

JULY 2019



NEWSLETTER

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HOW CAN I GET INVOLVED?

BY JON KELLY, WH2O MEMBER SINCE 2015

West Hollywood Aquatics is a 37-year old 501(c)(3) non-profit organization consisting of over two-hundred members. The team manages a six-figure annual budget and has contracts with five swim coaches, four water polo coaches, and two open water swim coaches. Over the course of a typical year, WH2O participates in about six swim meets and about as many water polo matches, not to mention the myriad fundraisers at a number of different venues.

[in Zack Morris voice] **Time-Out:** History, legal stuff, a lot of people, a lot of money, people's jobs, and event coordination. That sounds a bit daunting. I don't have professional background in any of this.. maybe I'm not the right person for the job. If you're thinking that, so was I in 2014, when I moved back to California after living a decade out of state. Colin Dunn, my friend and teammate from college, introduced me to the team and a year later encouraged me to run for Water Polo Rep. After serving as Rep I ran for VP Admin. I'm writing this article to specifically to new members: perhaps those that don't know a lot of people on the team, are somewhat shy, maybe haven't competed in a few years and confidence is scarce. I'm writing to 2014 me. Here's what I would recommend you do to get involved in the team. **Time-In:**

1. Read the team's Bylaws and Policies & Procedures. They're right on the www.wh2o.org website under the "Member's Corner" tab. I learned a lot of things about West Hollywood Aquatics that I didn't know before. It also impressed me to see how much organization, time and foresight past members have put into this program.

2. Talk to members that have been on the team for a while. WH2O has been through a lot over the years; I'm sure a swim lane buddy or passing partner can offer to tell you a few stories. Try to dig deeper than that though. Learn about the origins of the team, the challenges and successes of early members, and how WH2O has evolved over a generation. If you are looking for a movie night, check out [Light In The Water](#), a 2018 Award-Winning Documentary by Elizabeth Bartlett and Nathan Santell which chronicles the team's history. It's available on YouTube, Amazon Prime, and Google Play.

3. Help out at fundraisers. The VP Development will always appreciate members that can step up to sell raffle tickets, distribute bingo sheets, or be a part of the "bend-and-snap" team. Feel free to email vpdevelopment@wh2o.org for some upcoming opportunities. We also have an annual party and awards banquet that could use a helping hand too. Email vpsocial@wh2o.org.

4. Help out at competitions and practices. Water polo always needs a helping hand with equipment and refereeing at practices. We also really appreciate when teammates volunteer their time to research team dining options after a match or spearhead booking AirBnbs for away tournaments. Big swim meets need Meet Coordinators to help manage planning of accommodations and team activities. Email your reps polo@wh2o.org or swim@wh2o.org to see how you can pitch in.



5. Attend a Board meeting. They are open to all members and occur monthly. It's interesting to see how team leadership operates. You can also get a sneak peek into upcoming events before they are announced! Email me vpadmin@wh2o.org and I'll let you know when the next meeting is.

6. Become a Committee member. Committees are small groups of members elected by the Board that tackle a specific goal. For example, we have a New Pool Committee that has been in charge of communicating with the City as they construct the new West Hollywood Pool. We have a Finance Committee that has been reviewing possible uses for the Jonathan Skow & Trina Turk donation made earlier this year. Most committees are specifically set up to be as diverse as possible: new members, experienced members, minority members, gay and straight members alike. Keep an eye out for emails from your Board that solicit Committee volunteers.

7. Run for office. There are nine positions that become available at the Annual Meeting every October: President, VP Admin, VP Social, VP Development, Treasurer, Secretary, Swim Rep, Water Polo Rep, and Facilities Coordinator. A description of these positions is in the team's Policies & Procedures PDF. It's a great way to voice your opinion and make team decisions. Take the next few months to think about what positions interest you. Reach out to current board members and see how they like what they're doing. Attend October's Annual Meeting ready to step up!

8. Voice what special talents you bring to this team. We come from all walks of life, and everyone's background can be appreciated here! Are you a Chiropractor or Yoga Instructor that wants to volunteer their skills to help the team? Maybe you went to Law School or have a Business degree that could really help us out when reviewing some tricky documents or financial statements. Perhaps you're a lifeguard and know some pools that we could train in. We would appreciate anything you could bring to the table. Feel free to email us board@wh2o.org if you have any ideas on how you can help!

