

SOCAL Aquatics Newsletter

Tustin, CA
Summer 2021

The Mission of SOCAL Aquatics is to create an environment that will enable every athlete to reach their potential; both in swimming and in life.

INSIDE THIS ISSUE

1. A note from the SOCAL President
2. SOCAL Faces in the Crowd
3. Safe Sport at SOCAL
4. Senior Tribute
5. Coach's Spotlight
6. News & Notes



Greetings SOCAL Aquatics Families,

At our last newsletter, we were still in the middle of a pandemic, but were optimistic of what the future held. Since then, the good news is that vaccination rates have increased and the number of new COVID19 cases and the test positivity rate has dramatically decreased in our area as we have transitioned to the ORANGE TIER, effective March 31st. In lieu of this, we accomplished some pretty amazing things in the first quarter of 2021.

In early March, we had two of our own swimmers participate in the TYR Pro Meet in San Antonio where the qualifying times were Olympic Trial cuts. In addition, later that week, we were invited to our first larger meet since the beginning of the pandemic in Mesa, Arizona (March Madness and March Spectacular), where we had 60+ swimmers participate. Despite the challenges of the previous year, we had four team records broken during the meet! In the midst all of this, we were able to achieve USA Swimming's Safe Sport Club Recognition reflecting our commitment to providing a healthy and positive environment for our members – thank you Julie Snider for your initiative and leadership here. Also, we had a super successful Swim-A-Thon event on March 28th and raised over \$33k to beat our previous 2015 fundraising record – thank you Ruth Wang for all your leadership and hard work here. Finally, on April 5th and in conjunction with our entry into the ORANGE TIER, we increased the practice utilization rate across all swim groups in a meaningful way and, while we are still practicing our COVID19 Safety Protocol, we are finally allowing a limited number of parent spectators at our practices. We also have scheduled at least eight swimmers to participate in the upcoming TYR Pro Meet, 18 and under Spring Championships at the end of April.

This doesn't mean we are satisfied with our level of activity with regards to having more swim meets across all age groups. Despite pools in our area not granting permits to run sanctioned swim meets easily, your coaching staff continues to work very hard to get more sanctioned meets on the calendar in the coming months, whether they are at our home pool (THS) or away – a good example of this is the recently concluded one day Platinum and Gold dual meet we had vs Golden West at the Janet Evans Swim Complex this past weekend. We look forward to doing more of these type of sanctioned meets for all our age group kids where possible.

As always, please stay healthy and safe as we look forward to resuming more normal swim club activities in the coming months.

Let us know if you have any questions.

Darren Inouye and the SOCAL Aquatics Board of Directors

Faces in the Crowd



Faces in the Crowd



Safe Sport at SOCAL

Moving forward, in each SOCAL newsletter we will award one SOCAL swimmer with the *Safe Sport Swimmer of the Quarter Award*. This award is based on the following criteria:

1. Follows the Team Code of Conduct
2. Displays good character
3. Role models a positive attitude
4. Supportive attitude towards teammates

SOCAL Swimmer's CODE OF CONDUCT

As a SWIMMER member of SOCAL, I promise that:

1. I will listen to coaches, and I will not disrupt team practices or meetings.
2. I will not use profanity (swearing).
3. I will not physically, or verbally, abuse or bully any other swimmer, coach, or official. Bullying may include shaming or ridiculing, persistent name calling that is hurtful, insulting or humiliating; using a person as butt of jokes; socially or physically excluding a person; pushing, shoving, kicking, poking, tripping, assault or threat of physical assault.

4. I will not engage in any form of cyber bullying. Cyber bullying includes harassing, teasing, intimidating, threatening, posting pictures of or shaming another person using technologies including texting, streaming video and social media.
5. I will respect the equipment and personal belongings of others, and will not use other peoples' equipment without permission.
6. I will not take part in unsportsmanlike conduct such as taunting, poor showmanship, etc.
7. I will not deliberately damage or misuse equipment or facilities.
8. I will not make comments or exhibit behavior that is derogatory in nature (including comments or behavior that can be viewed as sexual harassment). This includes unsolicited or unwanted touching.

