



RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER



JULY 2015



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IMPORTANT RSD JULY Dates:

July 6- Futures and Junior Nationals Entries Due
July 11-12: Last Chance Meet- CAST/Granite Hills High School Meet
July 12- Junior Olympic Entries Due
July 13- Senior Nationals Entries Dues
July 23-26: Junior Olympic Meet
July 30-August 2: USA Swimming Futures Meet
July 27- JO Max Entries Due
CLUB MEET vs Lomas Santa Fe Sharks: JULY 24th (**date has changed**)

Quarterly Progress Check Dates:

Grunion: Monday July 27th, Make-Up: July 29th
FSS Grunion: July 11th, Make-Up July 19th
Corvina: Monday July 27th, Make-Up: July 29th
FSS Corvina: July 12th, Make- Up: July 18th
Leopard Shark: Monday July 27th, Make-Up: July 29th
FSS Leopard Shark: July 12th, Make- Up: July 18th
Red: Monday July 27th, Make-Up: July 29th
White: July 31st
Blue: Jul y 31st
Sr. Development: July 30th

THANK YOU RSD FAMILIES!!!

We hope you enjoyed the team banquet as much as we did! We appreciate everyone who came out to celebrate our swimmers and our team. 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!!!

SUMMER SCHEDULE

Our summer [practice schedule](#) and [meet schedule](#) have been finalized and are now available to view. We are very pleased to announce that after ongoing efforts, we have managed to solidify practice space for several of our groups to train long course during the summer at Cathedral Catholic High School. This is a huge benefit to the quality of our program and we are thrilled to provide this opportunity to our swimmers. This will enhance our training and will greatly benefit the long term development and excellence of our program. We hope you are as excited as we are for this new opportunity!

We do understand that the adjusted practice schedule may be difficult for some families so we are doing everything we can to be as accommodating and as flexible as possible. **We are opening up as many opportunities as we can to ensure our swimmers can practice as much as possible.** For the summer only, we will be opening up cross-over between our weekday and weekend Fish Groups so that swimmers are welcome to attend any of the practices offered at their level. Swimmers at the Leopard Shark level and above will be welcome to attend the LPO (Late Practice Option) on Tuesdays & Thursdays from 3-4:30pm. White and Blue Group swimmers will also be welcome to attend practices with our Sr. Development Group if they are unable to make it to their workout at CCHS. We hope that these expanded opportunities help facilitate the planning of your busy summer schedules.

RSD Practice Schedule CHANGES!

As a reminder, each August the Boys and Girls Club closes for two weeks for necessary facility maintenance. During this time, **there will be no practice from August 17th - August 30th.** Swimmers in Sr. Champ & Prep will do cross training Aug 24-28. Normal practices will resume on August 31st. Please use this time to reset and get ready for the coming school and swimming year.

RSD Summer Swim League

There is still time to sign up for the second session of Summer League! Rancho San Dieguito Swimming is proud to offer a Summer Swim League designed for the novice swimmer, serving as a fun introduction to the world of swimming. This is for people who are not currently on the RSD swim team. **Please tell all your friends** who are interested in joining RSD. There are 40 spots available on a first come, first serve basis.

For more information please click [HERE!](#)

Don't forget:

USA Swimming Registration

It is a requirement that all swimmers must be members of USA Swimming. This membership is mandatory in order to attend swim meets. If you have questions about your eligibility, please contact the San Diego Imperial Swimming office at office@si-swimming.org. If you are not a member of USA Swimming, please use the following link for instructions: https://www.teamunify.com/SubTabGeneric.jsp?team=sirsd&_stabid_=97126.

Swim Suit Requirement

We would like to remind all of our swimmers and families about our competition swimsuit requirements. As you may already know, we are a Speedo sponsored swim team. Speedo offers RSD a lot of benefits as part of our sponsorship contract. Some of these benefits include warm-ups, swimsuit deals, discounts on various team equipment, and free or discounted Speedo technical suits for our Sectionals and Nationals qualifiers. We have worked very hard to build and maintain our sponsorship relationship with Speedo, and we are responsible for holding up our end of our contract with them. Our team requirements regarding competition suits are as follows: All RSD athletes must wear a Speedo suit in any competition. Our Speedo competition suits must be solid navy, solid red, navy and red combo, or solid black. Since the consequence could be as severe as losing our sponsorship with Speedo and all that they offer us, we will be enforcing our team suit policies, and we will remove any swimmer from a competition where they are not wearing a Speedo suit with one of our four color options. We thank you for your understanding and adherence to this policy.

