

PACIFIC SWIMMING

Letter from the General Chair

This is an exciting time for Pacific Swimming and I am honored to have been its General Chair these past seven years. With Olympic Trials coming at the end of June, the wave is building for many of our swimmers to descend upon Omaha with an opportunity to make this summer's USA Olympic Team! I know we all share in this momentum that has been building these past four years to get to this point. I am proud of all of the work put in by every coach, swimmer, parent, and volunteer, who is a part of this LSC, and I wish everyone the very best as they continue to strive to achieve! For all of our other swimmers, who each day take advantage of the possibilities that exist within our LSC, I applaud you for your efforts and for the dedication you have towards this sport and to the club that you swim for.

This is our first newsletter in some time, but it will again become a regular quarterly feature for our membership. To the wonderful staff of Pacific Swimming and to the clubs in our LSC, thank you and I wish everyone the very best this summer, as the meet schedule is filled with many opportunities for everyone to believe in their dreams and to achieve the success they desire. Go Pacific Swimming!

John Bitter

General Chair



got A medals?

Just a reminder that clubs can purchase A Medals from Pacific Swimming for \$.75 each. These medals were bought in bulk and the savings have been passed along to the clubs. To purchase, contact Traci Benton, traci@pacswim.org, or Annie Stein, astein@pacswim.org

Upcoming Dates

- 5/7 House of Delegates Meeting – *Pleasanton*
- 5/14 NCS/CCS Meets
- 5/15 Walk-On Meets
- 6/26 Olympic Trials – *Omaha*
- 7/10 Junior Olympics – *Orinda*
- 7/21 CA/NV Sectionals – *Roseville*
- 7/27 Far Westerns – *Concord*
- 8/2 US Open - *MN*
- 8/2 Western Zones – *Clovis*
- 8/2 Futures – *Palo Alto*
- 8/6 Olympics – *Rio*
- 8/8 Junior Nationals – *MN*



Club Equipment Grants



Pacific Swimming is offering a one-time grant to member clubs to help with the purchase of training equipment. If you missed your opportunity in October, now is the time to apply. To qualify for this grant, a club must be in good standing, **be represented at the House of Delegates meeting May 7, 2016**, and have a minimum number of working officials (dependent upon club size) who have worked at least ten sessions per year and must be attached to the club during the qualification period of May 1, 2015, to April 30, 2016. Find more details at <http://www.pacswim.org/news/default/detail/slug/pacific-swimming-equipment-grant>

Club representatives that must travel 100 miles or more to Pleasanton, may attend the meeting via conference call. Fill in a call-in request form and return to Laurie Benton, laurie@pacswim.org, prior to the meeting.

Inside This Edition:

- Club Spotlights on RENO, DACA & SAIL
- Olympic Trials Qualifiers
- College Commitments
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Congratulations to Pacific Swimming's Olympic Trials Athletes



Bold denotes pre-collegiate athletes

First Name	Club	First Name	Club	First Name	Club
Rachael Acker	CAL	Benjamin Ho	PASA	Lia Neal	STAN
Nathan Adrian	CAL	Connor Hoppe	CAL	Michael Nunan	SCSC
Julia Anderson	STAN	Ally Howe	STAN	Curtis Ogren	STAN
Brittany Aoyama	UN	Chloe Kennedy Anne Isleta	PASA	Jacob Pebley	CAL
Jeremy Babinet	PASA	Brandon James	WCAB	Elizabeth Pelton	CAL
Bobby Bollier	STAN	BJ Johnson	PASA	Christopher Peterson	OAPB
Rachel Bootsma	CAL	Chuck Katis	CAL	Chris Pickard	STAN
Catherine Breed	PLS	Melanie Klaren	CAL	Heidi Poppe	STAN
Piper Brockley	SRN	Joe Kmak	PASA	Josh Prenot	CAL
Allison Brown	STAN	Sophie Krivokapic-Zhou	SCSC	Brandon Presswood	TIGR
Aidan Burns	SCSC	Keltan Lawler	UN	Justine Ress	SCSC
Janardan Burns	CAL	Felicia Lee	STAN	Maxime Rooney	PLS
Jennifer Campbell	CAL	Jonathan Leopold	TOC	Jesse Ryckman	CAL
Kasey Carlson	WCAB	Caitlin Leverenz	CAL	Carson Sand	CAL
Christie Chong	PLS	Celina Li	CAL	MC Schillinger	WCAB
Bradley Cline	NBA	Alex Liang	PASA	Riley Scott	UN
Hunter Cobleigh	CAL	Andrew Liang	STAN	Tom Shields	CAL
Natalie Coughlin	CAL	Justin Lynch	CAL	Sarah Shimomura	SCSC
Miki Dahlke	NBA	Jenny Ma	SCSC	Moriah Simonds	PLS
Maya DiRado	STAN	Sean Mahoney	CAL	Sandra Soe	SCSC
Lindsey Engel	STAN	Simone Manuel	STAN	Seth Stubblefield	CAL
Brandon Fischer	LAC	Morganne McKennan	QSS	Brittany Usinger	WCAB
Shayne Fleming	DACA	Tyler Messerschmidt	CAL	Kyler VanSwol	SCSC
Leah Goldman	PASA	Michael Messner	SCSC	Dana Vollmer	CAL
Albert Gwo	PASA	Joe Molinari	PASA	Madison White	DA
Sarah Haase	STAN	Halle Morris	NBA	Trent Williams	CAL
Miranda Heckman	PLS	Maddie Murphy	CROW	Max Williamson	STAN
Isabelle Henig	PASA	Ryan Murphy	CAL	Grace Zhao	PASA
Adam Hinshaw	CAL	Kelly Naze	CAL	Michal Zyla	TERA

