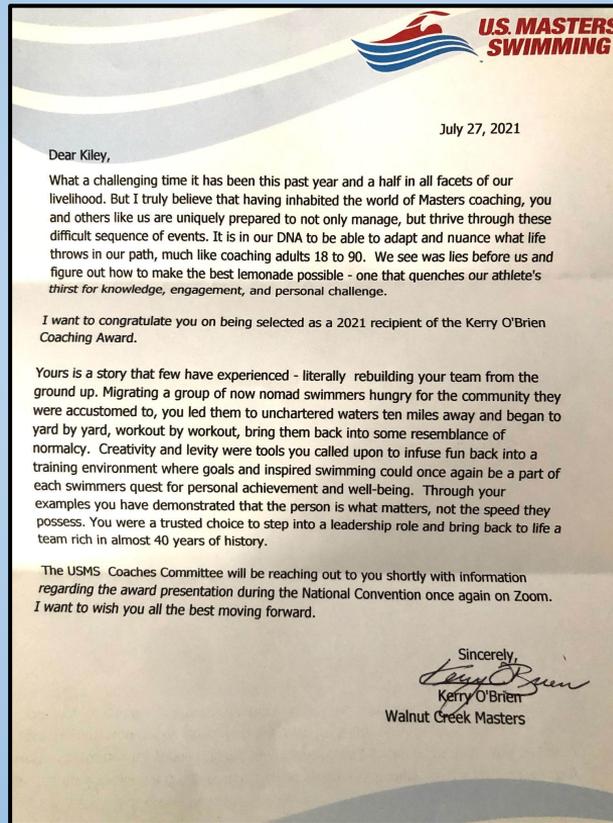




SUMMER 2021 NEWSLETTER

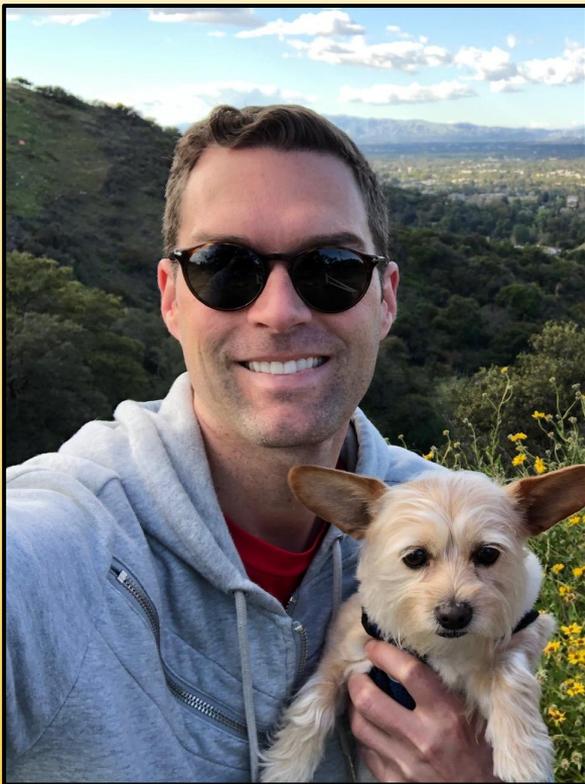
CONGRATULATIONS COACH KILEY!

Our own head coach was honored with a big award.
We salute her!



Initiated in 2008, the Kerry O'Brien Coaching Award has the goal of recognizing USMS coaches who are building USMS membership in communities throughout the country. Originally named the Grassroots Coaching Award, it was renamed to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. It is with the efforts of individuals like these that U.S. Masters Swimming will most certainly move to a greater level.

WATER POLO PLAYER OF THE SEASON DANIEL HEKMAN



How long have you been a member of WH2O? What made you join? I'm a newbie! My first couple practices were during a short-lived Covid reopening phase last fall, then more regularly since things have reopened. I knew about WH2O from my several years playing polo and swimming with the IGLA teams in NYC and Miami, and since moving back to LA about three years ago, I knew I eventually wanted to get connected with WH2O. So I'm glad to have finally made it happen!

What is your favorite aquatics memory? The open water swim at IGLA 2011 on the Oahu north shore was an amazing experience.

What keeps you busy when you aren't in the water? Work! But otherwise, spending time with my partner Blake and our dog Milo, good food and friends, and traveling for fun... I can't wait to start traveling more internationally again.

What is a nugget of truth we will be telling people in 20 years about this past year? Technology is important, but it's not everything. Don't lose sight of the importance of real human interactions.

What is your current pop culture obsession and why? Netflix has some amazing foreign language original content if you're willing to do some searching and don't mind reading subtitles.

