

OCTOBER 2019



**WH2O**  
WEST HOLLYWOOD AQUATICS

# NEWSLETTER

IN THIS ISSUE...

SWIMMING IS  
FOR ALL BODIES  
AND GENDERS

LANEMATE X WH2O PAGE 2



PAGE 9 BACK TO POOL FUNDRAISING EVENT



**U.S. MASTERS  
SWIMMING**

**2019 SUMMER  
NATIONALS**



**MISSION**



WH2O SWIMMERS COMPETE AT NATIONALS PAGE 3



PAGE 13 KEELY IS MAKING CHANGES



BIG SEASON FOR WH2OCEAN PAGE 4



PAGE 14 TRAINING IN THE DESERT

# LANEMATE PROJECT

BY ROOK CAMPBELL; WH20 MEMBER SINCE 2011

This past June, standing on West Hollywood Aquatics pool deck and then across town with some other masters swimmers, I delivered a mini-speech, welcoming folks to participate in what I dubbed LANEMATE Project.

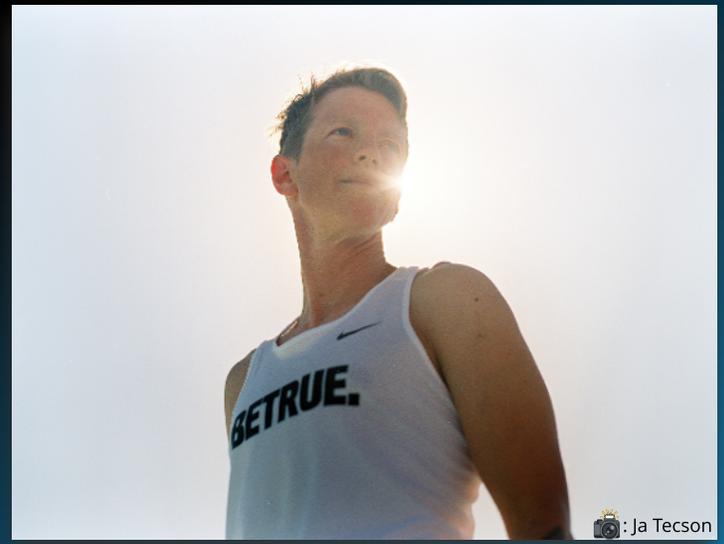
In something of a reverse or anti-public speaking tip where instead of conquering stage fright by pretending your audience might just be naked out there, I realized I had set myself up for a public address that was about as close to naked as one could get while at the same time, inviting the audience to more or less consider me naked! Not ideal. Yet, ultimately, from this absurdity and vulnerability I came to experience a truly beautiful power of community, of our community.

My poolside speech began something like this:

I learned to swim properly when I was 34, living in Paris. The day I put on a women's swimsuit was horrible. I cried in the locker room that first day. And the second, and then I just tuned it all out and reached for and lapped up the water. Swimming, I love. Women's swimsuits, I do not.

I confessed that I didn't know all my teammates, or so many all that well. At its core, the message was simple, saying say that I'm transgendered and use they/them, he/him pronouns. Just days out from my gender affirmation surgery, top surgery, I wanted to invite the team to see and get to know me.

LANEMATE Project emerged as a solution to a situation that might have been peculiar to me as a transgender swimmer but in fact, was needed more broadly. It dawned on me that I probably needed to better get to know the people I swam with before just showing up with a freshly presenting body in new swimwear.



I'm not a fan of being an elephant in the room. I dread the idea of being so visible that my experience and presence could become as-if invisible. I wanted to signal that being transgender isn't a taboo topic for me. I wanted to reach out, remain in relationship, make dialogue real, enjoy team banter and maybe even gain some allyship.

But how to communicate this in a relatively "normal" and efficient manner?

First in the form of a swim cap with a DIY, interactive graphic of pronouns, the LANEMATE Project invited the team to snap a picture and send it my way while I recovered post-op and had to sit the pool out. The cap activation was my attempt to bridge the gap that sometimes happens between self and other, other and self. To get somewhere closer to an us.

Now that I have returned to the pool in the absolutely more me-body, new speedos and the flipside locker room, I have been profoundly reshaped by so much generosity and love. And yes, I do feel stinking fantastic. Total game changer.

In November, our team will be hosting its first transgender and non-binary swim activation. It's dubbed LANEMATE x WH20, and the motivating vision is to welcome folks that might have far more hurdles blocking them from enjoying the beauty, power and human wonderment of feeling our bodies in water, sport, lanemates and team. I truly believe that the diversity of our team distinguishes us as the right voices to step into this leadership. This team outreach can help effect change on both a very personal and social scale for a part of our community that has too often been excluded and horribly marginalized.

I was lucky, I've been a lifetime athlete. It's an inseparable part of who I have been and am. As uncomfortable and contradictory as sport has gender-framed me at times, I carried a more profound longing and ability to tap into the depths of sport's transcendent potential.

