



NEWSLETTER

July 2018

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Some Thoughts From Your WH2O President

by Sam Stryker; WH2O member since 2014



Hello hello hello!

It's your friendly neighborhood president — and I'm not talking about the one that might be impeached! I'm glad that I can share my thoughts on the team with you with the freshly rebooted, new and improved team newsletter — it's much easier than shouting across the pool to you or sending an email I know the majority of you won't read...BUT I DIGRESS. 2018 has been a banner year for WH2O, what with strong showings at big meets by the swim team, some best ever finishes by the water polo squad, packed practices (seriously, I need to start coming to the pool on time because it's so full and I can barely get in), and big-time fundraising. It just proves that when WH2O does something, it doesn't do it half assed — we go big or we go home. I'm proud to be a part of such an engaged organization.

But perhaps what has been most telling to me is how WH2O has celebrated Pride this year. Marching with more than 30 of you in this year's parade was a

testament to how important the organization is in the community, and how we are no ordinary swim team. And seeing the early screening of *Light In The Water* was so humbling — especially to see the hard work, sweat, and tears put in by the early members of the team. I have such a newfound appreciation for the sacrifices they made to make the team we love and enjoy — and I think a lot of the time, take for granted — to this very day.

And that got me thinking. As we look to the rest of the year — Gay Games, other meets and tournaments, socials and fundraisers, team elections — I'm excited for us to continue moving forward with a newfound positive energy and purpose. I'm a huge believer in "you reap what you sow", and I plan on living even more strongly by that mantra the rest of the year. I hope many of you consider doing so too — think of it as mid-year's resolutions! Whether it's pushing through during a distance set,

passing a ball with someone new to the team during their first practice, volunteering for a board position come October, arriving to practice early or on time for once (that one is for me, hehe), or even considering how you speak to your teammates — they are your family, after all — I'm all about positive energy and thinking, and I know results will come through.

Founding an LGBT aquatics team was a groundbreaking act in the 1980s, and in many ways, our community's struggle isn't as uphill as it was three decades ago. However, that doesn't mean being a member of an LGBT team isn't a radical act as it stands today — I'm sure our very existence has Mike Pence quaking in his Payless Shoes loafers. Let's take that to heart and be a stronger team together — and that starts with working as hard as you can to be the best teammate possible.

Anyways, time for me to wrap it up — I'm running late for 7:15 practice as it is, and want to make sure I get there before Neal Wiener.

Stay chloriney!



Behind the Camera: The Making of LIGHT IN THE WATER

by Lis Bartlett; WH2O member since 2011



Everyone has a story. As a documentary filmmaker, I am driven by a curiosity to learn about people.

When I moved to LA seven years ago to pursue filmmaking, I knew two people. I googled swim teams and found WH2O. I felt so warmly welcomed by the WH2O community, even though I don't identify as queer. I felt like, "these are my people." I remember Jessica's subtle encouragement, "I haven't seen you in a while," and Errol lightly suggesting, "You should swim more often," and Liz V asking, "Are you going to keep coming back?" Moving to a new city can be scary. This team became my family and provided me the structure that allowed me to call this place home.

As I began falling in love with LA, I started swimming more regularly - or maybe the opposite is true! The team seemed like a microcosm of the diversity of Los Angeles. We share the same pool for an hour or two... then we go off into the city and pursue unique paths. The more time I spent on the team, the more

passionate I became to learn as much as I could about the people and history of the warm and loving community that had welcomed me. Gradually, *Light in the Water* began to take shape.

More than 50 of you shared funny, meaningful, heartfelt, truthful moments. Themes began to emerge: Stories of volunteerism, of people who were moved to give back because of what the team had given them, a powerful sense of acceptance, of love, family, and community; the transformative power of athleticism, people who never thought of themselves as athletes or swimmers until they were welcomed and encouraged by their teammates and coaches to become faster and more confident; elite athletes who were humbled by the commitment and competition of the team; personal coming out stories; sad stories about the loss of loved ones; and so many beautiful stories of empowerment and acceptance. What stands out most to me is the power of community to accomplish seemingly impossible goals,

and the power of love to heal the losses we all experience in life that carry us forward into more meaningful lives.

