

Stingrays Splash & Dash



Anthony Ervin - June 4



Last year in Rio, Anthony sprinted his way through the 50 free **Splash & Dash** and, at the finish, earned that newly-minted Olympic Title. While here at GRRC, he shared with us his race strategy: **BELIEVE** in yourself & slam first to the wall. Boom! That Simple & that Successful! Check out Lane 3. This won't take long -- only 21.40 seconds.

<http://www.nbcolympics.com/video/anthony-ervin-wins-olympic-gold-splash-and-dash>

Anthony reported he had no clue where his competitors were and didn't care. That wasn't his job. Not till the moment that he turned to the scoreboard, all lit up with "**1 Ervin**," did he realize a Golden Olympic Dream Come True! That medal was indeed handed to him on a silver platter, yet not without a lifetime [literally & figuratively] of crawling & kicking his way to the top. As a rec swimmer, Anthony's performance would not be anyone's **Goal**. Listen in as he explains what occurred throughout three whole years of his young life.

<https://drive.google.com/file/d/0B4hN5y72o8DKRm5MV2c4X20yRIE/view>

Really? Between the ages of 11 & 13, no Best Times? You'd hang it out to dry, right? Well, this Champion did not, opting to ride out the waves, use his innate talent & go the distance ... all the way to the Land Down Under, Sydney's 2000 Games. There he tied for Gold in the 50 free with Gary Hall Jr. and then joined teammates [including *our* Jason Lezak] in that infamous 4x100 free, bringing home Silver. After Closing Ceremonies, Anthony took a not-so-brief hiatus [one solid decade]. Like a fish to water, the Comeback Kid was somewhat of a visionary, almost defining Ultra-Fast Race Pace Training ... and it was worth its weight in Rio Gold. "**1 Ervin**" individual & behind-the-scenes 4x100 free "**1 USA**."



When Anthony Ervin speaks, everybody focused on his detailed description of by the best athletes on earth. Following his newfound world-class knowledge. And then **Splash & Dash!** Evidently, he thought he'd

listens. All mesmerized swimmers were intently state-of-the-art techniques, those now employed demonstration, off we went to incorporate this Anthony challenged us to his signature race: the have an easy go with this one. Well, not so fast!



In the middle picture [available for closer scrutiny on our Website], note how he has propelled, reached, dived deeply & placed hand over hand for streamlining. Somehow he managed to emerge without banging his head ... and we clearly gave Anthony the Stingrays' "moving" version of the **Splash & Dash!** What a gracious, intelligent, entertaining, humble & unbelievably talented athlete! Having just turned 36, Anthony's not done yet. He's No. 1 on the planet, competing in the US World Championships on June 27 - July 1, and predicted to tie for first in the 50 on the last day. Anthony **BELIEVES** today's "youngsters" will be playing Catch Me if You Can. As his new BFFs, Best Fans Forever, **WE BELIEVE** they cannot catch him!

Johnson Ranch - June 10

Picture Perfect

Oh, my. We didn't see this one coming -- close, close, close -- 386 vs. 440! Another **Splash & Dash!** [Thanks, Anthony.] The Barracudas, whose home we always enjoy, orchestrated their classic meet on a Picture Perfect day! And from the lens of the Jones Family, we've got these pictorial images as proof of this Dual in the Pool.

There can't be final Facts & Figures without Picture Perfect Performances!



Perfect Prep Positions



Perfect Power Prowess

Facts & Figures: JR's 225+/- swimmers vs. GR's 115+/- . 20 of our athletes went 3 for 3 and 32 were 2 for 3. With 115 Stingrays achieving 307 PBs, these numbers are ostensibly disconnected, as each athlete can't be named individually. The stats, in & of themselves, reflect a fabulous team effort, and the compilation of points couldn't be possible without each & every swimmer. A Picture Perfect preview!

Speaking of points, the relays were tight. No wonder your fingernails were bitten to the quick. Data: In the medley, JR took five, we had six, leading to our seven-point advantage. In the free, JR took four, we had five, the teams tied, and we split those. The primary reason for this miniscule 54-point deficit was JR's six sweeps vs. our three. On the flipside, Brady Calkins hand-delivered new NCSL records in the 100 IM by 5/10ths of a second, 25 back by 7/100ths & 50 free by 4/100ths. [Spoiler Alert: His 100 IM against Glen Oaks was poetry in motion.] Once again, our Small-but-Mighty Stingrays are on the fast laps toward Picture Perfect Champs!

Introducing this meet's outstanding contenders by age groups in alphabetical order: 6&U girls Olivia Arno, Leah Brinzei, Nadia Davis, Kendall Gonzalez & Audrey Stanbach and 11-12 boys Matthew Bone, Joey Bortoletto, Calvin Fischer, Henry Fischer, Will Goebel, Adrian Jin, Quentin Lipscomb, Hayden Newman & Tyler Vargas. Major kudos!

In the plummeted times category, be prepared for an impressively lengthy, numerical list. [A "x2" indicates that particular Stingray swam in two races anywhere between 19 seconds down to three.] Waving bye-bye to 19 seconds was Lilly Olsen x2. At ten, nine & seven respectively were Grace Gilfry x2, Cameron Chatfield, Calvin Fischer and Vlad Hrynashka. The following participants shook off six to four: Joel Swanson, Olivia Arno x2, Zeke Boutee x2, Katelyn Malone, Matt Bone & Jacob Kopitske. Alphabetically, ten Stingrays shaved off three seconds: Henry Fischer, Matthew Gilfry, Morgan Jones, Scarlett Kaiser, Jake Lopez, Katy Mounts, Lillian Pappas, Cade Rucker & Dan Vu. 17 athletes kicked off two seconds, seven of whom are included above. Whole seconds whirled down the drain. Nice!

Facebook: We've got Picture Perfect marketing! Our Gold River Stingrays Swim Team page is up & running. Let's get the word out just how awesome a program we run. Consider taking the opportunity to post fun pictures & comments, even those from your personal page. You're welcome to forward any & all to one of the FB admins: Coaches Jeff, Stephanie & Katie; Board Members Kathleen Calkins, Sasheen Garrison, Tamara Bish & Chris Parod; or Karen Jones & Jan Float. Like & share with your friends! Okay. Stay tuned for Glen Oaks & Rio Del Oro. Till then ...

We BELIEVE with Hearts & Souls to Reach Our Goals!