



RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER

April 2017



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April Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
April 1	Dual Meet with NOVA	NOVA/Irvine	Sun. March 19	Swimmers ages 14 & younger in Leopard Shark, Red, White, Blue, and Senior Red
April 21-23	SI-AB All Ages (LCM)	TBA (Poway or Coronado)	Sun. April 2	All A/B Swimmers
April 27-30	Swim Meet of Champions	MVN/Irvine, CA	Sun. April 9	All Senior Swimmers
April 28	Club Meet	Home	Th. Apr. 27	All 12 & Under RSD Swimmers
April 29-30	SI-C All Ages (SCY)	CAST/Granite Hills HS	Sun. April 9	All Qualified

May Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
May 13	CIF-SDS Championships	CIF/Granite Hills HS	N/A	All Qualified HS Swimmers
May 14	SI-Senior Meet (LCM)	MRA/Granite Hills HS	Sun. April 23	All Senior Swimmers
May 19-21	SI-AB All Ages (LCM)	MRA/Granite Hills HS	Sun. April 30	All A/B Swimmers
May 26	Club Meet	Home	Th. May 25	All 12 & Under RSD Swimmers
May 26-28	SCS-NOVA Grand Challenge (LCM)	NOVA/William Woollett Aquatics Center	Sun. May 7	All Qualified Senior Swimmers
May 27-28	SI-All Ages C Meet (SCY)	MRA/Granite Hills HS	Sun. May 7	All C Swimmers

RSD April Club Meet

EVENT DATE: Friday, April 28

WARM-UP: 3:15pm

ENTRIES DUE: Thursday, April 27 (This is FIRM!)

MEET STARTS: 3:45pm

COST: \$5.00

- RSD club meets are open to all RSD Junior Group swimmers. *Swimmers in Senior Development and Senior Red may participate; see your coach for more info.*
- The purpose of this meet is to give swimmers swim meet experience and a chance to record Personal Best Time (P.B.). Swimmers are welcome to swim any events they wish: In the order of Free, Back, Breast, Fly.
 - The Grunion and Corvina Group swimmers swim 25 yards of each stroke, Leopard Sharks and "Color Groups" (Red, White, Blue) will swim 50 yards of each stroke.
 - Swimmers in the Color Groups have an optional 100IM.
 - Each month swimmers in White Group will have the opportunity to swim a 100 specific stroke, and Blue Group swimmers have the opportunity to swim a 200 specific stroke, cycled monthly.
- Each participant should have several dry towels, warm shoes, and a jacket.
- **Each participant must pre-register up to the day before the meet (see entry deadline). NO LATE ENTRIES WILL BE ACCEPTED!!!!!**
- All swimmers must have a properly filled out Club Meet Card. Please fill in the swimmer's full name, practice group, and age at the top of the card. *Fill in your best times from your previous club meets.* If you have not swum in a club meet before, then enter NT (no time) in the appropriate spaces on your card.
- After the meet is over, we will be serving pizza to all competitors. Each swimmer gets two slices of pizza and a glass of lemonade.

Please note: All 12 and under practice groups (FSS and weekday) are cancelled on Club Meet Days.

2017 JO Max Race Recap

RSD Earns First Place Finish at JO Max!

Congratulations RSD Swimmers, Parents, and Coaches for winning the team title at SI JO Max meet this past weekend! So many fast swims, smiles, and good times! This was a great TEAM championship with great racing and lots of new Junior Olympic qualifying times!

Go RSD!!



RSD Team Banquet Awardees

From all of our coaches and staff, thank you for being a part of our RSD family and for your continued support and enthusiasm for our program!!!

2016-2017 Rancho San Dieguito Swim Team Banquet was held March 29 at Morgan Run in Rancho Santa Fe. The Coaching Staff is extremely proud of our athletes and families, and we are grateful to be able to celebrate our team's success with you.

There were many things to celebrate and we recognized our many award winners, swimmers of the month, record holders, first time competitors, JO and JO Max Qualifiers, along with our Sectionals, Futures, and RSD National Team recognition.

