

# SAN CLEMENTE AQUATICS

## THE DEEP DIVE NEWSLETTER

VOLUME 2 , ISSUE 1

### Gallimore Races at Prestigious Winter Junior Nationals!

During the week of December 7-11, 2021, Maya Gallimore of San Clemente Aquatics traveled to the University of Texas at Austin to compete in the fastest meet in the country for 18 & Under swimmers! The *2021 Speedo Winter Junior Nationals* saw some of the fastest swims of the year (in any age group) as there were Olympians and National Junior Team members present with many meet records broken.



*Maya Gallimore ready to race in Austin*

Maya represented San Clemente well on this big stage by obtaining 2 of three personal best times and narrowly missing a second swim in finals in her signature event, the 50 Yard Freestyle.

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New Bronze Group Coach  
Eve DiMagno

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With a time of 23.29, Maya came in 32nd place just missing finals and a second chance to compete by only .10 seconds. Not fully satisfied with her performance, Maya competed again in a time trial, this time improving her best time to a 23.03, which would have put her square in the middle of the Consolation Finals in this event.

Maya continued her efforts in the 100 Butterfly, improving .33 seconds and the 100 Freestyle, adding .55 seconds. All said and done, it was a worthy effort with many learning moments in her first experience at such a prominent meet. 2021 has treated Maya well, as she was also awarded Scholastic All American by USA Swimming. Her next goal will be to compete at the California Interscholastic Federation (CIF) Division 1 Champs in May, where coincidentally, her new best time would have won the event at last year's competition.

On to the next goal...

*Coach Jason*

## BRONZE GROUP COACH

Eve DiMagno



Eve is originally from Lincoln, Nebraska. After completing 4 years on the Swarthmore College Division III swim team, she graduated and moved to Kathmandu, Nepal to direct her study abroad startup program, teach high school, and coach youth swimmers. She returned to the United States in 2019 to start her Masters in Sports Administration.

In both the United States and abroad, she coached youth teams at all levels, from non-competitive recreational swimmers to internationally competitive age group athletes, some of whom represented Nepal at the Asian Games and the 2020 Olympics!

## A MESSAGE FROM OUR BOARD OF DIRECTORS

### President Yann de Fabrique

What a journey 2021 was! We are so proud of our young athletes and their perseverance with the many obstacles they endured during the pandemic. But once the restrictions were lifted, the results were wildly successful. We had three swimmers qualify for Junior Nationals, we finished in the Top 10 at Summer Sectionals & Summer Junior Olympics, but the most memorable event of the year was the Mother's Day Intrasquad Meet where we saw our young swimmers swim for either the first time or the first time in years. This meet showed tremendous promise in the Club's pipeline and future success.

We recently capped off hosting an incredibly successful Winter Age Group Championship (WAG) which not only provided additional financial stability for our club, but we also met one of our goals that was set forth by the coaches at the start of the season - to win a relay at a Championship Meet. We did just that with our 10 & Under relay including an individual win at WAG's - congratulations to these achievements.

As we look ahead into 2022, our goals revolve around the growth of our young swim team and it begins at the grass roots. The coaches have set forth exciting objectives around relays and this will continue to take shape throughout the year. Winter is typically a time where the cold and rain play a role in the attendance of our swimmers, but so far, we have seen some solid attendance, congratulations and keep up the great work.

Lastly, I want to wish each member of San Clemente Aquatics a Happy New Year and may it bring everyone much success, happiness and good health. Here's to a great swim year!

GO SCA,  
~ Yann de Fabrique, President

*"We are so proud of our young athletes and their perseverance with the many obstacles they endured during the pandemic."*

## SENIOR 2 GROUP SECTIONALS REVISITED

Every year, for a few weeks after Thanksgiving, thousands of swimmers in California and Nevada wake up with one thing on their mind: Sectionals. Their body buzzes, their blood boils, their skin itches - not from chlorine, but from restlessness as they begin to feel the subtleties of their taper taking effect on their physiology and thus their excitement. For those athletes who have demonstrated the commitment, discipline, focus and ethic that culminates the humble finesse of any great swimmer and any Sectional Time Standards, they are awarded the opportunity to race at this pinnacle meet in December to display their prowess and power.

