

# RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER



January 2017

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## January Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Jan. 13-15	SI-All Ages AB Meet (SCY)	CAST/Granite Hills HS	<del>Th. Dec. 22</del>	All AB Level Swimmers
Jan. 16	MLK Day – Modified practice schedule for all practice groups			
Jan. 21-22	SI-12 & Under C Meet (SCY)	FAST/Fallbrook HS	<del>Th. Dec. 29</del>	All C Level Swimmers
Jan. 27	Club Meet	Home	Th. Jan. 26	All 12 & Under RSD Swimmers
Jan. 27-29	SI-11 & Over NTS Meet (SCY)	HSA/Granite Hills HS	Sun. Jan. 8	All 11 & Over Swimmers

## February Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Feb. 11-12	SI-12 & Under ABC Meet (SCY)	FAST/Fallbrook HS	Sun. Jan. 22	All 12 & Under Swimmers
Feb. 17	Club Meet	Home	Th. Feb. 16	All 12 & Under RSD Swimmers
Feb. 17-20	SI-Senior Classic (SCY)	SI Swimming/BBMAC Coronado HS	Sun. Jan. 29	All Qualified Senior Swimmers <u>Sr. Champ and Sr. Prep will NOT attend</u>
Feb. 24-26	SI-Junior Olympics (SCY)	SI Swimming/Poway Community Swim Center	Sun. Jan. 29	All Qualified

# Race Reports!

## RSD Senior Champ Swimmers Compete at Speedo Winter Junior National Championships

### Junior Nationals Recap: December 7-10, 2016

RSD Swim Team took 7 athletes to the U.S. Junior National Championships in College Station, Texas. Our Nation's 18 & under Championships were held at Texas A & M University December 7-10. Five of our athletes were attending nationals for the first time ever, and 2 athletes were experiencing their second National level championship. We had a good meet, gained a lot of valuable experience, and learned a lot! Every athlete performed at least one best time! Our girl's relays were especially awesome! Congratulations to the following athletes that represented RSD at this high level National Championship competition:

Rachel Rhee, Alec Dickstein, Brandon Kulik, Kira Crage, Dani Rosenthal, Leah Coffin, Isabella Abrajan



### Winter Age Group Championships Recap:



The Rancho San Dieguito Swim Team took 130 athletes to the 2016 San Diego-Imperial Winter Age Group Championships held in Coronado, CA December 17-19. It was a great meet for RSD!

- We took the team title and we had lots of success and fun throughout the meet!
- Our swimmers achieved over 90% best times!
- We broke numerous meet records, and we even broke a few San Diego-Imperial LSC records!
- Our relays were amazing, especially our 13-14 Boys relays, ranking 5<sup>th</sup> in the Nation in the 200 Free Relay and 10<sup>th</sup> in the Nation in the 400 Free Relay.
- Issie Abrajan was a standout, winning all but one of her individual events and getting second in one event. She scored 177 points for RSD and achieved nationally ranking times!

A huge thank you to all of our RSD parents who worked hard on volunteering jobs to help the meet run smoothly.  
Thank you Coaches for your time and energy!  
Most of all, thank you RSD WAG Swimmers for doing your best!



# Rancho San Dieguito Swim Team Claims Sixth Consecutive USA Swimming Club Excellence Title!!

In its 16th year, the Club Excellence program identifies clubs that execute strong, well-rounded programs to produce elite 18-and-under athletes. The top 20 clubs earn Gold level ranking and those rated 21-100 are designated as Silver honorees. The next 100 clubs are recognized at the Bronze level.