In recognition of all of our 2017 RSD Award Banquet recipients:

Sr. Championship Group

Rachel Rhee Performance Award
Brandon Kulik Performance Award
Leah Coffin Team Values Award
George Peterson Team Values Award

Sr. Championship Prep Group

Isabella Abrajan Performance Award
Yuma Dugas Performance Award
Rebecca Madden Team Values Award
Mason Morris Team Values Award

Sr. Blue Group

Mia Kragh Performance Award
Robbie Andrews Performance Award
Megan Woelkers Team Values Award
Cooper Dort Team Values Award

Sr. White Group

Alexis Torykian Performance Award
Joseph Chang Performance Award
Jenne' Brookes Team Values Award
Andrew Rusnak Team Values Award

Sr. Red Group

Jessica Connell Performance Award
Spencer MacNeil-Conlin Performance Award
Allison Mulvehill Team Values Award
Ryan Auger Team Values Award

Sr. Development Group

Jade Thompson Team Values Award
Kevin Gallagher Team Values Award

Blue Group

Hannah Wong Performance Award
Jaeden Tran Performance Award
Maddy Ren Team Values Award
Colin Sway Team Values Award

White Group

Sarah Kocian-Rudenberg Performance Award
Ian Carstairs Performance Award

White Group (continued)

Norah Kotnik Team Values Award
Callum Bolitho Team Values Award

Red Group

Micah Finley Performance Award
Ari Gravori Performance Award
Amelia Su Team Values Award
Leo Polidori Team Values Award

Leopard Shark Group

Ella Ruckdaschel Performance Award
Liam Kaseburg Performance Award
Addison Jester Values Award
Augie Keatinge Values Award

Corvina Group

Rhyan Schwartz Performance Award
Cameron Garrett Performance Award
Ana Laverty Team Values Award
Pete Hornsten Team Values Award

FSS Leopard Shark Group

Jesseca Bubany Performance Award
Alistair Zhang Performance Award
Alexandra Muller Team Values Award
Joshua Yu Team Values Award

FSS Corvina Group

Adeline Ernst Performance Award
Giancarlo Del Core Performance Award
Piper Hubbard Team Values Award
Ryder Sherman Team Values Award

FSS Grunion Group

Abigail Emory Performance Award
Aiden Shi Performance Award
Isabel Finch Team Values Award
Eric Muller Team Values Award

La Costa Valley Group

Zoe Porter Team Values Award
Ethan Heilman Team Values Award

Practice Schedule Changes

Friday, April 28: Club Meet (RSD club meets are open to all RSD Junior Group swimmers).

Regular practice is cancelled for the following groups: FSS Grunion, FSS Corvina, FSS Leopard Shark, Red, White, Blue.

In lieu of regular practice, we strongly encourage swimmers to participate in the Club Meet!

Exclusive Offer for RSD Families! Click [SwimLabs Encinitas](#) for more information

“Because Technique Matters!”
Coach Joe Supports the
RSD-SwimLabs Partnership

- In-pool cameras project a 360° video on large TVs for IMMEDIATE visual feedback.
- Extensive video library of world-class swimmers for side-by-side stroke analysis and comparison.
- All videos sent to you and your coach as an ongoing assessment tool.



SwimLabs
Swim School | KIDS | COMPETITIVE | TRIATHLETE

SwimLabs is providing an EXCLUSIVE offer to RSD Families until April 30th:
“Purchase One Youth Video Stroke Analysis Session at \$75 and Receive the 2nd Session at Half Price”

Say Cheeeeese



San Diego Imperial Swimming is starting a monthly photo contest within San Diego Imperial Swimming. Photos will be judged based on our vision statement: “San Diego Imperial Swimming is F.I.R.S.T. Fun, Integrity, Respect, Service, Team – Fun is First!”

This contest is open to swimmers, parents, coaches, volunteers, anyone. The photos can be taken anywhere, like at meets, or practice, team outings or just hanging out with swimmers. The judging will be done by our 4 elected athlete reps each month and the winners will be published on our website and Facebook page with the appropriate photo cred.