And every year, for a few months before Thanksgiving, hundreds of coaches in California and Nevada wake up—having never fallen asleep—because of one thing on their mind: Sectionals. Their body buzzes, their blood boils, their skin itches—not from chlorine, but from restlessness as they begin to feel the pressure of themselves taking effect on their physiology and thus their quality of sleep. For those coaches who have demonstrated the commitment, care, focus and leadership that culminates the integrity and sincerity of those (great) humans we call our coaches, they are awarded the opportunity to race to this pinnacle meet in December to beat the traffic and setup their team chairs to display their organizational skills...and if they're lucky, witness something great. And witness we did, our fastest five swimmers raced their hearts out, including: **Lana Gallimore, Maya Gallimore, Sebastien de Fabrique, Kate Loo, Jacqueline Gruber**. And for those who have dared to go beyond the borders of California to Junior Nationals, namely Maya Gallimore, we applaud you! And even more so for coming back for Sectionals to race again and cheer on your teammates.

### *Day 1*

As the primary coach for the meet, I met **Sebastien de Fabrique** on Thursday for his mile—a grueling race that requires a tank like himself. I had been working with him, and Coach Jason longer than I, on his technique day in and day out. And it paid off! Sebastien was out in a 1:54 in the first 200! (That's only a few seconds off his best time prior in the 200 itself!) At the 500 he was on pace to destroy his time. He picked up a best time at the 1000 with 9:51 and charged to the finish in a total time of 16:21:21, dropping a whopping 17 seconds! Congratulations Sebastien.

~



*Coach Jonny and Sebastien de Fabrique*

## Day 2

**Lana Gallimore**, looking as powerful as ever led the way off the blocks for the 100 Fly and hung with the heat utilizing her incredible underwaters to finish in 3rd with a time of 59.56. If you haven't seen **Jacqueline Gruber** swim, you should. Jacqueline is a racer. She does not give in! Jacqueline stood up on those blocks and raced her way to one of the fastest times on the team: 59.76. Way to go! Mighty **Kate Loo** came in with a 1:00.14, just behind her. A quick note on Kate — I'd like to recognize her for continuing to show up as much as she can (and trust me she is a work horse when she does!) despite the incredible academic demands she balances on her right and the elective load on her left. Though Kate added in her events, her times demonstrate just how talented she is in the pool!

~



*Jacqueline Gruber (L) and  
Lana Gallimore (R)*



*(Front) Kate Loo and teammates*

## DAY 3 & 4

Sebastien led our team off for the 200 Freestyle with a best time of 1:48.06, 6 seconds faster than his 200 in the mile and 4 seconds faster than his 500 split. This goes to show that in addition to speed he has also got a solid inner clock! Way to go Sebass, keep it up! Jacqueline had challenging 200, added a little time, but let's not forget a single swim does not define our limits or our abilities. Earlier in the season Jacqueline swam a 1:56! She also made up for it in her 50 when she swam a 25.27, dropping 3 seconds! In the 400 IM, my personal favorite and another grueling race, **Kate Loo** swam close to her best time in a time of 4:42.09. All things considered, that is a solid time Kate! On our final day Jacqueline led the day off with the fastest 100 free with a time of 53:44. Two days earlier I clocked Jacqueline on my watch at 52.81 on the relay.