Do you know about MEFAP?

Pacific Swimming has introduced a new **Meet Entry Fee Assistance Program (MEFAP)** to help swimmers cover the costs of entering swim meets. The swimmer pays for the splash fee associated with each meet and Pacific Swimming will cover the individual swimmers' entry fees. To be eligible, swimmers must be a registered outreach swimmer OR have a family-proven hardship, verified by a coach. Swimmers may use the form to register for each meet. For the registration form or for answers to some common questions, go to <http://www.pacswim.org/programs/diversity-programs>

Questions? Please contact Annie Stein, astein@pacswim.org



All-Star Applications Due June 3rd

Don't forget to apply for the All-Star Teams for **North American Challenge Cup** (Aug. 11-13 in Houston) or **Western Zones** (Aug. 10-13 in Kearns, UT). One application for both all-star teams. For application and details, go to: <http://www.pacswim.org/programs/all-stars>

LC Junior Olympics Hotel

It's never too early to book your hotel reservations at the Renaissance Club Sport in Walnut Creek (925-938-8700) for this summer's Long Course Junior Olympics. Book by June 27, 2016 for the special rates.



In the Spotlight

Head Coach Brian Holm, renoaquaticclub@yahoo.com, takes a moment to let us see into his club

Tell us about your club's origin

Reno Aquatic Club was established in 1973 as a new swim team with Lash Turville as head coach. Lash had a brilliant idea to establish a contract with the school district to teach "Learn to Swim P.E." units and taught all the students in the city of Reno how to swim. **Reno Aquatic Club** quickly grew to 300 swimmers in the 70's and 80's with numerous Olympic Trial Qualifiers and National Finalists.

What is the structure of your club?

We are a non-profit swim team that has a volunteer parent run board.

What is your home facility?

The city of Reno only has one operational pool for a population of 233,000, with five user groups (*Reno Aquatic Club, Lakeridge Swim Team, Northern Nevada Aquatics, Sierra Masters and Sierra Water Polo*) sharing 8 lanes in a 4-hour time frame. We all use the **Northwest Pool** in Reno but commute around the Truckee Meadows area up to 30-45 miles to find alternate pool space.

What is your team mission?
Developing Champions in Life Through Excellence in Swimming



Can you give us a staff overview?

We have 3 full-time coaches and 3 part-time coaches. There are 7 groups from our Novice "Mini Reno" to a National Group. Our structure is laid out to promote the same terminology from the Mini to National by using a simplified



5-step stroke progression for each stroke. We use the same drills and progression so each coach is educating in the same manner and our athletes can easily adjust to the next group.

How do you measure success?

It used to be from team standings and athletes rankings in the U.S. Lately the philosophy has changed to focus more on membership growth and building our younger groups to set our team up with a healthy membership.

What is your biggest challenge?

Our biggest challenge is gaining more members. Pool time and lane space is limited with 5 user groups using one pool. During the summer, Reno has two outdoor pools they open and we rent them to run our Diversity and Summer Swim team. The Northern Nevada Home School Co-op is working great because we can run this program early in the afternoon when the pool is empty and everyone in the public school district is still in class.



Can you give us a membership overview?