The daily-ness of our team means a tremendous more than we might fully be able to take in full stock. Of the many summer blessings, being a part of this team continues to move me into humbled gratitude. And also just out and out delight me in joy and fun times!

SWIMMING IS  
FOR ALL BODIES  
AND GENDERS

LANEMATE  
X  
WH20

**WELCOMING ALL TRANS & NON BINARY  
SWIMMERS TO JOIN US FOR A DIP IN THE  
POOL**

**FREE SWIM CLINIC FOR ALL ABILITY LEVELS!**

**SATURDAY, 9 NOVEMBER 2019  
2PM - 4PM  
WEST HOLLYWOOD AQUATICS CENTER**

**QUESTIONS AND RSVP TO:  
ROOK CAMPBELL AT ROOK276@GMAIL.COM**

**WE HOPE TO SEE YOU THERE!**

# SWIMMERS SHINE AT SUMMER NATIONALS

BY CHRIS GIBSON, WH20 MEMBER SINCE 2016



## 2019 SUMMER NATIONALS



US Masters Swimming Long Course Nationals were held in Mission Viejo August 7-11, 2019. West Hollywood Aquatics had a very successful meet with many people beating their seed times. WH20 swimmers achieved 29 top-10 finishes, including National Champions in three events:

Christopher Gibson Men 35-39 100 Back (59.36)  
Christopher Gibson Men 35-39 200 Back (2:14.98)  
Elizabeth Vucinich Women 35-39 50 Butterfly (34.57)

Congratulations to Garrett Greer for swimming in his first Long Course meet ever! It's never too late to start!

Thank you to Chuck, Errol, Garrett, Mauro, Liz, Keely, Olivia, Mike Fitzgerald, Jessica, Mary, Carlo, Paulo, Michael Whitehead, Jan, and Chris for competing at their very best, and especially those that represented our team on relays!

Special thanks to Coach Kiley for coaching our troop of swimmers. Your tips were greatly appreciated!

If you missed any races and want to watch them, or if you swam and want to watch your swims, you can find them here, under [Archived Recordings](#).

Hope to see more people at the next Nationals! See you in the pool!



# 'GET COMFORTABLE BEING UNCOMFORTABLE' - WELCOME TO OPEN WATER SWIMMING

BY ALEX MOOTHART; WH20 MEMBER SINCE 2013  
CARLY MILLER; WH20 MEMBER SINCE 2019  
IRENE WONG; WH20 MEMBER SINCE 2017



Well folks, we've reached the end of open water season and WH2Ocean's first run! We could not have asked for a better team, better races, or better conditions for everyone involved. Considering the season started off with 2 coaches, no equipment, and a few eager swimmers - the turnout and development of this program is something we continue to be amazed by.

Every Friday since the middle of July, we have been getting up before the sun rises to plunge into the Pacific. Along the way, we've had many people stop by to either try ocean swimming for the first time, or continue training for their race season. Each of the following races had a solid contingent of WH2O representation: Dwight Crum Pier-To-Pier; Maui Channel Relay; Waikiki Roughwater Swim; and WOWSA Ocean Fest.

The Dwight Crum Pier-to-Pier, held on August 4th, is a popular 2mi ocean race that draws a crowd of over 1200 swimmers. Competitors start on the South side of Hermosa Beach Pier, and finish on the North side of Manhattan Beach

Pier. WH2O had many amazing swims. Amy Dantzler finished 3rd overall with a time of 39:42, but more importantly, she beat Alex Moothart by 1 second! Besides Alex, Jeff Peterson also finished 1st in his AG with a time of 42:25. Several others saw top 10 finishes - Wadley (42:43), Carlo Morante (42:52), Bryan Libit (45:13), Keely MacDonald (46:54), Deb Jourdain (50:07), and Carly Miller (50:19).



Over Labor Day weekend, a group of us traveled to the Hawaiian islands and competed in the Maui Channel Relay (MCR) and the Waikiki Roughwater Swim (WRS). Check out Deb Jourdain's MCR article on Page 5 and Antine Kunsch's WRS article on Page 6 for the photos and juicy details of the Hawaii swims!



The WOWSA Ocean Fest was held on the first weekend of October in Redondo Beach - a proposed location for the 10km open water event in the 2028 Olympics. We had WH2O participation in all 3 race distances - 1k, 5k, and 10k.

In the 1k distance, Nikita Bondarenko took on his first ocean race and crushed it with a time of 26:27, placing 1st in the M19-30 division, and 2nd overall. He got beat by a girl half his size, but let's not dwell on that... Craig Sinel (29:07) and Adam Larson (29:18) dominated in M31-50, with a 2nd and 3rd finish. Liz Vucinich shook off the trauma from WRS, boldly took on another ocean race, and snagged 3rd in F31-50 with a time of 29:12. We couldn't be more proud of Ritchey Howe taking on her first ocean race and placing 3rd in F19-30 with a time of 33:47.



