

# RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER

December 2018



**BOYS & GIRLS CLUBS**  
OF SAN DIEGUITO

### RSD Head Coach

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Boys & Girls Clubs  
of San Dieguito  
Pardee Aquatics Center  
533 Lomas Santa Fe Drive  
Solana Beach CA 92075

## December Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Dec 5-8	USA Junior Nationals	Austin, TX	Nov. 4	Qualified Champ Swimmers
Dec 9	C All Ages	Alga Norte, Carlsbad	Sunday Nov. 18	Slower than "B" times or NT (no-time) swimmers
Dec 14-16	Winter Age Group Championships (WAGs)	Southwestern Community College	Sunday Nov. 4	All Qualified Swimmers

## January Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Jan 18-20	11 and older NTS	Palomar College	Sunday Dec. 16	Swimmers ages 11 and older
Jan 25-27	12 and under ABC	Fallbrook HS	Sunday Jan. 6	Swimmers ages 12 and younger



THE FUNNEST SPORT THERE IS



# Winter Junior National Championships

Twenty-two RSD swimmers will be traveling to Austin, TX for the Winter Junior National Championships. Coach Joe and Coach Chris will be taking our largest group ever to this prestigious 18 and under National Championship Meet. The team departs on Tuesday, December 4, with competition Wednesday through Saturday (December 5-8).



Best of luck to all our individual and relay qualifiers!

Amelia C.  
Leah C.  
Kira C.  
Rylee G.  
Mia K.  
Kathryn L.  
Julianna N.  
Megan W.  
Morgan P.  
Rachel R.  
Blest T.

Jeremy B.  
Yuma D  
Josh H  
Ethan H.  
Kaito K.  
Stephan L.  
Mason M.  
Connor M.  
Carlos M-R  
Phil P.  
George W.

Visit USA Swimming – search “Winter Junior Championships” or [click here](#) for more information and live results.

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## RSD Custom Caps



The previously ordered custom team caps are in and available at Aquatics Office for pick up.

Please pick up your caps ASAP, any Lifeguard or Coach can help you.



The Pardee Aquatics Center will be closed December 24 through January 2 to complete the second phase of our repair and upgrades. The pool deck will be completed and well as the sand filters and few additional “small” items on the list that weren’t completed during phase one in the summer/fall.

Thank you for your patience!



# Schedule Changes



- **Friday, December 14: WAGs**
  - Blue - 4:45-6:00 p.m.
- **Saturday December 15: WAGs**
  - Sr White, Sr Blue - cancelled
  - Prep & Champ - cancelled
- **Monday December 17:**
  - Blue - 4:45-6:30 p.m.
- **Mon. December 24 through Wed. January 2: Facility closed for final phase repairs/upgrades**
  - All practices cancelled
  - \*some groups may have practice at alternate location tba*
- **Thursday January 3: Modified "schools out" Schedule**
  - Weekday Corvina - 9:45-11:00 a.m.
  - Weekday Leopard Shark - 10:50-11:45 a.m.
  - Red - 8:45-10:00 a.m.
  - White & Blue - 9:00-10:45 a.m.
  - Senior Development & Senior Red - 7:30-9:45 a.m.
  - Senior White & Senior Blue - 12:00-3:00 p.m.
  - Senior Champ Prep & Champ - 7:45-9:15 a.m. & 3:00-5:00 p.m.
- **Friday January 4 : Modified "schools out" Schedule**
  - FSS Groups - regular schedule
  - Red - 8:45-10:00 a.m.
  - White & Blue - 9:00-10:45 a.m.
  - Senior Development & Senior Red - 7:30-9:45 a.m.
  - Senior White & Senior Blue - 12:00-3:00 p.m.
  - Senior Champ Prep & Champ - 7:45-9:15 a.m. & 3:00-5:00 p.m.
  - EPO (Friday) - cancelled
- **Sat-Sun January 5-6:**
  - FSS Groups - regular schedule

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# News You Can Use

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## Five Lessons from Olympic Champions on Dealing with Adversity

By Olivier Poirier-Leroy

[Click Here](#) for online article

For all the benefits of swimming, it packs its fair share of adversity.

There are times where you inexplicably swim a PB in practice...and then add five seconds to the same event two weeks later in competition. There are times where you get injured and have to watch your friends and teammates train from the sidelines. And there will be times where things feel straight-up unfair—the kid who never goes to practice kicking your butt in competition, for instance. (Been there.)