Because of the depth of the stories we discovered, what started as an idea for a short film is now a feature length documentary that will air on Logo TV this month! It was only made possible by the generous donations of time, resources, and financial support from all of you, and I am eternally grateful to each of you! Unfortunately, the TV format does not provide nearly enough time to tell all the stories we wanted to include. There are more stories to be told. Here's to each of you and all you do to keep WH2O such a strong force in our lives.

If you don't have Logo, you'll be able to watch it on their website. Stay tuned to our social media for the official air date, screenings, and deleted scenes!

Instagram: @lightinthewaterfilm
Facebook: [facebook.com/swimdoc](https://www.facebook.com/swimdoc)

The Night Before Nationals

by Keely MacDonald; WH2O member since 2016

'Twas the night before Nationals, and all through the team,
Not a swimmer was stirring (though some were shaving);
The tech suits were hung by the swim bags with care,
Ready to cut off circulation, tight as one could bear.

The swimmers were nestled all snug in their beds,
While visions of best times danced in their heads.
Except for Shea and Liz, whose neighbor lacked real charm,
Were being awoken by the blare of an alarm.
They thought, "What a jerk, this neighbor of mine,"
But so hyped were they, he couldn't dim their shine.

Cut to the next day, distance swimmers ready to sweat,
And Keely was up on the block, confused by how they set.
Seriously, she had no clue how those weird track blocks work,
But a mile is long, so that's kind of a perk.
And silver she won, and suddenly it was time
For day 2 of racing, and our teamwork was sublime.

First up 400 IM, a brutal race on the reg,
But WH2O dominated with Jessica and Craig.
And Friday continued, with a slew of great races
We were small but mighty, putting all through their paces.
Now Liz! Now Dan! Now Jim, now Paulo!
On Matt! On Roman! All faster than we could follow.
To the top of heats! First to the wall!
Now sprint away, sprint away, sprint away all!

And George had a pool romance with a guy who was HOT,
And he joined us for dinner! Socially adept he was not.
But that's okay, because swimming is about community,
And re: meeting friends, we never miss an opportunity.

And Matt's 200 breast was one for the books,
While all of Dan's times were really serving looks.
Paulo's backstroke was the fastest in many years!
And our team was #1 in spirit, deserving in cheers.

Roman looked amazing in his gorgeous red suit
And the ladies in pink were equally cute.
Jim taught us backstroke starts, expert as can be,
While Liz's underwaters instilled much jealousy.

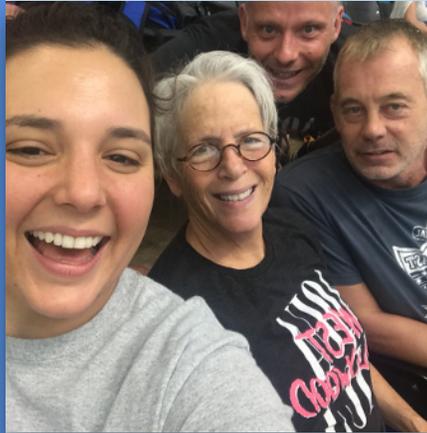
Coach Shea was a champ, pep talking us at every turn
Even walls we missed really helped us learn.
A lot more stuff happened than we can put here;
Can't wait for Mesa – see y'all next year!



All Great Racers - Nationals 2018

by Liz Vucinich; WH2O member since 2008

There's a banner hanging over the diving well at the IU Natatorium that states: "All great racers come to Indy." So it's no surprise that we TURNT UP and really lit up the pool. There were so many amazing swims, and so much fun was had, but for now, we're gonna stick to a few highlights so everyone can live vicariously through this swim-adventure.