Thanks for reading. I hope to meet some new faces soon,
-Jon

The WH2O water polo team has experienced exciting and significant growth so far in 2019. Building off momentum from the last few years, the water polo roster topped more than 60 monthly members for the first time this spring.

The water polo team is more active than ever, and the team's participation rate at tournaments is frequently close to fifty percent. The team has competed in five local and away tournaments so far this year: Seattle Otters International Open (Seattle, WA - 14 participants); Surf City Winter Classic (Huntington Beach, CA - 24 participants); Surf City Spring Classic (Huntington Beach, CA - 16 participants); Tsunami de Mayo (San Francisco, CA - 28 participants); and IGLA (New York, NY - 24 participants).

And the team has at least three more tournaments on the docket before the end of 2019: Beach Water Polo Cup (Long Beach, CA); Team Vegas Winter Invite (Las Vegas, CA); and Bob Nealy Memorial Cup (San Juan Capistrano, CA).

Notable highlights so far in 2019 include winning the Tsunami de Mayo and IGLA tournaments, adding a second coach on deck at Sunday practices, adding Robbie Poynton and Jay Fantone to the coaching rotation, repeatedly topping more than 30 players at Thursday and Sunday practices, adding beautiful water polo balls and new caps to our equipment collection, and watching several novice players develop into skilled players.

Later this year or in early 2020, the water polo team looks forward to adding a third weekly practice and defending our world title at IGLA in Melbourne, Australia. We also look forward to adding more players from across the spectrums of backgrounds and talent levels.

Come join us for a practice soon! All skill levels are welcome.

Water Polo Fast Facts:

Athlete Ages: 19-59

Countries represented: Italy, France, Taiwan, Australia, Canada, Colombia, United States

Women: 11

Age 40+ Athletes: 7

Goalies: 5

Coaches: 4 (Mike Crosby, Justin Vink, Robbie Poynton, and Jay Fantone)

WH2O WATER POLO - BIG IS BEAUTIFUL

BY LACEY RAINWATER; WH2O MEMBER SINCE 2016





**U.S. MASTERS
SWIMMING**
**2019 SPRING
NATIONALS**
MESA
ARIZONA



USMS SPRING NATIONALS 2019

"VANDY WINS IT ALL!"

BY KEELY MACDONALD; WH20 MEMBER SINCE 2016
& LIZ VUCINICH; WH20 MEMBER SINCE 2008

Honestly, we all won it all, but we told Vandy if he won the 200 breaststroke (more details to come later in this article), we would title this article as such. But that being said, Nationals 2019 in Mesa was a HUGE SUCCESS! We had 27 incredible swimmers, which was the highest WH2O representation in over ten years, with many first-timers. We even won tenth place over all in the Local Club Division – a huge feat considering we were against many Olympians. Little team, BIG HEART.

But you say you want the juicy details? We got 'em for you. We won 58 medals, and had 17 top three finishes. Yes, Carl, that means we got 17 precious metals – and damn, we looked good sporting them.

Shout-out to our top finishers (a.k.a. NATIONAL CHAMPIONS): Nikita won the 500 Free in a quick 4:33.63. Steven "Vandy" van Deventer won the 200 Breast in 2:00.33 (hence the title of this fabulous article). And Chris swept the backstrokes, winning the 50 Back in 23.45, the 100 Back in 50.58, and the 200 back in 1:55.18. Chill chill chill chill.

On top of that, our relays kicked ass while still being the best looking in the pool. We won six medals, and had two top three finishes in the 18+ Mixed 200 Free Relay (Nikita, Liz, Antoine, and Keely) and the 18+ Men's 200 Medley Relay (Chris, Vandy, Antoine, and Nikita).

But more than that, we had a lot of other amazing swims as well. Irene competed in her first Nationals and looked good in her new badass tech suit. Jessica surprised us all and added some backstroke to her repertoire. Shea swam some distance, and Jim, as always, kicked butt in some back and fly. Nick Peck wowed in the 100 fly and Paulo dazzled us with his backstroke and good cheer. Chuck and Keely showed some real grit tackling the mile while Olivia, Jeff & Antoine crushed the 200 fly. Chris' parents and Liz's mom cheered with zeal and will be representing WH2O next year. And the clincher: We had matching tattoos and caps, showing off our team spirit with an energy that would make the sun itself yield to the stronger force.