Clinic with Olympians, Jason Lezak and Aaron Peirsol!

AARON PEIRSON AND JASON LEZAK



RSD is proud to present a swim clinic with two former Olympians!

The clinic will include: Motivational talk and Q&A session

In-water technique analysis of strokes, starts, and turns

Autograph and Picture Session with medals

Gift: DVD, Notebook, Autograph Card, and t-shirt

For more information please click [HERE](#) or Register Now!

RSD July Club Meet vs Lomas Santa Fe

EVENT DATE: Friday, July 24th

WARM-UP: 3:15pm

MEET STARTS: 3:45pm

ENTRIES DUE: Thursday, July 23rd (This is FIRM!)

COST: \$5.00

- RSD club meets are open to all RSD swimmers ages 12 and under.
- 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. Swimmers 8 years old and younger will swim 25 yards of each stroke, while swimmers 9-12 years old will swim 50 yards of each stroke. 9-12 swimmers may choose to dive off the blocks or go off the side of the pool. Swimmers in the White Group will have the opportunity to swim a 100 backstroke, and Blue Group swimmers have the opportunity to swim a 200 backstroke.
- 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, gender, 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 club meet participants. Each swimmer gets two slices of pizza and a glass of lemonade. Extra pizza can be purchased for a donation.
- Results from the meet will be recording in the Club Meet Results binder located in the front office. Please use the times from this meet when entering the next club meet.



**Calling on Parents to Officiate!
Officials Discount on Dues!!**



We are looking for new parents to volunteer to officiate at swim meets. There are several perks that come with this volunteer position, front row seat at swim meets, free food at most swim meets, and (most importantly) a discount on your swimmer's RSD dues :-) Parents who officiate

receive a **50% discount** on their swimmer's dues. If you are interested, please contact Raphael Hildesheim at rhildesheim@yahoo.com. This is an important volunteer job that we do need help with. If our team cannot provide enough officials at the meet we get fined, so please help us out if you are interested.

RSD Summer Open Water Crew

What: RSD Open Water Crew

This is an opportunity to take the knowledge of swimming learned in the pool and apply it to your Southern California roots. The goal of this program is to feel more confident, stronger, and most importantly relaxed when faced with the challenge of swimming in an open water competition. Competitions are optional. Swimmers will learn the importance of water entry, water safety, and line of sight.

Who: Blue, Senior Development, Senior Champ Prep, and Senior Champ swimmers

Cost: No Fee (except for \$20 fee for a RSD T-shirt and latex swim cap)

When: 2:30pm

Monday July 13th

Friday July 31st

Monday August 17th

Location: La Jolla Cove and Moonlight Beach

(*specific locations based on dates will be provided at a later date)

**Safety: 2-4 coaches will be in the water with
the swimmers and 2 parent volunteers will
be on the land**

Sign-Up or Questions: Contact Coach Nicole at ndouglas@bgcsandieguito.org

La Jolla Cove



Moonlight Beach



Parking Lot Safety Issues!

RSD Parents & Swimmers, we need your help! We have witnessed some concerning activity in our parking lot. Please remember that the parking lot is a very busy area with many people dropping off and picking up children. Even when reminded not to, children can still dart out in front of cars. Be on alert for children coming from any direction while driving near the aquatic facility.

Please drive slowly and carefully to insure that everyone gets to and from practice safely.

Over the past few months, we have had a problem with children being dropped off exceptionally early and being left late after practice. Swimmers must be supervised by an adult when arriving early and must stay on the pool deck until the start of their practice. Playing in the parking lot, lobby, and by the Center for Healthy Living is **strictly prohibited**. Once the practice has concluded, please pick them up in a timely manner. Thank you for your help with this safety issue.