Although the sport can feel unfair at times, this is simply part of the deal. It's right there in the terms of service.

Whether you are an age grouper or Olympic gold medalist, adversity and failure happens to us all. The only difference is in how you decide to react. Will you stand up to the moments of disappointment and wield the frustration into something bigger and better?

Here are some tips you can pull from some of the mentally toughest swimmers on the planet:

### **Anthony Ervin: Pivot from disappointment into something better.**

The relays are a huge part of the Olympic swimming program. We all remember the big moments the relays have brought us.

During the preliminaries of the 4x100m free relay at the 2016 Rio Olympics, U.S. coaches selected rookie Ryan Held to swim in the finals over veteran Anthony Ervin.

When Ervin was told, he had every right to be disappointed. Instead, [after a thoughtful pause, Ervin said](#), "What do we need to do to make the most of this?"

In one swift sentence Ervin—who would go on to win gold in the 50m free later in the Games—demonstrated the "team first" culture that had grown around the US team during the training camp and the Olympic Games. He also revealed an approach that is common with elite swimmers. Sure, adversity is gonna happen—but **how can you make this the best thing to ever happen to you?**

### **Garrett Weber-Gale: Visualize the hurt so that you are better prepared for it.**

There are a lot of experiences that swimmers share during their time spent circling the black line. There are the nicks and cuts from the last minute shave-down. The inexplicably blown taper. And the shared moments of misery and pain that bowl us over when we "die" in the water.

Coping with the pain and agony that comes when we are pushing our bodies to the limit is something we all deal with in our own ways. Garrett Weber-Gale, a two-time Olympic gold medalist (and member of *that* relay in 2008 in Beijing), used visualization as a creative way to mentally prepare himself for those moments where he was at peak pain.

"I visualize that moment—the moment when my arms feel like sandbags, when my legs are burning and my back feels like it's tightening up like a rubber band," says Weber-Gale. "I get myself to the point where I am completely prepared for the pain. After imagining this point for a long time, I know I am able to endure the emotional stress and physical pain. I look forward to this point because I know I will conquer it!"

**Katie Ledecky. Be willing to fail in practice.**

The idea that being successful requires a metric ton of failures is hard to digest. Better to train within our comfort zone, where we never fail, then consistently and relentlessly fail in practice. But if you want to improve, you need to test your limits. And there is arguably no one in the pool who has mastered the ability to relentlessly fail in training better than Katie Ledecky.

“There are days she fails catastrophically,” said her coach at NCAP, Bruce Gemmell. “She fails in practice more than anybody in her [training] group, because she’ll start out like, ‘This is the pace I need to swim in the race, so I need to replicate it in practice.’ And she’ll go six repeats like that, and the tank goes empty and she just falls off. But you know what? She’ll come back the next day and try it again. And on the third day, she’ll nail it. And she’s been doing this since the first day I walked on the deck with her.”

Lacing up your suit and stepping out onto the chilly pool deck and knowing you are likely going to fail in practice is tough. Detach yourself from wanting to be “perfect” every day in training and accept that sometimes you gotta get a little ugly and fail in order to get the best from yourself.

### **Simone Manuel: Failing doesn’t make you a failure.**

The DQ. The time you add five seconds to your PB after the best training of your life. The getting passed over for the final spot on the relay. Setbacks, failures and adversity happen to all of us in the water in some form or another. Elite swimmers included.

Perhaps the only difference is that the swimmers at the top of the podium don’t allow failures to derail their progress. If anything, they view failure and challenges as a doorway to excellence. Setbacks aren’t the end of the world—they are simply the start of something new.

“Failure is part of success,” says Simone Manuel, Olympic and world champion in the 100m freestyle. “If you don’t fail, you won’t ever know what success is.”

### **Michael Phelps: Train for the unexpected so that you are prepared for anything.**

At the Beijing Olympics Michael Phelps accomplished what was long thought impossible: He eclipsed Mark Spitz’s record of seven gold medals from a single Games. Phelps’ week that summer was long and hard. There was the 4x100 free relay, which required a borderline miracle to win gold. There was the 1/100<sup>th</sup> of a second out-touching in the 100m butterfly. And then there was his goggles filling up with water during the 200m butterfly.

Fortunately, he’d already experienced this form of adversity.

