



TEAM NEWS

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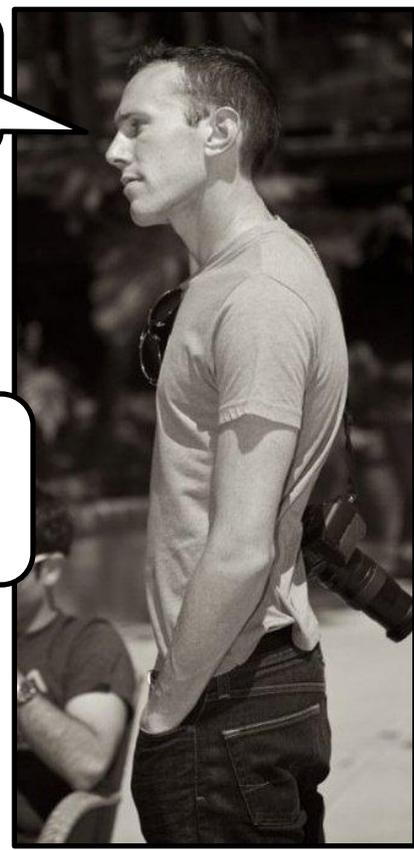


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West Hollywood Aquatics Water Polo Makes a Splash at Tsunami de Mayo



West Hollywood Aquatics participated in the annual Tsunami de Mayo tournament, hosted by San Francisco's Tsunami Swim Club. The two day tournament, held Saturday May 4th and Sunday May 5th, featured teams from Seattle, Los Angeles, and the San Francisco Bay Area.

WH2O scored resounding victories on Day 1, trouncing the Seattle Otters with a 16-3 win, and beating out San Francisco's Tsunami with 15 goals to their 9.

Day 2 resulted in losses to East Bay's A and B teams, with a narrow 9-10 loss in the morning, and a well fought 6-10 loss in the afternoon.

Team members in attendance included: **Ryan Rebbe, Raymond Camacho, Luis Clavijo, Drew Cloud, Michael Crosby, Haris Hadziosmanovic, Kenneth Johansson, Ali Mor, Miguel Ramirez, Peter Seidel, Ben Smalley, Jim Spitzig, Bram Tester, and Steve Wellington.** The team also had some guest players: Jorge Clavijo and Heath and Bree Smalley.

Although he was unable to attend, Coach **David Andriole** did a fantastic job preparing the team to play well at the tournament. The elevated intensity of practices leading up to the tournament and the increased focus on endurance, accuracy, and team communication really paid off in the pool. Upon hearing the news, he shared his feelings that the

weekend was "a very big success." After the strong showing at Tsunami de Mayo, Coach Dave has his sights set on victory at IGLA.

Outside the pool, the team made the most of the weekend by experiencing everything that San Francisco has to offer. Whether experiencing the Castro District's unique nightlife, gorging on the home-cooked feast hosted by the Wellingtons, or bonding with fellow LGBT and allied athletes, everyone took away some great memories from the trip.

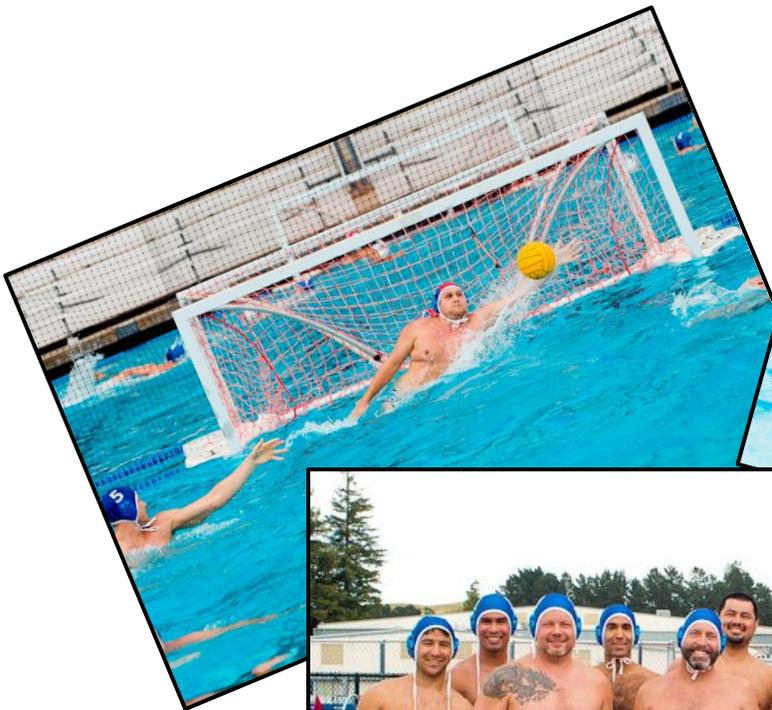
As the water polo program continues to gain new members, we increase our opportunities to attend events like Tsunami de Mayo. To keep the team's momentum and intensity, Water Polo Recruiting Committee members Luis Clavijo, Ben Smalley, and Jim Spitzig are working to organize scrimmages over the summer with other local teams. For those considering water polo, the time to join is now!