If you are interested in enrolling your child in the BGC after school program where they will be supervised and engage in activities, please visit <http://bgcsandieguito.org/clubs/harper-branch/>.

WORKING ON YOUR CONCENTRATION SKILLS IN PRACTICE



BY DR. ALAN GOLDBERG//COMPETITIVEEDGE.COM

There's no question that races are won and lost before the start. If the quality of your training is poor, that is, if you skip practices, accumulate a lot of "garbage yardage" where you just go through the motions, back down when it gets tough and fail to pay attention to the important details when you swim, then your race results will always reflect this.

But did you know that you can systematically ***raise the level of your training*** while at the same time strengthening your mental muscles? That's right, you can consistently build your mental toughness in the pool every day while at the same time prepare yourself to swim fast when it counts the most! ***You do this by deliberately practicing your concentration skills while you train!***

Concentration Is The Master Skill Of Mental Toughness

If you could learn one mental skill that would make all the difference in improving your race performance, it's CONCENTRATION. Concentration is the central skill in mental toughness. What you focus on both before and during your races determines your level of confidence, how calm or nervous you are under pressure, how quickly you rebound from disappointing swims, how you handle the pain and fatigue of oxygen debt and most important, how fast you swim!

How Do I Concentrate?

Concentration is a very simple, two-part skill:

1. Recognize when your focus drifts from ***what's important***.
2. Quickly bring your focus back to what's important.

What's Important Concentration-Wise?

There are two things that are critically important for you to focus on whenever you train and race: ***Mentally staying in the NOW; Mentally staying in your OWN LANE.***

Swimmers who "***time travel***," i.e. leave the now and go to the PAST or jump ahead to the FUTURE, end up making themselves too nervous and distracted to swim fast. Swimmers who get too preoccupied with who they're racing, end up doing the same! To go fast when it counts the most, you have to discipline yourself to keep your concentration in the ***NOW*** and focus on what ***YOU*** are doing.

How do I practice this in practice?

Whenever you train, you want to make a point of practicing this "recognize when you drift and bring yourself back" skill. You can do this throughout practice by picking 3-4 minute segments where you make a point of trying to stay in the now, and whenever you "time travel" to the past or future, you immediately bring your focus back to whatever you're doing in the now. Pick one specific thing to focus on, like staying long, your turnover rate, catch, stroke count or how much water you're pulling, and whenever your focus leaves this, immediately bring your concentration back to this target. Similarly, you can practice staying in your own lane. That is, if during a 3-4 minute segment of a set, you find yourself comparing yourself to another swimmer, thinking too much about them or worrying about disappointing others, then immediately return your focus back to what ***YOU*** are doing in between your two lane lines.

If you consistently practice staying in the now and focusing on you, recognizing when you drift from this and then quickly bringing your concentration back, then you will begin to automatically do this before and during your races. When this starts to happen, you will find that you better handle competitive pressure and swim much faster when it counts!



Located in Solana Beach, RISE Physical Therapy is proud to support the Rancho San Dieguito swimming community. Owner, Navid Hannanvash, and his team of physical therapists practice a uniquely functional approach to rehabilitation known as Applied Functional Science. Evaluating and treating all patients with a complete body approach to therapy allows them to determine an individualized program for each individual that walks through the doors. In order to best serve their patients they spend all sessions one-on-one with their patients without the use of aides. RISE Physical Therapy accepts all major insurances and as a service to the community offers FREE INJURY ASSESSMENTS. Learn more about them at (www.risephysicaltherapy.com) and call or email today to schedule your initial evaluation or FREE Injury Assessment.

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Foundations – New RISE Partnerships!

"The loftier the building, the deeper must the foundation be laid." ~

Thomas à Kempis

We are proud to announce our partnership with the Solana Beach Boys and Girls Club and the Rancho San Dieguito Swim Club!



In the coming months, we will be providing resources for all swimmers and families related to swimming and other activities. In order to grow this relationship, just like building an elite swimmer, we must start with our foundation. In the coming posts we will talk about gravity, positioning, training, flexibility, strengthening, and injuries related to swimming. In order to lay the foundation for these discussions, we encourage you to think about one thing:

Does the way I am training look like the activity I am training for?