~

As a coach it is in my nature to look at the positive—identify what could have been better and see it as a learning experience. This is how we create value and learn from a less than ideal swim. If you were to ask me, “How did the team do?” I would say, “They were incredible, I couldn’t have asked for a better meet.” You might wonder why since some of us added time. But we must consider the bigger picture. As the saying goes, “If you’re not failing, you’re not doing it right.” I know that each of these swimmers learned something valuable regardless of their time. Having been a swimmer I can speak to this process. It is more than sweat, blood and tears that are shed in the pursuit of our dreams—it is the shedding of old: old habits, old limiting beliefs, and old selves. The journey of the swimmer is a shedding of who we used to be and an emerging of newness—a discovery of who we are now. And with this ensues, at first slowly but then rapidly, a tingling of excitement for the pursuit of our dreams. Not because of the dream itself or what it would bring us, but because of the idea of who we must become in order to achieve it. For these five individuals we must give a standing ovation.

See you in the pool,  
*Coach Jonny*



## Hot Cocoa Nights

Wednesday: Bronze Groups  
Thursday: Bronze Groups  
Friday: All Other Groups

\*Hot Cocoa will be served  
after each practice through  
February 26\*

## SENIOR 1 / FIT PREP

**H**ave I said this before, “Swimming is the very best sport”? For long term health, swimming decreases risks of subjecting our kids to micro or major concussive risks while providing a high level of physical fitness. Lane etiquette rules builds team bonding skills. And then there’s the MONEY, sure there’s the lure of College Scholarships and preferred admittance. But add up the \$\$’s our youth earn while teaching others and becoming a summer lifeguard. It is impressive. The typical tryout consists of:

- ~ **Passing a COMPETITIVE swimming test** at a listed location consisting of the following:  
1,000 yard open water swim - time limit of 20 minutes. And a continuous 200-yard run,  
400 yard swim, 200 yard run - time limit of 10 minutes.
- ~ **Qualification appraisal interview**
- ~ **Successful completion of the Field Training Program**

We will encourage those who are 16 and over to apply to their choice of departments, often trying out for more than one location. Each department has different tryout dates and application procedures.

Here is an excellent link [CA SURF LIFESAVING ASSOCIATION](#).

Congratulations to **Klaus Asay, Devlin Rowe, Merrick Riddle, and Tatum O’Brien**, they have made the commitment to move up to Senior 2 group. This comes with an expectation of consistent attendance, dryland training for strength and agility, and swim meets. This is the group that our high schools rely on for performance through our CIF championship meets. Again congratulations, we all look forward to witnessing their progression through the next levels of swimming. The two week Christmas break workouts concentrated on technique, technique, technique. We have transitioned to a period of endurance training, while coaches are still emphasizing, “perfect start position, finish that glide on the breaststroke kick, bring the head up for the breath earlier into the stroke cycle on breaststroke and butterfly, drive your rotation through your hips so that we can reach further on back and free,” we need strength and speed. With endurance training we emphasize the use of the clock for intervals, and not breaking for a rest or going to the bathroom in the middle of a set. We also rely on our swimmers reading the digital clock; all while visualizing an analog clock for patterns. Coaches aim to get our swimmers to not rely on friends on when to leave and instead get into the mental game of intervals. Parental help in dinner conversation is appreciated.

~ *Coach Sandy*

*California State Parks - San Onofre,  
San Clemente, Doheny State Beaches  
\$17.73/ hour.*

*City of San Clemente - From ‘The Hole to  
North Beach’ \$18.24/hour*

*Camp Pendleton Beaches - San Onofre and  
Del Mar \$19.50/hour*

*Orange County Lifeguards - County  
Beaches from Dana Point Harbor to  
Laguna’s ‘Thousand Steps’ \$17/hour*

~

## GOLD AND PLATINUM GROUPS

Welcome to this edition of news for the GOLD and PLATINUM GROUPS! What a season we had - WOW! We set out to accomplish some goals and we reached many of them this season! I have to admit, the last 2 months have been a little bit of a blur as we were working hard and preparing for the championship meets. In reflecting on the groups success, we made huge leaps and bounds. One of the common threads you will see below that caught me by surprise is our success in backstroke! Do we have backstrokers? Yes and Yay!