Scott Marszalek, Igor Porciuncula, and Irene Wong took on their very first 5k distance; all finished with mild hypothermia but big smiles on their faces. Our very own coach Carly Miller also raced alongside the team in the 5k, finishing in 1:28:41, and placing 6th in F31-50. That, by the way, was a mere three weeks after completing her solo Catalina Channel crossing in (the very fast time of) 12 HOURS and 47 minutes!!

A contingent of brave souls took on the 10k course (that's 10,936 yards btw) and delivered stellar performances. Ocean goddess Amy Dantzler placed 1st in F51+ and 2nd overall female with a time of 2:26:47. Wadley (2:48:43) placed 5th in M31-50; and Gregg Ogorzelec (2:50:38) placed 6th in the M50+ division. Carlo Morante's previous longest swim was a 2.4 miler before diving into this 10k. His ridiculously fast time of 2:36:50 earned him a 2nd place in M19-30, and he was the 7th guy to cross the finish line. Likewise, this is the longest distance Deb Jourdain has ever raced, and she crushed her goal of finishing under 3hrs with a time of 2:57:51, placing 3rd in F19-30.

It was wonderful to have such a substantial WH2O representation at each of the ocean races this year. The 16-week long season of WH2Ocean provided a great platform for both newcomers and veterans of the sport, to get comfortable in the ever-changing ocean conditions, and to help each other be successful at practices and races.

A special shout out to WH2Ocean's 1st Annual Award recipients:

- ▶ The Jonathan Skow Unhung Hero Award: Carly Miller
- ▶ Most Improved: Irene Wong and Scott Marszalek
- ▶ Best Performance: Deb Joudain and Carlo Morante
- ▶ Poseidon Award: Wadley
- ▶ Smooth Operator Award: David Kirvan

While we are definitely sad that this season is over, we can't wait to pick up again in June of 2020! It was an honor to be a part of a program that was made possible by, and born from the memory of our dear friend and teammate, Jonathan Skow. Thank you all for making this a reality, and allowing the two of us to have the best jobs in the world - see you next summer. <3

# MAUI CHANNEL RELAY 2019

BY DEB JOURDAIN, WH20 MEMBER SINCE 2018

On Saturday August 31st, I was lucky enough to be part of the group of Weho Open Water Swimmers who competed in the Annual Maui Channel Swim Race. Gregg Ogorzelec, Julia Ticus, Amy Dantzler, Bryan Libit, Jeff Peterson, Elsa Cheng, and I took part in a 6-person relay race that covers an approximate 10-mile distance from Lanai back to Maui.



the first time all together in Maui, along with *Kapakahi Mano*, our other West Hollywood represented team (Amy, Bryan, Jeff and Elsa).

On arrival to the briefing, we found that our team's swim pack had gone missing - but by this point, we were used to things not going quite to plan. Honestly we'd be worried it started going well at that point. We went for some team bonding for dinner, each of us very cautiously picking our meals, knowing full well no one wanted to deal with any stomach upsets at 6am on a boat in the middle of the ocean the next day.

Before we knew it, my alarm was going off at 4:30AM, and we were heading off in a taxi to the docks to meet our boat captain. We set off amongst the other team's boats over to Lanai. The water was a ridiculously perfect shade of blue, warmer than VNSO after a day of kid's peeing in it (but obviously, not as gross). We got out at Lanai to do some warm up swims, and our starter swimmers headed off to the beach. The gun sounded and they were off!!! Our boat trailed Gregg, who had gotten a great start out of the gate, setting an excellent pace. And then the real party began (if you thought we went just to swim...think again). Each of us geared up for our leg (each swimmer does 30 minutes each, and once the first rotation is completed, we head into 10-minute swims until we finish). Our boat captain played DJ and had some epic old school rock tunes blasting to help us along our journey. Julia took up the reigns next and damn can that girl swim! Next up was me, and I can honestly say I just had so much fun swimming in such a clean ocean, I nearly forgot about the fact that tiger sharks live in those waters. Rounding up our team was Karin, Steven and Krysta, three swimmers who so generously gave their time to help us complete our swim. As we got into our first set of ten-minute swims, the currents had drastically picked up, and it was clear that many teams were being pushed too far south, and were potentially going to miss the actual finish, due to the currents being so strong. Our team fought hard to get ourselves into a

better position further north. Eventually though, a call came over the radio to say that the currents were the worst they'd been in years, and the race directors made an executive decision to have all teams re-board their boat and head ten minutes north in order to get into better position. Let me tell you, as the swimmer who was in their ten-minute leg and suddenly your teammates are calling at you to stop and get back on the boat - I have NEVER been more terrified because as far as I knew, there was only one reason I'd be pulled and that is a damn shark. So big shout out to my teammates for that one.