To submit a photo, just post it on Instagram and tag it with #siswimming #funisfirst #usaswimming. Good luck!



PROJECT STREAMLINE
SWIM CLINICS & MENTORSHIP

Olympian-Led Summer Swim Camps!

Come learn from World and American Record holders, NCAA Champions, and National Champions as they demonstrate the skills and techniques they used to win World Championships and Olympic Medals!

Two-Day Camp Features:

- Photos with Olympic Medals!!
- Olympian inspired workouts
- Goal setting
- Positive self-talk & visualization
- Viewing sessions & discussion of record breaking races
- High performance dryland
- Ages 7+ (groups will be divided by capability)

June 3rd – 4th 2017:

Saturday - Sunday: 9:00am - 4:00pm

Woodbridge High School

2 Meadowbrook

Irvine, CA 92604

Register Now!

www.projectstreamline.com/events

Spaces Limited

Normal Pricing: \$349

15% off w/ promo code:

KENDYL

Expires Soon!!



Kendyl Stewart
2 x National Champion
5 x National Team Member



Tyler Clary
Olympic Gold Medalist
World Champion



Kaitlin Sandeno
4 x Olympic Medalist
5 x World Champion
Former World Record Holder

www.projectstreamline.com

(949) 229 6947

support@projectstreamline.com

Aquatics Department Info

APRIL POOLS DAY FREE!

A free water safety event for the community!

SATURDAY, APRIL 8 • 12PM-4PM

Open to people of all ages!

Swimmers must pass a swim test or swim with a lifejacket to participate in free swim.

• FREE SWIM LESSONS • HANDS ONLY CPR INSTRUCTION
• OPEN SWIM • BASIC POOL SIDE RESCUE SKILLS

BOYS & GIRLS CLUBS
OF SAN DIEGUITO
PARDEE AQUATICS CENTER

533 Lomas Santa Fe Dr., Solana Beach, CA 92075 • aquatics@bgcsandieguito.org • (858) 755-4904

RSD Summer Swim League

Registration open! [Click Here](#) for more information or to register!

Swim Lessons at the BGC

Registration open! [Click Here](#) for more information or to register!

RSD Progress Evaluations Schedule

It's that time of the year for our quarterly evaluations for possible group moves and age-ups.



Weekday Schedule:

April	Progress Check – Tuesday 18 Make-up Progress Check –Wednesday 19
May	Visits with new practice group
June	New group placement/Regular practice

FSS Schedule:

April	Progress Check – Sunday April 9 Make-up Progress Check –Saturday April 22
May	Visits with new practice group
June	New group placement/Regular practice

Summer Schedules

[Zoom In](#)