As a 13-year old, Phelps was at Junior Nationals when his longtime coach, Bob Bowman, noticed that the budding superstar had forgotten his goggles before a race. “I saw them sitting in our team area, I could have taken the goggles to him, but I decided to keep them and see what he could do.”

This challenge was tactical. “I’ve always tried to find ways to give him adversity in either meets or practice and have him overcome it,” [Bowman said](#) after Michael’s performance in Beijing.

When his goggles did fill up that day in the Water Cube, Phelps was calm. He swam his race, relying on his stroke count to make sure he hit his turns on his way to another Olympic gold medal.



You won’t be able to be prepared for absolutely *everything*. But by mixing things up in training and challenging your comfort zone, you will be calm and poised when things inevitably do fall of the rails, whether it’s a competitor suddenly dropping a ton of time, spraining a finger during the meet warm-up, or having your goggles fill up with water when you dive into the pool.

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# Overcoming Limiting Beliefs in Your Swimming

By Will Jonathan

[Click Here](#) for online article

As human beings, our behaviors and the things that we do are very much dictated and determined by our beliefs. Every single day, and in everything that you do, the decisions you make, the actions you take, and the way you train and perform in the pool are all greatly influenced by what you believe about the world around you, the sport of swimming, and most importantly, who you think you are and what you think you're capable of as a swimmer.



For today's article, my objective is simple – To help you dispel and rid yourself of some of the harmful, limiting beliefs that could be holding you back and keeping you from being the best version of yourself that you could be. Let's jump into it.

## Limiting Belief #1 - "I can't win if I start behind off the block."

Let's rewind to 2008. It's the Olympics in Beijing, China. Michael Phelps is going for the record of winning the most gold medals in a single Olympics. In order to keep that dream alive, he needs to win the 400m free relay en route to the record. However, the French have their eyes on winning that relay and preventing Michael from achieving that record. Before the race, they said this: "The Americans? We're going to smash them. That's what we came here for."

Michael Phelps leads off the relay, and he finishes his leg in 2nd behind Australia. Garrett Weber-Gale swims the 2nd leg and gives the Americans the lead, with the French having moved from 3rd place to 2nd place. Cullen Jones swims the 3rd leg, and during this leg, the French take the lead with the Americans dropping to 2nd. Starting the 4th and final leg, Jason Lezak is a full body length behind, but in the final 50m, roars back to out-touch the French and win the Gold.

Get rid of this limiting belief that if you start behind off the block, you can't win a race. If you focus on yourself, concentrate on your performance, and execute to the best of your ability, there's always the possibility that you can come from behind to win. On top of that, you never have any way of knowing how your opponents are going to perform. They may make a mistake, tire early, or get discouraged and fall off once they see you coming up on them. Never, ever give up on a race until you touch the wall. Anything is possible.

**WHETHER YOU THINK  
YOU CAN, OR YOU THINK  
YOU CAN'T YOU'RE RIGHT**

**NO LIMITS**

**NO LIMITS**

**NO LIMITS**

### **Limiting Belief #2 - "I can't finish strong once a race starts to hurt."**

Whether you realize it or not, you have a belief about how much pain you think your body can handle when you swim. If the amount of pain you're feeling during a race doesn't reach what you think is your physical limit, then you will continue to push yourself as hard as you can. However, if at some point during a race, the amount of pain you feel does reach what you think is your physical limit, then you will force yourself to slow down to alleviate that pain, even though your body is perfectly capable of pushing through it.

A swimmer can have either a positive attitude or a negative attitude about any given level of pain. If you have a positive attitude towards pain, you will be less bothered by it and are much more likely to push harder and finish strong. If you have a negative attitude towards pain, you will be more bothered by it and slow yourself down more than you need to, even though your body can physically handle that pain and keep pushing forward.

Get rid of this limiting belief that, when a race starts to hurt, you're not strong enough to handle it and finish that race as best as you can. This belief is harmful because it will limit you from pushing past your pain threshold and swimming as hard as you're actually capable of at the tail end of a race. The human body can handle pretty much any amount of pain and fatigue you experience during race. That's not the issue. The issue is how you perceive pain and fatigue. Have a positive attitude towards pain, and you can overcome it.