Although it was long, dark and crowded at our early November –SoCal swim meet, we had new cuts and big drops! The kids received Blue cuts, WAG cuts, and JO cuts across the board. **Rylee Kervick** made some Blue Cuts for the first time ever in several events and **Andy Schneider** earned his first WAG cut in the 100 Back.

A week and a half later, we had our Annual Turkey Mile! Each year the kids race a 1650 Freestyle the day before Thanksgiving. So fun to watch! A close race that stands out in my mind in the Gold Group was where **Matthew Nye** and **Merek Maziarz** raced neck and neck the whole way. Next year, I am thinking of making the challenge a little harder: 3000 yard freestyle for time!

Our last chance meet in December hosted by Riptide Aquatics was a huge success in the backstroke events. **Devon McKeen** earned 2 individual spots at WAGS in the 100 and 200 backstroke. **Miles Baron** dropped 5 seconds in his 200 Back and **Allie Cooper** dropped 9 seconds in her 200 back! Way to go backstrokers!



*Where's Mitch Anderson?!*



*Gold Group Annual Turkey Mile*

Then there was WAG! We hit it out of the ballpark! There were so many amazing races. I am probably going to forget some and/or not mention one. I try to rotate with each newsletter. I apologize if I do miss someone.

**Ten and under kiddos:** Holy cannoli! They were on fire! One of my goals this year was to get top 3 in our relays. I shared with the group what it took 2 years ago at WAG's to be "Top 3" and had the kids practice to see where they were. Well, I can say it worked! The first relay was the 200 Freestyle Relay. **Taryn McKeen, Maddyn Ortiz, Grace DiGiovanni, and Macie Weingarten made that goal come true! They earned a bronze medal!** Then the girls made a bet with me...The terms of the bet were that if they got 1st place in the 200 Medley Relay, they got to coach me the next day at practice. I lost! **Taryn McKeen, Maddyn Ortiz, Wren Collins, and Macie Weingarten WON!** Due to the cold, I still owe them a workout where they "Coach" me, but Monday afternoon they did get to write the workout and have fun.

In looking back, there is always room for improvement, growth, and self reflection. I am truly excited where this age group is going and motivated to get going in January for our next adventures!

Happy New Year!  
*Coach Julie*

*"In looking back, there is always room for improvement, growth, and self reflection. I am truly excited where this age group is going and motivated to get going in January for our next adventures!"*



*Girls 7-10 First Place Medley Relay Team  
from top right: Wren Collins, Maddyn Ortiz,  
Macie Weingarten and Taryn McKeen*

# DIVING INTO THE NEW YEAR!



Sydney Hawfield (12)

"My new year goals are to get under 1:00 minute in the 100 freestyle and get a good grade in Math class!"

"I would like to learn how to control my nervous energy before a race."



Aiden Root (13)

"I would like to improve in my breaststroke events and earn a Summer JO Cut."



Lucy Weingarten (10)



Colin Ellsworth (11)

"I would like to improve in the 100 backstroke by dropping 5 seconds."

## SILVER GROUP

**H**ello Swimmers and Parents!  
It seems like every single time I sit down to write one of these, I only talk about how proud I am of everyone. Well my pride keeps on growing, so I'll keep on talking about it!

I kept saying that December was the time for results, and it more than delivered. Best times all around, good laughs, and many, many awesome memories being created. From the meet at Riptide, to WAG, last month was awesome. We had two individuals qualify for WAG, **Clark Tatalla** in the 200 Free and **Lucy Weingarten** in her 200 Free and 100 Back. Both have done exceptionally well this season, with amazing performances and solid time drops. My favorite part was just watching the pure joy on Clark's face when he got to WAG. Clark was bouncing around, filled with happiness, knowing that all his hard work had paid off.

