



# WH2O Team News

## BACK WITH A VENGEANCE

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# Presenting Your 2008-2009 WH2O Board of Directors

West Hollywood, CA

At the October annual meeting, those of you who attended had the opportunity to vote for, in true democratic style, your 2008-2009 governing board members. As some of you will note, there are many familiar faces as well as some fresh eyes. Whether they have been competitive on the team for years or are just looking to stay in shape, this board is sure to offer their diverse opinions to help better the teams dynamics. We hope to happily merge some of those veteran experiences with new views to provide you with a governing board that truly is a reflection of the WH2O spirit.

With their first board meeting under their belts, they are ready and willing to embark on a new season full of fun and change. If any of you have concerns regarding the team in any aspect, please do not hesitate to call upon any of these fine representatives. Please contact them through the teams email or before/after practices.

Heres to an amazing year!! Congratulations!



From Left to Right: Errol Graham, Gregg Ogorzelec, Amy Dantzler, Brian Olver, Drew Pokorny, Chris Smith, Tamara Davis, Fritz Hemeker, Adam Davis

# Presidents Corner

By Brian Olver



It's been quite a year for elections, and after a long, drawn out campaign, I'm happy to now be your president. But, Barack Obama and I share more than our title and initials - we share a dream! I would like to create a team environment with an unprecedented level of support and encouragement for all team members, whatever their goal. We are a large and diverse group, each with our own idea of what role we want WH2O to play in our lives. Regardless of whether we aim to compete at a championship meet, or swim or play polo to stay in shape and socialize, it's always more fun when we are surrounded by people who genuinely care about our successes, both in and out of the pool. I've only been a member of WH2O for 2 1/2 years, and all but the first 6 months of that time has been spent as a board member, absorbing knowledge from others with more experience, and learning to appreciate the process as a whole. As president, I'm looking forward to seeing where we can take this team in the next year. If you know me at all, you know that in addition to being LOADS of fun, I also have a rather competitive spirit. The 2008-09 season offers us a unique opportunity with the SCY National Championships being held in Clovis, CA from May 7-10<sup>th</sup> (with an open water race on May 11<sup>th</sup> for the crazies). The past two years we've taken about 20-25 swimmers to Federal Way, WA and Austin, TX, respectively, and this year I'd like to see upwards

of 50 WH2O members make the three hour drive north. Nationals, although it may *sound* intimidating, is truly what you make of it. For some, it's a meet to see if all your hard work as paid off with personal best times. For others, it's an excuse to take a day or two off work and travel with friends. But regardless of your motivation, Nationals is an experience I'd like everyone to share. It's a great opportunity to get to know your fellow teammates better, and interact with them in a different setting. And in case you didn't know, you can enter three events without meeting the qualifying time, so everyone is encouraged to go! The IGLA Championships for 2009 are also the World Outgames in Copenhagen, Denmark, to be held July 27-31<sup>st</sup>. If you could make that trip, I'd encourage you to plan early to take advantage of the inexpensive housing at the host college dorms. I'm guessing that while dorms may not sound that enticing, they will provide you with the best experience in Copenhagen since that will be where you'll meet the most people. Perhaps the largest benefit of travel meets is the social aspect. My first meet with WH2O was the 2006 Gay Games in Chicago. At the time, like many of us, I really only knew the people who swam in my lane, since that was who I interacted with the most. But by the end of a week full of team

dinners, social events, and parties, I finally had names to go with all the faces I'd seen around the West Hollywood pool. Additionally, Nationals and IGLA are also a great opportunity to meet people from around the country. At Nationals in Austin this year I met several people from the east coast who I had fun with in Washington DC at IGLA the following month, and who I look forward to seeing in Clovis this Spring. For those of you who truly embrace competition, you may already know that our Men's team has earned Top 10 banners each of the last two years, finishing 7<sup>th</sup> and 9<sup>th</sup>, respectively. This year, the method of scoring has changed slightly in that Regional Teams like Colorado Masters and Pacific Northwest Masters will be scored in a separate division than than Local Club Teams like West Hollywood Aquatics and UCLA Masters. With this newly leveled playing field, I think we have a great shot at winning our first ever Top 10 Combined Team banner (the last two years we've finished 12<sup>th</sup> and 18<sup>th</sup>, respectively). And, although in creating these separate divisions they've done away with official Men's and Women's scoring, I think that our Men's team has a real possibility of surprising the power houses of USMS, and winning the "mythical" Men's team title. How great would that be!! Since I'm expecting a large WH2O contingent in Clovis, we've already booked a block of 32 rooms at the La Quinta Suites. (Please see Bryan Libit's instructions on how to book one of these rooms.) Keep in mind that if you do not want to compete, you are still encouraged to go cheer on your fellow teammates, and maybe do a relay or