2017 Spring-Summer Meet Schedule



DATE	MEET NAME	LOCATION	ENTRIES DUE	SWIMMERS TO ATTEND
Mar 30-Apr 2	PS-Far Westerns (SC)	PLS/Pleasanton, CA	Sun. Mar. 5	All Qualified 14 & Under
April 1	Dual Meet with NOVA (SC)	NOVA/ William Woollett Aquatics Ctr.	Sun, Mar 19	Swimmers ages 14 & Under in Leopard Shark, Red, White, Blue, Sr Red, and Sr Development
April 21-23	SI-AB All Ages (LC)	PS/Poway Community Ctr	Sun. April 2	All A/B Swimmers
April 27-30	SCS-SMOC (LC)	MVN/William Woollett Aquatics Ctr.	Sun. April 9	All Qualified Sr. Swimmers
April 28	Club Meet (SC)	RSD/Home	Th. April 27	All 12 & Under RSD Swimmers
April 29-30	SI-C All Ages Meet (SC)	CAST/Granite Hills HS	Sun. April 9	All C Swimmers
May 13	CIF-SDS Championships (SC)	CIF/ Granite Hills HS	N/A	All Qualified HS Swimmers
May 14	SI-Senior Meet (LC)	MRA/Granite Hills HS	Sun. April 23	All Senior Swimmers
May 19-21	SI-All Ages A/B Meet (LC)	MRA/Granite Hills HS	Sun. April 30	All A/B Swimmers
May 26-28	SCS-NOVA Grand Challenge (LC)	NOVA/ William Woollett Aquatics Ctr.	Sun. May 7	All Qualified Sr. Swimmers
May 27-28	SI-C All Ages Meet (SC)	MRA/Granite Hills HS	Sun. May 7	All C Swimmers
June 9-11	SI-A/B All Ages (LC)	CNSA/BBMAC Coronado HS	Sun. May 21	All A/B Swimmers
June 15-18	SCS-June Age Group Championships (LC)	NOVA/ William Woollett Aquatics Ctr.	Sun. May 21	All Qualified
June 24-25	SI-C All Ages Meet (SC)	FAST/Fallbrook HS	Sun. May 28	All C Swimmers
June 27-Jul 1	USA-National Championships (LC)	USA/Indianapolis, Ind	Sun. May 28	All Qualified
July 7-9	SI-A/B All Ages (LC)	CAST/Granite Hills HS	Sun. June 18	All A/B Swimmers
July 20-23	SCS-LA Invite (LC)	SCS/Uytengsu Aquatics Center, Ca	Sun. July 2	All Qualified
July 27-30	SI-Junior Olympics (LC)	SI/BBMAC Coronado HS	Sun. July 9	All Qualified
Aug. 1-6	NCSA-Junior National Championships (LC)	NCSA/Indianapolis, Ind	Sun. July 9	All Qualified
Aug 2-7	USA-Junior National Championships (LC)	USA/East Meadow, NY	Sun. July 9	All Qualified
Aug. 12-13	SI-JO Max-North (SC)	ICAC/Palomar College	Sun. July 23	All Swimmers with less than 5 JO Cuts

Click for [Summer Meet Schedule](#)

[Click for Summer Practice Schedule](#)

Group	Day	Time	Location
FSS Grunion	Friday	3:15–4:10 p.m.	@ BGC
	Saturday and Sunday	9:00–9:55 a.m.	
FSS Corvina	Friday	3:15–4:15 p.m.	@ BGC
	Saturday and Sunday	8:00–9:00 a.m.	
FSS Leopard Shark	Friday	4:00–5:00 p.m.	@ BGC
	Saturday and Sunday	9:00–10:00 a.m. or 3:00–4:00 p.m.	
Corvina	Monday through Thursday	8:00–9:00 a.m.	@ BGC
Leopard Shark	Monday through Thursday	9:50–10:50 a.m.	@ BGC
Red	Monday through Friday	8:50–10:00 a.m.	@ BGC
White	Monday and Friday	7:15 a.m. dryland 7:30–9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 dryland 9:30–11:00 a.m. swim	
Blue	Monday and Friday	7:15 a.m. dryland 7:30–9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 a.m. dryland 9:30–11:15 a.m. swim	
Sr. Development	Monday through Thursday	3:15–4:45 p.m.	@ BGC
Sr. Red	Monday through Friday	4:30–6:15 p.m.	@ BGC
Sr. White & Blue	Monday and Friday	6:45 a.m. dryland 7:30–9:30 a.m. swim	@ CCHS
	Tuesday, Wednesday, and Thursday	6:45 a.m. dryland 7:30–9:00 a.m. swim 9:00–9:30 a.m. run	
Sr. Champ Prep & Sr. Champ	Monday and Friday	9:15–11:30 a.m.	@ CCHS
	Tuesday, Wednesday, and Thursday	7:15–9:30 a.m. swim 9:30–10:15 a.m. dryland	
	Tuesday, Wednesday, and Thursday	2:00–4:00 p.m.	@ BGC
LPO (Late Practice Option)	Monday through Thursday	3:15–4:45 p.m.	@ BGC

Notes: BGC = Boys & Girls Club, CCHS = Cathedral Catholic High School

News You Can Use

The first rule of sports (and all) parenting: Don't speak

Special to the Washington Post -- Mar 8, 2017 <http://www.omaha.com/momaha/>

Your child doesn't have to play in the Super Bowl for you to know the feeling. Their team was supposed to win and then they didn't. What do you do? Being the mother of two girls who played soccer and ran track, I thought I knew the answer: Talk it through. Tell them you love them. Say it's just a game. Remind them there's always a next time. Isn't that what good parenting is all about? Keeping channels of communication open even in tough moments?