Sadly, this change in the plan meant that a lot of teams ended up in all sorts of positions and most of us ended up right back in near shore, so the race was nearly over. We had three of our swimmers finish off their legs, until we finally reached the finish line. Despite the change of race layout at the end, I can safely speak for our team that we had the BEST time. It was the most incredible experience, and to be part of a group that was just so happy to be out in the ocean, experiencing something so unique, made it one of the happiest days of my life.

A huge congratulations has to go out to Amy Dantzler, Bryan Libit, Jeff Peterson, Elsa Cheng, Kathleen Hohwald, and Maison Bailey who absolutely dominated their swim. They were definitely much better prepared, with stunning matching suits and caps, so Team *In It To Win It Last Minute* may have to take a few lessons into our next attempt. It was so special to experience this channel crossing with you guys!



Swimming Maui channel ticked off a huge goal of mine, and I couldn't have been more grateful to have done it as part of West Hollywood Aquatics. Weho gave me an incredible memory with incredible teammates, who I now consider instant incredible friends. Most of all, I consider it to be an absolute privilege to have been able to go to Hawaii with this team to honor the memory of Jonathan Skow, who I was lucky enough to swim with a few times in the ocean, and who's joyful and kind spirit I hoped we were able to take back into the Hawaiian waters that day.



Personally, I was less daunted by the idea of the race, than the organization it took just to enter. Sending entry forms via snail mail, coordinating signatures between people in different states, and getting the escort boat took me back to the dark place of coordinating the most ridiculous requests for old bosses, with every possible obstacle getting in the way. But Julia, Gregg and I lived up to our particular team name, and pulled it together last minute through all the drama (including multiple swimmer drop outs, a boat malfunction causing us to desperately search for another boat a week out, and then me, nearly missing my flight to Maui because I stupidly miscalculated Hawaii Airport security lines), and team *In It To Win It Last Minute* was meeting for



# WAIKI ROUGHWATER SWIM

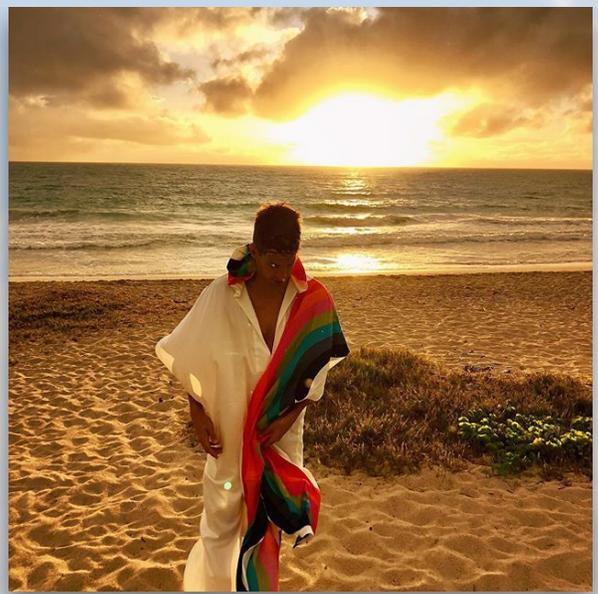
BY ANTOINE KUNSCH; WH20 MEMBER SINCE 2015



Mark Twain called Hawaii "The loveliest fleet of islands that lies anchored in any ocean". But then he also said that coconut trees looked like feather-dusters struck by lightning, so I am guessing he was having mixed feelings. I discovered Hawaii for the first time for my birthday in February 2018. Wandering around Oahu, checking out Honolulu, Diamond Head, China Walls, Lanikai, Electric Beach, Polo Beach, Kaena Point and the Albatross Sanctuary. Even hiked for way too many hours to reach the top of the Stairway to Heaven (worth it!). I packed as much as I could in a few days thinking I would not be back anytime soon...until I was invited by our beloved Jonathan to swim the open water Waikiki Roughwater Swim on Labor Day weekend 2018.

He didn't have to ask me twice to go to back to Hawaii, but swimming a 2.4-mile open water race called ROUGHwater?! I was so apprehensive of the swim in 2018 that I only entered the race the day before the start. Forward to the end of the race and I was stepping out of the ocean onto Waikiki beach after an easy 1-hour swim in warm, crystal clear water, accompanied with a couple Honu (Hawaiian for sea turtles). I actually did not see the Honu because I had foggy goggles and I got stung by jellyfish, but it was worth it! Then I went to grab a pineapple cocktail.

Fast forward to 2019 and Mamma Mia here we go again... only this year it was rough! The currents were a lot stronger than the year before. Of the 1,000+ participants who started the race, only 570 navigated the currents to the finish. It was a long, slow-moving 2.4 miles, especially for those like me who did not have a strategy to avoid the currents... I took note for next year to put a tracker on Jeff Petterson or Amy Dantzler along with a bright orange light on their swim cap!