Craig Sinel swam an incredible 400 IM, placing fifth, which was over three seconds faster than he went last year. Wow! Matt Schmidt swam the 200 breast in a 2:17.02, which – fun fact! – was within a second of his time from the same race in this very pool 25 years ago.



It was a Masters Nationals for the books, with a couple of new WH2O badass competitors. Roman Charmes powered through a 100 Free even after missing a turn! And George Ramsey swam a 4:50.59 500 freestyle, placing Top 10!

We had some veterans whipping out amazing swims as well. Paulo Figueiredo swam the 50 back in 37.39 seconds, which was his quickest in years, and Jessica Seaton's 100 IM (shout-out to some awesome dolphin kicks off that back wall!) and 50 breast were her fastest since 2009.



Jim Ballard brought it in the sprints fly and back, rocking an eye-catchingly spectacular pink cap all the while. And Liz Vucinich got a personal best in several swims, including the 200 backstroke (bronze, baby!) and 50 fly.

Dan Ferguson was our SPRINT MASTER, really bringing it in all of his races and crediting that sprinting prowess to our Friday workouts. And on the opposite end of the spectrum, our DISTANCE QUEEN Keely MacDonald swam her own race in the weirdest heat of the mile ever (earning a silver medal), and even discovered she might be a 400 IMer despite many protests.

Shout-out to the COLD TUB, which was freezing and painful but supposedly good for sore muscles and obviously great for a laugh. And thank you to our team mom for the weekend, Lauren Vucinich – our team nationals would not be the same without you!

Finally, thank you so much to our wonderful coach Shea Manning, who ensured that we had the best team atmosphere in all the pool, and gave constant pep talks and advice. We love you, Shea!

The three women on our team came in 23rd overall. The seven men placed 29th. Overall, we small band of brave swimmers placed 26th out of 191 clubs, proving that even a small group can have the biggest heart, and we great racers not only came to Indy, but we swam, and we conquered.

WH2O Water Polo Racks up the Numbers... and Wins!



by Jon Kelly; WH2O member since 2015

West Hollywood Aquatics Water Polo is off to a tremendous start to 2018, and it's all about the numbers. We've seen an incredible uptick in membership recently, with a little over 50 (!!) active polo members on the team, the largest WH2O has ever had! Practice turnout usually yields three scrimmaging teams, and as a result our competitive edge is razor sharp!

In February, WH2O entered three teams in OC's annual Winterfest tournament, placing third in the Men's Bracket and Third in the Women's Bracket. This is the first time WH2O has entered three teams in a tournament and the first women's team since 2003. WH2O also brought a contingent out to Arizona's Desert Duel in March, an event we're hopeful to make into an annual tradition.



In May, WH2O traveled to San Francisco for the Tsunami de Mayo tournament -- this year renamed to Tsunami de Madre as it fell on Mother's Day weekend. We took two teams to the tournament and got a chance to play against many opponents in this 8-team tournament, including East Bay as well as our "rival" IGLA team: San Francisco Tsunami. West Hollywood B finished in 5th place overall, while West Hollywood A finished in 1st place! This is a major milestone for WH2O as it's the first time we have placed first in a tournament outside of IGLA or Gay Games. It's all about the numbers in 2018, and with a strong competitive team, we're certainly putting the "W" in WH2O!



As we look ahead, West Hollywood is eager to participate in Gay Games Paris in August and the Lake Havasu Open Water Tournament in September. Thanks to everyone, both past and present, for their hard work in building this team into what it is today. We'll keep you posted!!

WH2O Flaunts Team Pride... and Some Skin

by Colin Dueweke; WH2O member since 2016

WH2O's entry in the Los Angeles Pride parade this year was a huge success! With a nod to the team's 1992 entry, we showcased a smiling, shimmering merman (thanks Antoine!) on the back of a classic Mercedes convertible. More than 30 members marched with the team this year; shooting parade-goers with water guns, strutting their stuff in swimsuits and team shirts, and portraying how much fun we have as a team. Our biggest compliment was being told numerous times we were what the Speedo float should have been. Plans are already underway for next year's parade and we're excited about having even more team members join us!