### **Limiting Belief #3 - "I could never be as good as they are."**

Levi Brock wasn't recruited by any big NCAA schools. His times just weren't anything spectacular. He swam about a 56-57 in the 100y Breast during his senior year in high school. Seeing as how he wasn't recruited by any major school, but given that he still had the burning desire to swim for a major school, he asked Indiana University if he could walk into their team. Recognizing his determination, the coaches at Indiana allowed him to walk on.

His freshman year at Indiana, he dropped 2 seconds off his 100 Breast to a 54.78. His sophomore year, he dropped it further down to a 53.36. By his junior year, he dropped it even further to a 52.88. And finally, in his senior year, and during one of his last collegiate swims, he swam a whopping 51.45, getting an NCAA "A" cut and automatically qualifying for the NCAA National Championships. He went from being essentially a nobody to being one of the best breaststrokers in the country.

Get rid of this limiting belief that other swimmers who are currently better than you are, are these untouchable invincible people that you'd never be able to compete with. This belief is harmful, because as long as you put other swimmers on a pedestal, you'll never have the confidence and self-belief necessary to rise to a higher level, and you'll limit yourself from ever realizing just how great you can potentially be. As I mentioned earlier, human beings have unlimited potential. Never allow yourself to put a limit on what you could do.

When working with my swimming clients, I'm always testing them by telling them to constantly question what they believe. As a swimmer, you should be periodically checking in with yourself and asking, "Am I holding onto any limiting beliefs that are holding me back and limiting me from being my best?" If you don't take the time to ask yourself this question, then you can fall victim to a number of false beliefs that will limit your ability to grow, improve, and succeed. Always be looking to overcome limiting beliefs.





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Please note that online orders do not apply to fundraisers at this time.

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**DATE:** 12/12/2018

**TIME:** 04:00 PM - 09:00 PM

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**LOCATION:** 437 South Highway 101 - Solana Beach, CA 92075

# RSD's Swimmers of the Month

## Corvina: ANYA HARRON



Favorite land animal: Cheetah  
Favorite sea animal: Loch Ness Monster  
Favorite unhealthy snack: Chocolate cupcakes  
Favorite healthy snack: Bagel with pumpkin cream cheese  
Favorite subject in school: Reading  
Favorite hobby: Horseback riding  
What do I want to do when I grow up? Anything that helps animals  
If I had one superpower, what would it be? Shapeshifter

## Leopard Shark: DAPHNE ALBERT



Favorite land animal: Dog  
Favorite sea animal: Seals  
Favorite unhealthy snack: Candy - Twix  
Favorite healthy snack: Kiwi  
Favorite subject in school: Math  
Favorite hobby: Netflixing  
What do I want to do when I grow up? Doctor  
If I had one superpower, what would it be? Teleporting



# MERMAZING!!!



# RSD's Swimmers of the Month

## FSS Grunion: STEPHAN TALANTOV



Favorite land animal: Cat  
Favorite sea animal: Leopard Shark  
Favorite unhealthy snack: Chocolate  
Favorite healthy snack: Strawberries  
Favorite subject in school: Math and science  
Favorite hobby: Reading, building stuff, and playing with my cats  
What do I want to do when I grow up? Engineer and inventor  
If I had one superpower, what would it be? Teleportation or telekinesis

## FSS Corvina: AIDEN SHI



Favorite land animal: Dog  
Favorite sea animal: Coral  
Favorite unhealthy snack: Potato chips  
Favorite healthy snack: Apple  
Favorite subject in school: Math  
Favorite hobby: Video games  
What do I want to do when I grow up? Computer scientist  
If I had one superpower, what would it be? To be able to create/destroy matter

## FSS Leopard Shark: MATVEY KORNEEV



Favorite land animal: Snake  
Favorite sea animal: Shark  
Favorite unhealthy snack: Skittles  
Favorite healthy snack: Apple  
Favorite subject in school: P.E.  
Favorite hobby: Swimming  
What do I want to do when I grow up? I wanna be an engineer  
If I had one superpower, what would it be? Teleport where you want

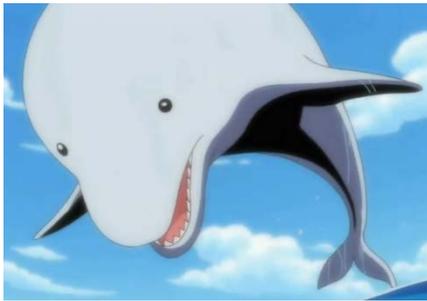


# MERMAZING!!!



# RSD's Swimmers of the Month

## Red: SAL PECKHAM



Favorite land animal: Ostrich  
Favorite sea animal: Dolphin  
Favorite unhealthy snack: French fries  
Favorite healthy snack: Apples  
Favorite subject in school: P.E.  
Favorite hobby: Surfing  
What do I want to do when I grow up? A lifeguard  
If I had one superpower, what would it be? Flying