I understand that failure to comply with these rules will subject me to disciplinary action as deemed appropriate by the coach on deck or Board of Directors. Examples of disciplinary action may include removal from practice, meets or club functions. Excessive violations may also result in suspension and/or expulsion.

Safe Sport at SOCAL Spring Swimmer!



SOCAL Aquatics' very first and very worthy winner of Safe Sport Swimmer of the Quarter is:

← Elise (Pickle) Poissonnier.

Elise is in the Pre-Senior 1 Group and coached by Coach Ben Dowswell. She is the ideal candidate for our new award because she is an impressive teammate to the swimmers in her group. Elise consistently follows the team Code of

Conduct and is known for her encouraging approach towards her peers.

Elise shared she "...tries to be the best person and best asset to my team." She believes a good teammate is "a swimmer that is always going to lift you up and not tear you down." Elise remembers a time when she missed a JO cut, but was herself lifted up by a teammate saying, "You will get it next time." She uses this memory as a motivation to help others. Coach Ben notes, "Pickle always has a smile on her face during workout and is supportive and encouraging towards her teammates. She wears team gear every day and it's obvious how much she loves Social Aquatics and our sister program, Social Polo!"

Elise wanted to share some important thoughts: "I want to remind swimmers that Covid won't last forever! Stay positive and keep trying because even though swimming may be weird and uncomfortable now, we will get back to meets, events, and everything else that makes swimming much more fun. Go SOCAL." Thanks for being a leader, Elise and all you do to make SOCAL a safe and supportive team!



Congratulations Seniors



Calvin Woolfolk

High School: Foothill High School
College in Fall: Clarkson University
SOCAL member since: 2009



Elizabeth Mackowiak

High School: Mater Dei High School
College in Fall: University of Arizona
SOCAL member since: 2010



Rachel Lee

High School: Villa Park High School
College in Fall: UCLA
SOCAL member since: 2010



Jeremy Mah

High School: Northwood High School
College in Fall: University of Rochester
SOCAL member since: 2011



Archarya Ranawat

High School: Beckman High School
College in Fall: UCLA
SOCAL member since: 2015



Andrea Smith

High School: Rancho Santa Margarita High School
College in Fall: Georgetown University
SOCAL member since: 2017

Congratulations Seniors



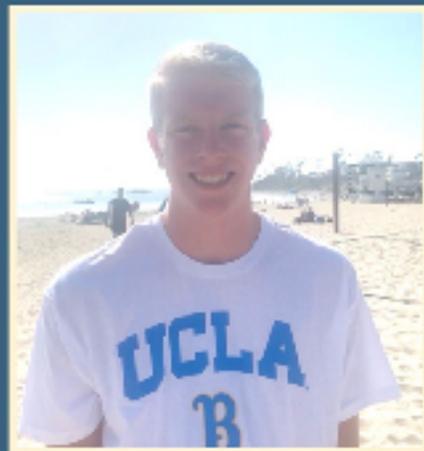
Alex Chen

High School: Beckman High School
College in fall: Northeastern University
SOCAL member since: 2012



Samuel Mers

High School: Tustin High School
College in fall: Orange Coast College
SOCAL member since: 2012



Anders Hundeby

High School: Tustin High School
College in fall: UCLA
SOCAL member since: 2014



Garret Hu

High School: Beckman High School
College in fall: University of California, Santa Barbara
SOCAL member since: 2019



Kate Cho

High School: Woodbridge High School
College in fall: California State University, Fullerton
SOCAL member since: 2014



Kai Wong

High School: Portola High School
College in fall: Stevens Institute of Technology
SOCAL member since: 2014

Congratulations Seniors



Nathan Fernandez

High School: Edison High School
College in fall: Point Loma University
SOCAL member since: 2018



Destiny Lewis

High School: Grand Terrace High School
College in fall: Florida State University
SOCAL member since: 2018



Savannah Frahm

High School: Edison High School
College in fall: University of Jamestown
SOCAL member since: 2019



Chloe Norris

High School: Villa Park High School
College in fall: Concordia University
SOCAL member since: 2020



Sophia Guntrip

High School: Crean Lutheran High School
College in fall: California Lutheran University
SOCAL member since: 2019

PROUD MEMBER
CLASS OF
2021

“Coach’s Spotlight: Q & A with Coach Ben



SOCAL: How did you get started in Swim?

