



WH2O TEAM NEWS

Welcome to the 2010—2011 Board
Congratulation Annual Award Winners!

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President's Corner

President Paulo Figueredo

In November 2009, the newly elected board members as well as the swim coaches and water polo coach started to talk about and plan an agenda for the coming year. After our great holiday party in December, our main goal was the Gay Games in Cologne, Germany which was to take place at the end of July, 2010.

We started making plans for fundraisers to send two swim coaches and one water polo coach to the Gay Games. We encouraged swimmers to participate in local meets and our water polo players to play at tournaments as part of their training for Cologne. We eventually had about 40 swimmers and water polo players who went to Germany, and everybody who went swam well, played well, and had a great time.

We nominated Mauro Bordovsky to be our Gay Games Coordinator, and he kept us all informed of all the important information we needed to have about Cologne and the Gay Games. Mauro also volunteered to be the club's webmaster, and he has spent many hours over the last year updating and upgrading our website, including adding events and posting lots of photos.

Our planning also included the USMS Short Course Yards National Championships which took place in Atlanta, Georgia in May. We had Keith Kaplan as our swim coordinator and he did a great job helping to organize and motivate the swimmers who were targeting this meet. About 20 WH2O swimmers competed at Nationals and we placed 17th out of 158 teams.

Todd Aghazadeh and Bryan Libit organized a bid to host IGLA in Hawaii in July, 2011, and the board, on behalf of West Hollywood Aquatics, agreed to be the official host of the next IGLA Championships. Since that meeting, there have been numerous IGLA meetings with many people volunteering to help with the planning of the event.

We had a T-shirt presentation by Bryan Libit at our March board meeting, and the board selected one of the designs to be used for the 2010 shirt. Our VP Admin Susan Shore coordinated the ordering and distribution of T-shirts and swim caps, and also organized a great opportunity for team members to buy discounted merchandise from Nike. Our other VP, Nathan Carden, planned a great kick-off party on the deck of the Roosevelt pool after a weekend workout and he also organized many other social events, including the Anniversary Party and Awards Banquet.





2010-2011

Board of Directors

President— Chad Young
Vice President, Administrative— Bryan Libit
Vice President, Social— Laura La Belle
Treasurer— Susan Shore
Secretary— Brian Olver
Swimming Representative— Keith Kaplan
Water Polo Representative—Miguel Ramirez
Facilities & Equipment Coordinator—Dan Adams
Development Coordinator—Michael Dean

Information about West Hollywood Aquatics

West Hollywood Aquatics (WH2O) is a Masters swimming and water polo club based in West Hollywood, California and the larger Los Angeles area. The club currently has a roster of over 200 athletes from around Southern California. The teams include athletes of all abilities ranging from ex-Olympians to beginners. Everyone is welcome regardless of skill, gender, race, sexual orientation, or disability.

Practices are held at:

West Hollywood Park Pool (Swimming)
647 N. San Vicente Boulevard
West Hollywood, CA 90069

Culver City Plunge (Swimming)
9770 Culver Blvd.
Culver City, CA 90232

Van Nuys/Sherman Oaks Swimming Pool (Swimming)
14201 Huston St.
Van Nuys, CA 91423

Roosevelt Pool (Swimming/Long Course)
546 South Mathews Street
Los Angeles, CA 90033

For more information about our 16 weekly swimming and Sunday water polo workouts, please visit our website at <http://www.wh2o.org>.

Dues Schedule:

\$20 annual administrative fee for all members
\$50/month for all swimming and water polo practices
\$25/month for water polo only and Friday night swimming

WH2O charges a \$10 monthly surcharge for individuals who pay by check. Credit card payment is preferred and saves our volunteer board time.

West Hollywood Aquatics is a not for profit California corporation.

Need More Information?

Visit our website at
<http://www.wh2o.org>
or pen a letter, our address is
West Hollywood Aquatics
PO Box 691651
West Hollywood, CA 90069



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WH20 40% Off Hammer Product Discount

Follow these 4 easy steps...

1. Go to this link: http://www.teamunify.com/wha/___doc___/2009SPA40.pdf to download an order form and price list
2. Email your order form to secretary@wh2o.org
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DON'T FORGET \$5 FOR SHIPPING

4. Drop check off in the black box at the pool or send to:

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West Hollywood, CA 90069

Coach's Corner

Brian Olver

At the time of this writing, we have nearly completed our two month trial period for the rotating workout schedule, whereby we rotate between sprint, distance, stroke, and combo workouts. But regardless of whether or not the workouts will continue to be published on our website's calendar, I wanted to take this opportunity to share some of my coaching and training philosophy with you.