We took some relay swimmers to WAG as well. **Tres Tufts, Owen Sherer, Helen Sech, Jayden Erickson. Tres, Jayden, and Clark** jumped in for the boys 200 Medley Relay, and helped secure a 10th place for their team. Helen jumped in for both the 200 Free and 200 Medley relays, fighting for a 9th and 11th place respectively. Owen swam in the boys 400 Medley relay as Freestyle, and it was one of the most fun relays to watch.



While WAG was super fun, our swimmers focus was directed at the Last Chance Meet Dec 4/5th. This was one of the most fun swim meets I had been to in a long time. Everyone there had amazing swims with lots of time drops, such as **Owen Driggers** with a 14 second improvement in the 100 Free, **Maeve Collins** with an 8.7 second improvement in the 100 Back, or **Ava DiGiovanni** with a 2nd place in her 100 Free. But one person deserves a special mention, and that being **Leila Matheson**. Leila, at 8 years old, swam the 200 Free in a time of 2:44.94 smashing the team record set by Grace DiGiovanni earlier this year. Amazing job Leila!

But that was all last season. Since then, we have added a ton of new swimmers into our silver group. It is no doubt a scary thing, new faces, new coach, and a whole different style of swimming, as compared to the Bronze group. But these “bronzies” have fit right in, and jumped into the pool full force with enthusiasm and an eagerness to learn. So welcome to the Silver Groups **Charlotte Bucho, Liv Caldwell, Bryce Gangi, Vivian Ingersoll, Gray Lewis, Shelby McDaniel, Lyla Moorhead, Cruz Perez, Abby Swanson, Van Troutman, Gary Winkler, Kai Debusza, and Bear Jones.**

This past season has been one of, if not the most incredible seasons to be a part of. I’m beyond excited to see what the New Year brings and all the amazing challenges we will overcome, records we will smash, and memories we will create.

Be Warm and Well Fed,  
*Coach Dorian*



## BRONZE GROUP

The Bronze Group is thriving! We offer 6 different Bronze Group classes, two days a week Monday/Wednesday or Tuesday/Thursday and each class is an hour in duration. Classes run 3:30-6:30pm in the Activity Pool. We are fortunate to practice in the activity pool because it is typically 4-6 degrees warmer than the competition pool, perfect for our younger swimmers.

The kids are learning valuable skills and of course having fun. Recently, we had a big “wave of move up’s”! About 12 Swimmers moved up to either the Silver 1 or the Silver 2 Group, which means they are progressing within our structure, and we are building a great team from the bottom up!

The best news is that we are bringing in additional help! Eve DiMagno will bring her experience to our Monday/Wednesday Bronze Groups. Eve is excited to begin and ready to tackle the challenging and always tricky breaststroke!

We have a lot of Bronze Group swimmers entered in our first swim meet of the year and I cannot wait to see their progress. The swimmers who compete and try to execute what they learn during practice are the ones who excel in the sport. If you have not attempted a swim meet, encourage your swimmer to face their fears and learn to manage their anxieties. Starting with the appropriate meet and swimming the appropriate events is the key!

Looking forward, we will continue to progress the kids in their development and prepare them for the Silver Group. Spring will be right around the corner and there is no better time to be a swimmer!

Best,

*Coach Jason*



## DRYLAND CONDITIONING 101 / 201

We are back at it! It being dryland, our one and only strength and conditioning program! It's amazing almost an entire year has elapsed since I first arrived on deck to work with these crazy (in the best sense of the word) and charming athletes of San Clemente. It has been a challenging, but ultimately rewarding journey for us all, chasing down our goals, always learning, always growing. I've been humbled time and time again working with these incredible individuals—watching them take on the challenges of our program with fearlessness and jump the hurdles of life off the deck (or field) with grace. I am absolutely STOKED to continue our journey with another year of experience under our belt.

In the platinum group we are meeting on the field on Tuesdays and Thursdays to get some additional cardio time, build the legs back up, and get some whole body proprioceptive movement in! We will be bringing our ladders and hurdles back out to the field starting this week. Generally our structure involves some running warmup, core development, agility drills, cardio/whole body strength and some stretching or more mobility prep prior to our pool time.