If you are a professional basketball player, do you live in a world where you are lying on your back? **No.**

If you are a baseball pitcher, do you live in a world where you lay on your back and do abdominal crunches? **No.**

If you are a swimmer, do you live in a world where your shoulder moves in isolation? **No.**

If the answer to these questions are repeatedly no, then why do we make the mistake of training this way? It goes back to laying a proper foundation. Moving, training, and competing involve a series of complex movements that involve multiple joints moving in multiple planes of motion. In the coming weeks we will talk about these movements and how we can train them for swimming. In the meantime, start to think critically about your training and activities and ask yourself: does the way I am training look like the activity I am training for?

We look forward to building a strong foundation moving forward. If you have any questions or would like to discuss anything you read please contact us at: rise@risephysicaltherapy.com.

BOYS AND GIRLS CLUB SWIM LESSONS:

The Boys and Girls Club of San Dieguito Spring 2015 Swim Lessons are open for registration! Go to <http://bgcsandieguito.org/programs/aquatics/swim-lessons> to register for lessons. Spring lessons are offered on the weekends. Summer lessons are offered on a two-week cycle. Check the website for more details. Classes fill up quick so sign up now!



Nutrition Article

4 Tips to Boost Hydration - Naturally!

Most Kids are Chronically Dehydrated Study Finds

A recent study conducted at Harvard found that the majority of kids and teens are not getting enough fluids - *with a quarter of all kids drinking literally no plain water all day long!* This means that most kids are in a state of chronic dehydration. This is especially troublesome for athletes, as chronic dehydration can not only degrade performance and recovery, it can also contribute to headaches, muscle cramping, joint issues, constipation, asthma, brain fog, and fatigue. Dehydration can become life-threatening if allowed to become acute, or if there is an underlying health condition. The hotter and dryer the weather, and the harder the workout - the faster acute dehydration can occur. Swimmers can be particularly susceptible, because their sweat is getting washed off in the water.

5 Tips to Prevent Dehydration - Naturally

1. Start each day with a full glass of water. When we wake up - we have gone for several hours without eating or drinking, so the body is already slightly dehydrated in the morning. Start off the day off right with a full glass (8 oz.) of pure filtered water first thing in the morning. I also like to add a squeeze of fresh lemon juice to my water which delivers a little vitamin C and helps with digestion and detoxification.

2. Don't wait until you are thirsty. When we are chronically dehydrated, our thirst mechanism can be slightly "off," so thirst may not be a reliable indicator of when we need to drink. Instead, try to remember to drink water throughout the day - having a glass every few hours. A rough gauge for water intake is to divide your weight in half, and that is the amount (in ounces) you need daily. So an 90 pound kid will need about 45 ounces of water, or about 6 glasses. A 150 pound teenager will need about 75 ounces - which is just shy of 10 glasses. *Note - this rule works up to approx. 200 pounds, over that and you could be getting too much. Your urine can help you determine if you are getting the right amount - it should be light lemonade color - if it is dark yellow, you could be dehydrated, if it is too clear or light - you could need more electrolytes.*

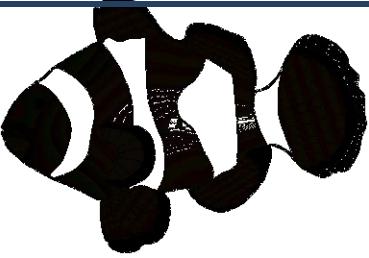
3. Hydrate with foods. Often overlooked - foods play an important role in our hydration status. About 20% of our daily fluid intake can come from the foods that we eat. So if you eat a highly processed diet, or one that is lacking in plant-based foods - that could contribute to dehydration. Whereas, diets that contain a lot of high water content foods will support hydration levels - go for nutrient rich and high water content foods like watermelon, cucumber, grapes, celery, lettuce, and citrus fruits. Other foods that support hydration include chia seeds, avocados, sea vegetables, and coconut. Read [Pre-hydrate with Chia Seeds](#) or [Hydrating Foods to Beat the Heat](#) and watch this [Fox 5 segment](#) to learn more.

