

Stingrays Sunny Spotlight



This edition just broke a World Record, one of weeks, here's some Stingrays' Old News & here on June 4, has a famous quote: "I can't make sure that the next generation of way to the top!" We are that next generation! who this old guy is? How about the current with the single most incredulous life story highest of highs, survived the lowest of lows



tradition. Before recapping the last couple of New News. Old News first: Anthony Ervin, go out on top! At a bare minimum, I need to American sprinters takes me down on their As for New News, have you read up on just World Record holder in the 50 & 100m free you've ever heard?! Anthony has enjoyed the & crawled his way back to the top of the world!

<http://people.com/sports/anthony-erwin-returning-for-olympic-gold-as-the-oldest-swimmer>

Unreal, right? Alive, well & inspiring the next generation with words & deeds. **Ready/Set/Goal?** Secure your reservations! As we depart Anthony's clinic in awe, the Cornhole Tourney & BBQ will be underway at Prospect Park. After listening to & watching Anthony in action, we'll have a lot to digest ... including dinner!

Arden Hills - May 13

The **SUN** actually did come out & shed its **SPOTLIGHT** upon our **STINGRAYS** during 2017's first Dual in the Pool. 104 GR athletes & parents ever-so-graciously welcomed 165+/- Arden Hills' Otters into our Home Away from Home, and our visitors had a blast! Otters are known for their playful chasing on dryland and in the water. Well, we played, and they chased us all day!



Otters are especially fond of the backstroke. Guess what?

New volunteers in challenging positions stood at the **Ready**, having **Set** to mind a seamless start, and achieved their collective **Goal!** And then they were off & running ... finishing one hour ahead of the timeline. Many thanks to these parents for undergoing extra training & reminding us **The More You Train - The More You Gain!**

Okay. Diving off dryland, we Stingrays slammed into the wall with such velocity that whole seconds instantly disappeared into the depths. Count 'em: Dropping whopping double-digits [and totally worthy of mention] were New Kids on the Block: Nicky Belt, Cameron Chatfield & Joel Swanson. Letting go of 7+ seconds Evan Viele; 6+ Jake Lopez & Abigail Smith; 5+ Landon Marks; 4+ Selma Garrison, Annie Hong & Scarlett Kaeser; and 3+ Henry Adamson, Tucker Bish, Ashlyn Brock, Grace Gilfrey & Grace Hussey. Improvements+! Straight stats: Out of 325 total races, we churned out 224 PBs for a percentage of 67. Tons of 7&Ups swam three for three and 6&Us two for two. Can you hear Prizes & Buttons calling your names?

Age-groups are rising to the surface, specifically our 11-12 boys & girls. Boom-boom-boom --1, 2, 3 sweeps -- and jamming relays. Girls' Stand-Outs: Ella Abdulla, Alexis Haymart, Kayla Hussey, Ava Ippoliti, Morgan Jones & Jenna Pimenta. Boys' Shout-Outs: Matt Bone, Joey Bortoletto, Ryan D'Mello, Adrien Jin & Hayden Newman. And with **goal**-oriented "I want it & will get it," busting Brady keeps busting his own NCSL records. In the 100 IM at Time Trials a 1:07.95, here against Arden Hills a 1:07.94 & against Elk Grove a 1:07.93! Look out MOCs!

The final score, 437 vs. 333, was mere icing on the proverbial cake! [You know, the sugar-/gluten-free, protein-/chia seed-filled & kale-camouflaged one.] And this was the perfect prep for the next step ...

Elk Grove - May 20

EG is always the top contender ... with the top number. They marched in 240+/- strong, and our small-but-mighty 114 swam **“HEART & SOUL TO REACH OUR GOAL!”** Suffice it to say we succeeded & far exceeded! Goes to show you: Anything is possible when you **BELIEVE!**

Last week, in peek-a-boo sun, we were chasing Otters. This week, in blazing sun, we were chomping at Piranhas! And what a finish?! Going into this home contest, the coaches had scrutinized the Psych Sheet, determined a taut 100-point spread, and there it remained for three-quarters of the meet. Meanwhile, our Stingrays, with insistence & persistence, relentlessly stared ‘em down! Albeit the Piranhas DQ’d a time too many, the final tally [408 vs. 421] was one jaw-dropping & satisfying conclusion! Not quite so menacing, huh?