two. This year Phil Hayman surprised us in Austin and had a great time without even getting wet! It's that type of positive support that I want all of us to embrace this year. It's sometimes difficult to motivate yourself through the winter months, but I've found it easier to make it to practice knowing that there are others there who are on the same journey as me, and who will help push me when I'm feeling like I'd rather be anywhere but the pool. The feeling happens to all of us at times, but I personally find the challenge extremely rewarding. So the next time you're in the pool, take a look around and realize that we are part of something special, and we can make it even better. Get to practice early to stretch while you talk with teammates, go to dinner socials to catch up on gossip or talk politics, grab a weekend brunch after practice with some teammates, go to the holiday party which promises to be a smash. All of these things will add to your experience on the team and make it more enjoyable, and in turn, make our team stronger! To the season ahead...



## Information About West Hollywood Aquatics

West Hollywood Aquatics (WH2O) is a masters swimming and water polo club based in West Hollywood, California and the larger Los Angeles area. The club currently has a roster of over 200 athletes from around Southern California. The teams include athletes of all abilities ranging from ex-Olympians to beginners. Everyone is welcome regardless of skill, gender, race, sexual orientation, or disability.

*Currently we hold practices at:*

West Hollywood Park Pool (Swimming)  
647 N. San Vicente Boulevard  
West Hollywood, CA 90069

Van Nuys/Sherman Oaks Pool (Swimming & Water Polo)  
14201 Huston Street,  
Sherman Oaks, CA 91423

Glassell Park Pool (Swimming)  
3580 Verdugo Road  
Los Angeles, CA 90065

For more information about our 16 weekly swimming and sunday water polo workouts, please visit our website at <http://www.wh2o.org>.

*Dues Schedule:*

\$20 annual administrative fee for all members

\$45/month all swimming & water polo practices

\$20/month water polo only + friday night swimming

WH2O charges a \$10 monthly surcharge for individuals who pay by check. Credit card payment is preferred and saves our volunteer board time.

West Hollywood Aquatics is a not for profit California corporation.

## 2008-2009

### Board of Directors

Brian Olver — President  
Errol Graham — Treasurer  
Gregg Ogorzelec — Vice President, Administrative  
Drew Pokorny — Vice President, Social  
Tamara Davis — Secretary  
Adam Davis — Swimming Representative  
Fritz Hemeker — Water Polo Representative  
Chris Smith — Development Coordinator  
Amy Dantzer — Facilities & Equipment Coordinator

Special thanks to the following individuals for helping with this edition of the Newsletter:

Brian Olver                      Chris Smith  
Errol Graham                  Fritz Hemeker  
Drew Pokorny                  Bernie La Fianza  
Adam Davis

## Need More Information?

Visit our website at

<http://www.wh2o.org>

or pen a letter, our address is

West Hollywood Aquatics  
PO Box 691651  
West Hollywood, CA 90069



# SANTA CLARITA SCM MEET

By Adam Davis

Saturday, November 8, 2008

What a great day for a swim meet. The sun came out shining for the short course meters event hosted by the Santa Clarita Sharks on Saturday, November 8<sup>th</sup>. It was a lucky stroke indeed. Previously in the week, the weather had been so cold and blustery that it had even kept swimmers from practices.

The first swim of the day for WH2O was by Susan Shore, who joined our team recently from the currently on hiatus Meridian masters team in Park La Brea. She was also the only brave soul from the team to swim the 1500 Freestyle. She beat her entry time by just over a minute. Way to go Susan!

The remaining swimmers arrived after the 1500 for warm-up. After a quick pep talk, we decided to put together a mixed 200 Free relay comprised of Adam and Tamara Davis, Bill Sheppard and Susan. We had to convince the officials and judges to allow the relay because Susan had not yet changed her team affiliation from Meridian. Fortunately, they relented to our request and we turned in a final time of around 2:04. The time was exhibition only and not included in the final results, but we had fun nonetheless.