3. Replenish electrolytes. If you have lost a significant amount of fluids you will want to replenish lost electrolytes along with the lost water. Electrolytes are minerals that carry an electric charge and are important for the proper functioning of nerves, muscles, and to maintain proper fluid levels in the blood and cells. Sodium, potassium, calcium, magnesium, chlorine and phosphate are all electrolytes. Sports drinks are specifically designed to do this, but many of them also come with artificial colorings and other ingredients that I don't recommend*. Fortunately - nature has supplied us with many other options for replenishing electrolytes and fluids - including fruits, vegetables and their juices. How do you know if you have lost a lot of fluids? You can weigh yourself before and after your workout - if you have lost weight, you have lost a significant amount of fluids. Although it gets a bad rap - one important electrolyte that is needed after a hard workout is sodium - avoid the processed table salt, and stick with the mineral-rich Himalayan, Celtic, or another unprocessed high quality natural salt. Or choose natural salt sources - like celery, sea vegetables, and fermented vegetables (which offer probiotics too). You can also add a trace mineral drop to your water to add electrolytes - available at most Health Food stores.

4. Avoid plastic water bottles and other chemicals. Every year over 2 million plastic water bottles end up in landfills. But disposable plastic water bottles are not just really bad for the environment, they also contain BPAs which are known endocrine interrupting chemicals. Plus, the quality of water in plastic bottled water is not necessarily better than tap water, and in some cases it is worse - recently [11 brands of bottled water we recalled](#) due to potential e coli concerns. I like to use [Lifefactory glass water bottles](#) or [stainless steel](#) and fill them with filtered water - which is more economical too. Although I do drink from plastic water bottles occasionally in a pinch, I try to not make it a regular practice.

So try these tips to stay hydrated this Summer - and see if you notice a difference in your energy, performance, recovery, joints, digestion, etc.

*If you do choose a sports drink - just look for one without artificial ingredients or chemicals - such as [Skratch Labs](#) or [CLIF hydration packets](#). Article written by [Sara Vance](#), Nutritionist and Author of [The Perfect Metabolism Plan](#) - of which chapter 9 is dedicated to hydration, because proper hydration is critical for a healthy metabolism and overall well-being. Visit her [website](#) to download her free ebook and sign up for her newsletter!!



JULY RSD Swimmer of the Month

Grunion:

Name: Ana Laverty
Favorite land animal: Tiger
Favorite sea animal: Dolphin
Favorite unhealthy snack: Chips
Favorite healthy snack: Raspberries
Favorite subject in school: Writing
Favorite hobby: Soccer
What do I want to do when I grow up? A Vet
If I had one superpower, what would it be?
Make it rain Cats and Dogs

F/S/S Grunion:

Name: James Halpern
Favorite land animal: snake
Favorite sea animal: shark
Favorite unhealthy snack: candy
Favorite healthy snack: trail mix
Favorite subject in school: math
Favorite hobby: mine craft
What do I want to do when I grow up? invent
If I had one superpower, what would it be? flying

Corvina:

Name: Benjamin "Ben" Weiland
Favorite land animal: Eagle
Favorite sea animal: Shark
Favorite unhealthy snack: Ice Cream Cake
Favorite healthy snack: Oranges
Favorite subject in school: PE
Favorite hobby: Flag Football
What do I want to do when I grow up? Engineer
If I had one superpower, what would it be? To Fly

F/S/S Corvina:

Name: Aspen Chiu
Favorite land animal: Cheetah
Favorite sea animal: Sleeper Shark
Favorite unhealthy snack: chocolate
Favorite healthy snack: broccoli
Favorite subject in school: math
Favorite hobby: rainbow loom
What do I want to do when I grow up? Astronaut
If I had one superpower, what would it be? Change shapes

Leopard Shark

Name: Ellie Koff
Favorite land animal: Elephant
Favorite sea animal: Turtle
Favorite unhealthy snack: ice cream
Favorite healthy snack: apples
Favorite subject in school: reading/math
Favorite hobby: vet/ swim coach
What do I want to do when I grow up? Vet/ Swim Coach
If you had one superpower what would it be?
Mind Control, especially my sister!