For the sixth year in a row RSD Swim Team has again been recognized as one of the top ranking team in the nation. This year RSD earned the bronze title in the [USA Swimming Club Excellence](#) program, recognizing high-performing teams Nationwide in the development of athletes 18 years and younger. Only 200 Teams are recognized in the US for titles based on athlete development. **RSD holds the honor as the top ranked team in San Diego-Imperial swimming!**

"Earning a Gold, Silver, or Bronze ranking is a reflection of the hard work and time invested by athletes and coaches and has become a highly coveted honor for our teams. Each year, the competition to earn a Club Excellence ranking continues to be more and more challenging." said **Pat Hogan**, USA Swimming's Club Development Managing Director. "On behalf of USA Swimming, I want to congratulate each of the 200 clubs that have earned a ranking in the 2017 program."

Joe Benjamin, RSD Head Coach said "I'm proud of our team for the hard work and consistent effort earning them this title. As a one-facility team, we may be limited in how large our team can grow, however, I have seen this team consistently hold itself to high standards of quality that are important to us all. This title shows the excellence of our efforts in that commitment to quality parenting and coaching, strong core values, and consistency in the field. This team proves that great futures really do start with the Boys and Girls Clubs."



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## Practice Schedule Changes

### Monday January 16 in observance of MLK day:

FSS Grunion	9:00-10:00 a.m.
FSS Corvina	10:00-11:00 a.m.
FSS Leopard Shark	9:00-10:00 a.m.
Red	8:00-9:00 a.m.
White	9:15-10:45 a.m.
Blue	9:15-10:45 a.m.
Senior Development	7:45-9:15 a.m.
Senior Red	7:45-9:15 a.m.
Senior White	7:45-9:45 a.m. (w/dryland)
Senior Blue	7:45-9:45 a.m. (w/dryland)
Senior Prep	6:15-7:45 a.m. & 2:30-4:30 p.m.
Senior Champ	6:15-7:45 a.m. & 2:30-4:30 p.m.
EPO	-Cancelled-



# 2017 USA Swimming Registration Required!

Do not delay, all RSD team members must be members of USA Swimming! Swimmers who missed the team registration in October must complete the 2017 registration before Friday, January 6, 2017.

This membership is mandatory and provides athlete insurance to participate in swim practice, club meets, special events, and attend USA Swimming sanctioned swim meets.



If you are new to RSD/not a current member of USA Swimming, [Click Here](#) for registration instructions.

If you are transferring to RSD from another USA Swim Team the "Club Transfer Form" must be filled out and signed by your coach. Click above link to access transfer form.

Contact the San Diego Imperial Swimming office for more info: [office@si-swimming.org](mailto:office@si-swimming.org).

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## Swimmer Progress Check (Testing)

Our quarterly progress checks for practice group moves occur this month.

### Weekday Schedule:

Progress Check – Tuesday, 1/17 (make-up Wednesday, 1/18)

Announcement (Swimmers/families notified of visits) – no later than Wednesday, 1/25

Visits – February

### FSS Schedule:

Progress Check

Grunion: Saturday, 1/14 (make-up Sunday, 1/29)

Corvina: Saturday, 1/14 (make-up Sunday, 1/29)

Leopard Sharks: Sunday, 1/15 (make-up Saturday 1/28)

Announcement (Swimmers/families notified of visits) – no later than Tuesday, 1/31

Visits – February



Rather than ask swimmers and coaches what their resolutions are for the upcoming year, USA Swimming asked them to offer resolutions for younger swimmers to help them improve in 2017 and beyond.

Here are a few words of their wisdom for a Happy New Year in the pool.

### Alex Vanderkaay

"I think a good New Year's resolution would be to walk out of every swim practice knowing you did something or said something that, even if in the smallest way, made one of your teammates better."

### Tori Trees Smith

"I think younger swimmers need to have consistency with every workout and make sure they are having fun with swimming."

### Frank Busch

"Come to practice with this in mind – "Whatever it takes to get better today." When practice is over, enjoy the other parts of life. Swimming stays at the pool."

### Chuck Katis

"Make sure that every day you're in the pool, you do at least one specific thing that you can recognize made you better (effort, technical change, extra prep/recovery, etc.)."

### Peter Vanderkaay

"Make a commitment to have tight streamlines in 2017. It's easy to get lazy, especially through the breakouts, so make a conscious effort to work on this and it will make a big difference."

