



## SENIOR: CONTINUED SUCCESS AT SENIOR CHAMPIONSHIPS

Gulliver Swim Club senior swimmers completed the 2015-2016 short course season with an outstanding showing at the Florida Gold Coast Senior Championships in Pembroke Pines. On the final day of competition, Gulliver swimmers finished with a flurry to come within 87.5 points of Overall Team Champion SOFLO, 2685 points to 2597.5 points.

Furthermore, Nick Carter was the Men's Individual High Point Winner for the Senior Boys division and Miguel Cancel won the Individual High Point Winner for 15-16 Boys.

The three-day meet was held at the Pembroke Pines aquatic facility and featured many of the Florida Gold Coast's top senior swimmers including Olympians Alia Atkinson, Carolina Colorado, and Claire Donahue who represent SOFLO.

Individual event winners for Gulliver included Miguel Cancel in the 100 Free, 200 Free, 500 Free, 100 Back, 200 Back, and 200 IM; Nick Carter in the 50 Free, 100 Free, 50 Back, 100 Back, and 50 Fly; Emily Cordovi in the 50 Back; Kelly Fertel in the 200 Breast, 200 IM, and 500 Free; Marcella Ruppert-Gomez in the 1650 Free. Marcelo Lazerique was able to earn a new Junior National cut in the 200 Breast. Lastly, Miguel Cancel shattered the FGC Record in the 200 Backstroke by over a full second with a time of 1:46.74.

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## AGE GROUP: JUNIOR OLYMPICS- TOP 10!

One year ago, at the 2015 SCY Junior Olympics, Gulliver Swim Club finished 16<sup>th</sup> overall in the team standings. Twelve months later, we came back to Coral Springs and finished in the TOP 10 overall. (9<sup>th</sup> place). (It should also be noted that no Miami based team fared better than Gulliver Swim Club).

The 10 and Under Girls points came from relays and the individual efforts of Sophie Lamelas, while the 10 and Under Boys scored in a relay! There were multiple boys under the age of ten swimming in Raider caps, quite the step up from zero qualified individuals twelve months ago.

The 13-14 year olds in attendance raced tough and swam in highly competitive heats. Henry Urquidi was able to bring back a point for the team in the 1650 freestyle; way to go, Henry!

The 11-12 year old GRSC swimmers, though, held their own and scored the majority of our team points. With wonderful efforts from all, the 11-12 year olds individuals raced up to 16 times throughout the course of the 3 day meet. To continue to perform at the highest Age Group level in South Florida race after race, in the manner in which they did, is truly a testament to their hard work and devoted efforts in and out of the pool.

Way to go, Raiders!



## BRONZE GROUP:

### SWIMMER OF THE MONTH:

## Ishaan Agarwal

Favorite Stroke: Breaststroke

Favorite Book: The Magic Treehouse Series

Favorite Swimmer: Michael Phelps

## SILVER GROUP: SWIMMER OF THE MONTH:

## Mila Fanjul

## GOLD GROUP: SWIMMER OF THE MONTH:

## Isaiah Jimenez

### Bronze Group SOTM



### Silver Group SOTM



### Gold Group SOTM



**Find us on Facebook!**

You'll find:

- **Interesting News Bulletins**  
This month: the Miami Herald story of our Olympic Trial qualifiers was featured!
- **Stimulating Quotes and Thoughts**  
Pertaining to Swimming, Athletics, and a Sporting Mentality
- **Team pictures**
- Occasional **race footage** from meets and short, informative **technique videos** and links for parents *and* swimmers
- Other team parents and members online, each collaborating and sharing great news in the GRSC community

"Gulliver Swim Club" on



Photo courtesy of Mikal Grass

## Swimming Term of the Month:

### Psych Sheet & Time Line:

Before swim meets begin, the host team will post and send out two important items.

The **Time Line** is a list of every event slated to be swam at the meet. The Time Line also lists the approximate time each event will begin. This can be helpful for parents who don't want to miss their child's events.

