

# Stingrays Waterways



Glen Oaks - June 17

Through our entryway, **175+/- Sea Lions** were warmly greeted, pitched their tents, and chimed in with Heart & Soul to Reach Our Goals! <https://drive.google.com/drive/folders/0B4hN5y72o8DKc3YwVzl2LWdqVm8> [23] Beep. The meet was ...



... Underway



Archway



Freeway

We're very proud of our **115+/- Stingrays** who all swam with sharp precision, executing their strategies & techniques consistently well and bypassing those dreaded DQs. High school returnees, splashing & dashing with us for the first time, contributed to this serialized general description of a fabulously fast & fun day ... the final score **485 vs. 343**, a "mere" 142-point spread. During this meet & defeat, our 7-8s had it all going on -- the girls ramming both relays & the boys one. In the medleys were Ella Domine, Grace Hussey, Audrey Domine, Alexa Kronbetter, Minh Nguyen, Everett Stanbach, Bailey Bish & Trevor Davis and the individual Grace Hussey, Scarlett Kaiser, Alexa Kronbetter & Ella Domine. Formidable foursomes always tell the Stingrays' "tail." Having won eight medleys & seven free, we strong-armed a watertight seal with a 15-to-six advantage and pulled off a 56-point runaway.

Smack dab in the middle of this were accumulated, seven athletes Comstock & Nor Cal records went boom were Brady Calkins, Jason Adrian Jin, Max Leisten & Caleb through his own records by a full free. As if that weren't enough, did Yep. The One & Only Ledecky [aka



relay excitement, **173 Personal Bests** placed first in all three events, and two old down for the count. Hitting boom, boom, Feldkamp, Alexis Haymart, Grace Hussey, Lynch. What else is new? Brady busted second in the 100 IM & another in the 25 anyone take notice of this global phenom? relative Matt Bone], demonstrating ...

... Worldway



Cutaway



Trackway



Spillway



That-a-Way

# Río Del Oro – June 24

Was it 82.4 degrees in our home's Waterway? Did the snowcone machine save the day? An 88-degree training pool has been known to induce sluggishness. Given this dual performance & its results -- **471 vs. 351** -- who would've thought? Were it not for Mother Nature cooperating with an ambient cooling trend of 107, Stingrays Nation wouldn't have been assembled celebrate this year's grads in our own special way! [https://drive.google.com/drive/folders/0B\\_uZ1ttVeonLOUhxedNJTXXhCd1E](https://drive.google.com/drive/folders/0B_uZ1ttVeonLOUhxedNJTXXhCd1E) [03]

### Flyaways



Catherine Hensley



Jeff Pimenta



Jason Feldkamp

Every year we see treasured teammates spread their wings & fly away. This particular lineup, however, is one of the most well-rounded that we've ever had the privilege to cross pathways. Our Stingrays Family greatly values their years with us & want them to always remember: We BELIEVE in you!



### Straightaway

And a hearty congratulations to 25 Stingrays who swept 13 events [1, 2, 3] in their age groups' laneways: Adrian Jin x3, Haydn Newman x3, Matt Bone x3, Landon Marks, Henry Adamson, Aiden Jimenez x2, Brennan Jimenez x2, Tyler Vargas x2, Joey Bortoletto x3, Brady Calkins x2, Alec Day x2, Oliver Zhang, Alexis Haymart, Ava Ippoliti, Kayla Hussey, Ryan D'Mello x2, McKenna Purdy x2, Jordan Waite-Kerns, Catherine Hensley, Max Leisten, Aidan Domine, Luca Bortoletto, Luke Kronbetter, Nicole Hensley x2 & Rachel Lippetti. Let's call them UFRPacers!

Okay. How many swimmers does it take for the last home meet of this sensational season? **220 Rapids vs. 110 Stingrays**. Focusing yet again on age groups, the 15-18s were on the Audobahn speedway. These young men & women triumphed in the medley & free relays. To be commended in both are the same eight athletes: McKenna Purdy, Nicole Hensley, Mia Leisten, Jordan Waite-Kerns, Jason Feldkamp, Jeff Pimenta, Marc D'Mello & Jacob Kopitske. As a full team, we went 6-to-5 in the medleys & 6-to-4 in the frees. That, ladies & gentlemen, equates to a solid 21-point advantage. GR **PBs? 170!**