What is a fun fact about you people don't know? I'm pretty new, so I don't think many people know that much about me lol. But I guess not many people know that I once attended, and then dropped out of seminary.

What's your favorite part of being on the team? After so many pandemic lockdowns, it's been the chance to get out and play a social sport with great athletes.

SF TSUNAMI SCRIMMAGE SCRAMBLE

By Edward Wardrip



Twenty five months after WeHo's last IGLA competition, we went up to San Francisco to play our favorite rival, Tsunami. This tournament was a scramble tournament, so we mixed both Tsunami and West Hollywood players across three teams for a mini tournament. In hindsight, the timing seemed ideal; we were able to sneak in a tournament right after both our teams had been vaccinated, but right before the Delta variant started rearing its head en masse. In fact, the Tsunami polo team had not even had a pool to practice at until two weeks before this tournament.

We got to play at a local outdoor pool in Alameda, and the weather was uncharacteristically sunny for the Bay Area, which left most of us pretty sunburned, but it was a price worth paying.

The teams were divided pretty evenly, leaving three close games and one fourth and final all out brawl of whoever still wanted to play. The B Team ended up taking the "gold," which really just meant a giant bottle of tequila that Matt Ambrose quickly snagged and brought back to our AirBnB.

Jumping into the pool to play a real game after months and months of this neverending lockdown with the sun shining against a deep blue sky just felt so damn good. The games were close. The Tsunami team is incredibly friendly and inviting. Everything about that day was ideal. And here we are, with the Delta variant surging and uncertainty rising again. The only thing we can do is be grateful for the small bits of respite. Tournaments will come again. Things will eventually return to normal, but maybe we will be more appreciative of just how good "normal" can be sometimes.

SWIMMER OF THE SEASON SKY THAI



How long have you been a member of WH2O? What made you join? I started a few months ago in May. I have some swim experience back in Utah with the Queer Utah Aquatic Club (QUAC) and wanted to join something similar here. However, it's been over eight years since I swam with them so I have a lot of technique to work on!

What's your favorite or most prominent aquatics memory? In Florida, they have this small pirate festival in Fort Walton Beach called 'Billy Bowlegs' where it's Mardi Gras, but make it pirate themed on a sandbar. There are floating stripper poles, endless amounts of jello shots, and all around debauchery. It's a chaotic good time.

What keeps you busy when you aren't in the water? Ugh, it's actually work... I work as a Program Manager for the U.S. Space Force so there is always something waiting in my inbox.

What's a nugget of truth we will be telling people in 20 years about this past year? Buying all the toilet paper and hoarding it is NOT the answer to a pandemic.

What's your current pop culture obsession and why? Orville Peck. He's bringing some much needed queerness to the country music scene. Take a listen to 'Dead of Night' because that got me hooked. Take me to the gay rodeo!

What's a fun fact about you people don't know? Something that most people don't know about me is that I eventually want to go to culinary school in New York. I'm a pretty decent chef in the kitchen, but it's just something that I want to do for myself.

What's your favorite part of being on the team? It's actually how competitive and fast this team is and the coaches that lead the practices. Shoutout to Joe for being a good consistent swimmate and Coaches Kiley and Mike for calling out my bad form and giving advice!



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JON KELLY, Principal

WH20 member since 2014

Former WH20 President,
VP Admin, & Water Polo Rep



Featured Project:
New 6,845 SF House on a 50,000 SF
Estate Property in San Marino, CA

DWIGHT CRUM PIER TO PIER SWIM

By Deb Jourdain



Congratulations to all our WH2O Swimmers who took on the 2021 Annual Dwight Crum Pier to Pier swim on Sunday August 3rd! After missing 2020 due to the C word (no, the other C word), we had a great turnout, ranging from swimmers doing their 100th Pier to Pier (an exaggeration, but I'm sure it feels that way to them at times), to people doing their very first ocean race because we absolutely guilted them or fed their competitive sides!

We had some amazing results! HUGE congratulations to AMY DANTZLER, who was 1st in her division, the 2nd woman OVERALL (!!!!) and 16th FOR THE WHOLE RACE WHAT?!?!?! YAS AMY!! And also to TIM BURKE who placed 3rd in his division!! Way to absolutely DOMINATE!

Congrats to all these amazing and best mermen, mermaids and merpeople!

Audrey Kim, Irene Wong, Stephanie Saisi, Geoff Stier, David Kirvan, Mike Wallace, Scott Marszalek, Bryan Libit and I guess me, because I was also there.

For those of you who are curious about ocean racing and want to try their hand in the dolphin pod, remember to join us at WH2OCEANs on Thursday mornings! Guarantee the freshest way to start your morning.