2018 and 2019 were completely different races, and I suspect 2020 will be different as well. For everyone who will be joining us in Waikiki for the first time next year, advice from open water swimmers familiar with the race is of great value and you should take advantage of our WH20 resident experts. They spend hours monitoring currents forecasts and they can tell you what to expect and which strategy is likely to work best in the conditions, which will put your mind at ease.

But the Waikiki Roughwater Swim is not just about the race. It's also about social interactions and your ability to sit in the sand with a drink of your choice, spend hours jumping in the waves of Lanikai or Kanua beach, explore the island and even force your friends to complete a 1,000-piece puzzle (it's an island they can't run away). After the race, the team got together for dinner before people started flying back to the mainland. We celebrated our winners and all those who participated...



Congratulations to these swimmers who earned top 3 finishes in their respective age groups: Sam Stryker (1:10:27); Jeff Peterson (1:11:03); Julia Ticus (1:14:03); Amy Dantzler (1:14:29); Antoine Kunsch (1:18:27); Bryan Libit (1:19:25). Several others had top 10 finishes: Carlo Morante (1:18:32); Adam Larson (1:19:53); Deb Jourdain (1:25:06); Jon Kelly (1:35:21); Irene Wong (1:39:27). And rounding out the finishers: Gregg Ogorzelec (1:21:37); Igor Porciuncula (1:48:27).

I will be swimming Waiki Roughwater in 2020 for the Honu, the relaxation on the beach, the Mai Tai, the thrill of the race, and because it is always fun to see your teammates in "Hawaii mode". If you have more questions about the race, the weekend, where to rent a house with a group of swimmers... we will happily help. Until then, Aloha!

# BOLD ADJUSTMENTS

BY SHEA MANNING, WH20 MEMBER SINCE 2017

In the [January 2019 newsletter](#), I encouraged you all to consider a list of new year's resolutions as it relates to your swimming. You can go back to read more information on each of these items, but here is a short list to jog your memory:

1. Add a new piece of equipment to your bag
2. Ask a coach or teammate to film your stroke (and then film it again ~~in the Summer~~ before the end of the year)
3. Perfect your warm-up routine
4. Compete!
5. Bring a friend to practice
6. Create a drill

Hopefully this list makes you think "WOW! Not only do I remember these, but I was successful in many/all of them too!" If this is true—well done—give yourself a big pat on the back. Think about how you might be able to raise your game in 2020; or even better, go for one more item on the list before the end of the year. Perhaps the more likely thought, however, is "how dare you bring up failed, forgotten, or unknown resolutions at the end of the year of all times?!" If you thought this or something similar, have no fear—there is still plenty of time to knockout each and every one of these goals.

Regardless of which of these groups you fall into, the beginning of November is a great time to take stock of your progress over the year and reflect on the obstacles that may have challenged you along the way. An honest self-assessment will better equip you to know the areas where you should focus your improvement. This idea goes hand-in-hand with October's Palm Springs Training Camp theme of "Bold Adjustments." One of the best things about swim training is the flow of a well-balanced lane, where the water movement and challenging

intervals allows us to train at a higher intensity than we are capable of doing on our own. The repetitive nature of this dynamic, however, also makes it easy to slip into thoughtless motion and fall into bad habits that may keep us on pace with the rest of the lane while inhibiting us from making the slight adjustments that would lead to meaningful improvement and greater self-awareness.

My favorite metaphor for this is in the manner in which an athlete lifts weights. Let's say the athlete claims to be able to squat 400lbs, but upon further inspection you notice that he/she/they are only completing a small portion of the movement. Sure, the weight is moving, but the purpose, impact, and awareness are all sacrificed in favor of the athlete's ego and being able to falsely claim the ability to squat 400lbs. The pathway to meaningful change for this athlete is in focusing on building the necessary mobility and flexibility; practicing the full movement without weight; practicing the movement progressing from a much lower weight; then finally working up to an actual max weight while reaching full depth of the squat. The most difficult part of this process is in silencing our ego and prioritizing the proper movement. If the athlete is incapable of getting to full depth with any weight—then his/her/their focus must be solely placed on the mobility of the movement.

I know talking about creating new, good habits is much easier said than done. Often times it requires breaking bad habits first, which can be a daunting task and often means we move slower as we build the strength and proficiency in our new skill. The best rebuttal to this is that we have all the time in the world. As masters athletes our primary goals must be to continue to challenge and learn more about ourselves and our sport. Contrary to how it may feel in a set with a particularly tight interval, we are not in a hurry to get anywhere. With that in mind, think about or ask a coach what adjustments you can make in your current training lane, and do not be afraid to regularly move lanes/training buddies based on your adjusted goals for each workout. This change in approach will make you a more dynamic athlete, a better swimmer, and will empower you to complete your new year's resolutions from this year while also gearing you up for success next year. With heightened focus, we'll all be seeing 2020.

