



Fun Fall Forward!



And here we are ... in the midst of Fall & Winter Swim Moving Forward & the clocks having already been moved back. During this time of year, while practicing from dusk into nightfall, those pool lights are on; and after training, hot cocoa awaits. Registered in the Fall & Winter program are 75 Stingrays, this season many availing themselves of a new format -- varying months & a concomitant fee structure. It's proving highly successful; and, as year-rounders, we all know they reap what they sow!

Spooktacular

On October 12 thru 14 at the Roseville Aquatics Center was the annual Spooktacular Swim Meet. A dozen Stingrays swam in this Haunted Pool. Braving the spooky ghouls in alphabetical order were 12 & Unders Olivia Arno, Leah Brinzei, Sophia Brinzei, Vlad Hrnashka, Luke Kronbetter, Sierra Pena & Maggie Tolamtl. Competing against other ghosts & goblins in the 13 & Ups: Barak Crowder, Lauren Jones, Jordyn Larson, Kove Pena & Andrew Tolamtl. Kudos to our Gold River intrepid 12! With Fallen times, a Fun Fall meet was had by One & All!

Pete Finch Memorial Distance

An accomplished masters distance swimmer & longtime head meet referee, this yearly competition has been named in Pete's honor. At Rio Del Oro, October 19 thru 21, two Stingrays chose to go the distance ... Vlad Hrnashka & Lauren Jones. 7-8 Vlad, making his debut as a distance racer, competed in four events [100, 200 & 500 free & 100 breast]. In the 500, he nailed it -- 7:05.0! Congratulations to this young man. He's going a l-o-n-g way fast! Literally working through the pain last year, 13-14 Lauren has left that all behind, swam the 200 free & 200 IM, and is bound & determined to make this next Spring & Summer the best ever. You go, girl!!

Gold River Haunted Racquet Club

Many Stingrays were among those getting into the early Halloween Spirit on October 20 ... some recognizable & others not so much. If you've never attended, we encourage you to come out next year. Once you do, it'll be a repeat on your annual calendar. The Pirate Ship, BBQ, costume contest, games, hand-decorated pumpkins & so much more. It's a club-wide favorite -- designed for the young, the young at heart, but not for the faint of heart!

Great Pumpkin Intrasquad Relays

The day before Halloween, right in our own graveyard, the coaches decided this was a legally-binding meet. Sanction No. 103118 agreed that GRRC would be held harmless from any claims that the Stingrays would have Too Much Fun! To ensure the Fall Fun, Head Referee Pumpkin Head & Starter Pistol Shooter visited to fire off some hilarious relay events: push & carry pumpkins, underwater race cars [aka lung busters], splish-splash kickboards, weighted-down tee-shirts & super-fast fins. To carve out the rest of the evening, the team enjoyed traditional [ho-hum] relays: back, breast, fly & free. Time for a pasta feed, home to bed & awakening in the real-deal. A Happy Halloween & Moving Forward to the next meet ... the Gobbler Classic on November 16 thru 18 at Vista Del Lago in Folsom. [Details to follow]

Team Announcement!

News Flash: For the past four years, our Stingrays have been known as the Small-but-Mighty ... for good reason. Though the smallest team in the League's top-tiered Comstock Conference, one year ago GRRC placed first & turned the League upside down. Now it's time to get back to basics, do the math & secure greater parity. Turning the page into the New Year, our team will now be Moving Forward in the Gold Rush Conference – and the competition will be oh-so-Mighty exciting!

The Stingrays could not be as successful & exuberant without the support of our club's membership. When counting blessings at Thanksgiving this year, each & every one of you are among them.

WE BELIEVE in Giving You Thanks!