In the end, the best part of the weekend was seeing the team achieve a new level of play. WH2O countered on defense, found better passes, and keep energy levels high all weekend long. As player Mike Crosby observed, "Enjoying the game regardless of wins or losses is important...I think we played **tenaciously** well in both games we lost, as well as in the games we won. Bravo!"



Snapshots: Tsunami de Mayo

Contributed by NeTonya Grant



The "Fierce 5" Take on the US Nationals Indy 500

Contributed by Ray Camacho

Well it was a small, but mighty group that represented WH2O for US Nationals at the Indy 500—affectionately called the Fierce 5, coined after the Olympic gymnastics team. The IUPUI Natatorium has a decorative history of Olympic champions, including Mark Spitz and of course the notorious Charles Keating Jr. True to its legacy, the venue proved to be fast and exciting.

Swimmers in attendance were:

Olivia Karlin (200 fly, 100 IM, 50 fly, 500 free, 200 IM, 100 fly)

Dan Ferguson (200 free, 100 free, 50 fly, 100 IM)

Elizabeth Vucinich (50 free, 50 back, 50 fly, 200 back, 100 back, 100 fly)

Kenneth Johanssen (50 back, 50 breast)

Ray Camacho (200 fly, 50 fly, 50 free, 100 free, 100 fly)

Many great times were accomplished along with several personal bests (PB's) to boot.

Highlights included:

Kenny "K-Jo" Johanssen swam a great 50 breast and back, then trekked a 9 hour arduous journey to Virginia to see family.

Dan Ferguson swam a brilliant 200 free at 1:58:01.

Olivia Karlin had several PB's, most notably the 100fly at 1:13.57.

Lizzy"McGuire" Vucinich, tallying a whopping 52 pts scored, pulled a 59:56 to a silver medal on the 100 fly.

Ray Camacho managed to pull a few scarves out of you know where and swam 26.73 in 50 free.

Many great meals and memories were had, including a new team drink called "The Manhattan." Also, kudos to the lovely Laura LaBelle, who provided fuel and inspiration to us and many in attendance. Thanks again all for the great experience and let's kick some orca ass at IGLA!

Full meet results are posted at <http://www.usms.org/comp/scnats13/realtime/>



West Hollywood Aquatics Supports New WeHo Pool

On May 20, the West Hollywood City Council convened to determine whether or not to move forward on the new West Hollywood pool and recreation center project. In a heartening display of dedication, West Hollywood Aquatics athletes came out to show their support for not only the new facilities, but LGBT-friendly athletics in general.

After a public comment period featuring local community members, Olympic swimmer Markus Rogan, and athletes from West Hollywood's volleyball, dodgeball, and aquatics programs, the City Council voted to move forward with the West Hollywood Park Master Plan Phase II, approving the rooftop as the location for the pool facilities.

No report on the highlights of the evening would be complete without mention of Mike Crosby's testimony before the City Council. Wearing only a pale blue speedo, Mike delivered an articulate, touching speech on how athletics have enriched his life and urged the City Council to consider the role West Hollywood athletic programs have in fostering a strong community.



While Mike's testimonial may have been the most memorable part of the evening, special recognition goes to Bryan Libit for coordinating WH2O's unified presence at the meeting. Not only did Bryan keep teammates informed about the upcoming meeting, he coordinated snacks and drinks for members to enjoy before and after the meeting, and was on hand with extra WH2O apparel to advertise the team's presence. A huge thanks to Bryan for his dedication and hard work!

Next steps for the West Hollywood Park Master Plan Phase II include releasing a request for proposals with the aim to hire architectural and engineering services for further technical development of the project. Meeting minutes can be found on the West Hollywood City Council website at: www.weho.org/index.aspx?page=789

Editor's Note: Images for this article are attributed to Jon Viscott, from the WEHOville newspaper website: <http://www.wehoville.com/2013/05/21/8-shots-of-speedo-speaker-michael-crosby-addressing-wehos-city-council-nearly-naked-obviously>

A Note from the President

It's June! That means we can all finally wear white. Also, it means that summer is here, and with it comes the warm, sunny weather that makes it (even more) pleasant to be at the pool for swimming and water polo. Don't forget your sunscreen!

This month also inaugurates our official WH2Ocean program. Swimmers Amy Danzler and Bryan Libit are leading a series of workouts designed to teach the skills of open water swimming and to help prepare for some fun summer events. The WH2Ocean series takes place on Sunday mornings. Contact Bryan at blibit@gmail.com if you would like to get on the email list and learn more about these events.

As in years past, June will also be a time of frequent schedule changes. Many of our regular pools are closed due to summer swim meets and special events like West Hollywood's recent Pride festival. However, our superhero Facilities Coordinator David Kirvan is on the job and has found replacement pools to fill the holes in our schedule, so keep an eye on his emails, as well as the website calendar, and enjoy the summer tour of Los Angeles's many fine pools.