After the relay, Todd Aghazadeh, normally a water polo player and currently attached to SCAQ, started us off with the 100 Fly. Susan and Adam both then tried their hands at the 200 Free. Tamara and Bill swam the 50 Free shortly afterward, where Bill posted a personal best by just two hundredths. Todd was back for a rapid attack soon after in the 200 IM and 100 Back. Without any entry times, Todd earned himself all best times for the day!

Next up was the 50 Fly, where Tamara crushed her entry time by over five seconds. Amazing! Stephen Benjamin couldn't let that one slide by in his first swim of the day without even a warm up. He beat his entry time of 1:15.00 by

almost forty-five seconds with a final time of 32.49. It seems that there may have been a bit of a mix up with the meet computing, but that didn't stop him from savoring the moment of his Heat 1 victory.

Some hotly contested races were soon to follow. 100 IM came up and Bill, Adam and Tamara were willing and ready. Bill and Adam found themselves racing just one lane apart in the final heat. Tamara had a personal best again, shaving off more than two seconds. Afterwards, Todd, Stephen and Adam had a hot race in the 100 Free. Adam again found himself racing a fellow WH2O'er in the final heat. Stephen just narrowly came out ahead of all three, scoring a great time of 1:04.53.

Stephen then dove in for the 50 Back and just after that the 50 Breast, where he swam with Tamara and Bill. Both Tamara and Bill posted personal bests of over a second. And with that final swim under their belts, it was time to pack up shop and head to Cousin's for some great submarine sandwiches and conversation about the day.

Congratulations to everyone who swam and thanks for supporting WH2O!!!



The weather will soon be getting colder and the sun is already going down earlier which means that motivating to swim is more difficult. Swimming always seems like a good idea but the allure of that warm bed or some mindless television or just about anything else overpowers our good instincts. So how does one motivate?

Swimming is an individual sport. This means that you are the person who has chosen to do this (and pay those dues to be able to do it) so you need to ask yourself "why do I swim?" Most of us would answer some combination of exercise, meeting new people, keeping up with friends, and even to improve so we can compete. Do not lose sight of those motivations as they are all still valid. When you feel yourself wavering remind yourself why you do it. That may help you brave the cold (relatively speaking) and weather and go to practice.

Winter is also a very good time to work on technique. Practices are less crowded and the coaches' attention is not divided amongst so many other swimmers. If you have some particular stroke or turn that you want to work on; let the coach know at the beginning of practice and they can make an effort to watch you and help you improve. Remember that to go fast or to improve that you do have to "slow down," analyze, get critique and work on the specifics. There are no major competitions looming during the winter months so there is less pressure for you to go fast and put in a lot of yardage. Emphasize quality over quantity during the winter.



# WINTER MOTIVATIONS

BY BERNIE LA FIANZA



Many people are affected by SAD or seasonal affect disorder which is a fancy way of saying, especially in California where we don't really have seasons or so I hear, depression. The sun going down early and the weather getting colder along with the impending holidays does affect some people in such a way as to make them more likely to get a little sad or depressed. One of the best ways to fight depression is exercise. If you feel yourself becoming depressed why not go swim? Not only will you get the exercise but you are bound to see some friends or possibly even make some new ones.

There are many good reasons to continue to swim even in the wind and the rain and the occasional cold. You will need to work off all that holiday dining as well! Find a practice or routine that you like and stick with it. Come spring and the warm weather you will be rewarded with not only improved swimming technique and ability but possibly even a "hotter" you just in time for summer beach/bathing suit season. It is a win win all around. Think about it.

## It Is That Time Again....

### Holiday Shopping

By Chris Smith



#### Hey Team!

If you've visited our website lately (or ever), you may have noticed the **Amazon.com** advertisement at the end of some of our pages. As Development Coordinator, I'd like to remind you that **4%** of all Amazon purchases made using this link comes right **back to our team!** Given the current state of our economy and the financial challenge our not-for-profit organization faces, why not help out the team and make your holiday purchases count even more!



## *Hello, What's Your Name?? And Where Have You Been All My Life...*



### **Drew Pokorny**

Interviewed By Brian Olver

**1) When did you join WH2O? Why?**

I think I joined in winter of '06. I'm not exactly sure because I was a lap swimmer for a while first. I picked up swimming for two reasons. I had just broken off my relationship and was dying to focus on something else. Also, I had to give up distance running for myself when I started my dog-running business ([www.drewthedogrunner.com](http://www.drewthedogrunner.com)). I needed a new workout that wasn't so hard on my knees.