In conclusion, it was the best time and everyone who wasn't there should definitely have FOMO. But don't worry – there's always next year. We came. We swam. We conquered. See ya in San Antonio!

SLEEP, PART 2

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

The ideal amount of sleep is 7 to 9 hours. Too much sleep is not good, and too little sleep is even worse. Only 1% of the population has the genetic mutation that would qualify them as short sleepers. Sleeping less than 5 hours per night consistently increases the risk of death from all causes by 15%. Not sleeping enough increases our chances of coming down with the common cold, with those sleeping fewer than 7 hours per night being 3 times more likely to come down with a cold than those sleeping 8 or more hours. Sleep deprived people consume 500+ calories more per day, and those who get 6 hours of sleep per night are 23% more likely to be overweight than people who sleep 8 hours. After just one week of getting too little sleep, the gene expression of more than 700 genes is altered, with many of those genes being linked to inflammation. Sleep deprivation impairs glucose control by increasing insulin resistance and subsequently the risk for diabetes. Increased blood pressure is also linked to sleep deprivation, as are other cardiovascular risk factors. Lack of sleep is associated with a decline in brain volume over time, and may create false memories. The less we sleep, the faster our brains age. Sleep problems are also associated with depression and anxiety.



Several studies done on young elite athletes have shown that a lack of sleep causes a decrease in performance, especially where coordination is required, with a lack of sleep, although there was a large degree of individual variability. Power and strength seem to be less affected. Hence water polo, which requires more coordination, might be more seriously affected by lack of sleep than swimming. In fact one study looked at the effect of 2.5 hours of sleep deprivation per night over 4 nights in a group of swimmers. Their swimming performance did not seem to be affected, but they were tired, angry, and depressed. Another study with collegiate swimmers found that increasing their sleep time to 10 hours per night for 6-7 weeks resulted in improved sprint, reaction and turn time, and mood. Some of these effects can be ameliorated with either sleeping in or taking a nap. Better sleep reduces the risk of both injury and illness in athletes. This results in better training. Several studies have shown that athletes generally don't sleep as long or as well during major competitions. This may be due to an increase in stress hormones or an increase in caffeine consumption, or a combination of both.

Factors that can affect the quality and quantity of sleep include age, sleep apnea, anxiety, depression, diet, and general sleep hygiene.



WH2O PRIDE ON DISPLAY

BY OLIVIA KARLIN; WH2O MEMBER SINCE 2011



On June 9, our team got together and celebrated our Pride at West Hollywood's annual Pride Parade. Our theme this year was "pool fun" and we turned out in our floaties, team swim suits, our specialty made pride suits, and our life-guard gear. A special thank you to Erik Guzman for opening up his home for pre-Pride refreshments and preparations. Here are some photos of the event!

Quiz Question 2: Which WH2O swimmer was SCY National Champion in 3 events?



KEELY'S KORNER - CHAPTER 5

BY KEELY MACDONALD; WH2O MEMBER SINCE 2016

Dear Keely,

I haven't been swimming well. I've been going a lot, but I just don't feel like...well... me in the water. Help???

Yours truly, Not My Normal Swim Self



Dear Not Myself,

I'm sorry to hear that. Honestly, this is one of the hardest things about our sport. You can go every day and feel like you've never swam a day in your life, or you can go once a week or even once a month and feel amazing in the pool. The water is a fickle bish like that! But let me tell you some hard-earned wisdom that always helps me when I'm going through periods like this:

1) It's valid to feel your feelings. I absolutely HATE it when people say, it's just Masters swimming, times don't matter, it's just for fun, you're getting older, etc. Yes, those things are definitely true. They're not lying. But it is a little dismissive. You're putting time and effort into something, so you want to see the results of that hard work. But life isn't linear. Trust me, I wish it were! In your lows, you are allowed to feel frustrated, and bad. You just can't let it affect your love for the sport and the community along the way, which is why...