TOKYO OLYMPICS RECAP

Teammates weigh in on this year's historic Olympics



Luis Bahamon, Diving: At the Olympics 2020/2021, in Tokyo, Japan we watched the most elite, diverse athletes in the world. It was amazing to see how these athletes were able to maintain their fitness throughout the pandemic year. USA was well represented by 11 divers. China has the finest divers in the world and the best were at the Olympics. Great Britain was also well represented, especially by Tom Daley. His performance was outstanding. He is not only representing Great Britain, but all the LGBTQ divers of the world.

Brittaney Talbot, Triathlon: What stood out to me about this year's Olympic Games was how much celebration and camaraderie there was among the athletes. From Flora Duffy cheering for Katie Zaferes at the women's Triathlon finish line to Gianmarco Tamberi and Mutaz Essa Barshim forgoing a jump off to instead share their gold medal for high jump, there seemed to be a spirit of appreciation to just do what these athletes love to do.

Amy Dantzer, Marathon Swim: I had great fun watching all the swimming in Tokyo! I think I saw all the finals and a lot of the preliminaries as well. But, my favorite races were the distance races and it was especially fun to see open water swimming on the world stage. Below are a few reflections on the marathon events.

CONDITIONS: The water in Odaiba Marine Park was very warm. Unlike the pool events, we have no control over what mother nature might throw at us in open water. At about 85 degrees that is warmer than the old WeHo pool on its warmest day. These athletes were swimming hard, non-stop for around two hours in that heat. Plus, the air was also hot and humid. It was very important that the swimmers were able to take nutrition/ electrolytes from their coaches during the races. They did this from a water bottle attached to a large stick identified with their nation's flag on it. This not only allows them to drink quickly but is necessary so that the swimmer is not aided in any way by their coach.

DRAFTING: Drafting is a big part of open water swimming – also very different from pool swimming. We saw the open water swimmers using drafting as a race tactic throughout the race. Swimmers were seen vying for position in the scrum in order to gain the greatest advantage from the draft. In the men's race, however, the winner, Florian Wellbrock of Germany, held the lead almost the entire way without the benefit of drafting. In the women's race, on the other hand, the American, Ashley Twitchell, led the race for about half but ultimately finished seventh, showing that it can pay to “rest” in the back of the lead pack.

BLACK EYES: Open water swimming, like water polo, can be rough and tumble. There are rules against intentionally coming into contact with another swimmer or impeding their forward progress. But, with no lane lines and tight turns around the buoys, contact does occur. One swimmer, Hector Pardoe of Great Britain, was forced to retire after taking an elbow to the eye.

OUT AND PROUD ON THE WORLD STAGE: Out lesbian, Ana Marcela Cunha of Brazil, was the victor in the women's race. After two hours of racing, she beat the second place finisher by less than a second and the top three women were within four seconds of one another. This is a miniscule amount of time in the context of 10K.

ROWDY IS A SPRINTER: Rowdy Gaines has become “the voice of Olympic swimming” over the years and knows his pool swimming. But, as he readily admitted, he does not know a lot about the relatively new Olympic sport of open water swimming. I personally would have liked to see a more knowledgeable commentator for these races and hope, as the sport becomes more mainstream, the networks will accommodate.

Looking forward to more in 2024!

Fritz Hemker / Water Polo Team: In 2021, top level water polo players, one year late, gathered in Tokyo to determine who would reign for another three years as the best team in the world. At the end of the tournament, the United States Women had won their third consecutive Gold medal, only losing one game, and that to traditional water polo powerhouse Hungary in the preliminary round. At the end of the tournament, the U.S. Men found themselves in a desperate, and, in the end, losing, fight for fifth place against Croatia after a solid victory against a demoralized Italian team. Serbia won their second consecutive gold medal, joining the ranks of consecutive winners like Hungary and Yugoslavia. Regarding the men, Coach Mike Crosby noted, “They looked just like USA men have looked since 1996, 2000, 2004, 2012, and 2016: good, just not as good as the top European teams” The U.S. Women were, of course, the class of the tournament.

Many people watch the Olympics as a chance to see rare and exotic athletic events that fall outside the mainstream of American sporting culture. If you go to Twitter and search water polo, you will see the same tired refrains, “Where are the horses,” “I’m amazed they don’t stand on the bottom,” and, my favorite, “Drowning is allowed.” But we should ask ourselves, what’s it like for someone who actually knows something about the game, who is a devotee of a niche athletic event, to watch their support being played at the highest levels? A few members of WH2O’s water polo team were generous enough to weigh in with their analysis.

Lacey Rainwater: “One of my favorite moments of the 2020ne Olympics was watching USA women’s player Alys Williams score her first goal. Alys was the last player to be cut from the 2016 Olympic roster, but she kept playing with the national team and made the 2020ne Olympic roster at age 27. She easily could’ve retired in 2016, but she persevered and achieved her gold-medal Olympic dreams.”