**2) What has been the highlight in your time at WH2O?**

No question about it: IGLA in DC. It was my first meet ever and was a TOTAL BLAST!! I had a great time with the team and even more fun with a couple of the people I met there. :-P

**3) How many guys on the team have you made out with?**

One.

**4) Why do I see you rollerblading around West Hollywood so often? Are you on the rollerblading team too?**

If there was a rollerblading team, I'd be the JP or Chris Smith or...Brian Olver! Since I rollerblade about 3 hours/day for my job, I've gotten pretty good.

**5) I remember spotting you delivering mail on a sitcom not too far back. Do you have anything else in the works we should be looking for soon?**

Well I'm doing a lot of writing these days and have a script with CAA that looks like it may have legs. Other than that, I was just on The Bonnie Hunt Show for a "what do you do" 20-questions segment. It's on her website so you can clearly see that Bonnie and I are BFF's now.

**6) Who is your favorite coach?**

Duh, the one with the least amount of fly in their practice. :-)

**7) What's your hometown? How long have you been in L.A.?**

I grew up in North Dakota and went to college at SCSU in Minnesota. My little truck pulling a slightly-too-large U-haul trailer drove into Los Angeles on August 10th, 2000.

**8) Are you going anywhere for the holidays?**

Yes my whole family is gathering at my mom's house in Orlando. We'll probably drive to Siesta Key for a day or two.

**9) Single or taken?**

Single.

**10) What are you most looking forward to in the next year?**

I'm looking forward to selling this movie, doing the last level at The Groundlings, going to IGLA 2009 if possible and buying a place in the down market.



**MC:** When it gets warm, you may catch me in my pastel shorts and Sperry boat shoes with no socks. But no popped collars allowed.

**JC:** Brian, you work on "Dirty Sexy Money." Interesting title. Which of those words most applies to your own life?

**BT:** Sexy. For obvious reasons. Seriously, though - I am proud to have worked on TV series that have broken barriers ("Cashmere Mafia" had the first bisexual character as a series regular and "Dirty Sexy Money" has/had a beautiful transgendered woman). I hope to one day help make programming that is, first and foremost, entertaining, but at the same time changes the way people think and challenges our preconceived notions about race, religion, sexual orientation, and the world.

**JC:** Mike, What are some lessons you have learned from water polo, and how have they helped you in real life?

**MC:** 1.) A lot of people get away with rule-breaking--refs can't see everything; that's just part of the game. 2) You are going to make lots of mistakes; the key is to just move on and learn from them. 3) Much of what your friends/family/teammates do is out of your control--forgive them when they screw up and celebrate and praise them when they do well. 4) Sometimes you don't have time to ponder--think fast and act fast. 5) Smile, laugh, and enjoy.



### *Someone Old, Someone New... Mike Crosby & Brian Talyor*

Interviewed By Jim Cude

Marriage fever hit California this year. Weddings always bring to mind that old saying, "Something old, something new, something borrowed, something blue." Though I'm not getting married anytime soon, I did recently borrow a water polo ball from the team (which got stolen. sorry Fritz!) And aside from this month's Blue State landslide, the only other things blue in my life recently are my two... well, let's not go there. So...in keeping with the marriage theme, let's give a warm WH2O welcome to "Old" team member Mike Crosby and "Newbie" Brian Taylor. Recently, we sat down for a little 1 on 2 round of hard-hitting questions.

**JC:** Boxers or briefs?

**MC:** Briefs. I often make fun of kids (or WH2O aquaholics) who wear JAM JAMS in the pool instead of traditional speedos.

**BT:** Boxers. Briefs when I run out.

**JC:** Wow, different opinions on that one. Okay, let's find some common ground. Both of you went to Ivy League schools (BT to Dartmouth, MC to Harvard). What's your most preppy characteristic?

## *Hello, What's Your Name?? And Where Have You Been All My Life...*

**JC:** Let's talk politics for a minute. Which President would make the best polo player?

**MC:** I can see Teddy Roosevelt in rec-specs and a wet 'stache charging up and down the pool. Maybe on a horse.

**BT:** James Buchanan, The Bachelor President, because he liked guys and gay guys intrinsically make the best water polo players (sorry Fritz!)

**JC:** So, Brian, if you were running for President, what embarrassing moment in your life would you not want the other campaign to ever find out about?