2) You have to remember other reasons why you swim. It's frustrating to feel like you're not getting anywhere – trust me, that's how I feel every time I swim breaststroke! And again, it's valid to be angry or discouraged. But there *are* other reasons you're here. Swimming keeps you in shape. It also has the fun side effect of giving you a glow that has every single person commenting when you walk in the room, "Wow, (INSERT YOUR NAME HERE), you're so tan!" Maybe your facialist yells at you for getting too much sun, but hey, at least you're not Vitamin D deficient! Maybe you're out of nail

polish remover and you're pretty sure if you go, the chlorine will strip off that last bit of that manicure from two weeks ago (you guys know what I'm talking about!). The point is, you swim for a lot of reasons, and it's easy to lose sight of some of those when you're feeling down on yourself. And one of the best fixes for this is...

3) Also the most important one: **Remember that your teammates have your back.** They know what that's like. We all have had these times. But guess what? They love you just the same. It's not about your speed. That's not what you bring to this team. You might bring your warm smile in the cold mornings. Maybe you bring some much-needed wisdom. Maybe you bring some laughter, or encouragement, to someone who needs it most. You are part of WH2O, the best and most supportive community around. You are loved, and you are admired, even when it feels like you're not at your best. Because intervals don't define you. What makes you you defines you.

So, Not Myself, you really are Still Yourself. You'll get through it. It will feel wearisome, and it'll try you sometimes, and that's okay. Because at some point, when things feel dark, it always passes, and you'll be swimming like a fish soon enough. So wade through the darkness, and see what comes to light.

Your teammate, Keely

Quiz Question 3: How much money have fundraising efforts raised so far this year?



WH2O TEAM MEMBER PROFILE

MICHELLE ARMENTA SALAS, SWIMMING; WH2O MEMBER SINCE 2018

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

Long-course pool in Tempe, at ASU. It was very great for training during the summer season. I felt like it was a fast pool, and always a cold bliss to dive into during the AZ heat.

2.) Prior to joining WH2O, who was your favorite coach? Where and when did they coach you?

The coach who taught me how to swim, coach Cobos back in my hometown. He was my coach from 8-9 up to when I was 13ish. He tried his best to get me to like breaststroke but never succeeded!

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

Does my kitchen count? I enjoy cooking so will usually default to preparing stuff at home after practice.

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

Running. I've recently taken up very mild trail running during the weekends.

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

Dave Grohl, from the Foo Fighters, he seems like he'd be quite fun. Perhaps he wouldn't actually do the training but would have awesome wall convo, and give a great soundtrack for a speed workout!

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

Queretaro, in Mexico. The city has a very bohemian feel to it, and it has a lot of history. Plus, it's right in Mexico's Wine and Cheese route, so lots of great (and cheap) food and drinks!

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

The first ones that popped into my head were quite different...either one of the astronauts at the ISS or The Queen. One would be so cool to be in space and go through all the experiments and tasks they have to do! And the other I'm just curious to know what does she do in a day? Play with her corgis and chill? Plus I could learn all the royal secrets.

WH2O TEAM MEMBER PROFILE

TIM KLINE, WATER POLO; WH2O MEMBER SINCE 2018



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

Grossmont High School Swim and Water Polo Teams...go Hillers!

Walnut Creek Masters, Strawberry Creek Masters, Golden Gate Masters, Rockridge Masters, SCAQ.

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

The Naval Amphibious Base Pool in Coronado, CA, because you can watch the marines run on the beach afterward.

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

Chernobyl miniseries and its related podcast, so many fascinating subjects are covered from nuclear energy to culture and politics.

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

Last year I went to a wedding in Zurich and got to meet and swim with the Sea Lion LGBT Masters.

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

Chris Salvatore, his performance in Eating out 5: Open Weekend was a groundbreaking fete of cinematic triumph and we can teach him to play polo if he doesn't know already.

6.) What is your most treasured possession?

Why, my imagination, unlike the French or British nations, I can visit my imagination whenever I want!

7.) What is your favorite thing about being a member of WH2O?

I think its fantastic how gay we all are. Also, I really appreciate how the water polo team has taken the time to teach me as a newbie to play polo, not too many clubs are willing to do that.