# News You Can Use

## MY FAVORITE FOOD FINDS FOR YOUNG SWIMMERS



**BY JILL CASTLE, MS, RDN**

I like real food. I like my young athletes to eat real food. So, when it comes to youth sports nutrition, I am always looking for innovative food products that can do the job of nourishing and fueling the growing athlete.

Here are some of my favorite food products of 2016 for young swimmers:

### **Fair Life Chocolate Milk**

Want milk with more calcium, more protein, and not too much sugar? Fair Life Chocolate Milk may be your answer. Ultra-filtration is the process used to concentrate calcium and protein, and reduce sugar and lactose, the natural milk sugar that many Americans have difficulty digesting.

Of course, the chocolate milk has sugar added back in, but the overall sugar content is still less than other chocolate milk competitors (12 grams of sugar per 8 ounces versus 24 grams of sugar in organic chocolate milk).

Fair Life Chocolate Milk is a delicious option for athletes who are looking for a tasty recovery beverage.

\*Available in 11-ounce single serving containers

### **Nutty Goodness Fruit and Nut Snacks**

Nutty Goodness is a snack made with nuts, seeds, fruit, herbs and spices...and nothing else. Nutty Goodness also happens to be organic, gluten-free, vegan, wheat-and dairy-free. Packaged in a re-sealable bag for easy portability, these flavorful snacks are perfect for a quick light bite prior to, or after, an event.

### **88 Acres Seed Bars**

A granola bar without the granola? Is that possible? It is with 88 Acres, the Boston-based company making seed bars. Those with tree nut and peanut allergy, rejoice. Your tasty alternative is here.

Inspired by the lack of bar options for individuals with food allergies, the creators made their bars free from all major food allergens (milk, egg, wheat, peanut, tree nut, fish, shellfish and soy). And best of all, they didn't sacrifice flavor in the process.

## FOOD FINDS—CONTINUED

### **Kelly's Four Plus Granola**

Sometimes it takes an athlete's mom to make a great fuel source for other athletes. Hence, this small batch, hand baked granola was born out of a mom's need to feed her hungry, growing rowers. Every flavor starts out with four main ingredients (100% whole grain rolled oats, canola oil, honey, and pure maple syrup) and other ingredients are added to make up the six different available flavors. Four of the flavors are nut-free. This granola is great straight out of the bag, on top of yogurt, oatmeal or cold cereal.

### **Athletic Foodie Snacks**

Athletic Foodie was founded by Garrett Weber-Gale, an Olympic Gold Medalist in swimming, after a bout with high blood pressure and a need to revamp his diet. He quickly became aware of the impact of nutrition on his sports performance. Since then, he's been making a difference in young athletes' lives with his Athletic Foodie products.

Athletic Foodie snacks are individually portioned. Each package tells the swimmer when to eat it: pre-workout, during workout or post-workout, leaving the guessing game behind.

### **Pureed Fruits and Veggie Energy Packs**

Clif Athlete Series showcases a variety of pouched fruit, grain and veggie combinations. Modeled after baby food pouches, these energy packs are easy to throw in a duffel and consume between events. With flavors such as banana maple oatmeal, banana beet with ginger, and sweet potato and sea salt, the combos pack in the complex carbs that are required and beneficial for endurance activities.

### **Trader Joe's Fruit and Nut Mixes**

Trader Joe's has the market on individually packaged trail mixes, a line of products they call "handfuls." From their Omega Trek Mix (almonds, walnuts, and pumpkin seeds (pepitas)) to their Go Raw Trek Mix (raisins, cashews, walnuts, almonds and filberts (hazelnuts)) and everything in between (my favorite: Simply Almonds, Cashews and Chocolate Mix), Trader Joe's does the swimmer a big favor: keeps the portion size to a "handful."