Special thanks to the Pride Committee (*Craig Sinel, Blaine Zuckerman, Keely MacDonald, George Ramsay, Nicco Frosini, Coach Shea and Liz Vucinich*) for their hard work planning this event. Also, thank you to Jonathan Skow for donating

AWESOME Mr Turk suits to the team - we received many compliments and "where did you get those" questions from people in the crowd.

With the summer in full swing, we have a couple fun events coming up in the next couple months to keep on your radar. We are looking at hosting a Gay Games 2018 Send-Off event in late July. Details are still being worked out, so please be on the look-out for an update email! Due to the overwhelming success of last year's beach day, we are going to be holding another one this summer! While the final date has not yet been determined, this event will likely be towards the end of August/early September.



Swimmers Can Change the World

by Shea “Coach” Manning; WH2O member since 2017



Heads down. No time for eye contact. Communicate in micro-aggressions—ride that person's tail and make sure they know how inconsiderate it was to get in your way. Stew at the curt projection of shade you are certain was directed at you. Deliver a snippy [or more than snippy] rebuke when you are inconvenienced, annoyed, out of sync, or generally aggrieved by how rude some people can be! (THEY CAN BE SO RUDE!!!!) We've all experienced these situations—as both the culprit and the victim.

Am I talking about a particularly frustrating day at swim practice; or referring to the culture of communication and interaction with strangers in 2018? It is hard to differentiate sometimes, especially when we are caught up in our own worldview and prioritize our own frustrations. These similarities, however, do not represent anything particularly bad about swim culture—quite the contrary. These common interactions are an opportunity to grow together. By recognizing these instances in the moment, with teammates we know and genuinely care about, we can better equip ourselves to more successfully communicate with everyone no matter what level of annoyance they inspire within us.

It's a wonder how we overlook awareness of other swimmers as an opportunity for self-improvement. After all, we recognize the power of training with a team. It is the palpable group-energy that make individual workouts feel less productive and less fulfilling than what we are able to accomplish when we swim together. You aren't crazy, or lazy, for recognizing this difference: studies have shown the energy is measurable, even visible. On a few lucky days we find peak lane synergy. It's those practices that, for whatever reason, you and the other swimmers in your lane are on the same wavelength. You share an understanding for the set, a respect for how to best execute that set, and quick adaptability in the moments when your goals and execution do not perfectly align. You move as one unit, act and react with anticipation, and in unison.

These perfect practices often feel as rare as taper; they are even rarer if we are not actively thinking of ways to create them. Managing energy is on all of us—coaches and swimmers—but most of the power is within the lanes. Coaches insert themselves to infuse or diffuse energy when they notice a need, but the swimmers create and experience the atmosphere in real time. WH2O is already one of the best groups I've seen manage this dynamic—though we can always get better, we still have our moments, and we can bring

the successes in communication and collaboration with us to other areas of our lives.

In order to create more impact out of the pool, we should strive to be more aware of this harmonious atmosphere when we are in the pool. Dwell on it, try to understand it better. Recognize the jarring moments that knock the energy off track. Notice how and when you contribute to it, both positively and negatively—and yes, we all do both. Trust that even the most annoying swimmer does not have ill-intentions when they block the center of the lane as you turn, or stop before the end of a lap, or express his/her frustration aggressively, or push off too early, or push off too late, or touch your toes eleven times in a 50 after insisting you go first. All of these examples can be maddening (especially you toe-tickling monsters out there!). When this happens, it is worth sitting with the frustration, sorting out what is bothersome about it as your face is in the water, and learning the best way to address issues so that your audience receives the message, not simply to get the message off your chest. If, however, we can begin visualizing how these moments translate into our interactions away from the pool, we'll begin a never-ending cycle of self and community improvement by continuously raising the bar of our own awareness and communicative impact.