F/S/S Leopard Shark:

Name: Sophia Rao
Favorite land animal: cheetah
Favorite sea animal: dolphin
Favorite unhealthy snack: pizza
Favorite healthy snack: artichoke
Favorite subject in school: math
Favorite hobby: swimming
What do I want to do when I grow up? Veterinarian
If I had one superpower, what would it be? flying

LCV

Name: Nitin Chatlani
Favorite land animal: dog
Favorite sea animal: dolphin
Favorite unhealthy snack: brownies
Favorite healthy snack: salad
Favorite subject in school: math
Favorite hobby: graphic design
What do I want to do when I grow up: president
If I had one superpower, what would it be: fly

Red:

Name: Lia Cociorva
Favorite land animal: pandas
Favorite sea animal: turtle
Favorite unhealthy snack: Lays Chips
Favorite healthy snack: mango
Favorite subject in school: math
Favorite hobby: painting
What do I want to do when I grow up? Be an architect
If I had one superpower, what would it be? Invisibility

White:

Name: Coach Sophia Lozano
Favorite event: 100 Free
Favorite Song: "Cheerleader"
Favorite food before practice: Pancakes
Favorite food after practice: Apple
Hobbies: Soccer
Favorite book: Harry Potter
Favorite TV show: Once Upon a Time
Favorite Athlete: Stephen Curry – Golden State Warriors
Favorite Quote:

Blue:

Name: Stephanie Yang
Favorite event: 100 Fly
Favorite Song: Earned it- The Weeknd
Favorite food before practice:
Favorite food after practice: ice cream
Hobbies: beach
Favorite book: The Girl with The Dragon Tattoo
Favorite TV show: Pretty Little Liars
Favorite Athlete: Michael Phelps
Favorite Quote:

Senior Red:

Name: Isaiah Cruz
Favorite event: Woodstock... If referring to swimming:
freestyle
Favorite Song: Stairway to Heaven –Led Zepplin
Favorite food before practice: (None)
Favorite food after practice: Banana!!!
Hobbies: Playing Music
Favorite book: Lord of the Rings
Favorite TV show: Friends
Favorite Athlete: Lionel Messi
Favorite Quote:
For those about to rock... I salute you. -AC/DC

Senior White:

Name: Anna Fitch
Favorite event: 200 Free and 50 Free
Favorite Song: Over the Rainbow
Favorite food before practice: cereal
Favorite food after practice: burritos
Hobbies: traveling and reading
Favorite book: "To Kill a Mockingbird."
Favorite TV show: castle
Favorite Athlete: ?
Favorite Quote: "Be the change you wish to see in the world." —Ghandi

Senior Blue:

Name: Julia Kelley
Favorite event: 100 Free
Favorite Song: Wouldn't it be Nice- The Beach Boys
Favorite food before practice: apples and peanut butter
Favorite food after practice: pizza
Hobbies: Dancing, going to the beach, sleeping after practice
Favorite book: Grapes of Wrath
Favorite TV show: Breaking Bad
Favorite Athlete: Missy Franklin
Favorite Quote: "If you wanna succeed as bad as you wanna breathe, then you'll be successful."

Senior Champ Prep

Name: Dani Rosenthal
Favorite event: 100 Breast
Favorite Song: None
Favorite food before practice: Noodles
Favorite food after practice: Noodles
Hobbies: Watching TV
Favorite book: I Don't Read.
Favorite TV show: New Girl
Favorite Athlete: None
Favorite Quote: It's more likely a vending machine will kill you than a shark.

Senior Champ:

Name: Nikolai Gaenzle
Favorite event: 400 IM
Favorite Song: No Quarter- Led Zepplin
Favorite food before practice: Almonds
Favorite food after practice: Pasta Salad
Hobbies: Open Water
Favorite book: One Flew Over the Cuckoos Nest
Favorite TV show: Archer
Favorite Athlete: Gunnar Bentz
Favorite Quote: "You're Screwed." —Darrell Swenson