## White: JONA DUGAS



Favorite event: 100 Breast  
Favorite song: None  
Favorite food before practice: Ramen  
Favorite food after practice: Ramen  
Hobbies: Play with Nintendo Switch  
Favorite book: None  
Favorite TV show: Worst Cooks in America (Food Network)  
Favorite athlete: none  
Favorite quote: "Success comes in cans, failure comes in cant's" – Zig Ziglar

## Blue: LYDIA DEMORY



Favorite event: 50 Free  
Favorite song: God is a Woman  
Favorite food before practice: Watermelon  
Favorite food after practice: Chocolate milk  
Hobbies: Swim, read, sleep, eat  
Favorite book: ?  
Favorite TV show: The Flash  
Favorite athlete: Katie Ledecky  
Favorite quote: "What, the world is shaped like a donut?" – Miko Baron



# MERMAZING!!!



# RSD's Swimmers of the Month

## Senior Development: IAN ARNOLD



Favorite event: 50 Free  
Favorite song: My Lighthouse  
Favorite food before practice: Pizza  
Favorite food after practice: Some kind of noodle soup  
Hobbies: Playing piano, swimming, board games  
Favorite book: Eragon/Inheritance cycle series  
Favorite TV show: The Flash  
Favorite athlete: Lewandowski from Bayern Munchen  
Favorite quote: n/a

## Senior Red: NICK SAROFF



Favorite event: 200 Free  
Favorite song: Roundabout - Yes  
Favorite food before practice: Chow Mein  
Favorite food after practice: Burger  
Hobbies: Swim, golf, piano, guitar, bowling  
Favorite book: Harry Potter  
Favorite TV show: The Office  
Favorite athlete: Michael Phelps  
Favorite quote: n/a

## Senior White: JESSICA SMITH



Favorite event: 100 Free  
Favorite song: Thank you next – Ariana Grande  
Favorite food before practice: Perfect bar  
Favorite food after practice: Chicken tikka masala  
Hobbies: Baking  
Favorite book: n/a  
Favorite TV show: The Office  
Favorite athlete: Katie Ledecky  
Favorite quote: "Streamline tight and you'll be alright"

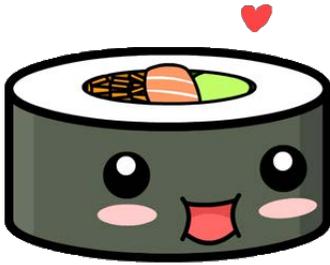


# MERMAZING!!!



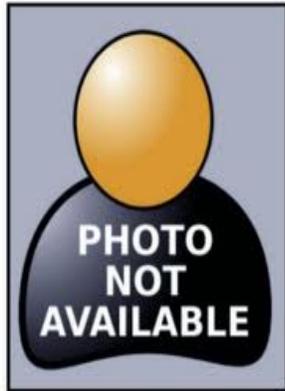
# RSD's Swimmers of the Month

## Senior Blue: AUDREY SCHAFFER



Favorite event: 500 Free  
Favorite song: Radio Ga Ga - Queen  
Favorite food before practice: Banana  
Favorite food after practice: Sushi  
Hobbies: Annoying Armani  
Favorite book: Harry Potter  
Favorite TV show: Keeping up with the Kardashians  
Favorite athlete: Sofia Lozano  
Favorite quote: "You can scratch the 200 fly" - Armani

## Senior Championship Prep:



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

## Senior Championship: MASON MORRIS



Favorite event: 200 Breast at Palm Springs  
Favorite song: Killer Queen - Queen  
Favorite food before practice: Rainbow goldfish (except the green ones)  
Favorite food after practice: Pretzel goldfish  
Hobbies: Singing the National Anthem in a pinch  
Favorite book: 2007 Guinness Book of World Records  
Favorite TV show: Hallmark Christmas movies  
Favorite athlete: Lucius Brown  
Favorite quote: "Hey Coach" – Rylee Gordillo



# MERMAZING!!

