer:** First off, every swimmer is different and requires different individual technique due to the swim-

mer's ability and age. With that, the two most important aspects to focus on are keeping your hips on the surface while staying low to the water when you breathe. If a swimmer is able to keep their hips up while breathing then breathing every stroke is beneficial because it will allow for more oxygen to enter the body. A good example of this type of swimming is Michael Phelps. If a swimmer has difficulty keeping their hips up while breathing, a breathing pattern of every other stroke will benefit their body position.

**Question: Why are your hips so important to swim butterfly quickly?**

**Answer:** Your hips are important in butterfly because of your body position and giving your core the opportunity to kick. In any stroke, if you do not have a good body position then you will create

more drag and end up working harder to go slower. Also, having your hips on the surface will allow your core to create the undulation that allows for the power of the dolphin kick that will propel you through the water at a faster pace.

**Question: Who is the world's fastest butterflyer right now?**

**Answer:** 200 Meter Long Course Fly Men: Michael Phelps (USA) 1:51.51

200 Meter Long Course Fly Women: Liu Zige (China) 2:01.81

100 Meter Long Course Fly Men: Michael Phelps (USA) 48.82

100 Meter Long Course Fly Women: Sarah Sjöström (Sweden) 56.06

## Test Your Swimming Knowledge

1. Who was the 1st man to swim 1 minute in the 100-yard freestyle on July 18,1905 from the Olympic Club in San Francisco?
2. In which Olympics were there no women's World Records set?
3. Who was the 1st woman to break 22 seconds in the 50-yard freestyle with a 21.95 at the 1990 NCAA Championship?



Answers: 1. J.Scott Leary  
2. 1984 Olympics  
3. Leigh Ann Fetter

## DEAR NEPTUNE...

Dear Neptune, Why do we swim? ~Ben Crabb, 16, Gold Group

Dear Ben: Everyone has a different answer. The reason people swim is for: their health, competing in races, making good friends, working out hard every day, relieving stress and many more reasons. To be a swimmer, you should really love the water. At young ages, swimmers have a tendency to swim for fun. Teens often go through a decision-making stage of whether swimming is important to them or not. If they chose to still swim, they must decide their commitment level. The real question is "Do we swim for ourselves or do we swim for someone else?"

Yours swimmingly,

~Neptune



**SPECIAL SECTION:**

**Lindsay Clark-Warren (Elite)** I am thankful for the wonderful coaches on the team which have made swimming truly special to all of the swimmers!

**Miranda Howell (Elite)** I am very thankful for my three amazing best friends and my incredible family! I am also very thankful to be given the amazing life I have.

**Allison Straus (Elite)** I am thankful for the bond that our team shares. I love how open and accepting everyone is of one another and I'm definitely going to miss everyone when I leave for college. We're like our own little family and it's really cute. I love you guys!

**Catherine Liang (Blue)** I am thankful for the superb coaches who take their time to teach us the great sport of swimming! I have many friends at swimming who make me eager for swim practice. I would also like to thank my parents for giving me opportunities to do many activities in life.

**Allie Davis (Elite)** I am thankful for all of the best friends I've made on Neptunes. It really is my second family.

**I'M  
THANKFUL  
FOR...**

**Andrea Stephens (Parent)** I would really like to thank Julie Toscano (Abby Toscano's mom) for taking Caitie(Caitie Stephens) to swimming. If it were not for her Caitie would not be able to enjoy this wonderful sport. I would also like to thank coach Hannah for all the support she has given to Caitie. Swimming has given Caitie higher confidence in herself and helped her in such a positive way get through the days.

I would like to thank everyone involved in Neptunes for making this such a wonderful place for the kids to build confidence, raise their self esteem and grow as individuals.

**Shelbi Raasch (Blue)** This Thanksgiving I'm thankful for my family, friends, and pie.

**Megan Jones (White)** I am thankful for...  
A wonderful swim team  
Good friends  
Delicious food  
A caring family  
And a healthy body

**Daniel Virtue (Black)** I am thankful for the great coaches who have led me to success and for the great friends I have made on the Neptunes.

**Taylor Young (Elite)** I am thankful for the family I have at the pool and the support everyone is so willing to give.

**Kayla Frank (Black)** This Thanksgiving, I am very thankful for my family, my friends, and my teammates who help me through the tough practices.