**BT:** Junior High.

**JC:** Let's talk about growing up for minute. Where are you guys from?

**BT:** New York. Not the city. I root for Boston sports teams though!

**MC:** Born in St. John's Hospital, Santa Monica, still my favorite city. Grew up in LA--Pacific Palisades. I reckon there be lots of Yes on Prop 8 people there.

**JC:** I'm glad you brought up 8. During campaign season, I kept hearing lots of talk about gay being a choice. We all know that's hogwash, but let's assume for a moment that it is true. What famous member of the opposite sex would you choose for your straight deflowering?

**BT:** Your question presupposes that I have never been straight-deflowered.

**JC:** And have you?

**BT:** (pause) No. Let's see... Anna Kournikova?

**MC:** I like that Jessica Beale (or is it Jennifer Beal?) in "Texas Chainsaw Massacre."

**JC:** I think it's Biel. The one dating Justin Timberlake?

**MC:** Yeah, her. Maybe Catherine Zeta-Jones fifteen years ago. When I was a little kid, I was obsessed with Vanna White and what kind of dress she'd be wearing that night on "Wheel." And my dad was SURPRISED about me...

**JC:** Mine was Susan Sarandon. Before she got all political. Or Angelina Jolie. Maybe that's just my Brad Pitt crush coming out, who knows. I also have a thing for...

**BT:** Uhm, who is this article about again?

**JC:** Sorry, guys. Any memorable coming out stories you want to share?

**BT:** Rapping to my college fraternity a gay rap song by Caushun, The Gay Rapper, to a mixed reaction..."Homothug status with a faggoty flow...Here's some s\*\*t you don't know about me. There's lots of misconceptions about the gay community..."

**MC:** The first person I came out to was my high school crush--I wrote him this anonymous letter telling him I was a closeted gay student who thought he was hot and if by chance he was gay too, he should put the enclosed sticker on his locker and I'd call him. He didn't put the sticker up, but a few months later he wrote the same letter basically, so I put his sticker on my locker the next day! He was so nervous on the phone but we were each other's first (and second) sexual experience and remain good friends today.

**JC:** I'm glad you brought it back to sex. If your life were a porn movie, what would be the title?

**BT:** Get your mind out of the gutter, Jim.

**JC:** If only it were that easy.



## 2008-2009 Dues and Admin Fee

By Errol Graham

At the annual general meeting held in October, the membership voted to increase monthly dues by \$5. This increase, which goes into effect in January of 2009, was done to offset the increase in pool rental costs from the city of Los Angeles as well as the increase in additional coaching costs. The new rate will be \$50 per month for all swimming and water polo workouts. WH2O members who participate in water polo workouts only may pay \$25 per month. Swimmers and water polo players who pay by check instead of by credit card will be charged an additional fee of \$10 per month for check processing. This increase marks the first dues increase for WH2O since 2002.

As 2008 draws to a close, I want to remind all WH2O members about the \$20 annual administrative fee that is due at the beginning of each calendar year. If you do not pay your dues by credit card, please remember to submit your payment for the admin fee along with your monthly dues for January. As always, please be sure to indicate what you are paying for in the memo portion of your check.

Checks for monthly dues and admin fees can be mailed to WH2O P.O. Box 691651, West Hollywood, CA 90069 or they may be left in the black box at the West Hollywood pool in the folder marked "Payments for Treasurer".

If you have any concerns about your dues, please feel free to e-mail me (at [treasurer@wh2o.org](mailto:treasurer@wh2o.org)) and I will do my best to answer your questions promptly.



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*West Hollywood  
26<sup>th</sup> Anniversary  
Party  
and  
Awards*

*Big Laughs And A Few  
Tears At This Year's  
Annual Awards Banquet*

By Drew Pokorny

The 26th Annual WH2O Awards Banquet was held on October 26th at the San Antonio Winery. After some kibitzing over entrees and desserts, Social Vice President Boyd Quinnell hosted a lovely dinner with plenty of accolades and even a few tears.

Some eighty-five swimmers and polo players arrived at 1pm (a bit later for the fashionable and the GPS-less) to the downtown winery and were immediately taken aback by seeing everyone...in clothes!

"I didn't recognize you without your nipples!" said one newbie.

After much chatter about lane preferences, coaching styles and the ever popular debate over morning vs. evening practices, (everyone knows evening practices are harder, right??) lunch was served and wine did flow. Turns out, Chicken Parmesan loves a nice Pinot Noir. Who knew??