Andrea Di Lauro: “ I love to watch good water polo and then play soon after. You feel invincible, imagining scenarios in your mind that you’re excited to try in person. They don’t always come as expected, but it’s a good learning moment. Chatting with your teammates about the game y’all are watching at the same time is a plus!”

Mike Crosby: “As a coach, it is always inspiring to watch the highest level of our sport and see what we can aspire to: dry, quick passes from the US women, incredibly tenacious defense from the Spanish men, and awesome athleticism from so many goalies and shooters. It’s also a reminder that some of our weaknesses that we work on as a WH2O team are frequently made by the best as well - forcing the ball to set, ending up directly behind the center on defense, allowing a player with the ball time to pick their corner, goalie positioning errors, and missing good opportunities to shoot off the pass.”

Tim Greer: "This Olympics, I found myself watching and rooting for an unlikely group of water polo contenders: the Japanese men's team! I had read that the host squad had already determined that they were not as big and strong as powerhouse Serbia or as tall as the Americans. So their coach decided to double down on swimming workouts in hopes of wearing down their opponents and beating them on fast break opportunities. While it didn't quite pan out the way they'd hoped (Japan was eliminated in group play), it made me realize that it's important to always bear in mind the competitive advantage you may have over the people you're playing against; identifying and creating these opportunities gives anyone in the pool--regardless of size or strength--a chance to compete at the next level!"

Stephen Leech: “To see the sport we put so much love, time, sweat, and care into, get elevated on the world stage is such an incredible opportunity. It is so much fun to see an incredible play and think, 'could I pull that off at practice next week?' And seeing a beautiful play and having a concept click is an invaluable part of learning the game.”

Garth Masik: “The best part about this Olympics and watching water polo was the opportunity to reflect on what a great group of people we have in West Hollywood Aquatics. Water polo has brought many of us together for the love of the water polo sport and being part of a TEAM that works together towards a common goal similar to the Olympics. West Hollywood definitely has the Olympic Spirit! I always enjoy playing and hopefully as I get older, I can continue to play and keep up with some of the younger players. Just like the Olympics we will always do our best, continue to work towards one common goal (be competitive), represent West Hollywood Aquatics Water Polo and bring home the Gold! I am very fortunate to be part of a team that is so welcoming, supportive and above all we play hard but also have a great amount of fun doing it.”

Chris Gibson, Swimming: After a postponement of the Olympics in 2020, the extra year wait made for a lot of speculation as to how people would perform. Some older swimmers seemed to be at a disadvantage, younger swimmers thrived at US trials (resulting in a historically inexperienced American team), and there was a question of how quarantines and lockdowns would shake out on a double taper..

American stars expected to perform well in multiple events were Katie Ledecky, Caeleb Dressel, and Michael Andrew, and stars like Lilly King, Ryan Murphy and Regan Smith were expected to compete with some very formidable international swimmers. But the other international trials showed that there would be more than capable competition from countries like Australia, Great Britain, Canada, and the “Russian Olympic Committee”. There was some question about the depth of American relays and how well they would place.