**Health & Nutrition**

Swimming meets usually last all day or longer. How do you make sure the food you eat can help you get through the race? Here are some suggestions:

**One hour or less between events or heats:**

- Stick with carbohydrates that are in liquid form, such as juice.
- If something solid needs to be eaten, try fruits like oranges, watermelon, cantaloupe, peaches, pears or bananas.

**Two to three hours between events or heats:**

- Solid foods in the form of carbohydrates can be eaten, as there is enough time to digest them before competition.
- Try eating bagels, hot or cold cereal with nonfat milk, or english muffins along with fruit like bananas, apples, oranges, peaches, or pears.
- Be sure to drink plenty of fluids, like a fluid replacement drink, for hydration, electrolyte replacement, and restoration of glycogen stores.

**Four or more hours between events or heats:**

- With four or more hours between heats or events, an athlete may want a meal, which should be composed pri-

marily of carbohydrates. The following meal examples for this situation are appropriate:

- A turkey sandwich on two slices of whole wheat bread, low-fat yogurt with fruit, and a fluid replacement drink.
- Spaghetti with lean meatballs, bread, salad with low-fat dressing, and a fluid replacement drink.

If there is a certain meal pattern before competition that an athlete thinks is a winning combination, then they should stick to it. Athletes who make food choices at concession stands need to know how to make the best choices.

Most concession stands are filled with high-fat, high-calorie foods that are not designed to maximize performance. It is always wiser for athletes to pack a cooler from home with a winning combination than to rely on the food at a concession stand.





Abby Toscano (Bronze 2) and Caitie Stephens (Bronze 2) sell hot chocolate, lemonade, mufins. They donate the proceeds \$49 to Neptunes!



Nowack family joined the Save Our Pool 5k Fun Walk Run!



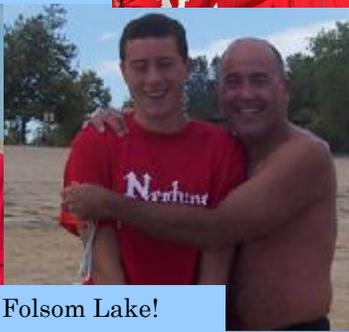
Last summer, Berklee (Black) and Reilly (Blue) Welsh spent three weeks at The Shore in New Jersey and attended a Lifeguard in Training (LIT) program on the island of Long Beach. At the LIT tournaments, Reilly Welsh (10) won 1st place in the ocean swim in the 12 and under category. The age groups were 13 and under and Berklee (13) finished 1st and Reilly (10) finished 2nd.



Picture day



Neptunes have fun in Folsom Lake!



**Mettle Head Awards Year 2011**

**Reilly Welsh (White)**  
 Dedicated  
 Goal-Driven  
 Enthusiastic  
 Competitive  
 Sassy  
 ~From Coach Dave

**Josiah Miller (Blue)**  
 Persistent  
 Patient  
 Loyal  
 Honest  
 Determined  
 ~From Coach Cameron

**Kayla Frank (Bronze 2)**  
 Motivational  
 Determined  
 Willful  
 Strong  
 Fearless  
 ~From Coach Andrew  
 ~Present by Coach Tony

**Sara Soares (Silver)**  
 Drive  
 Inquisitive  
 Aspire  
 Amiable  
 Motivated  
 ~From Coach Dave

**John Knox (Black)**  
 Leader  
 Motivation  
 Focus  
 Learning  
 Loyal  
 ~From Coach Tony

**Miranda Howell (Gold)**  
 Caring,  
 Team  
 Leader  
 Patient  
 Worker  
 ~From Coach Tony

**Jenna Bauer (Elite)**  
 Leader  
 Tough  
 Happy  
 Focused  
 Competitive  
 ~From Coach Dan

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**Swimmer's Voice** The Trident newsletter's interview with Allie Davis and Sam Haley

**What was your favorite memory when you took your recruiting trips?**

**(Allie Davis)** My favorite memory of the recruiting trips was probably meeting and connecting with the college swim team. It's fun to be on your own for the weekend with people you might be living with for the next 4 years.