MY SWIM ORIGIN STORY

BY SHEA MANNING; WH20 MEMBER SINCE 2017

I think about my past in-pool and on-deck experiences everyday. When July rolls around I am nostalgic for my earliest days of swimming and diving at the neighborhood pool. There is something about the heat; the way the sunlight hits the lanes in the morning; the shadows of streamlines gliding on the bottom of the pool like racing sculls; the scent of sunscreen, hamburgers, and new latex caps that brings me back to the Fairfax Station Swim and Dive Teams and the Northern Virginia Swimming League (NVSL). Like many suburban kids, I never realized how lucky I was for the opportunities available to me, nor could I imagine how the aquatics opportunities in particular would provide stepping stones for my entire life, in and out of the pool, from early childhood education to my career today. Summer league swimming is the purest form of our sport in that it focuses on the cumulative development of a lifetime skill, positive competition, and a stronger community connection. I often wonder how my life might be different had I gone away for the summer instead of spending everyday at the pool; or how many other kids out there might have benefited from like-programming had they had the same access.

The NVSL is one of four summer leagues in the Greater DC area, all of which are comprised of neighborhood owned and operated pools in high and low income neighborhoods alike. At 105 teams and 20,000 athletes (ages 5-18) it is the largest such league followed closely by the Montgomery County Swim League, where Coach Chris swam as a young swimmer, with 80 teams and 15,000 athletes. The four leagues of some 250 teams have produced hundreds of NCAA Division I swimmers and divers, superstar Katie Ledecky, and Olympic and World Championship medalists Ed Moses, Tom Dolan, Kate Ziegler, Jack Conger, Andrew Seliskar, and Michelle Griglione. Each one of these swimmers has pointed to their neighborhood pool as the first-cause of their athletic success. In fact, the leagues are so competitive that Ed Moses only competed in summer league until his senior year of high school. It was never about the training or the racing environment in itself that brought these athletes success, but a testament to the overall structure of the wider community.

Perhaps the biggest twist in my origin story is that I hated [and thereby avoided] the swim team for years. The team culture



was exclusive, so my family joined the dive team instead. Joining the dive team, it turned out, was another reason for the swim team to thumb their noses at and alienate non-swimmers. By the time I was 13, the same year many WH2O athletes competed in Gay Games V in Amsterdam, I couldn't ignore the call to the lanes any longer. My desire to race and confidence in my ability outweighed the risk of joining a team of peers whom had tormented me for years, under a coach who disdained divers. The first season was neither easy nor fun—but that familiar serenity we get when our face is in the water was comforting enough to give it another shot the following year. With an axe to grind, I fought my way onto anchoring the 'A' Medley Relay by the end of the season. We were undefeated; swimming head-to-head against a team that hadn't lost a meet in 7 years. I was fast, but not a star like the anchor on the opposing team whom had incidentally been the only relay to have beaten us 3 days earlier at the League Relay Carnival. I still remember the eery sensation of being able to FEEL the screaming and cheering reverberate through the water in the final meters of that race. When my hand touched the wall first, we secured enough points to win our first ever League Championship.

I joined my club team shortly thereafter, followed by several wonderful, rewarding seasons on my high school and college teams. I've always most valued my seasons in the NVSL, however, because of the resilience that was necessary in claiming my love for the sport. On the deck at IGLA last month, I couldn't help but feel and revel in those same feelings—and in witnessing the rightful sense of accomplishment felt by so many of our members in having fought for the right to compete in the sport that we all love. My hope for all of you is that you take some time to reflect on your own swim-origin story. Contemplate the moments in your current training where you can both sense how far you've come, as you connect to the athlete and individual you were at the time you found (or renewed) your love for the water.

WH20 PUTS 'FUN' IN FUNDRAISING

BY JAMES CARAMETA, WH20 MEMBER SINCE 2016



We have had an incredible year in fundraising so far. In early April, we had a great turnout at our annual Legendary Drag Bingo night at Hamburger Mary's. Mariana Klaveno of "True Blood" fame did a fabulous job as our celebrity number caller. The prizes included a Nintendo Switch, tickets to the Magic Castle, Game of Thrones swag, and a giant case of gin!

There were a few lucky winners who were either WH2O members or their guests. We raised about \$3800, just a few hundred dollars shy of last year's event.

On Father's Day, June 16, we had a beer bust / IGLA Sendoff Party. It was our first-ever event at Hi Tops Sports Bar in West Hollywood and this effort was spearheaded by the water polo players. The energy was great! It was wonderful seeing so many members of our aquatics family there having fun. The Bend & Snap crew out front did an incredible job bringing the public in for some booze and shenanigans. For \$10, anyone (21 and over) could buy a cup at our table and enjoy beer refills for the duration of the event. The people who attended were so thirsty, we went through an entire keg of Bud Light and Hi Tops ended up using Stella for refills before the event was over. DANG. We also sold an INSANE amount of Jell-O shots - one for \$2 and three for \$5. This event brought in about \$1500 and got everyone in the mood for IGLA and World Pride in NYC. Thank you to everyone who helped!