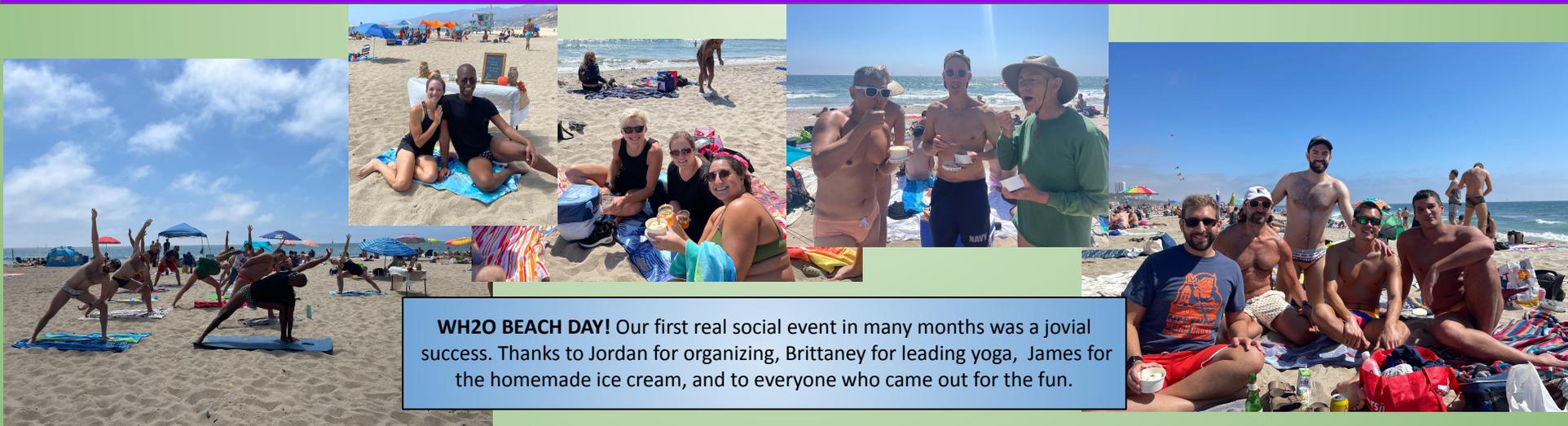
The first medaling event started off well for the Americans. The only returning 1-2 team for the Americans captured gold (Chase Kalisz) and silver (Jay Litherland) in the 400 IM, but it would be a long string of disappointments following, starting with a bronze medal in the women’s 4x100 Freestyle Relay, a loss for Katie Ledecky, and Americans finishing off the podium including Michael Andrew in his signature event, the 100 Breaststroke. The lowlights were the US not medaling in the men’s 4x200 Freestyle Relay for the first time since the event debuted in 1908 (excluding the boycotted 1980 Games) and a 7th place finish in the debut of the 4x100 Mixed Medley Relay. Other underperformances by the Americans were men failing to medal in the 200 meter Freestyle, breaststroke events, 200 meter Butterfly, and 200 IM, the two latter of which the United States had mostly dominated in historically. Ryan Murphy failed to defend his gold medals, marking the first time an American man hasn’t won the 100 and 200 Backstroke since 1992. On the women’s side, Ledecky lost a tight race to Ariarne Titmus in the 400 Free and failed to medal at all in the 200 Free. The US women were shut out of medals in the 50, 100 and 200 Freestyle, 200 Backstroke and 100 butterfly. Lilly King failed to win a gold medal, as did Regan Smith in the 100 Backstroke despite being a world record holder in that event as recently as last year, and the American women were shut out of golds in all relays.

Despite these disappointments, there were many great performances from the Americans. Caeleb Dressel won 5 gold medals, including 3 individual wins, each of which were swum in an Olympic (50 and 100 Free) or World Record (100 Butterfly) time. Katie Ledecky recovered from two disappointing swims (for her) to win the first ever 1500 Freestyle for women and completing the staggering 3-peat of winning the 800 Free at 3 consecutive Olympics. That feat has never happened in the distance events and the only other swimmers to win the same event at the Olympics three times are Krisztina Egerszegi, Dawn Fraser, and Michael Phelps (who has done it in 3 different events!). In fact, the United States dominated the distance events, winning both the men’s and women’s 800 and 1500 Freestyles with Ledecky’s swims and Bobby Finke’s electric performances. The men won 4 of the 6 freestyle events and 2 of their 3 relays, including the 400 Medley Relay (meaning the US won the first and last gold medal of competition). Furthermore, Lydia Jacoby shocked the world winning the 100 Breaststroke and American women won silver and bronze in 200 Fly, 200 Breaststroke, 200 IM and 400 IM.

Overall, Caeleb Dressel was the highlight on the men’s side, winning 5 golds and setting the only individual world record. He was also a part of (and probably the most important leg of) the WR-setting 4x100 Medley Relay. Adam Peaty defended his title in the 100 Breaststroke, Russia dominated the backstroke, and the 18-year-old Ahmed Hafnaoui had the breakout swim of the men’s Olympics winning the 400 Freestyle from lane four, representing Tunisia and winning only their second gold ever in the pool. On the women’s side, the Australians completely dominated. Emma McKeon won 7

medals, the most from any woman in any sport ever. Four of those were gold including two individual events. Kaylee McKeown won the backstrokes, Ariarne Titmus won the 200 and 400 Free, and the Australian women won two of the three relays (and 6 of 14 individual golds). Yui Ohashi of Japan won both IMs on the women's side. The Chinese women had strong showings in individual events and relays and Canada won several medals, including gold in the 100 Butterfly by Maggie Mac Neil (although it took her a minute to realize it). And finally, Tatjana Schoenmaker of South Africa won the 200 Breaststroke in the only individual world record on the women's side after winning silver in the 100 Breaststroke. Her reaction was one of my favorites from the Games.

The big takeaway for me was the success of British men and Australian women, along with strong showings from Canada, China, ROC, Hungary, and a handful of other smaller nations, which shows that despite success, American dominance may be coming to an end as other countries become more competitive. That being said, the American team was very young and inexperienced. Katie Ledecky was the only American swimmer competing in their third Olympics, and the team relied on several "veterans" competing in only their second Olympics. To put that in perspective, Phelps went to five, as did Federica Pellegrini, who retired at this Olympics, and four swimmers have competed in six. Will the Americans do better in Paris? Luckily, we only have to wait 3 years to find out!