As coaches, we like to mix it up. In addition to changing between the types of workouts, we also prefer to offer various types of sets within those categories. When we are instructed to give a distance freestyle workout, we don't always want to give a main set with 800s or 1000s because it would make your practices predictable and boring. Fortunately, there are a number of routes to a common end. Doing sets of 200s and 300s on short rest will create a similar physical reaction and reach the same result if done properly.

Similarly, not every stroke workout will include IM; instead we will ask you to choose one stroke to focus on for the majority of the workout. Such a workout gives you the opportunity to try slightly different techniques while watching the clock and evaluating what stroke works best for you. Although we love seeing a swimmer have a breakthrough moment, transforming one's stroke is typically not something that will happen overnight – it takes months of work. In the same way, not every sprint workout will ask you for an all-out swim for time.

Moving forward, try not to confine your expectations to the broad label provided on the team calendar. Allow us some flexibility in coming up with a workout that will challenge and engage you from start to finish. Regardless of what type of swimmer you are, varying your workouts will improve your conditioning. Forcing your heart and your muscles to operate under different types of strain and fatigue will help them to excel under similar conditions in the future, and that is how you will improve your swimming.

I also understand that swimming is one of the most difficult sports in which to maintain a high level of motivation due to its isolating qualities and grueling nature. It is much easier to care about what you are doing if your mind is engaged while you are doing it. The coaches can help you with this by giving interesting, or perhaps complex sets, and you can help yourself by setting mini-goals throughout the workout. By constantly challenging yourself against the clock, you can prevent swimming from becoming monotonous.

Our team and our workouts are structured to provide something for everyone. Whether you swim for fun, or to compete, you should be able to take something away from every workout, even if it's not exactly what you expected.



It is November 1 and time to renew your US Masters Swimming & USA Water Polo membership for 2011.

USMS Renewal Link: <https://www.clubassistant.com/club/USMS.cfm?l=33>

USA Water Polo Renewal Link: <https://webpoint.usawaterpolo.com/>

Remember you have to **renew prior to Jan. 1, 2011** in order to participate in WH2O workouts. Unfortunately **we cannot let you practice** for insurance purposes if you are not an **active USMS** or **USWP** member in 2011.

Swimmer of The Year: Jan Levinrad

I am using this opportunity to thank you all for the honor of the award: ‘Swimmer of the Year’. I was honestly surprised at practice early Monday morning to the congratulations I was receiving. Then it was announced that I had received this award. Needless-to-say, I felt guilty for not having attended the banquet, but had previously explained to members about my return to school, yet again, and the need to spend my weekends doing the work needed to pass the course.



Many thanks to you, my teammates, who have kept me on track over time, and encouraged me to return to the pool after time off, to either study or rest my lousy back. However, our coaches have certainly had increasing input into my swimming improvement. I especially want to thank coach Carol, who has spent time over the years supporting me in changing my stroke from breathing on only one side to breathing on both sides, to name just one technique. She has encouraged me to work on “technique, technique, technique”, and has given me incentive to work on only freestyle and backstroke, when I could no longer swim butterfly, due to my back injury. Carol has always emphasized that I “listen to my body” when I train, and so I have.

Swimming has improved my back strength to the point I can now finish a full work out and not have to sneak out midway through a session. So thank you all. I love my team: WH20, and plan to continue swimming with this wonderful group of people until I am that 94 year old woman I saw swimming back in 1993.

Jan L. Levinrad

Save the Date!

Saturday, December 11th, 7:00pm

The annual WEHO Swim Team Holiday Party is fast approaching so please everyone mark your calendars and save the date. Michael Dean and David Palmer are opening their home once again to host a fabulous affair with fine food, tasty beverages and plenty of holiday cheer. And hopefully this year it will not be raining sideways! We hope to see everyone there.