Pause. Rewind. To begin our day in Stingrays’ Stars & Stripes fashion, the Cocker Trio paid patriotic tribute to The Land of the Free & the Home of the Brave; and then our Ace Announcer Michael Marks belted out, “Let the Meet Begin. Mr. Starter ...” <https://drive.google.com/file/d/0B4hN5y72o8DKeVFYVTIPckNQX00/view?usp=sharing>

Springing off the ready bench here, let’s talk Personal Bests. Can’t top this one: Swimming in her first meet as a Stingray, former Mini Ray Kendall Gonzalez claimed an MOC qualifying time of 26.64 in the 25 back. Splash, dash & smash! Gotta love it. **38** GR athletes churned out their **goals** & recorded all best times. In alphabetical order, they are AJ Abdulla, James Abdulla, Emma Beckley, Zeke Boutte, Sophia Brinzei, Matthew Choi, Michelle Cocker, Alec Day, Ryan D’Mello, Aidan Domine, Ella Domine, Kate Goebel, Will Goebel, Brayden Haymart, Annie Hong, Vlad Hrynashka, Ava Ippoliti, Nathan Jeevamani, Rebecca Jeevamini, Aiden Jimenez, Adrian Jin, Evan Kulesza, Jordyn Larson, Max Leisten, Taylor Lewis, Quentin Lipscomb, Jake Lopez, Caleb Lynch, Dean Newman, David Sanders, Jazmine Savorn, Audrey Stanbach, Tyler Vargas, Ann Vu, Dan Vu, Jaellian Waite-Kerns, Lola Waite-Kerns & Oliver Zhang. Awesome!

While our 11-12 girls remained solid, this week the 13-14 boys emerged with Stingrays’ Steeliness. Hayden Nguyen, who was moved up as a 15-18, proved to be quite the Point Man. Our Dynamic Duo [aka Max Leisten & Caleb Lynch] led the pack, which was then rounded out by Henry Adamson & Landon Marks.

All right. So listed above are this meet’s soaking wet PBs. When toweled off on everyday dryland, it’s often easy to overlook The Very Best of All Personal Bests: Families, Friends, Fitness & FUN -- what makes a team a team -- Stingrays’ Substance. Our parent/volunteers scored PBs once again, particularly those who helped subtract 45 minutes from the projected timeline. No easy feat & very hard to beat!

Without boasting, our team really enjoys its reputation as semi-pro Pool Party Planners. Never do we disappoint, and never have we called attention to this super cool FUN Factor: Stingrays’ Slushy, Sweet, Snow-Cone Treats. A sticky job, to be sure -- and one that is crunched, slurped & appreciated by all!



FB & Website Streamlining

In our last newsletter, it was reported that we'd consolidated Facebook pages & were using the one entitled *Gold River Stingrays*. For branding purposes, the name has been amended to *Gold River Stingrays Swim Team*. Please Like, Share, Invite, Request & Accept. Let's "goal" viral here, people! On our Website, for ease of FB access, you'll find a direct link under *Stingrays News*. Looking for Team & Individual stats? Simply click on the *Results* tab to follow meet-by-meet data. On June 12, a mere flipturn away, double-training sessions begin. So please consult that schedule, which is located under *Meets/Practices - 2017 Summer*. Continuing further to your right, you'll note the *Links* tab. It's been updated to provide you with a full 360 of swimming-related Websites: articles, videos, parents' guidance, rules, etc.

Soon *School's Out for Summer*, and our 15-18s will return ... including the new Stingrays Junior Assistant Coach Jason Feldkamp, hot off of CA State Champs where he placed 12th in the 50 & 100m free. Not only does he excel in our sport, but he excels as a role model. Welcome back to all of our high-schoolers & welcome aboard to Coach Jason! Channeling Michael Marks: "Let the summer begin!"



Good Things Come to Those Who BELIEVE!