Coach Ben: Swim lessons at the local public pool in Vancouver. I loved the water so my parents signed me up for the Hyack Swim Club, a year-round swim program in our city.

SOCAL : What was one thing you learned in age group swim?

Coach Ben: had a coach named Serge Score (yes, that is actually his name!) who has devoted his entire life to the pursuit of athletic excellence in both swimming and triathlon. He taught a very black-and-white message of total accountability to yourself in the path to achieving your goals. You either do the work or you don't, there are no excuses. I honestly thought he was crazy at the time

but I've since come around to his way of thinking and it guides me in my daily life and the messages I teach our kids. Serge is still living, training and competing in Vancouver today. Currently in his 60s, he holds records in open water and Masters breaststroke events, and the guy is still shredded.

SOCAL: Who is/was your swim hero?

Coach Ben: Coach Bruce, because he has more Olympic medals than Coach Steve.

SOCAL: Any swim superstitions or rituals?

Coach Ben: In high school and college competition I needed to separate myself from my friends and focus for about 30 minutes before each race. I would stretch and listen to a playlist of very loud, very angry metal and hip hop to get my adrenaline going. When the race before mine touched the wall, I would finally put the music down and get up onto the blocks!



SOCAL: One thing all age group swimmers should know?

Coach Ben: Consistency and goal setting are the keys to success in anything you are passionate about, but especially in swimming. You have to put the work in every day, and you have to have written goals for which to strive.

SOCAL: Favorite event?

Coach Ben: 100 Fly, 100 Backstroke, 50 Backstroke

SOCAL: Favorite pre/post race meal?

Coach Ben: Pre Race: fruit, granola bars, sandwich & Post: pizza!

News and Notes

Welcome new meet manager Ed Lee



SOCAL is excited to announce Ed Lee as our new meet manager for SOCAL Aquatics. Ed brings a strong background to the job. He also has three swimmers at SOCAL Aquatics, one in Platinum, one in Gold and the third in Pre-Senior 1. At Cerritos Aquatics, he was the Director of Team data and General Meet Management for 4 years. His duties included assist with running home meets, coordinate jobs for away meets (timing and canopies), meet entry and website management. Ed will work closely with his meet manager team in Karin Kashima and Jennifer Mers to coordinate all the activities needed to run meets at SOCAL Aquatics.

We also want to extend a gracious thank you to John Mann, who provided many years of service, dedication and leadership in running our meets for SOCAL Aquatics. Without him, we would not have been in the position we are currently in. Please thank John for his years of service when you see him.

SOCAL Swim-a-thon Success!

Thank you to Ruth Wang, SOCAL Ways and Means Board Member, and all the SOCAL swimmers and volunteers for another successful swim-a-thon!

WE COULDN'T
HAVE DONE IT
WITHOUT YOU!



THANK YOU DONORS!
\$34,135 TOTAL DONATED!

SPECIAL THANKS TO CAS & DELTACO *SPORTS CLIPS FOR
THEIR GENEROUS DONATIONS!



KJL Sports Photography

News and Notes

Upcoming Swim Meets

June 24-27 - Swim Meet Of Champions - High Level Senior meet-
Mission Viejo

July 15-18 - Senior Sectionals - Roseville, CA

July 22-25 - Junior Olympics - Fullerton, CA

July 28-31 - Futures Senior Meet- Santa Clarita

July 30 - August 1 - SOCAL INVITE - Tustin HS (More info to come)

August Break

SOCAL will be on break August 1st - 14th. Have a great holiday!