**What unexpected lesson did you learn over the years which you would like to share with the younger generation of Neptune swimmers?**

**(Sam Haley)** Keeping your options open is something that I would like everyone to remember. Even if you're not totally sure about a college, still send out letters of interest and hopefully most of them will respond. Make sure you understand your goals before moving forward. If you want to be strong in academics, then keep your grades up and study hard for the SAT/ACT. If you want to excel in sports, keep on working hard and never stop believing within yourself. Finding a school that fits your swimming goals and academic goals is key. Also have an open mind and let the whole experience fill you up with great questions and discover new things about yourself. Ask as many questions as you can about the college because the people going there will know all the answers.

-Continued from Page 4 [Neptune History - Interview with Carrie Noonan](#)

Q. Any notable events that happened during your time?

A. Rick DuMont had his Olympic gold medal taken away from him because of allergy medicine. I also remember when the BEL-GRADE suits first came out; those tight fitting swim suits were the fastest at the time. Some of us even got disqualified for wearing them at first.



I won my first swimming ribbon, 6<sup>th</sup> place, at the CITY MEET. I went on to swim throughout my junior high and high school years, and even joined the Boy's High School swim team. There wasn't yet a girls' team yet, but luckily we were good enough at that time to compete and letter. I still swim a little as an adult and even swam ALCA-TRAZ (and won in my age group) in the last couple of years. I taught swim lessons for years – the money helped get me through college. I even ended up teaching a little French boy how to swim when I was a nanny in France.

Q. Who was your coach, some teammates, etc.?

A. Bob Miyashiro and John Small. John went off to Vietnam and I remember very little about it when I was 10, but later realized how hard it must have been for him. We never saw John much after this, but he was very influential to me. Bob remains a friend and mentor to this day. Other team members that I remember are the Morales (Vincent, John, Tito, and Tommy), Paul Sims, Dana Belden, Lightfoots (gas-up WILLY), Don Edgar, Randy Rogers, Lynn Camp (Greenamyre), Melodie Walts, Laura Du, and so many more!!

Q. How does swimming impact your life today?

A. First, besides the great long-term friends that I made, it gave me a huge amount of confidence and self-discipline. Being good at something benefitted other parts of my life as well. You know that if you work hard, and are disciplined, you can do just about anything. And to this day, I have encourage my kids to participate in a sport - outside of school - so they will have friends that are NOT tied to the school they attend, so they will be somewhat immunized from the peer pressure/friendships issues that tend to occur at school.

Q. Did you swim in college?

A. I swam for Bob Miyashiro at SRJC for two years and we won State!

Q. Any favorite stroke/favorite races?

A. Butterfly and 100/200 free style. I remember doing a 55 seconds in the 100 m free and 2:00.4 in the 200 m free.

A. What reason made you start swimming and stick with it?

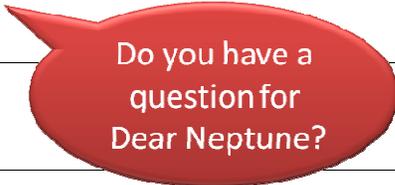
Q. My sister Seaneen has to be the one to thank for this. This is the way the story went: She got into swimming with her friend Dana, and my mother wanted nothing to do with this. So Seaneen convinced Dana's parents to drive her to practice EVERY DAY, and sometime in the early morning hours. When it was clear to my mom that my sister was serious about swimming, she had no choice, and mom took the plunge and joined the car pool. Ten-fifteen years plus later and five kids - my parents did NOT know what they were getting into. I thank my parents and friends for the wonderful time I had on the Neptunes.

Q. Anything else you might like to include?

A. Where is the alligator mascot (Neptune's banner) we always took pictures with?

## The Trident Newsletter Team Members and Responsibility

Newsletter Section	Name of Team Member
Guess Who Am I? My Very First... Swimmer's Voice—Lower age group	Catherine Liang
Guess Who Am I? My Very First...	Sasha Fong
Guess Who Am I? My Very First...	Theresa Nowack
Dear Neptune... (If you have any swim questions you would like to submit to Dear Neptune, please put your questions in Miranda Howell's folder.) Swimmer's Voice—Upper age group	Miranda Howell
Test Your Swimming Knowledge Health & Nutrition Suggestions	Erin Sullivan
The Editor Special Section Neptune History Questions for the Coaches	Richard Liang
IMPORTANT DATES:	Coach Dan



Submit your input  
and feedback to:

**TridentNewsletter@gmail.com**

**Topic of Next Special Section:**

**“What do you do besides swimming?”**



**Answer for Guess Who Am I:** From left to right: Audrey Hollinger, Jonathan Knox, Richard Liang, and Emily Alameida