### **Granola Bars**

In the grocery store, the category of granola bars is overwhelming. It's easy to just grab the first bar that looks as if it will taste good. But, finding one that tastes good and is nutritious can be a costly experiment.

Of course, everyone's taste buds are different and granola bars vary greatly, even within brand names, but the brands Kashi, Kind, and Cascadian Farms have nutrition labels that generally meet the criteria of "not too sugary, not too fatty, and a good source of protein and fiber."

If you are curious about finding a healthy granola bar, but aren't sure which parameters to look for, check out my granola bar purchasing guide.

### **Bonk Breaker**

If you're looking for a bar that packs more punch (translated: a bit higher in calories and protein), try a Bonk Breaker energy and protein bar. It may be just the hefty snack you need for your next grueling workout. Not only are there several unique flavor options, these energy bars are gluten-free and made with real ingredients—the kind you recognize and can pronounce.

*\*Disclosure: At the time of this writing, I have no affiliations with any of the companies mentioned in this article. All opinions are my own.*

*Jill Castle, MS, RDN is a registered dietitian, childhood nutritionist, and youth sports nutrition expert. She is the author of [Eat Like a Champion: Performance Nutrition for Your Young Athlete](#). Learn more about Jill at [www.jillcastle.com](http://www.jillcastle.com) and check out her free list of [70 Awesome Pre-Workout Snacks for Kids](#).*

# PHELPS TEACHES LESSON IN CONCENTRATION IN OLYMPIC 200M FLY

BY DR. ALAN GOLDBERG//COMPETITIVEDGE.COM

Too many swimmers mistakenly believe that when they compete, their focus needs to be on the competition and what they're doing. There is no better example of this than watching Phelps's semifinal and final races in the 200m Butterfly against South African swimmer, Chad le Clos.

Le Clos stung Phelps in 2012 London Games by beating him in this race, delivering one of the more emotionally painful blows the decorated Olympian had ever experienced in his swimming life. Being the intense competitor that he is, we can only assume how Phelps used the pain of this defeat on a daily basis over the last four years to fuel him to work even harder than ever in his training.

Before the semifinal race, le Clos stood directly in front of Phelps, staring him down and shadow boxing in his face. It was an obvious attempt by the South African to distract and intimidate his famous opponent. What le Clos didn't realize at the time, was that he was making a fatal concentration mistake that would ultimately cost him a medal.

If you really want to beat an opponent, then you need to focus on YOU and what YOU are doing, and NOT on your opponent. Attempts to intimidate your competition is not only poor sportsmanship, but will ultimately set you up to fail.

As Phelps did, it's fine to use an opponent and thoughts of them in practice to motivate you to work harder and focus even more on what you need to do. However, when you do this at race time, you are distracting yourself from your event and sabotaging your own performance.

In the semifinal race, le Clos even looked over at Phelps DURING the race, which is a huge performance "NO-NO" for swimmers that will slow them down every time. Phelps, both before the semis and finals, didn't even acknowledge his opponent and instead, controlled his focus of concentration. Behind the blocks before the finals, he deliberately turned away from le Clos as he mentally prepared for HIS race, while the South African tried to stare him down once more.

The race results speak for themselves! Phelps, at 31 years old, won his 20th gold medal, and le Clos finished fourth. Phelps taught us all a very important lesson:

Only use your competition to motivate you to work harder in practice. To perform your best when it counts the most, you must stay focused on you and what you are doing. To swim like a champion, you must "stay in your own lane" and way in the background, you can have an awareness of where you're at in the race.