Turns out the answer is no. I learned this when I had a "don't speak" moment.

If you've never seen Dianne Wiest in "Bullets Over Broadway," it's worth a look. Her performance as an imperious Broadway star won her an Oscar, in part because of a superbly played line that runs through the movie like a heartbeat. Outstretched arm, palm up like a stop sign in front of John Cusack's mouth, Wiest practically hurls her command, "Don't speak. Don't. Don't speak."

My "don't speak" moment came in a more mundane setting. I was standing on a grassy hill at a high school soccer game, and the command was delivered by a parent named Peter, whose daughter is a year older than mine. This made him an ideal adviser; he had already been where I was now, and he hadn't yet had time to forget.



We had come to cheer on our girls in a high-stakes varsity soccer game. The winner would go on to represent the county in the state tournament. For the seniors, it was the last chance to grab an elusive championship for the school. Adding pressure, the opposing team was a rival from a nearby town.

My daughter, a junior, was new to the team, but her drive to win was strong. No one was cocky, but they had the confidence that comes with a winning season. You could feel the communal belief that this would be the year they went all the way. They just needed this last win. Their lead slipped to a tie toward the end of the second half. In the last minute of play there was a stumble, scrambling and a goal for the other team.

Parents supplied transportation for home games, so we waited while our daughters gave sullen high-fives to the winners and then huddled with their coach, listening as he shared his disappointment. When he was done they separated and, backpacks slung over shoulders, trudged across the field toward where we stood. Watching their grim faces approach I wished a meteorologist were present to confirm my suspicion that 22 high school girls who've just lost a chance at a state title can change the atmosphere, collectively sucking the light out of the sky. Their fury was frightening.

But Peter had been through this before. "Don't speak," he said. As I started to turn my head he added, "Don't look. Just walk. Go to your car. She'll find you."

I tried not to move my lips as I objected. "All I want to say is I'm sorry."

"Don't," he advised. "Don't speak. Not until she talks to you."

Because he had been through this before, I listened and walked to my car alone. I felt her before I saw her, walking silently beside me. Reassuring phrases immediately formed in my brain but, channeling Peter, I said nothing.

A moment later I noticed her teammates walking with their parents, mothers mostly, who offered words of consolation. "Are you okay?" and "You played well," and "There's always next time." To me the words sounded gentle and kind.

The girls did not agree. "No," they snapped, and "I sucked," and "There won't be a next time."

By the time we reached the car, every daughter except mine was crying and the moms were, understandably, annoyed and lashing back. "Why are you yelling at me?" and "Being upset is no excuse for being rude." We were silent on the ride home, silent as I turned on to our street. It was when I pulled into the driveway that my daughter finally spoke.

"That was such a bad game." I nodded.

Her voice was quiet when she said, "They shouldn't have won."

And mine was quiet when I agreed. "I know."

She got out of the car and asked, "What's for dinner?" and I told her. When she went upstairs to shower, I phoned Peter to thank him.

"Any other magical advice?" I asked.

He laughed and said, "No, that's it."

"That's okay," I told him. "That's enough."

On the continuum of empathetic to indifferent, I'm right there with the empaths from "Minority Report." I'm not boasting; sometimes feeling other people's pain isn't helpful. Still, if you've suffered a setback, I'm usually a pretty good choice of companion. If I see someone is hurting, I'm not shy about acknowledging their pain. What a revelation to discover that's nothing compared to standing as silent witness.

But what about that pesky keeping-channels-of-communication-open thing? How does staying silent jive with that?

The answer came to me later when I realized I'd misunderstood Peter's point. The goal of silence wasn't to prevent conversation. It was to give my daughter space to initiate it. "Don't speak" really meant "listen first." And the day of her soccer game, it worked like magic.