Speaking of schedule changes, the board has been listening to your feedback about Sunday morning workouts. Later this summer, we plan to move both swimming and water polo back to VNSO. Coaches, swimmers, and water polo players have all told us that they prefer this pool, so we are going back. As always, I hope you will

continue to share your thoughts about workouts. As the team's needs change, we want to make sure that we change with you.

During the summer months, we will also be taking a break from our Sunday afternoon swim practices in West Hollywood (we'll be back in the fall). However, we have one more awesome daytime event at the Weho pool. I hope you'll all join us on Saturday, June 15 for our relay meet with the Long Beach Grunions. We will have lots of fun events (including a few extra special races), as well as a fashion showcase, a killer music playlist, and a great social event following the meet. Sign up in advance, and contact Swim Representative Olivia Karlin at swim@wh2o.org with any questions.

June is also Pride month, which can be a special time for the LGBT members of our team, as well as our fantastic allies. As I mentioned earlier, I hope you got a chance to enjoy the festivities while the West Hollywood pool was closed for the city's annual Pride celebration, and we will also be looking forward to some fun later this summer at IGLA Seattle. Many of you might also want to start planning ahead for Gay Games 2014 in Cleveland, which will take place August 9-16, 2014. Swimmer Keith Kaplan will be our coordinator for this event, and he will be reaching out to the team with information and updates.

In the meanwhile, I hope you all find something that makes you proud this month. I'll see you at the pool!

-Mike Jorgensen
WH2O President

upcoming events

Swim Meets:

- **WH20 vs Long Beach Grunions:** West Hollywood Park, June 15

Registration has closed, but come out and support your teammates! Information at:

<https://www.clubassistant.com/club/clinics/reserve.cfm?c=1293&cid=57498>

****Post-Relay Picnic at West Hollywood Park at 5:30 PM. Check your email for the Evite, or email Christopher Touchton for details!****

- **LCM Season Meets:** Las Vegas (June 15); Mission Viejo Relays (July 7); Santa Barbara (July 13).

Register at <http://spmasterswim.org/w/SPMS/>

- **LCM Nationals:** Mission Viejo, August 7-11

Early registration has closed, but you can still register through July 3! Information at:

<http://www.usms.org/comp/lcnats13/>

Swimming:

Hammer Racing Clinic with Robert Strand and Chad Durieux, Rosebowl Aquatics Center, 22 June
Spots are limited, and participants receive a Hammer goody bag!

Register at <https://www.clubassistant.com/club/clinics/reserve.cfm?c=1459&cid=57479>

Water Polo:

Practice on Sunday, June 16 is at Roosevelt High School from 10:30 AM-12:30 PM

Everyone:

International Gay and Lesbian Aquatics: Seattle, WA, August 13-18

Early registration has closed, but discount registration has been extended until July 20! Register

at <http://www.igla2013.com/>

announcements

Meet your teammates! Send ideas for social events to Christopher Touchton!

Come try out water polo!
Email Luis Clavijo at luisfer.clavijo@gmail.com

Join the WH20Ocean Mailing List for info on open water workouts! Email amy.dantzler@gmail.com or blibit@gmail.com

Have a great idea for something to put in the newsletter?! Email articles, photos and other contributions to Kim Menaster at kimmenaster@gmail.com



What is West Hollywood Aquatics?

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

Currently we hold practices at:

West Hollywood Park Pool (Swimming)

647 N. San Vicente Boulevard
West Hollywood, CA 90069

Van Nuys/Sherman Oaks Pool (Swimming & Water Polo)

14201 Huston Street,
Sherman Oaks, CA 91423

Roosevelt Pool (Swimming/Long Course)

546 South Mathews Street
Los Angeles, CA 90033

For more information about our 18 weekly swimming and water polo workouts, please visit our website at <http://www.wh2o.org>.

Dues Schedule:

\$20 annual administrative fee for all members
\$50/month all swimming and water polo practices
\$25/month water polo only and friday night swimming
WH2O charges a \$10 monthly surcharge for individuals who pay by check.
Credit card payment is preferred and saves our volunteer board time.
West Hollywood Aquatics is a not for profit California corporation

people you might want to know...

2012-2013 Board of Directors:

Mike Jorgensen — President
Greg Walther — Vice President, Administrative
Christopher Touchton — Vice President, Social
Mike Pomeroy — Treasurer
Kim Menaster — Secretary
Olivia Karlin — Swimming Representative
Ali Mor — Water Polo Representative
Bram Tester — Development Coordinator
David Kirvan — Facilities & Equipment Coordinator

Need More Information?

Visit our website at <http://www.wh2o.org>
or holla at your postman and send a letter to
West Hollywood Aquatics
PO Box 691651
West Hollywood, CA 90069

Editor's Note:

To all you patient readers out there, I'm sorry this is late. Sometimes life happens. That being said, if any of the information in this edition of the newsletter is outdated, please accept my sincere apologies. Special thanks to the following individuals for helping with the newsletter this month: Mike Jorgensen, NeTonya Grant, Bryan Libit, Ray Camacho, Mike Crosby, Greg Walther and...Facebook. :)
-Ben