## Reminders for Being a Good Lanemate

- 1) Make way for a passing swimmer at a turn or finish by moving to the furthest side of the lane or any space where you are least disruptive to your teammates' swimming. This responsibility is completely on the overtaken or resting swimmer.
- 2) Leave 5 seconds apart, unless you've discussed with the swimmer in front of you (for less) or the swimmer behind you (for more).
- 3) Arrive on time to practice. The first ten minutes is vital to establishing the communication and synergy of the lane. Arriving late is not only to the detriment of your own swimming, but it also throws off the lane dynamic from the very beginning of practice.

# FINAL FUNDRAISER OF 2019

BY JAMES CARAMETA; WH20 MEMBER SINCE 2016

WH20's final fundraiser of the year took place on Sunday, September 8 at Micky's. It was called "Back to Pool," celebrating these last hot summer days that linger through the month of September.

There were four prizes that were raffled off and there were two lucky teammates who did not leave empty handed - Antoine Kunsch won five classes at Training Mate and Carlo Morante won a tote bag with essential items for a day at the pool.

Our event was sponsored by Miller Lite, and personal pitchers of beer were sold for \$5. Jell-O shots were sold as well.

I was so happy with the energy that the volunteers brought to the event. Everyone was wearing their team gear as they welcomed our guests, and sold shots and tickets. The volunteers were a combination of seasoned veterans as well as people who joined our team in the last few months.





# RELATIONSHIPS AND HEALTH

BY JESSICA SEATON, D.C.; WH20 MEMBER SINCE 1990

Along with exercise, nutrition, and sleep our relationships with others is equally important for optimal health. Humans are social animals and thrive with good relationships. In fact good, close relationships are important to good health as quitting smoking, healthy body mass index, and physical activity. One reason is that friends and relatives can help buffer the effects of stress and help promote recovery and resilience. Intimate relationships, whether romantic or friendship, provide a safe haven of support and make us feel understood and accepted. Social support can also give one a purpose in life and a sense of meaning.

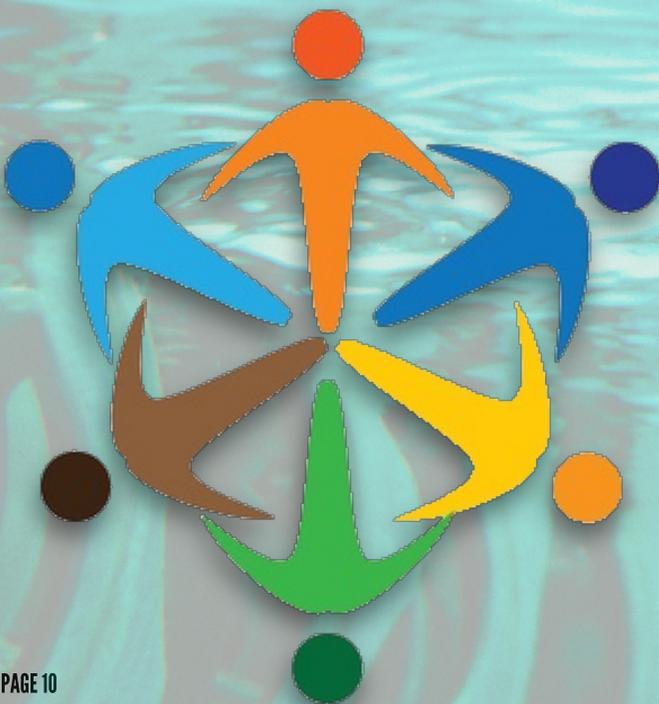
In contrast, loneliness, which is the feeling of isolation, and actual social isolation, that is, having few social connections or interactions, are both associated with poor health. People can feel lonely even when surrounded by people if

the relationships are not supportive or in some way reciprocal. The risk of death is twice as high for people with the fewest social ties compared to those with the most. Socially isolated people with coronary heart disease have a risk of death 2.4 times greater than their socially connected peers. Low quality or low quantity social ties are associated with the development or progression of cardiovascular disease, high blood pressure, inflammatory biomarkers, impaired immune function, dementia, and slower wound healing, among other effects.

Not all relationships contribute to good health. Studies have shown that couples in long-term marriages have a lower risk of cardiovascular disease. People in bad marriages have been shown to have compromised immune and endocrine function as well as depression. These negative effects are more detrimental to our health as we get older. Feelings of rejection, whether in or out of marriage can lead to poor health. Even in a good marriage, stressful circumstances, such as when a partner gets seriously ill can lead to negative health consequences for the other partner.