In the years since my "don't speak" moment, I've had many chances to practice what I learned. Moments with big questions such as: Which college should I go to? Which job would be better? Which wedding dress should I pick? Moments that would have ended poorly if I hadn't learned that lesson: To wait and find out my daughter's opinion before I chimed in with mine.

I still see Peter sometimes and when I do I always want to ask, "Any more magical advice?" But I know he would just laugh and say, "No, that's it." And I'd say, "That's okay. That's enough."

Is Your Swimming Giving You A Pain In The Shoulders or Neck?

Swimming is a physically demanding sport that requires rapid force production and endurance. Overtime the repetitive motions associated with swimming can result in joint, muscle, tendon, and ligament damage. One of the most common complaints that sidelines aquatic athletes is SHOULDER PAIN. The shoulder joint is inherently unstable because of its anatomy. The shoulder joint is not a ball and socket joint, but more of a ball and disc joint. The “ball” on the end of the upper arm bone sits on a relatively flat disc-like structure in the shoulder blade. The rotator cuff is a group of muscles that holds the shoulder joint in proper alignment during movement including swimming. While the arrangement allows for great mobility, it also makes the shoulder vulnerable to injury.

Repetitive use can cause the upper arm to rotate forward out of proper alignment. This can cause inflammation of the rotator cuff and loosening of the ligaments around the shoulder which further perpetuates the injury cycle. This rotator cuff impingement syndrome is known as SWIMMER'S SHOULDER.

Can chiropractic and rehabilitation care help with swimmer's shoulder? Chiropractic care of swimmer's shoulder focuses on restoring proper alignment of the neck and shoulder through specific adjustments. Rehabilitative postural and functional exercises are also given to correct poor muscle activation patterns along with massage therapy.

TESTIMONIAL:

“I started going to Dr. Loy because my shoulder pain was affecting my performance in practice. The shoulder pain was preventing me from swimming at my highest level for a long time. Since I have been under care with Dr. Loy and his team, I've been able to train harder without any shoulder pain or discomfort. As a result, I have swam some of my fastest times. Thank you, Dr. Loy!” Kira Crage, RSD Junior National Qualifier

Can Chiropractic and Rehabilitation care help with neck pain during swimming? Swimming involves powerful motion of the neck and back. Rotation of the spine is also involved when turning your head to breathe during freestyle. This repetitive motion sometimes results in inflammation and injury of the neck and shoulders. Injury can occur to the joints, muscles, ligaments, and discs in the region. Injuries can result in nerve irritation which in turn can cause pain and spasm to muscles in the surrounding regions. Chiropractic care of these repetitive strain injuries involves identifying the structure that is causing the pain and addressing the issue through specific chiropractic adjustments. Tailored rehabilitative postural and functional exercises are taught to strengthen and correct poor muscle activation.

TESTIMONIAL:

“I had joint problem in my right shoulder and both my legs. I also had muscle pain from my neck to my right shoulder. The pain in my shoulder caused me to stop using my arm and it felt weak. I was unable to swim and practice. The joint pains in my legs did not affect my swimming but it did my running. I had to stay out of sports that made me use my arms and limited my swimming for 2 months. I went to Dr. Loy for chiropractic adjustments and rehab exercises. I started seeing results after a couple weeks. I started to progressively use my right arm again and had less issues when I was running. After 2 months of corrective care with Dr. Loy and his team, I felt complete recovery. I am back to my normal swim routine and have been able to significantly improve in my swimming. I qualified for Far Westerns and finished first in my main events at the 2017 Short Course Junior Olympics.” Ethan Hildesheim, RSD Senior Prep Champ

Shoulder and neck issues can be detected early on before symptoms occur. Most of the time swimmers will wait until the problem stops them from being in the pool. These problems are associated with underlying misalignments and nerve irritation. Loy Chiropractic Arts would like to offer all RSD swimmers and their families a Complimentary Consultation, Detailed Functional Exam, and Wellness Score. We will be able to determine what is causing your health condition, what are the factors contributing to your problems, and what is the best course of action to resolve the issue as rapidly as possible. When necessary we collaborate with the coaches and trainers.