So far, our fundraising efforts have added \$5300 to our treasury, and the party's not over yet! I hope to raise a total of over \$7000 over the year. We will be having one final event at the end of the summer at Micky's in West Hollywood to work towards this effort, so stay tuned for more info.





WH20 FIELDS TWO IGLA WATER POLO TEAMS FOR FIRST TIME SINCE 2004, WINS GOLD AND 5TH OUT OF 23 TEAMS

First, some water polo highlights from New York!

- MANY players on both WH20 teams scored goals
- Our B team beat A teams from DC & NYC, and held the silver & bronze medalists to close games!
- Our A team won gold despite the crowd cheering HUGE for underdogs Tsunami
- Dirk and Taylor each blocked multiple 5-meter penalty shots. RAD, goalies!

Second, a little more detail, with some TEAM history and a coach's perspective:

The last time we had two IGLA water polo teams was 15 years ago, when West Hollywood Aquatics played each other in the finals (2 equal teams) and won gold, silver, medium team swimming, and Pink Flamingo in Fort Lauderdale. Making equal teams as a coach can be tricky, but having A and B is tougher: As with balancing playing time vs. winning games, it's almost unavoidable that some people will be disappointed, upset, or worse—a couple decades ago, I 'member folks who were "B-teamed" not showing up to the games, and others quitting the team/sport entirely afterwards.

Ultimately though, I was thoroughly impressed at how our AWESOME team respected my decisions, where I sought input from Justin, Lacey, and many other players. I also was happy our Bs decided to be in the competitive bracket—where we had 5 close games and finished 5th—instead of recreational where we would have had a fine shot at gold. In water polo, you improve by playing against better competition, and the more tight games we play, the more comfortable, confident, and consistent we'll be at winning them. The A team achieved our goal of winning the tournament, again over San Francisco Tsunami 13-11 in a chiefly not-so-close finals game that somehow got VERY close late in the 3rd quarter. We also exhibited some great teamwork and composure, something we are just getting better and better at. In this next year, I look forward to us working on fundamentals—chiefly 1-on-1 defense and passing—as these are among our greatest areas for improvement.

Third, we wish Justin the best in grad school—he's been a terrific addition as a player and coach these last couple of years, and we'll be holding him to his promise to return in 2020!

**By Mike Crosby; WH20 member since 2001
& Lacey Rainwater, WH20 member since 2016**



I G L A

nyc 2019

WH2O SWIMMERS PLACE 2ND OVERALL, SET RECORDS AT IGLA

BY COLIN DUEWEKE; WH2O MEMBER SINCE 2016



As millions of people descended upon New York City to celebrate World Pride and commemorate the 50th anniversary of the Stonewall Riots, over 50 WH2O swimmers were making our team proud in the pool at the annual International Gay Lesbian Aquatics (IGLA) Championships held at the Flushing Meadows – Corona Park Aquatic Center June 24 – 28. Of the 72 teams competing, WH2O placed 2nd overall, falling only to the host, Team New York Aquatics (TNYA) who claimed the top spot. It was a tremendous team effort, led by our amazing coaches Shea

Manning and Kiley Ames. They kept the team focused and lively, recorded our splits, and listened to people vent after a not so good swim; all with a smile on their faces. Their energy and enthusiasm were no doubt contributing factors to such a great overall team performance. Speaking of great team performance, special shout out to the following members for setting IGLA records at the meet:

- Jim Ballard: Men 60-64 100 SCM Butterfly
- Mauro Bordovsky: Men 60-64 100 SCM Breaststroke
- Neal Wiener: Men 75-79 200 SCM Freestyle
- Neal Wiener: Men 75-79 50 SCM Butterfly
- Paulo Figueiredo, Jay Olson, Chuck Larson, Brian Murphy: Men 280-319 400 SCM Medley Relay

Please congratulate them next time you see them on deck!