*For more FREE mental toughness tips and swim articles, go to Dr. Goldberg's website, [www.competitivedge.com](http://www.competitivedge.com) and click on "choose your sport" and then "swimming." You can also visit him on Facebook, follow him on Twitter and sign up for his free, monthly mental toughness newsletter.*

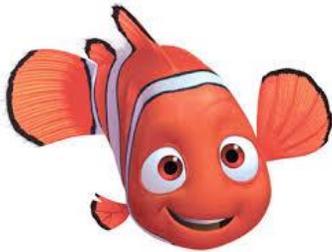




# RSD's Swimmers of the Month

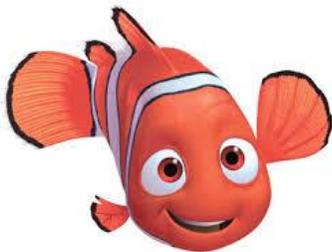


## Corvina: CAMERON GARRETT



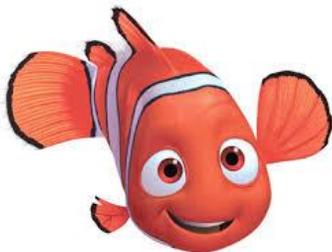
Favorite land animal: Eagle  
 Favorite sea animal: Orca  
 Favorite unhealthy snack: Popcorn  
 Favorite healthy snack: Apple  
 Favorite subject in school: Math  
 Favorite hobby: Video games  
 What do I want to do when I grow up? Engineer  
 If I had one superpower, what would it be? Super speed

## Leopard Shark: LIAM KASEBURG



Favorite land animal: Snake  
 Favorite sea animal: Shark  
 Favorite unhealthy snack: Burger  
 Favorite healthy snack: Carrots  
 Favorite subject in school: Math  
 Favorite hobby: Surf  
 What do I want to do when I grow up? Professional swimmer/priest  
 If I had one superpower, what would it be? Breathe underwater

## LCV: LANCE NGUYEN



Favorite land animal: Cow  
 Favorite sea animal: Sea Cow  
 Favorite unhealthy snack: Chips  
 Favorite healthy snack: Carrots  
 Favorite subject in school: Math  
 Favorite hobby: Drawing  
 What do I want to do when I grow up? Be the oldest person ever  
 If I had one superpower, what would it be? Fly with a marshmallow jet pack

# You Rock!!





# RSD's Swimmers of the Month



## FSS Grunion: GILLIAN SLAVIN



Favorite land animal: Giraffe  
 Favorite sea animal: Dolphin  
 Favorite unhealthy snack: Chips  
 Favorite healthy snack: Banana  
 Favorite subject in school: Math  
 Favorite hobby: Reading  
 What do I want to do when I grow up? Teacher  
 If I had one superpower, what would it be? Ice power

## FSS Corvina: YOHAN HANAKI



Favorite land animal: Lion  
 Favorite sea animal: Whale  
 Favorite unhealthy snack: None  
 Favorite healthy snack: Curry  
 Favorite subject in school: Math  
 Favorite hobby: Playing  
 What do I want to do when I grow up? Be a scientist  
 If I had one superpower, what would it be? Teleportation

## FSS Leopard Shark: MILA KENNEDY



Favorite land animal: Cat  
 Favorite sea animal: Whale  
 Favorite unhealthy snack: Ice cream  
 Favorite healthy snack: Cucumber  
 Favorite subject in school: English  
 Favorite hobby: Swimming  
 What do I want to do when I grow up? Actress or doctor  
 If I had one superpower, what would it be? To levitate things

# You Rock!!





# RSD's Swimmers of the Month



## Red: AMELIA SU



Favorite land animal: Cat  
 Favorite sea animal: Seahorse  
 Favorite unhealthy snack: Ice cream  
 Favorite healthy snack: Bananas  
 Favorite subject in school: History  
 Favorite hobby: Reading  
 What do I want to do when I grow up? Artist  
 If I had one superpower, what would it be? Invisible

## White: SARAH KOCIAN-RUDENBERG



Favorite event: 50 Free  
 Favorite song: Cheap thrills  
 Favorite food before practice: Yogurt  
 Favorite food after practice: Carrots  
 Hobbies: Drawing, singing, math  
 Favorite book: Harry Potter Series  
 Favorite TV show: Star Wars  
 Favorite athlete: Katie Ledecky  
 Favorite quote: "RSD Cheer"