My favorite example of this is in the way we experience rush-hour (or every-hour) traffic in LA. It's a lot harder to give strangers the benefit of the doubt, especially when they cut us off, or move too slow, or move too fast; but if we look at traffic in the way we look at a crowded pool, as a diverse group people of differing outlooks, we know that getting flustered doesn't get us to our destination any faster, and we are a lot crankier when we arrive. It is only in the moments when we respect and embrace the group dynamic that we are able to accomplish as much as we are capable of on that day. There will be plenty of days when this feels impossible, when we are at a dead stop on the 405 with no way around it, and we must remember that these days are opportunities to strengthen our minds and make us more capable of success the next time around.

If there is one thing I'm sure we can all agree on, it's that the world in 2018 could use a little more synergy, communication, and understanding. Let's do more than our fair share in making that happen!

WH2O Puts the FUN in Fundraising with Drag Queen Bingo Extravaganza

by James Carameta; WH2O member since 2016

The West Hollywood Aquatics annual Drag Queen Bingo fundraiser took place on Wednesday, April 4. It was a festive, raucous evening at Hamburger Mary's with fabulous prizes galore. We had a potty-mouthed drag queen named Roxy calling bingo numbers, there was food, and there was booze. There were a couple of false bingos - WH2O Board Member Olivia Karlin received a Roxy spanking for this mishap. There was some tomfoolery and, most importantly, **we raised a total of \$4105.64!** This money helps the team cover expenses related to swimming and water polo coaches who attend training camps, tournaments and meets.

Our fundraiser would not have been so exciting and successful without the incredibly generous donations that were made by our teammates. The items were assembled into prize packages for each round of bingo, plus four live auctions. Several WH2O members were among the lucky prize and auction winners!

If you weren't able to join us this year, please consider joining us next year. And be sure to check your emails for information about upcoming events at Gym Bar and Jox on the Lot at the Faultline Bar coming later this summer!



A very special thank you to our donors for this event:

Marisa Lorion, Matt Schmidt, Roman Charmes, Jonathan Skow, Marcus Hernandez, Brittaney Talbot, Luis Clavijo, Dan Guerrero, Igor Porciuncula, Stephan Miermont, Irene Wong, Mossi Salibian, Dan Ferguson and Shea Manning.

WH2Ocean – You Will Find Us at the Beach

by Amy Dantzer; WH2O member since 1989

Summer is here! And, as the air and the ocean warm up, you may have noticed (or seen on Instagram) that some of your teammates are hitting the beach rather than the pool a few times a week. To me, there is nothing more freeing than open water swimming, where there are no walls, no lane lines, no black line and, instead, there are ever changing conditions, beautiful sea life and the chance to ride waves just as we did when we were kids.

If this sounds like fun to you too, you're in luck. Because we have the Pacific Ocean in our backyards, there are lots of local opportunities to get the sand between your toes and salt in your hair.

The most popular local open water swimming (OWS) race is the 2.2 mile Dwight Crum Pier-to-Pier Swim (P2P) from the Hermosa Beach Pier to the Manhattan Beach Pier. This year, the P2P takes place on Sunday, August 5. For swimmers not going to Gay Games Paris, it might be a great summer training goal. P2P typically draws about 1200 competitors including a pretty big WH2O contingent. If you did not do the race in 2017, you are required to do a "Check Out Swim," which is a short swim observed by a lifeguard at the Hermosa Beach Pier on July 14, 21 or 22 between 9-11 AM. All the race information (including photos of previous races) can be found here: [Dwight Crum Pier-to-Pier Swim](#).



If you're looking for something a little shorter, this is the first year for the Redondo Beach OWS scheduled for Sunday, July 15. There are both half mile and one mile race options so this is a great warm up race to the P2P. And the Redondo Beach OWS qualifies as a "Check Out Swim" for P2P. All the race information can be found here: [Redondo Beach OWS](#).