WH2O BEACH DAY! Our first real social event in many months was a jovial success. Thanks to Jordan for organizing, Brittney for leading yoga, James for the homemade ice cream, and to everyone who came out for the fun.

OCEAN SWIMMER OF THE SEASON STEPHANIE SAISI



How long have you been part of WH2O and what made you join? I joined WH2O in October 2020! I grew up swimming competitively and joined my club team in college, but quickly drifted away from the pool after graduating. I had known of WH2O for maybe a year or two before joining, but was on the road a lot for work and found myself at the yoga studio instead. My mental health really tanked throughout the summer last year - I remember diving into the Santa Monica pool at my first practice - and the black line beneath me was a return to something so familiar that it brought tears to my eyes - it was healing.

What's your favorite or most prominent aquatics memory? I spent the summer interning in Hong Kong a few years ago and signed myself up for a race in Shek O beach. During the debrief, they told everyone to pass carefully over the shark net and to push the buoys down with your arms so as to not get cut up by the barnacles that were on them. A lot of people didn't listen, rushed over the buoys, got cut up, and crossed the finish line with bits of blood running down the fronts of their legs. The med tent had their hands full!

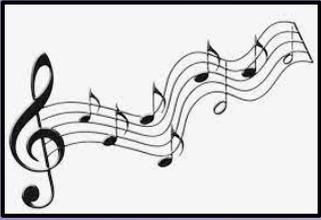
What keeps you busy when you aren't in the water? My days tend to fill up with plenty of virtual meetings and staring at spreadsheets (unfortunately), but outside of work and swimming I enjoy hanging out with my friends and procrastinating on different crafts and projects that I've got going on around my apartment. I am also trying to be more intentional about making time to just exist, so it isn't go-go-go all the time.

What's a nugget of truth we will be telling people in 20 years about this past year? Oh man. Whose truth? Will people believe in science or be more empathetic by then?

What's your current pop culture obsession and why? I wouldn't say it's quite an obsession, but I've been trying to listen to my Discover Weekly on Spotify each week and explore more of the songs that stand out to me.

What's a fun fact about you people don't know? I speak Italian! I'm very rusty these days - I'm not a native speaker - but studied it for 10 years and my ears always perk up if I hear it around L.A.

What's your favorite part of being on the team? The people who show up on the sand or to the pool truly want to be there. I've been on a lot of teams over the years, but this is my first Masters team, so it has the refreshing quality of being well-organized and not so intense that it's stressful, if that makes sense. In my experience, age group clubs were well-structured, but intense, and then something like a college club team can be casual, but disorganized. So WH2O is the best of both worlds :)



CREATIVE CORNER

Featuring Jackson Church

When did you start playing music? I starting making music when I was around 15 years old. I was living in my great grandfather's cabin built in 1915 on my family's Christmas tree farm where I grew up. It became my first studio space where I started writing and recording songs and found my love for music.

Who do you play with? Do you have a style you love to play most? I'm mostly a songwriter and producer, so I don't play too much music live. But I do enjoy playing classical songs to well arranged pop songs on piano!

Tell us a little about your journey of how you got to where you are in your career. I moved to L.A. in 2009 to attend music school where I met my "song wife" / writing partner, Eleni. We have worked on many projects from writing/producing for local artists, creating music for America's Funniest Videos, and recently landed 4 publishing deals with 10 songs signed to publishing companies for licensing opportunities in TV & film. Throughout those years we made a production team called "Unsigned" — you can find some of our work at www.unsigned.la — We just got notice last month that one of those songs will be featured in a CBS movie this Winter called "A Christmas Proposal"! This will be our first official movie placement and I'm so stoked! We won't know if the song is just background music or more prominently placed until the movie is released. Either way, I'm thrilled!!!

What are you working on now? What's your career dream? I'm working on a couple projects which are keeping me busy creatively. I'm writing and producing with a new LGBTQ artist for his first EP, which is full of emotional, heartfelt songs. And my other project is a dream opportunity... I don't want to say too much yet and jinx it, especially since it is still in development. But I'm writing an anthem for an event that would represent unity, individuality, and empowerment for the LGBTQ+ community. For me, my purpose with music has always been to inspire us to live as our truest, authentic selves, while normalizing queer people in our society and uniting us in our differences. And that's exactly what this song is meant for. So I'm putting a lot of careful thought and honest story-telling into making it the best it can be.



Strength Training for Swimmers

By Jessica Seaton, D.C.