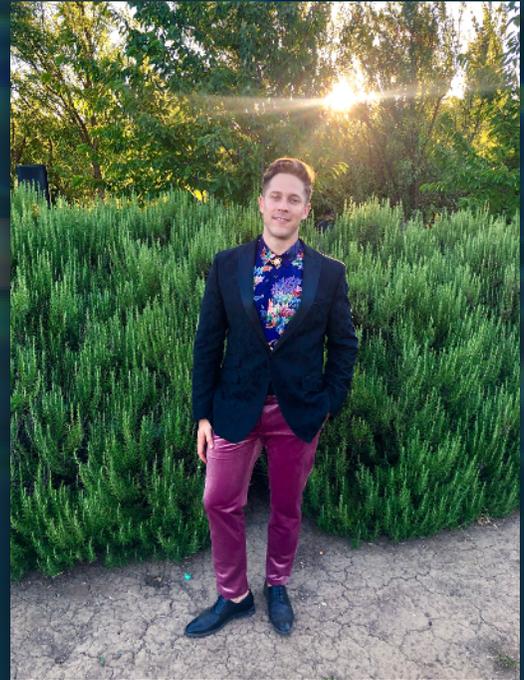
An interesting twist on social connections was elucidated in a study published in the New England Journal of Medicine. Using the very large database of the Framingham Heart Study involving 12,067 people, they found that over a 32-year period a person's chances of becoming obese increased by 57% if he or she had a friend who became obese in a given interval. These effects were not seen among neighbors. This influence was stronger with friends of the same sex. If you associate with the "wrong" crowd, and you could end up drinking, smoking, staying up late, and not exercising.

While social media can be a good way to stay and touch with people, it doesn't replace face-to-face contact. Good friendships require attention and care. It's important to take the time to actually get together with friends: go out for a meal, go for a walk together, have a drink or coffee and connect. While it's not always easy to make new connections, one of the many perks of masters swimming is that we have a built-in group of health-conscious acquaintances who can become friends as well.



# WH20 TEAM MEMBER PROFILE

JOEL SMITH, WATER POLO; WH20 MEMBER SINCE 2019



## 1.) What swimming and/or water polo teams have you belonged to over the years?

I grew up playing water sports, the color of the water didn't change until after 18. Played and swam from grad school through high school. Played club at ucsb while in college. After college i moved to NYC where i joined the TNYA water polo team.

## 2.) What is your favorite pool that you've ever trained or competed in?

Favorite pool so far is the Olympic pool in Montreal. Such a cool venue and setting to play in.

## 3.) What film/TV show/book/podcast are you currently obsessing over?

Currently obsessed with HVMN podcast by Geoffrey Woo and on health, performance, and ketogenic diet. The other a book called lifespan by David Sinclair... if you can't tell I'm into how we age and get old.

## 4.) Where's the last exciting place you travelled?

This summer I went to Copenhagen Denmark and Lucerne Switzerland.

## 5.) If you could convince any celebrity to strap on a suit and join the team, who would it be?

Definitely any man candy celeb... the Hemsworth bro's?

## 6.) What is your most treasured possession?

My rainbow goggles.

## 7.) What is your favorite thing about being a member of WH20?

Love the community that WH20 has, I just went on my first training trip to Palm Springs and had a blast.

# WH20 TEAM MEMBER PROFILE

Jon Quinlan, Swimming; WH20 Member Since 2018



## 1.) What's your favorite pool that you've ever trained or competed in?

Roosevelt. It's three blocks from my house. It was also my first swim with WH20 (Jan. 27, 2018). I bought a pool pass and like to go especially on hot summer days. I love having a lane to myself so I don't have to worry about bumping into (Mossi) anyone.

## 2.) Prior to joining WH20, who was your favorite coach? Where and when did they coach you?

My Mom was an exceptionally good swimmer and taught me to swim when I was very young. I loved the water, but I just didn't have the patience and discipline to swim on a team when I was a kid. She died in 1997. I think of her often when I'm in the water. I know she'd be happy I'm finally doing this.

## 3.) What's your favorite post-practice breakfast (or dinner) spot?

In no particular order either: a) pizza (my current favorite is DeSano's on Santa Monica) or b) my boyfriend Kyle's house. His mother was a caterer in Kuala Lumpur, and he was her staff as a kid. Kyle feeds me to the point that if I didn't swim five times a week, I would soon be 500 lbs.

## 4.) What is your favorite non-aquatic sport to participate in?

As a kid in Upstate NY I skied and played hockey. In LA I do resistance training at the gym 5 or 6 times a week. I'm hooked on the endorphins. I get the same high from swimming. A day without some strenuous physical activity is not a happy day for me.

## 5.) If you could convince any celebrity to strap on their Speedo and join the team, who would it be?

Ryan Reynolds. The killer bod plus the smart assery are a combination against which I am utterly powerless. Plus, he's Canadian, so I'm sure he's nice.