Loy Chiropractic Arts takes pride in the caring and long-term relationships we develop with our patients. Please contact our clinic today to request your complimentary appointment. (858) 436-7162 or www.loychiropractic.com

TESTIMONIAL:

“Before coming to Dr. Loy, I was having really bad upper back and shoulder pains; not being able to sleep very well and holding me back in swimming. In the past I enjoyed many outdoor activities, but once my back and shoulder pain started I wasn't in the mood of doing any of that. I've tried PT, but with no results. One day I was talking to a friend about how my back hurts and he recommended Loy Chiropractic Arts. I took his advice and went as soon as I could. Dr. Loy examined me carefully and thoroughly before establishing a diagnosis, and created a plan for my specific problem. After 2 weeks my pain vanished and my performances improved. I now visit Dr. Loy regularly to stay free of injuries. I am so thankful that I have found Dr. Loy. Without his help I would probably still be in pain and not able to perform at my best. His staff is nice and ready to help me. Thank you so much for helping me recover and pursue what I love. Allen Cioaca, RSD Senior Prep Champ

RSD's Swimmers of the Month

Corvina: TESSA KOFF



Favorite land animal: Giraffe
Favorite sea animal: Turtle
Favorite unhealthy snack: Ice cream sandwich
Favorite healthy snack: Apple
Favorite subject in school: Reading
Favorite hobby: Swimming
What do I want to do when I grow up? Vet
If I had one superpower, what would it be? Invisible

Leopard Shark: ADDISON JESTER



Favorite land animal: Cat
Favorite sea animal: Whale
Favorite unhealthy snack: French fries
Favorite healthy snack: Apple
Favorite subject in school: Math
Favorite hobby: Swimming
What do I want to do when I grow up? Olympic swimmer
If I had one superpower, what would it be? Invisibility

LCV: LANCE NGUYEN



Favorite land animal: Homo Sapiens
Favorite sea animal: Blobfish
Favorite unhealthy snack: Potato/raw
Favorite healthy snack: Brownies/wholesome chocolate
Favorite subject in school: Math
Favorite hobby: Drawing, art
What do I want to do when I grow up? Live in a box under the bridge
If I had one superpower, what would it be? Shape shifting

RSD's Swimmers of the Month

FSS Grunion: ADRIAN ZHANG



Favorite land animal: Cheetah
Favorite sea animal: Crab
Favorite unhealthy snack: Candy
Favorite healthy snack: Apples
Favorite subject in school:
Favorite hobby: Reading
What do I want to do when I grow up? I want to be a dermatologist
If I had one superpower, what would it be? I would want to have the superpower to climb Mt Everest in one second

FSS Corvina: ANDREW CARLSON



Favorite land animal: Turtle
Favorite sea animal: Whale
Favorite unhealthy snack: Popcorn
Favorite healthy snack: Bananas
Favorite subject in school: Math
Favorite hobby: Baseball
What do I want to do when I grow up? Be a teacher
If I had one superpower, what would it be? Shape shift

FSS Leopard Shark: AANY VAN DER LINDEN



Favorite land animal: Cheetah
Favorite sea animal: Dolphin
Favorite unhealthy snack: Ice cream
Favorite healthy snack: Fruit
Favorite subject in school: Reading
Favorite hobby: Dance
What do I want to do when I grow up? I don't know
If I had one superpower, what would it be? To be able to fly

FSS Leopard Shark: ELLE VAN DER LINDEN



Favorite land animal: Elephant
Favorite sea animal: Jellyfish
Favorite unhealthy snack: Candy
Favorite healthy snack: Fruit/smoothie
Favorite subject in school: Math
Favorite hobby: Dance
What do I want to do when I grow up? Become a millionaire
If I had one superpower, what would it be? To be able to fly