Swimmers, like all adults, benefit from strength training. Strength training:

1. increases bone density
2. strengthens tendons and ligaments
3. increases muscle mass and counteracts age-related sarcopenia (loss of muscle), which begins after age 30
4. improves balance and coordination
5. prevents injuries to the back, shoulders, and other joints
6. supports fat loss by increasing metabolism
7. improves hormonal balance by increasing insulin sensitivity and growth hormone, and testosterone in men.

In “Complete Conditioning for Swimming”, a book I highly recommend, Dave Salo and Scott Riewald consider strength training an important aspect of training for optimal swimming performance. They recommend starting with foundational strength training, which has three equally important components: injury prevention exercises, core strengthening, and a generalized strength training program that works all major muscle groups and establishes baseline strength and endurance.

Shoulder injuries are the most common injuries affecting swimmers. FINA has put together a helpful video “Prevention of Shoulder Injuries in Aquatics Sports” with a series of exercises designed to prevent shoulder injuries. Exercises helpful in preventing lower body injuries, such as breaststroke’s knee, include single-leg and back squats, balance drills, and hip flexor, quadriceps, and hamstring stretches.

The core connects the movements of your arms and legs. If the core is weak your legs will drop in the water, and you may even fishtail through the water. Good core exercises will engage both your arms and legs while strengthening your core. Core strengthening consists of ab exercises as well as exercises for the back extensors, oblique muscles and the hips. Examples include bird dog, dying or dead bug, plank, side plank, superman, and balancing exercises using a Swiss ball. Salo also recommends several core balancing exercises in the

water, such as balancing on one or more kickboards while lying face down or face up.

A generalized strength training program should work all major muscle groups, including legs and hips. Lower body exercises include squats, lunges, monster walk, calf raises, hamstring curls, and deadlifts. Pull ups and pull downs strengthen the lats. Incline, decline, and flat presses along with flies are good for building a strong chest. Swimmers should stay away from straight up military presses with heavier weights, as they can contribute to or aggravate shoulder impingement problems. Reverse flies and rows will work the muscles between your shoulder blades (rhomboids). Shoulder internal and external rotation exercises will work your rotator cuff muscles. A good program should include biceps and triceps exercises as well. An ideal foundational routine should work all of these muscles with at least one exercise twice a week. Good form is extremely important when lifting weights. If you're unfamiliar with weight training I would recommend a session with a personal trainer to make sure you're not setting yourself up for injury.

Power in swimming comes from both strength and speed. There are many stroke- specific exercises that will improve your strength. The freestyle and backstroke exercises are aimed at strengthening your obliques to improve long axis rotation. The breaststroke and butterfly exercises emphasize abdominal flexion and back extension exercises. These exercises can be found in Salo's book. Plyometric exercises develop speed and propulsion. These are performed with either no weights or light weights with an emphasis on all-out effort and speed. Jumping rope, broad jumping, and tossing a medicine ball are examples of plyometric exercises.

A web site with ideas for strength training exercises is <https://www.muscleandstrength.com/workout-routines>. If you have limited time yet would like to have a program that will include strength training and plyometrics, I would recommend checking out this New York Times workout: <https://www.nytimes.com/guides/well/strength-training-plyometrics>

Jessica Seaton, D.C., is a chiropractic orthopedist in private practice for over 30 years. She has also been swimming with West Hollywood Aquatics for over 30 years.

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Jessica Seaton, D.C.

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2021 Southwest Zone & SPMS Summer Championships

Congratulations to Anastasia Kurteeva, Mary Church, Jessica Seaton, and Chris Gibson who all participated at Regionals in July! And a special congrats to Anastasia and Chris for winning all their events. It was an enjoyable weekend at the beautiful Mission Viejo pools.

SWIMMING IN WINE

Featuring Gregg Ogorzelec

How did you get into making wine? I got into making wine by making beer. I used to brew beer with some friends from college back in the '90s. About 12 years ago, after a job change that left me with some breathing room, I thought it would be fun to get back into brewing and started doing it solo. After a year or two, I realized that my husband and I drank more wine than beer, and that it involved the same fermentation techniques, just a different liquid to ferment. We then started to make wine.

What is your favorite part of this activity? My favorite part of winemaking is that it's alchemy. It's both science and magic, technique and art, left and right brain. It also brings out the chemistry geek in me.

Is this your career too or if not, have you ever considered it? No, winemaking is not my career. The pro wine business is an excellent way to lose A LOT of money. Hence, many wineries are the career after you make your cash, or underwritten by someone with a lot of money who is willing to let some of it go to be part of that scene.

Do you sell your wine? I am not able to officially sell my wines since they need to be produced in a bonded facility for them to be commercially available. To recover the legal and overhead costs of producing wine for sale you need to make and sell a lot more than I do. With my job and swimming I would not be able to do that at this time.

