



SENIOR: ALICIA MANCILLA RACES AT OPEN WATER NATIONALS

This past weekend, sixteen year-old Gulliver swimmer Alicia Mancilla competed at her first-ever USA Swimming Open Water National Championships at Miromar Lakes Beach & Golf Club in Miromar Lakes, Florida. Alicia finished 19th overall in the Open Water 5k event, was the 9th fastest American, and 5th place overall for those female swimmers 18 & under.

Featuring the nation's top open-water swimmers in addition to 20 international standouts from over 10 countries, the 2016 Open Water Nationals served as the selection meet for the 2016 FINA World Junior Open Water Championships, as well as the 2016-17 Open Water National Team. In a photo-finish, Aurélie Muller of France, the gold medal favorite heading into the Rio Olympic Games, out-touched Olympic silver medalist Haley Anderson by .008 seconds. Muller finished in 1 hour, 1 minute and 48.307 seconds, while Anderson finished in 1:01:48.409. Poliana Okimoto of Brazil took third in 1:01:48.524.

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AGE GROUP: WHY IS IT IMPORTANT TO ATTEND EVERY OFFERED SWIM MEET?

Coaches begin each season with a meeting to discuss race plans for the Age Group, as a whole. For all swimmers physically capable, the plan this summer is to alternate events each meet.

Gold Medal Invite: 50's and 100's of strokes + (400 Free & 400 IM)

Gulliver Summer Invite: 200's of strokes + 1500/800 Free

Pine Crest Invite: 50's and 100's of strokes + 400 IM and 400 Free

SFTL Invite: Mix of (mostly) "off" events + 1 or 2 "best events"

Area Champs: (only swimmers without JO cuts)

By skipping meets, or avoiding certain days, swimmers miss the opportunity to race certain events in an already truncated long course season. While coaches would never put swimmers in events they cannot physically or mentally handle, we *do* like to challenge our swimmers with new opportunities to improve and develop true self esteem.

Take the time to register your swimmers for the remaining long course meets today! All the meet registration pages are available on the team website.



BRONZE GROUP:

SWIMMER OF THE MONTH:

Ryan Gamulin

Favorite Book: The Magic Treehouse Series

Favorite Event: 100 Breaststroke

Favorite Athlete: Lionel Messi

SILVER GROUP: SWIMMER OF THE MONTH:

Stella Hamann

Favorite Color: Purple

Favorite Stroke: Butterfly

Gold Group Swimmer She Admires:

Erika Pelaez

GOLD GROUP: SWIMMER OF THE MONTH:

Sam Rivas

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 Teresa Rodriguez

Jon Olsen Gold Medal Invite

Age Group Results:

50 - 100 Meter Races: 95%
200 Meter Races- 100%
400 Meter Races- 90%

Butterfly: 92%
Backstroke: 93%
Breaststroke: 89%
Freestyle: 96%
Individual Medley: 95%

10 and Unders: 91%
11-12's: 96%
13-14's (Gold): 100%

Bronze: 89%
Silver: 96%
Gold: 91%
Team: 96%

New Junior Olympic Time Standards Achieved:

69

New Qualifiers:

Daniel Grant, Natali Perez

New Team Records:

Erika Pelaez: 50 Free, 100 Free, 400 Free, 50 Backstroke, 100 Backstroke, 50 Butterfly, 100 Butterfly



Frequently Asked Questions:

“Why do coaches select events for meets? What do they consider?”

Coaches like to have swimmers try a variety of events. When parents are allowed to select events, swimmers often end up racing the exact same events each meet and show little to no progress. By alternating events and distances, swimmers race new, fresh events throughout a season and feel more confident as they improve across a variety of skill sets.

Coaches will also plan events for swimmers long term. They may alternate “best events” with “off events,” or they may alternate “50’s/100’s and 200 meter races.”

UPCOMING BIRTHDAYS

Alexa Csonka- Bronze- 5/1	Gabriela Carratala- Senior- 5/7	Alex Perez- Senior- 5/23
Rene Peralta- Senior- 5/1	Cara Mullery- Senior- 5/7	Gio Musiello- Silver- 5/25
Jehzebel Davila- Silver- 5/2	Rodrigo Cardenas- Masters- 5/8	Marcelo Lauzurique- Senior- 5/28
David Campos- Gold- 5/4	Emiliano Garcia- Senior- 5/8	Eugenio Lauzurique- Senior- 5/28
Emma Helad- Masters- 5/6	Sofia Ciperski- Silver- 5/10	Jose Morales- Silver- 5/29
Alex Sejas- Senior- 5/6	Isaiah Jimenez- Gold- 5/19	Henry Urquidi- Senior- 5/31

WHY MORNING PRACTICE IS IMPORTANT... AND WILL HELP YOU DO BETTER IN SCHOOL!

Feeling sluggish? Do you have trouble concentrating on tasks throughout the day?

Exercise is a key way to improve your quality of life, physically and mentally. But, how does exercise improve the way your brain works and how you think? John Medina's Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School offers insight into the development and continued higher-functioning of our brains and bodies. Wright states, "A lifetime of exercise results in a sometimes astonishing elevation in cognitive performance, compared with those who are sedentary." In short, **humans who are physically active and move function better mentally than those who do not move.**

So, how much exercise, and what kind of exercise, do you need to improve brain functions and feel better? NOT MUCH! The human body craves movement. With our ancestors moving, walking, and running everywhere, we are designed to walk up to 12 miles per day. Because of this, **aerobic exercise (even just 2-3 times per week) helps show improvement in brain functions.**

Preliminary studies even show that with exercise in schools, **when trained teachers "provided the physical education, [the] children actually did better on language, reading, and the basic battery of tests" in school.**

No one, from children sitting at school desks to adults sitting at cubicles, is meant to remain sedentary all day long. We crave movement!

The benefits of exercise are endless, as aerobic activity creates change in all physiological areas. Exercise:

- § Helps build stronger bones and muscles
- § Stronger bones and muscles improve strength and balance
 - § Regulates your appetite
 - § Improves your immune system
 - § Buffers against stress
- § Decreases the risk for heart disease, stroke, and diabetes.

Exercise acts as metaphorical Miracle-Gro for brain development. At a more scientific level, exercise stimulates the creation of BDNF- a powerful growth factor. BDNF "keeps [existing] neurons young and healthy, and makes them more ready to connect with one another. It also encourages neurogenesis- the creation of new cells," as Wright says. Thus, the brain functions more smoothly, as a result of better functioning neurons -thanks to exercise induced brain chemicals.

With laboratories finding regular exercise (20-30 minutes, 2-3 times per week) improves the problem solving areas of our brains, increases our fluid intelligence, maintains our memory capabilities, and drastically improves our physiological systems...**we now know that to improve, we have to move!**

IMPORTANT DATES FOR MAY:

MAY 20-22: GULLIVER SUMMER INVITATIONAL (LCM)

REGISTRATION DEADLINE- MAY 12TH***



MASTERS SWIMMING:



Congratulations to Sofia Gonella, who competed in the 2016 South Beach Triathlon. Ms. Sofia Gonella was 1st/ 12th on the swim in her age group and 1st overall for females for the CLASSIC distance.