And what would an awards banquet be without the awards?

This year's winners were an impressive bunch both in and out of the pool. The Swimmer Of The Year Award went to Brian Olver and

Water Polo Player Of The Year went to Fritz Hemker. Chris Smith received the award for Most Improved Swimmer and the Most Improved Water Polo Player was Jason Hurd. This year's WH2O Spirit Award went to water polo player Bryan Libit who also wrapped up a two-year term as President of our fine organization. (Big thanks Bryan!)

The best award is obviously the Double Whammy Award which honors the swimmer or water polo player making the biggest waves OUT of the pool. Whether she got busy with six girls and a boy at IGLA or he woke up in his hotel room at Regionals with - oh I don't know, a trash can by his bed and the last bits of his dignity lost to a tenth vodka cranberry and an ill-advised karaoke ballad the night before - this award seeks to honor the act properly. And publicly!

And while I'd love to share with you the juicy details of the fine runners up, this year's Double Whammy was more of an honorary affair. It seems Mike Wallace has tried again and again to create just the right amount of scandal over the years to get the nod but it's never quite added up. So this year the awards gods were quite merciful and saw it fit to add up his entire collection of dubious behavior in order to bestow a sort of Lifetime Whammy Achievement Award. And if you sit him down with a few smart cocktails and a few loooong hours, you'll begin to see just how hard he's been trying. ;-)

We love ya, Mike!  
Great conversation and lots of laughs happen

at every WH2O banquet but this year a few of us cried too. We lost dedicated coach and good friend Tom Martinez from the water polo team in August. A beautiful tribute DVD with pictures and music played after Water Polo Representative Fritz Hemker said a few kind words. The water polo team will remember him for years to come. A donation of \$500 has been made by WH2O to Global Life Works Foundation in his honor.

Lastly, the dinner was rounded out with our thanks and applause to the 2007-08 board members along with an official introduction of the new board for 2008-09.





# West Hollywood 26<sup>th</sup> Annual Awards Banquet Photos



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***Special Practice Update:***  
Many of you were probably unaware of some of the special practices that WH2O has to offer, please note the information to take

***Wednesday A.M. in Van Nuys***

Coach Carole offers a special split practice similar to that provided on Saturday and Sunday. Swimmers can choose to swim either a freestyle distance or a sprint stroke workout.

***Friday P.M. in West Hollywood***

Coach Bernie is running a sprint workout that concentrates on stroke technique, drills, core training, starts, turns and sometimes even some games.

***Sunday A.M. in Van Nuys***

Following the standard 90 minute split workout where you can choose freestyle distance or sprint stroke, Coach Kiley offers an additional 30 minutes of available practice time that you can use to get in some more distance or even work on your technique.

## *Swimming Etiquette*

*Are you new to the team? Have you found yourself swimming with a new coach that you have never swam with before?*

*Introduce yourself! Not only will this allow the coach to effectively communicate with you, but he or she will also be able to begin helping you with any special needs or technique concerns.*



# On the Calendar....

Save the date and sign-up for these upcoming events!

November 21-22, 2008 – San Luis Obispo Short Course **Yards** Meet. Deck entries accepted.

Thursday November 27, 2008 - Thanksgiving **NO PRACTICE**

**December 5-7, 2008 - SPMA SC Meters Championships, Long Beach**

**Entry deadline November 25<sup>th</sup>. <http://web1.lbgrunions.com/Meets/2008SCMC/>**

**December 13, 2008 – WH2O Holiday Party at Craig Brown’s Home, details to come, so check your email...**

January 24, 2009 – Las Vegas Short Course Yards Meet

February 8, 2009 – UC Irvine Short Course Yards Meet

February 22, 2009 – FAST (Fullerton) Short Course Yards Meet

March 8, 2009 – CalTech Pentathlon Short Course Yards Meet

May 7-10, 2009 - USMS SC Yards Nationals in Clovis, CA

July 27-31, 2009 - IGLA Championships in Copenhagen, Denmark

Please check out [www.wh2o.org](http://www.wh2o.org) for up-to-date information about practice schedules, pool closures, team events and more.

## LOST: Black Casio watch with small compass on its band.

If found, please contact Mauro Bordovsky at [mbswim@yahoo.com](mailto:mbswim@yahoo.com) or at (310) 558-8090.

## More Pictures of the Banquet and Santa Clarita SCM Meet:







# WEST HOLLYWOOD AQUATICS!!