The **Psyche Sheet** is a compilation of every swimmer from every team in attendance entered in each event. This helps show parents where their child ranks in the speed of the meet.



## Frequently Asked Questions:

“What changes when the pool becomes Long Course?”

For coaches, certain sets will be modified.

For swimmers, technique becomes paramount.

The Long Course pool demands swimmers maintain proper swimming technique over 50 meters. With half as many flipturns, the turns become TWICE as important. A poor turn in the Long Course pool will be costly.

## UPCOMING BIRTHDAYS

Luna Turchi- Senior- 4/1	Sophie Lamelas- Gold- 4/15	Christian Perez- Senior- 4/23
Jonathan Bertner- Masters- 4/2	Jack Gatcliffe- Senior-4/15	Chris Blythe- Masters- 4/23
Federica Barros- Senior-4/3	Jacob Wienants- Gold- 4/15	Valeria Strohmeier- 4/27
William Rivabem- Bronze- 4/5	Sebastian Tanaka- Senior- 4/16	Justin Alem- Senior- 4/28
Paloma Morales Harrison- Bronze- 4/6	Louhane Sicard- Bronze- 4/17	Tucker Franklin- Bronze- 4/28
Trey Gribble- Senior- 4/11	Roy Liu- Masters- 4/17	Luna Arcila- Bronze- 4/29
Parker Rosenthal- Gold- 4/13	Sofia Velasco- Bronze- 4/20	

# LIFE LESSONS I LEARNED FROM SWIMMING:

Anonymous



"OPPORTUNITY IS MISSED BY MOST PEOPLE..."



"... BECAUSE IT IS DRESSED IN OVERALLS..."



VIA 9GAG.COM



"... AND LOOKS LIKE HARD WORK."

- **I don't get better at skills by doing other things.** My butterfly never improved when I only trained breaststroke and avoided butterfly; just like my skills on Excel never improved if I avoided Excel. My piano skills didn't improve by playing Guitar Hero. My lacrosse skills didn't improve by skateboarding.
- **Being late is still late, no matter the excuse.** My coach yelled at me for being late; just like my boss at work was upset she had to cover my duties when I was late. She didn't care much that there was traffic. **There was a job to do and I wasn't there; that's all that matters to efficient people.**
- **My equipment/what I wore didn't make me better.** I never had the newest, coolest swim suit; just like I don't have the nicest boots. But, **nice boots don't help me swing a hammer any better than the next guy.**
- **I never got anywhere alone.** To reach my successes, I had help and guidance from coaches, support from family, and (good) pressure and challenges from my friends. I did nothing alone; just as "my" accomplishments as a member of society are actually the successes of everyone around me who enabled me to be a part of those successes. **The lead wolf is only as good as the pack; the pack is only as good as the lead wolf.**

## IMPORTANT DATES FOR APRIL:

APRIL 17: SWIM MIAMI (OPEN WATER)

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APRIL 29<sup>TH</sup>-MAY 1<sup>ST</sup>: JON OLSEN GOLD MEDAL INVITE- ISLAMORADA, FL

\*\*\*REGISTRATION DEADLINE- APRIL 21<sup>ST</sup>\*\*\*



## MASTERS SWIMMING:



Congratulations to Ricardo Valdivia and Mike LaMonica of Gulliver Swim Club for ranking 1st and 2nd in the WORLD for United States Masters Swimming in 2015.

Ricardo Valdivia is currently ranked 1st & 2nd in the world in the 400 Freestyle SCM and the 400 IM SCM, respectively. Mike LaMonica is currently ranked 2nd in the world for the 200 Butterfly SCM.

Our Masters swimmers continue to inspire us and verify the Gulliver Swim Club core training philosophy that “with every improving technique, your swimming career will last as long as you want it to.” Congratulations, gentlemen, on your hard earned results!