There are plenty of other opportunities near and far for OWS races in oceans and lakes and even rivers. Here are two websites that list most of the nearby races: [Southern California OWS Swims](#) and [Southern Pacific OWS Schedule](#).

If you are considering competing this summer and you don't have a lot of (or any) OWS experience, I highly recommend you do some training in the ocean before you race. Because there are no walls, no lane lines, no black lines, it is different from swimming in the pool. In Southern California, most races also have beach starts and finishes so it's a good idea to get comfortable in the surf.

Additionally, many of these races are long – a lot longer than the races we train for in the pool. While most of us swimming regularly in the pool workouts will be able to complete a longer swim, it can be pretty painful if you're not conditioned for it. If you're going to race for over two miles in open water, it's important that you do some additional endurance training in preparation, preferably in the ocean.

We hope more of you are interested in giving open water swimming a try and that we will see you at the beach this summer. But, if it's just not for you, you can still follow us on Instagram at #wh2ocean. And check back here for more reports after the summer season ends.



Dear Keely,

How should I fight my laziness of making it to practice? It's so hard to wake up early or pull myself together after a long day of work to head to the pool. Help???

Yours truly,

Feeling Perpetually Lethargic Most Days

Dear Perpetually Lethargic,

You're not alone. Being an adult is the worst, and even when you haven't worked for months, it's hard to wake up in the early morning or prepare yourself for a 90-minute practice when most normal people should be eating dinner. This sport has wrecked my chill and frankly I resent it! But it's worth it to go to practice, and here are some reasons that might help get you motivated:

1) **It's a great workout.** You know it. I know it. That nutritionist who recently tried to con me into quitting dairy knows it. You will get out of the water feeling accomplished. You earned that 6-pack – be it abs or beer!

2) **You're gonna get a great base tan.** Summer days mean longer hours and mirrored goggles, so this is a thing no matter what practice you're attending. When you go outside for that obligatory work picnic later in the summer, you're not gonna get burnt like everyone else thanks to your time in the pool. Very big deal.



by Keely MacDonald

3) If you suddenly find yourself on a yacht and it sinks and they've run out of lifejackets, you won't die because you can tread water for hours! Unless you're naturally buoyant like me (that's my #1 strength in the water!), it helps to know that you're at your peak physical condition. Truly, get out of bed or go after work because **you're really just preparing yourself for a lifesaving hero moment.**

Keely's Korner

Chapter 1

3A) On that note, if the apocalypse or real-life Hunger Games ever happens, **you're gonna be in great shape to stay alive.** I might be high-functioning basic, but you better believe my stamina isn't gonna be what does me .

4) On a more serious note, the biggest reason to get your butt to the pool is because **you're gonna have a good time no matter what.** I personally have never felt so lucky to be surrounded by so many charismatic, caring, and convivial people in one setting. Yes, you're exhausted, but going to practice can only invigorate you. Come with a frown, leave with a smile. Friendship FOREVER.

So, Lazy, whether you're working towards a goal to better yourself or your times, remember that if you can just push through and make it to the pool, you're gonna be happy afterwards. It's worth it. See ya there.

Your teammate,
Keely

WH2O Team Member Spotlight

Questions by Blaine Zuckerman; WH2O member since 2018

EMILY MURPHY, Swimming WH2O member since 2017

1). When did you start swimming and what are your earliest and fondest memories?