Our Senior dryland group welcomes some recent additions! We are thrilled to have **Tatum O'Brien and Devlin Rowe** consistently showing up with the other members of our group who have been with us since the beginning! Also a shout out to **Marin Priddy** who has not missed a day of dryland since she joined the Senior 2 group! I am incredibly pleased with our attendance for dryland so far, let's keep it up! Perhaps our high attendance has to do with our other most recent additions—not to our membership, but to our toy box! Thanks to Coach Jason for helping us purchase these new training toys: 8 resistance bands we use for squats, assisted pull-ups and push-ups and core work; three sets of gymnast rings we utilize twice a week that allow us to perform a diverse range of new exercises; 8 foam rollers which we warm up with everyday and an additional squat rack we will begin utilizing as soon as I put it together! The senior kids have been stoked to get their hands back on the weights and it is an honor to work with kids of such athleticism—an adjective every swimmer should wear with pride.

Big mahalos to everyone who is showing up! It takes a TEAM! And as we say in our core development circle, don't forget to smile!

*Coach Jonny*

*“It has been a challenging but ultimately rewarding journey for us all, chasing down our goals, always learning, always growing. I’ve been humbled time and time again working with these incredible individuals—watching them take on the challenges of our program with fearlessness and jump the hurdles of life off the deck (or field) with grace.”*





## SCA UPCOMING EVENTS

### **January 29-30, 2022**

SET Aquatics – Spring BB MAXIMUM  
Short Course Yards  
BB Max Time Standards

At **El Toro High School Pool**

\*Special Note: Swimmers cannot enter an event in which they exceed the National BB time standard  
Entries Due: Monday, January 17

### **February 4-6, 2022**

Aquazot Swim Club – BB MINIMUM – JO  
MAXIMUM Short Course Yards  
BB Min – JO Max

At **Portola High School**

\*Special Note: Swimmers must have at least a BB Minimum to swim an event, however, they can't swim the event if they have a JO Time Standard  
Entries Due: Monday, January 24

### **February 18-21, 2022**

SET Aquatics - ISCA West Elite Showcase  
Classic  
Time Standards are specific to this meet

At **El Toro High School**

\*Special Note: This is a Prelim/Final competition, awards given by single age (ex. 9 & Under, 10, 11, 12, 13, 14).  
This meet is for 14 & Under swimmers only.  
Entries Due: Monday, February 7

### **Senior Group Track**

#### **February 19-21, 2022**

2022 NOVA President's Day Weekend Senior Invitational  
Time Standards are specific to this meet  
Prelims & Finals Competition

At **William Woollett JR Aquatics Center  
(Irvine High School)**

Entries Due: February 7

### **Senior Group Track**

#### **March 3-6, 2022**

CA/NV Sectionals  
Time Standards are Sectional time standards (see [socalswim.org](http://socalswim.org))  
Prelims & Finals Competition

At **Alga Norte Carlsbad**

Entries Due: Monday, February 21

### **March 10-13, 2022**

La Mirada Armada Aquatics – 14 & Under  
Spring Short Course Junior Olympics  
Time Standards are specific to this meet (Spring JO's), please refer to the meet form, or [socalswim.org](http://socalswim.org)

At **Splash Recreation Center in La Mirada**

\*Special Note: This is a prelim/final competition for 14 & Under Swimmers  
Entries Due: Monday, February 28

### **March 19-20, 2022**

Golden West Swim Club – BB Max Short  
Course Yards  
BB Max

At **Golden West College**

\*Swimmers cannot enter an event in which they have exceeded the BB Max time standard  
Entries Due: Monday, March 7

# A LOOK BACK AT OUR WAG CHAMPIONSHIP



# THANK YOU TO OUR SPONSORS & PARTNERS



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