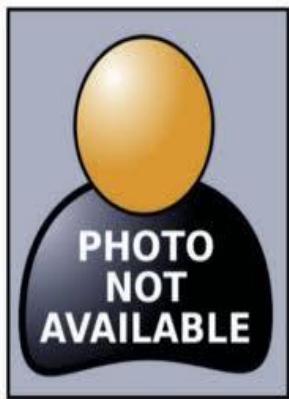
RSD's Swimmers of the Month

Red: ALAN XIE



Favorite land animal: Monkey
Favorite sea animal: Killer whale
Favorite unhealthy snack: Chips
Favorite healthy snack: Blackberries
Favorite subject in school: Math
Favorite hobby: Basketball
What do I want to do when I grow up? Olympic swimmer & software engineer
If I had one superpower, what would it be? Flying

White:



Favorite event:
Favorite song:
Favorite food before practice:
Favorite food after practice:
Hobbies:
Favorite book:
Favorite TV show:
Favorite athlete:
Favorite quote:

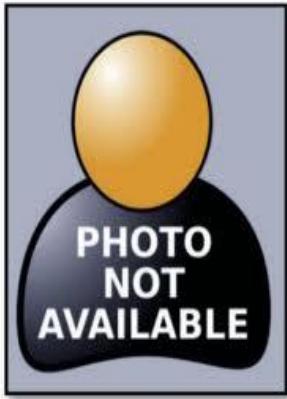
Blue: LOGAN NOGUCHI



Favorite event: 50 Back
Favorite song: Low by Flo-Rida
Favorite food before practice: Acai Bowl
Favorite food after practice: Sushi
Hobbies: Surfing, fishing, soccer, snowboarding, wakeboarding
Favorite book: Spy Ski School by Stuart Gibbs
Favorite TV show: --
Favorite athlete: Cristiano Ronaldo
Favorite quote: "Don't be judged by what you have accomplished, but be judged by what you can accomplish" John Wooden

RSD's Swimmers of the Month

Senior Development:



Favorite event:
Favorite song:
Favorite food before practice:
Favorite food after practice:
Hobbies:
Favorite book:
Favorite TV show:
Favorite athlete:
Favorite quote:

Senior Red: ELLA CROTTY



Favorite event: 50 free
Favorite song: What Doesn't Kill You Makes You Stronger – Kelly Clarkson
Favorite food before practice: Fried Rice
Favorite food after practice: Quesadilla
Hobbies: Swimming, stage crew
Favorite book: Keeper of the Lost Cities
Favorite TV show: none
Favorite athlete: Missy Franklin
Favorite quote: "Be yourself, everyone else is taken"

Senior White: DENNIS RAUSH



Favorite event: 100 Free
Favorite song: no idea
Favorite food before practice: Cup o' Noodles
Favorite food after practice: Cup o' Noodles
Hobbies: Eating
Favorite book: Hitchhiker's Guide to the Galaxy
Favorite TV show: Walking Dead
Favorite athlete: Dagnin Gregory
Favorite quote: "Go home Dagnin" - Richard

RSD's Swimmers of the Month

Senior Blue: AMEETA SIHOTA



Favorite event: 200 Breast
Favorite song: Don't Worry, Be Happy – Bobby McFerrin
Favorite food before practice: Yogurt
Favorite food after practice: Curry
Hobbies: Reading, swim
Favorite book: Harry Potter: Prisoner of Azkaban
Favorite TV show: n/a
Favorite athlete: Rachel Tran
Favorite quote: "You got this!"

Senior Championship Prep: MIA KRAGH



Favorite event: 100 Free
Favorite song: California Girls
Favorite food before practice: Chocolate milk
Favorite food after practice: Chocolate milk
Hobbies: Swimming, sleeping, eating
Favorite book: Great Expectations
Favorite TV show: Modern Family
Favorite athlete: Robbie Andrews
Favorite quote: "Ya'ller done"

Senior Championship: OLEG NIKOLAEV (Yogi Bear)



Favorite event: Gatorade Set
Favorite song: Stronger – Kanye West
Favorite food before practice: Picnic basket
Favorite food after practice: Picnic basket
Hobbies: Being sore
Favorite book: Joe & Me
Favorite TV show: South Park
Favorite athlete: Coach Chris
Favorite quote: "Dylan go home" – Coach Chris