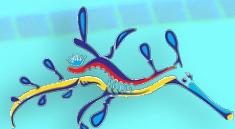
Full Results of the 2019 IGLA Swimming Championships can be found at <https://www.igla2019.org/>

With IGLA 2019 behind us, it's time to start looking ahead at IGLA 2020 in Melbourne. I mention the meet at such a (seemingly) early time, because this year it is taking place February 20-25, 2020. That's right – only 6 months away! The meet also syncs up to Sydney Gay and Lesbian Mardi Gras, where there will be an entry to march for IGLA participants. With such a great showing at IGLA 2019 in NYC, it would be great to continue the momentum of our team's successes and dedication to hard work and fun by having as many people participate as able! While specific details for the meet (beyond dates) have not been released, you can stay up to date by subscribing to the newsletter: <https://live.melbourne2020.org/>

As always, feel free to reach out to me with any questions!

Swimmingly,

Colin Dueweke, WH2O Swim Rep



WH2O OPEN WATER RESULTS

Brian Libit, Men 40-44: 1st Place
 Steven Czekala, Men 60-64: 1st Place
 Brian Murphy, Men 70-74: 2nd Place
 Igor Porcincula, Men 35-39: 3rd Place
 Mike Wallace, Men 60-64: 4th Place
 Mossi Salibian, Men 50-54: 5th Place

WH2O DIVING RESULTS

Luis Bahamon, Men 55-59:
 - 1m Springboard - 3rd Place
 - 3m Springboard - 3rd Place
 - Platform - 2nd Place

WH2O OFFERS OPEN WATER PROGRAM



WH2Ocean Workouts

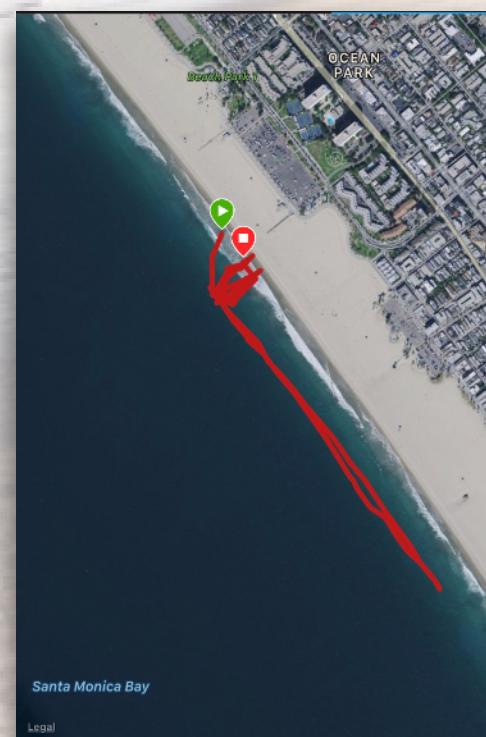
Fridays through September 27
Santa Monica Beach, Tower 27
6:25am-8:00am
Parking: [Lot 5 South](#)



WH2Ocean has started and the reviews have been great! This new program was made possible by Jonathan Skow and Trina Turk's generous gift to the team. Ocean swimming and body surfing were some of Jonathan's favorite activities and we hope this program will help more WH2O members get involved in the sport! A huge thank you to Irene Wong for all her efforts to get WH2O open water workouts up and running.

All members of WH2O are welcome to participate in any or all WH2Ocean workouts, regardless of skill, experience or comfort (however, all participants must be currently [registered with US Masters Swimming](#)). WH2O has hired two experienced open water coaches, Alex Moothart and Carly Miller, to lead this program. Having two coaches on the beach and in the water has allowed coaches to provide tailored workouts for experienced swimmers and give attention to athletes new to the ocean so everyone can feel confident and successful. We also have a lifeguard on duty just for us. You're totally safe in the water and on land.

Watching the sun rise over the shore as you swim through the surf is a magical experience. Familiar teammates are there to encourage you. The air and water have been warm and clear. You only need to a swimsuit and goggles to jump in. It's a great time to try open water swimming with WH2Ocean!



SUMMER NEWSLETTER QUIZ CONTEST

The contest: Hidden amongst the articles and photos on the preceding pages are three quiz questions. Find the questions and research the answers.

The prize: A new, grey WH2O zip hoodie. In your size.

How to play: Send your answers to all three quiz questions by email to secretary@wh2o.org before Friday, August 9, 2019.

One winner will be randomly selected from all those who enter the contest with three correct answers.

