



BELIEVERS

BELIEVE • ACHIEVE • RECEIVE



And that's exactly what we did! Against all odds, our Small-But-Mighty **BELIEVERS** became **ACHIEVERS & RECEIVERS**! In this video synopsis of our season, the Magic Dragons' background music is aptly-titled **BELIEVER**. After taking a moment to cut and paste the link into your browser, enjoy this masterpiece created by our own 14-year-old Lauren Jones ... and be sure to listen in on these seamless lyrics. We **BELIEVE** you'll be happy that you did!

<https://www.youtube.com/watch?v=ixaHk9tEk1k&feature=youtu.be>

As for our **ACHIEVERS**, every single Stingray [and Mini-Ray] improved with amazing velocity, chalked up Personal Bests, had immense fun in the process ... and worked so hard that they surprised themselves! **BELIEVERS** all, "With Heart & Soul to *Reach* Our Goal," maximum potentials were *Reached*, and goal after goal was **ACHIEVED**.

The *challenge* in this newsletter is to start where we left off, but let's see what we can **ACHIEVE**: Dual meet against Rio Del Oro, a dual and an invitational at Glen Oaks, and our last dual at home with Del Norte ... the buildup to our top-tiered Comstock Division Championships at UOP. Last year we had, shall we say, "a good problem to have" -- **ACHIEVING** Nor Cal League history, which rightfully propelled many athletes to move on into long-course competition. With lots of new swimmers at younger ages this season [and having the smallest team in 10+/- years], we well understood this transitional year to be focused on best times, embracing the sport, laughing our way through, and grasping that axiom: "Learn to be a gracious winner and an outstanding loser."

Another famous sports quotation? If you **BELIEVE** it, the mind can **ACHIEVE** it! We get it; we did it. Out of five teams, the Stingrays finished in [what was an unattainable] fourth place ... and a mere 30 points from third. Two weeks later, 42 swimmers met the time rigid standards to compete in Woodland's Meet of Champs. This meet drew 46 regional teams. While only 24 Gold River athletes availed themselves of the opportunity to race in our Large Team Division, we captured fifth. Not too shabby, huh?

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Backtracking to that written *challenge*: Though all of our athletes deserve Shout-Outs for outstanding performances, we'll give extra credit where credit is due to our top-of-the-heap **RECEIVERS**. In Championships, those earning High-Point honors were 6&U Olivia Arno - second, 7-8s Vlad Hrynashka - second and Scarlett Kaeser - second, 9-10 Matthew Choi - first, 11-12s Kaeli Savorn - second and Morgan Jones - third, and 15-18 Nicole Hensley - second. The Wide **RECEIVER**, six-year-old Olivia Arno, also scored third High-Point at the Meet of Champs. These small-but-mighty **BELIEVERS** had a fabulous finale! And here's our little Up & Comer, Wide **RECEIVER** Olivia Arno → → →



Stingrays Awards Night is the perpetual end-of-season highlight. To leave you hanging in suspense, we'll announce them in the order of announcement. Overall High-Point **RECEIVERS** were Joseph Bortolello, 82.5 points, tenth; Scarlett Kaeser, 92.5 points, ninth; Jordyn Larson, 95 points, eighth; Morgan Jones, 97 points, seventh; Kove Pena, 105 points, sixth; Kaeli Savorn, 106 points, fifth; Alec Day, 114 points, fourth; Matthew Choi, 116 points, third; Nicole Hensley, 123 points, second; and Vlad Hrynashka, 142 points, first. These finalists were the backbone of the Stingrays' strength in Champs. A round of applause for each **BELIEVER**!



The following special Awards are painstakingly chosen by the coaching staff ... the selection based on both objective stats and subjective contributions. These **RECEIVERS** represent affability as competitors, fortitude as individuals and character as teammates. In the category of Age Group of the Year was the 11-12 girls. This fun-loving, hard-working cluster pulled together time and time again ... **BELIEVING** and **ACHIEVING**. Thanks for demonstrating how it's done! ← ← ←

It cannot be emphasized enough that **BELIEVING** in the power of sportsmanship from a tender young age carries forward into an admirable and ethical adulthood. Not to belabor the quotes, but the very best is: "It's not whether you win or lose; it's how you play the game." Playing the game with a strong sense of fair play and genuine friendliness were Sportsmanship Award **RECEIVERS** 10&Under Annie Hong and 11&Up Kaeli Savorn. [Not depicted here] Congrats, girls! You did us proud!





Those who exude Stingrays' Spirit are clearly **BELIEVERS** in their teammates and in their individual races. 10&Under Lillian Pappas and 11&Up Rachel Lippetti demonstrated just how contagious Spirit is ... and exactly why our cheer is "I **BELIEVE** I CAN - I **BELIEVE** WE CAN"! Indefatigable Rachel was on double duty this year, both as a spirited coach and a spirited swimmer. Appreciate you two!

The Most Improved energetic **RECEIVERS** maintained get-up-and-go attitudes. Major kudos to 10&Unders Maya Maldonado & Zeke Boutte and 11&Ups Lauren Jones & Calvin Fischer. **BELIEVED** to be the most coachable of athletes and role models to others, the Coaches Awards were **RECEIVED** by 10&Unders McKinsey Cavanagh & Matthew Choi and 11&Ups Jordyn Larson & Zaccary Espinoza. Stayed tuned for vast improvement as they age up!

The most coveted of all awards, Stingray of the Year, proved to be relatively easier than some of the other categories during the coaches' deliberations. As the epitome of **BELIEVERS, ACHIEVERS & RECEIVERS**, 10&Under Vlad Hrynashka and 11&Up Morgan Jones consistently displayed steadfast commitment, steely-eyed intensity, dignity under pressure and nonstop enthusiasm. Practice makes perfect, and they're in the right lane. Watch out: Soon these trophies won't look quite as large!



Hardy [and hearty] **BELIEVERS** recognize that they reap what they sow and, as year-round participants, harvest all of the many benefits. Our Fall & Winter STAS program has just begun. Registration is open, swimmers are being assessed for group practice levels, and all details are listed on our Stingrays' Website.



Thank you for supporting us in our triumphant quest to
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