## Blue: DUKE GRADY



Favorite event: 200 Fly  
 Favorite song: Wake Up – Rage Against the Machine  
 Favorite food before practice: Steak  
 Favorite food after practice: Steak  
 Hobbies: Airsoft guns and bugs  
 Favorite book: Lord of the Flies  
 Favorite TV show: I don't watch shows  
 Favorite athlete: Michael Phelps  
 Favorite quote: "Train insane or remain the same"

# You Rock!!

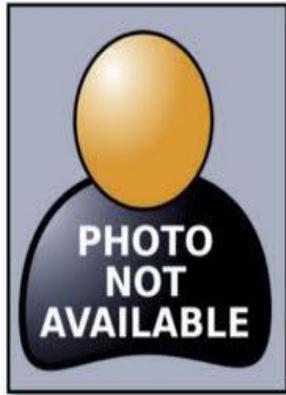




# RSD's Swimmers of the Month

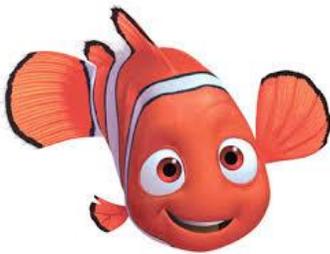


## Senior Development:



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

## Senior Red: SPENCER MACNEIL



Favorite event: Backstroke  
 Favorite song:  
 Favorite food before practice: Bagels  
 Favorite food after practice: Bagels  
 Hobbies: Swimming, baseball, playing video games  
 Favorite book:  
 Favorite TV show: Big Bang Theory  
 Favorite athlete: Michael Phelps  
 Favorite quote: "Try, try, try, never give up"

## Senior White: JENNE' BROOKES



Favorite event: 100 Breast  
 Favorite song: I'm yours  
 Favorite food before practice: Apples  
 Favorite food after practice: Pizza  
 Hobbies: Snorkeling  
 Favorite book: Golden Age  
 Favorite TV show: Survivor  
 Favorite athlete: Phelps  
 Favorite quote: "Every battle is won before it is fought."

# You Rock!!

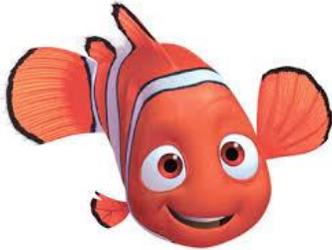




# RSD's Swimmers of the Month

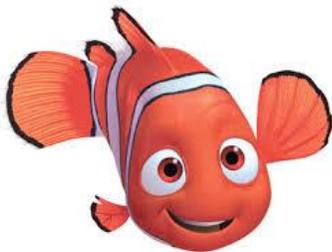


## Senior Blue: CHRISTIAN NATALE



Favorite event: 500 Free  
 Favorite song:  
 Favorite food before practice: Breakfast burrito  
 Favorite food after practice: Pasta  
 Hobbies: Climbing  
 Favorite book:  
 Favorite TV show:  
 Favorite athlete:  
 Favorite quote:

## Senior Championship Prep: KYLE WONG



Favorite event: 100 free, 500 free  
 Favorite song: Unsteady  
 Favorite food before practice: Smoothies  
 Favorite food after practice: Pasta  
 Hobbies: Sleeping, swimming  
 Favorite book: The 5<sup>th</sup> Wave  
 Favorite TV show: The 100  
 Favorite athlete: Conor Dwyer  
 Favorite quote: "Forever is composed of nows."

## Senior Championship: DANI ROSENTHAL



Favorite event: 25 Breast  
 Favorite song: All of them  
 Favorite food before practice: Goldfish  
 Favorite food after practice: Donuts  
 Hobbies: Going to the beach  
 Favorite book: Not sure  
 Favorite TV show: New Girl  
 Favorite athlete: Leah Coffin and Kira Crago  
 Favorite quote: "Just keep swimming"

# You Rock!!