## 6.) What's the last exciting place you've traveled?

The Navy stationed me in Hawaii and occasionally sent me places like Tokyo at government expense, which was nice. Last Christmas, I went back to Upstate NY to visit the family and get my yearly quota of snow. Does driving on black ice count as exciting?

## 7.) If you could swap places with someone for a day, who would it be?

I know I'm supposed to say someone like Barack Obama or Ruth Bader Ginsburg. But while I admire them, I'm not sure it would be fun to be someone like that. So I'll go with Ryan Reynolds, cause, see above.

# KEELY'S KORNER - CHAPTER 6

BY KEELY MACDONALD, WH20 MEMBER SINCE 2016

*Dear Keely,*

*I've been told there are things I can do to fix my stroke. But it feels wrong when I try to change it, and it's hard, and it doesn't really matter, right? I know I probably should fix it, but...*

*Feeling Resistant, A Relatable Swimmer*



Dear Resistant and Relatable,

LOL. I hear you. No one wants to change their stroke. If you're told you're swimming too flat, or your elbow isn't high enough, or you've got one hand crossing over too far – it's kind of the worst knowing your stroke is messed up, but why change it when it's fast enough as it is, or you're really just doing this for the exercise anyway? But while it sounds tedious to work on switching things up, it'll be better for you in the long run, and here's why:

1) **It'll help you avoid injuries.** I was recently at our biannual Palm Springs training trip when I learned that there were a huge number of us who were currently plagued with shoulder problems (myself included). I've never had shoulder issues a day in my life... until this past summer, that is. I didn't understand where this came from. It's not like I had changed anything. It's not like I could remember an injury (of course, this coming from the girl who got a concussion at a wedding with no recollection of how that happened doesn't sound that convincing, I suppose). It was weird. But actually, it wasn't. Coach Kiley and Coach Alex both separately pointed out (without me even asking!) that I wasn't rotating enough, so I was relying on my shoulders instead of my lats when I swim free – muscling through the water in a way that I had always considered “fast enough,” but which had finally caught up with my body. So in Palm Springs, after a few weeks of meticulously trying to switch up my stroke, it finally started feeling natural. But moreover, it was also feeling less painful. There's a reason why strokes are supposed to be done a certain way, and as we get older and continue to push ourselves, it's important we try to perfect our form to protect our bodies.

2) **It'll make you faster, and it will be make swimming easier.** That doesn't happen right away. If it did, we wouldn't resist at all when making changes! It feels weird at first, and often times it's a little frustrating how slow we feel in the water as well. Coach Chris pointed out to me that my backstroke was out of sync. My hips and shoulders were going the opposite way that they should. But my times were fine. They were fast enough as it was. So why fix it? But I decided to give it a shot. When he showed me how to fix it, I felt like I couldn't go quickly or I would lose the technique. But again, after weeks of training it, it started to feel easier, and finally going faster became an option – which led to a breakthrough since fixing your stroke means you're more efficient in the water. It was actually easier to go faster. So like anything you want in life, the outcome was worth the wait when it came to patiently fixing the nuts and bolts.

3) And finally, **why would you not want to be the best YOU you can be in the water?** You want to improve? You want to get in a work out? You want that badass profile picture of you swimming Fly? Whatever your reasons for swimming (and we all have so many, because we are crazy and love this fabulous sport), why wouldn't you take the chance to perfect your strokes when you know that it'll lead to the best version of yourself in the water?

So, Resistant and Relatable, yes – you are relatable. It might feel wrong at first, and it might be frustrating, but there are so many reasons to strive for perfection when it comes to your technique. And when you feel like giving up, just remember what you started for in the first place – because no matter what, your perfect stroke is waiting for you. You just have to give it a chance.

Your teammate, Keely

# FALL 2019 PALM SPRINGS TRAINING TRIP

One of the highlights of the Fall at WH2O is the Palm Springs training trip! The 2019 training trip is in the books and it was a great success for both swimming and water polo. Hopefully everyone who participated was able to take something significant away from the weekend.

The exceptional performance, improvement and dedication of several swimmers and water polo players was recognized by awards given by the coaches:

- Water Polo Most Inspirational: Theo Bass
  - Water Polo Most Improved: Kevin Nebrejas
  - Water Polo Coaches' Award: Lacey Rainwater
  - Water Polo MVP: Dirk Vanderwall
- 
- For outstanding improvement in her swimming: Caroline Britt
  - For fully committing to WH2O team participation: Paul Timmel and Oliver Palan
  - For always leading the lane and an impressive 48-second 100 Free at the end of the weekend: Jordan Harris

Many thanks to Colin Dueweke for planning the weekend and to our dedicated coaches for making the trip to the desert an important part of our training. A huge thank you to Geoff Stier for hosting the Saturday evening social event at his beautiful house. See everyone in Palm Springs again in the Spring!