I started swimming on a team when I was around the age of 8. I remember trying other sports, especially soccer. I remember being on the soccer field, a ball rolled up to me and I started hysterically crying. Apparently land sports aren't my thing. I told Mom and Dad I wanted to swim. My favorite memory is this one particular swim meet, when I was 15 or 16, I think the meet was either at Harvard or Dartmouth, definitely an all-weekend swim meet. I was a distance swimmer back in the day, swimming the 400 IM and the mile. I was up on the block and remember diving in for the mile and totally kicking ass for the full 19 minutes of swimming, but towards the end I remember my mother hanging over the stands and screaming at the top of her lungs and moving her arms all crazy "KIIIIICK, EM, KIIIIICK," and then I'm pretty sure her gum flew out of her mouth and was in the pool swimming alongside me. I think it's my favorite memory because I just remember seeing my mom all in, going nuts in the stands, just like I was in the pool. Something I'll never forget.



2). What swimming teams have you belonged to over the years?

I've been on a few! When I was young I swam on the Stingrays team. Age group level it was the Andover Pirates and New Wave Swim Club, and I swam at high school. I continued into college where I was on the Bridgewater State team. Go Bears!

3). Name one surprising or unique thing that's often in your swim/polo bag...

Oh man, this can range from pool supplies, you know, the quintessential goggles, shampoo, etc. But, on occasion, because my swim bag is used for our adventures I've had everything in there from firewood, to road flares, hunting knives and even a bottle of Jack...and yes, they are sometimes still in my bag at 6am practice on Monday!!

4). What's your favorite activity or hobby that doesn't involve a pool or beach?

Travelling, adventuring and exploring new places with my husband, Chris.

5). What current film/TV show/book/podcast are you obsessing over? (bonus points if it involves bodies of water)

I really like talk radio on my morning commute to work. On the way to swim practice I have Weezer's *Pacific Daydream* album blasting. I obsess over horror and sci-fi films. My husband and I just watched *Mom and Dad* and if you like B-grade horror movies then I highly recommend it. It's on Hulu.

6). Pancakes or waffles?

If I had to choose in a life or death decision, then pancakes. BUT donuts are my top choice.

7). What's your favorite thing about being a member of WH2O?

Everything. Is that an answer? LOL. Honestly, the swimmers and the coaches. Being in the water brings a sense of calmness to me, but adding in positive and genuine fun people just adds a whole new level to it. I have NEVER been part of a team that feels like one unit. Thank you all for taking me in with open arms and letting me be a part of a team that is so special and awesome.

JACKSON GONSALVES, Water Polo WH2O member since 2017

1). When did you start playing polo and what are your earliest and fondest memories?

I have always swam (for fun) as a child and I realized that I always wanted to be in the water as much as possible. So in high school I joined the water polo team at California High School in Whittier, CA. I played all four years and have several amazing memories to look back on, but overall my fondest memories are the ones I have recently made on the WH2O team. I have made amazing friends and have had countless laughs with the group of guys and girls I've come to know and love.



2). What polo teams have you belonged to over the years?

West Hollywood Aquatics is the only Masters team I have belonged to. Besides that, I have only played in high school and at Cerritos College in 2010.

3). Name one surprising or unique thing that's often in your polo bag...

I don't believe I have anything unique in my polo bag, but I typically carry several styles/patterned speedos during our tournaments. I personally love to change my speedo for each match, and I mostly hate putting on a wet speedo...

4). What's your favorite activity or hobby that doesn't involve a pool or beach?

Currently my favorite thing to do outside of polo is yoga. I have been doing yoga for 3 years now and potentially looking into starting courses in September to become a yoga instructor.

5). What current film/TV show/book/podcast are you obsessing over? (bonus points if it involves bodies of water)

I have been obsessed with watching *Rick & Morty* and *Schitt's Creek*. Both shows are f**king hilarious and always fun to watch right before bed.

6). Pancakes or waffles?

PANCAKES, but not just any pancakes. Chocolate pancakes with bananas. MY FAVE!

7). What's your favorite thing about being a member of WH2O?

The great thing about being a member of WH2O is that you not only join a great competitive/skilled team, you are welcomed into a loving supportive group of individuals who truly care about you. Everyone, especially the coaches and board members, truly make WH2O a place to feel welcomed and supported and I could have not found anything better when looking for a masters team to join.