How can we taste them? Back when WH2O had parties, I would bring my wines to pour for people. Or just ask me.

What's something about wine-making people may not know? You can make wine out of anything that has sugar that you can ferment.



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HOT SUMMER, COOL DESSERT

By James T. Ballard

I know you are hot and bothered and some of you even tired. I am speaking from experience and trust me when I say the last thing you really want to do is turn on your oven and heat up your house as the thermometer passes 85 degrees Fahrenheit and heads toward 100. That's just picking a fight with your air conditioner and that's a battle that nobody wins except the circuit breakers. Yet, you still want something delicious and, perhaps, ethereal. I mean if you can snag a quart of ice cream from James Carameta, stop reading and grab a spoon, but for those who must wait for him to get a break from glamorizing the nearly ordinary into the extraordinary follow along. We are doing Panna Cotta microwave style: Vanilla Over, Coffee Under, and Passionate Lemon. Yes, you do get to choose in a massively self-empowering way and it's so easy that even those with genetic culinary disabilities can make this dessert. However, I warn you that even though Panna Cotta translates literally to "cooked cream," it is not. It is barely heated, which is also a lesson in Italian culture.

FOUNDATIONAL VANILLA

- 1 cup whole milk
- 3 cups heavy cream
- 2 teaspoons vanilla (or the scrapings of one vanilla bean)
- 2.5 teaspoons unflavored gelatin
- ½ cup sugar
- ¼ teaspoon salt (preferably without the iodine)

THE KEYS TO THIS RECIPE:

1. Do not rely on what the gelatin packet says. Sometimes the packages lie, so measure the gelatin so you don't end up with aspic or, worse, molten milk.
2. Remember you need a medium bowl and a large bowl for the recipe if you want to go from good to great. The large bowl is for the ice water bath, yes ice is needed, but you don't need massive amounts because all you are doing is putting the medium bowl in the ice water in the larger bowl so the ice water hits about halfway up the medium bowl to chill the mixture to about 50-55 degrees Fahrenheit, which is where the panna cotta starts to thicken. Yes, poodles you can do this!
3. An instant thermometer helps, but you can wing it.
4. Measure the liquids in glass measuring cups.



THE MAGIC:

A. Pour the gelatin into the cup of milk (not the cream), stir, and let it set for 10-15 minutes, stirring a couple of more times. The waiting period is to hydrate the gelatin. This is a definite must unless you want microscopic gummy beans in molten milk.

B. Put the cup of gelatin milk in the microwave and zap for approximately one minute and ten seconds (70 seconds for those who only want to code in with two numbers). The temperature of the gelatin milk should reach 135-140. Pull out and immediately add the sugar and the salt and stir till it dissolves. May take a few minutes and a few stirs for all the sugar and salt to dissolve.

C. Pour the cream into the medium bowl, add the vanilla, stir, and then add the gelatin milk and stir. Now, set the medium bowl with the vanilla cream gelatin milk mix into the ice water bath and stir for a minute to begin the cooling process. It'll take about 10 to 20 minutes to cool the mix down to 50-55 degrees.

D. Now if you used a vanilla bean or demand perfection, you should strain the mixture through a fine mesh strainer, otherwise ignore this step and pour the mixture directly into glasses, cups, or ramekins and refrigerate for at least 5 hours. You should cover the containers with plastic wrap if you're not planning on serving the same day. You may make this up to four days in advance. Beyond that, the panna cotta starts to get a little tougher for those who like it rough.

THE VARIATIONS:

Vanilla Over: Cherry is a favorite and I heat up some cherry preserves for 30 seconds in the microwave and toss in some fresh cherries (senza pits as choking is so unattractive). Spoon this mix into the glasses, cups, or ramekins and refrigerate to cool before you pour in the vanilla panna cotta. Apricots, peaches, and berries are also exceptionally easy and divine.

Coffee Under: Add a tablespoon of instant espresso to the gelatin milk with the sugar and the salt. Finish with dark chocolate shavings (added after the panna cotta has set).

Passionate Lemon: Spoon some lemon or passion fruit curd into the glasses, cups, or ramekins and refrigerate to cool. In the recipe, increase the gelatin amount to 3 teaspoons, decrease vanilla to 1 teaspoon. Add lemon zest from two lemons to the cream. Juice the lemons and add 3 tablespoons of juice to the vanilla cream gelatin milk mix and one tablespoon of Limoncello if that works for you or skip the lemon juice and add 4 tablespoons of Limoncello. You could also substitute 3 tablespoons for passion fruit puree for the lemon juice/limoncello additions.

Note: Too much on the additions and the panna cotta may not set.

Some people use a spoon to eat this dessert.



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