UPCOMING EVENTS

San Luis Obispo Short Course Yards Swim Meet

November 19-20, 2010

Pierce College Turkey Shoot

Short Course Meters Swim Meet

Woodland Hills, CA

November 21, 2010

SPMA Short Course Meters Championships in Long Beach, CA

December 3-5, 2010

WH2O Annual Holiday Party

December 11, 2010

7:00 pm

The Home of Michael Dean & David Palmer

USMS Short Course Yards National Championships

Mesa, Arizona

April 28—May 1, 2011

IGLA Hawaii

Honolulu, Hawaii

July 6 -10, 2011

Anniversary Party Recap and Party Pics

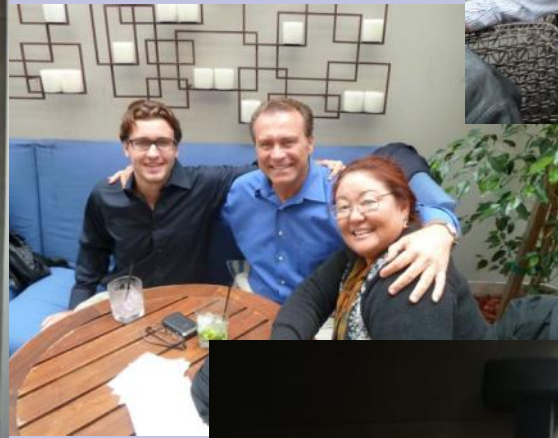
On October 17, the wonderful men and women braved the elements and the traffic to attend the WH2O Annual Anniversary Party at Simon LA at the Sofitel Hotel. We also gathered to honor our wonderful teammates and their accomplishments this past year. Here are the winners:

Swimmer of the Year
Most Improved
Hardest Worker
Volunteer of the Year
WH2O Spirit Award
Favorite Lane Mate

Water Polo MVP

Jan Levinrad
Liz Vucinich
Michael Dean
Mauro Bordovsky
Mauro Bordovsky
Dave Hermann
Jessica Seaton
Mike Crosby





President's farewell letter to the team, continued from Page 1

We had numerous issues regarding scheduling of pools, and our Facilities Coordinator Luke Reichle did an amazing job making sure that we always had pool time secured for swimming and water polo, even while he was working out of town for a few months.

Our Secretary Sean Early spent many hours producing newsletters to keep our members informed on the activities of the team, and he also created a survey which provided our members with the opportunity to give us feedback on our coaches.

Chad Young, our Swim Rep, met with our swim coaches and discussed various strategies with them to give our swimmers the best opportunities for great coaching, great workouts, and great clinics, including our first-ever open water clinic.

Our Treasurer Errol Graham was kept busy all year long doing work for the team and making sure that our bills were paid and our members paid their dues on time. He was also elected Chairman of SPMA which gives a lot of visibility to WH2O in the swimming community. Congratulations, Errol.

I would like to thank all of the WH2O coaches and WH2O members who volunteered their time this past year. But most of all, I want to thank all of the board members who worked so hard throughout the year and did such an incredible job taking care of their obligations as well as they did. They all helped to make my position as President of WH2O so much easier. Thanks to all of you, the WH2O Board members of 2010, my stars!

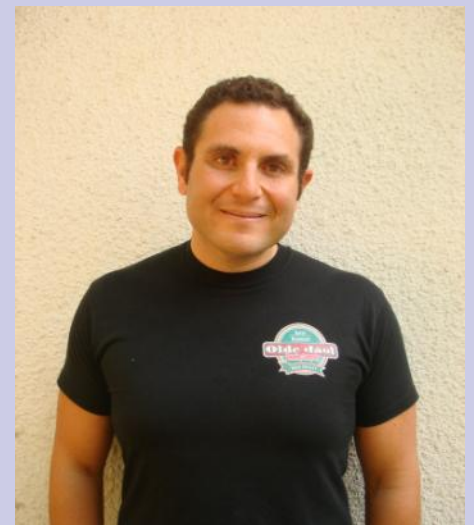
Paulo Figueiredo
WH2O President 2009-2010

'Tis the Season (to give)

As the year draws to a close, please keep WH2O in mind as you plan for year-end charitable contributions.

WH2O is a non-profit, tax-exempt organization and is eligible for most employer-matching programs (check with your employer's HR office if you aren't sure). Employer matches are a quick and easy way to make your contribution dollars have the greatest impact possible.

If you have any questions, contact Michael Dean, the Development Coordinator at development@wh2o.org.



Your 2010-2011 WH2O Board of Directors

Top row: Michael Dean (Development Coordinator); Chad Young (President), Brian Olver (Secretary)

Second row: Keith Kaplan (Swim Rep), Susan Shore (Treasurer), Bryan Libit (VP Admin)

Third row: Laura La Belle (VP Social), Miguel Ramirez (Polo Rep), Dan Adams (Facilities Coordinator)