### Getaway

# Johnson Ranch Invitational – June 25

Waterlogged yesterday??? **Second Place** today! From the **13 teams** that duked it out at the Barracudas' annual invitational, **21 Stinging Rays** left their marks. For our double-day diehards, loud shout-outs to Joseph & Luca Bortoletto, Brady Calkins, Andrea & Matthew Choi, Alexis Haymart, Grace & Kayla Hussey, Ava Ippoliti, Aiden & Brennan Jimenez, Adrian Jin, Lauren & Morgan Jones, Scarlett Kaeser, Evan Kulesza, Max & Mia Leisten, Landon Marks, McKenna Purdy and Tyler Vargas. <https://drive.google.com/drive/folders/0B4hN5y72o8DKa0NtU3RUyTlxUWs> [11-12 girls 50 free/heat 3]

### Raceway

Our Small-But-Mighty clocked in with airways, Brady blew out three new High-Point honors, to wit: 7-8 Grace Bortoletto 3<sup>rd</sup>, 11-12s Alexis Haymart Max Leisten 2<sup>nd</sup> & Landon Marks 3<sup>rd</sup>; Purdy 3<sup>rd</sup>! Wow! That's what we call



### Payday

Also, High-Point awards to our toward excellence and to our athletes goals & reap the rewards at Champs! have already qualified for the MOCs, imagine between this triumph through finalists, and points will accrue? Hard

**64 Personal Bests**; and through his records. Half of this GR rally brought home Hussey 3<sup>rd</sup>, 9-10s Brady Calkins 1<sup>st</sup> & Luca 1<sup>st</sup>, Adrian Jin 1<sup>st</sup> & Tyler Vargas 3<sup>rd</sup>; 13-14s and 15-18s Mia Leisten 1<sup>st</sup> & McKenna Heavy Medal!

parents for driving us on this superhighway for challenging themselves to surpass their In fact, 17 Stingrays who accepted this invite along with 28 other teammates. Can you Champs how many more swimmers, work always translates into a hefty ...

# Mini Rays Season

## Expressway



Up, Up & Away

Hooray for our Mini Rays ... all prepped to take the plunge into the big leagues. In their progression from minnows to racers, a total of **14 Minis** came in **Ready, Set** their minds to learning & exceeded everyone's **Goals**. Making new friends, melding together as a team & applying their lessons are soon-to-be Stingrays Samantha Beckley, Ryan Borges, Harper Cavanaugh, Cameron Chatfield, Nadia Davis, Seth George, Jacob Heller, Abigail Hong, Caroline Masley, Isla Mejia, Ethan Melnykov, Cecilia Ruiz, James Savorn & Yash Shah. What joy for parents & coaches to watch daily improvement and these burgeoning athletes to beam with self-pride! Pictured here are eight Minis in their Grand Finale, where it was proven they play & are ready to stay! These adorable youngsters are now loving our sport & glowing with competitive spirits. Kudos to our kiddos! See you in the spring!



USA Holiday

# Folsom - July 8

## Fireworks Display



Peaked Skyway

Our Stingrays apparently didn't get the memo to count calendar days. Sparklers & missiles were still flaring during the windup of duals and the electrifying prelude to Champs. **112** Gold River athletes brought their A Game & tossed **170** Tigersharks onto Broadstone Parkway. Do you see a consistent pattern surfacing in our ratio of PBs to swimmers? **160 Personal Bests** this week, 22 with PBs in all eligible events: Henry Adamson, Catherine Cocker, Aidan Domine, Laird Garrison, Ashlyn Brock, Brady Calkins, Isaiah Gossard, Catherine Hensley, Nathan Jeevamani, Adrian Jin, Jordyn Larson, Max Leisten, Jake Lopez, Caroline Masley, Haydn Newman, Minh Nguyen, Lauren Park, Josie Parod, Cade Rucker, Kaeli Savorn, Everett Stanbach & Evan Viele. Considering this final tally [**542.5** vs. **283.5**] & the increased competitive level at Champs, our prediction? Exorbitantly more pullaways, PBs, points & MOC participants. Almost half of our team is already on the MOC roster; the remainder is making impressive headway!

Folsom's deep pool, often a visual impairment, was a great rehearsal for Standing-O performances this coming weekend. Experiencing waterways 15' in depth did not impair our 11-12 boys' relay slays, nor did it impair timeworn records' giveaways. Blazing Brady Calkins established new Comstock & Nor Cals in the 25 & 50 free and 25 fly and Jammin' Jason Feldkamp in the 50 free. Okay. This is it. Down to the thrillway. Time for the Small-but-Mighty to get seriously serious about ...

# Ready-Set-Goal!

## Far & Away

Set 'em far ahead & kick 'em all away! To ensure your goals: dual practicing, tapering, healthy eating, sleeping ... and psyching. Throw into the mix having loads of fun, and we'll attack UOP with plenty of cache to blow them away!



Our Way!

Good Things Come to Those Who BELIEVE!