We have anywhere from 120-140 swimmers depending on the season and activities going on in our athletes' lives. We concentrate on developing the best technique through specific drills and volume progression. Our program consists of three 16-week seasons: Fall/Winter/Summer. We break up each season into 4-week cycles, focusing on 100/200/400 IM, 100/200 FR, 100/200 Stroke, 500 FR. We believe if we can develop the four main events 200 FR, 200 IM, 400 IM and 500 FR we can improve all events and strokes.

Most memorable achievement for the club?

In my two years here, I recognize that our National Group is young, with up and coming athletes that will surely provide some great accomplishments in our future.

What is your five-year vision?

The vision (dream) is to raise enough money to put a cover over our 50-meter pool and keep it open year round. With the 50-meter pool we would keep all our groups at one site.

What other programs do you run?

We run various programs throughout the year, including spring clinics with the Northern Nevada Home School Co-op, a Summer Swim team, and a Pacific Swimming-Sponsored Diversity program during the summer for athletes of multicultural families with provided equipment, suits, and goggles for each swimmer.



DeAnza Cupertino Aquatics



Tell us about your club's origin:

The De Anza Swim Club was formed in 1967. During the mid-80's, the team merged with the Santa Clara Swim Club. In the late 80's, the swim club separated from the Santa Clara team and became **De Anza Cupertino Aquatics.**

Can you give us a staff overview?

We have 100-175 employees across our 7 programs; 30% of them are full-time. We also have 16 full-time swim coaches.

What is the structure of your club?

Our club is board-governed and non-membership fee-based. Our board is self-perpetuating and only the director is a paid member of the board.

How does your club measure success?

We measure our club's success by the quality of our programs.



What is your mission?

**Swimming
Fast on
Demand**

What is your most memorable moment or achievement in the club's history?

It would have to be the opening of the DACA Swim Center in 2006 and where we now practice daily.

What is your biggest challenge?

Our biggest challenge is maintaining excellence in all our programs. We also strive to find qualified, loyal, staff members with high energy and great people skills.

What other programs do you run?

DACA offers a swim school, water polo, adult lap swim, adult aquatic exercise, aquatic arthritis therapy, special needs lessons, and Pre Competitive swimming.

We also support programs with De Anza College Aquatics, Saratoga High School Athletics and Monta Vista High School Aquatics.

What is your five-year vision?

Our club vision focuses on maintenance, growth, and participation.

Tell us about your club's origin:

Richmond Sailfish was created in 2010, out of a strong community desire to provide a year-round swim team for the Richmond community. Starting with only 44 swimmers, most not able to swim a 25-yd. freestyle and only the kickboards provided by the pool, team members learned the fundamentals of swimming and water safety. One of our team's top priorities was to make our team accessible to as many children as possible, offering scholarships to 25-30% of families. To help fund our scholarships, our team hosted its first annual Keller Cove Swim for Kids' Sake, an exciting open water bay swim for kids and adults at Keller Beach in Richmond, offering ½-mile, 1-mile, and 2-mile races.

What is your club's structure?

Our team is a 501(c) 3 board-run non-profit organization. Additionally, we are a scholarship-based team offering full or partial scholarships to qualifying families based on income. On a yearly basis between 25-30% of our swimmers receive team scholarships. Our population is very diverse with 49% Hispanic/Latino, 9% African American, 14% Caucasian, 12% Asian & 16% Mixed Ethnicity.

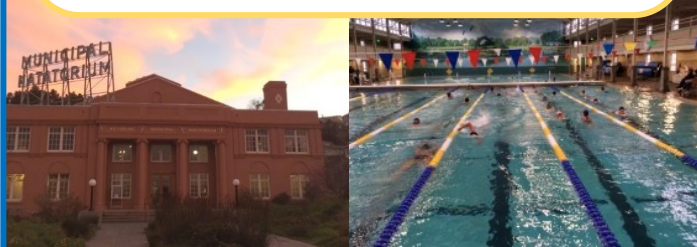


What is your biggest challenge?

Our team's biggest challenge is funding our scholarship program and free swim lessons. With our scholarship program, we do not collect monthly dues from 25-30% of our swimmers. We provide caps, goggles, team parkas, T-shirts, and training gear for each scholarship swimmer, costing approximately \$1,000 per year per scholarship swimmer. We are constantly working on fundraising, grant writing, and community partnership development. Even with all our fundraising and grants, our team runs a break-even budget.

What is your "home" facility?

Our team swims at the historic **Richmond "Plunge" Natatorium** in Point Richmond. Built in 1926, the Plunge served the local community until the pool closed in 2000 for major repairs and renovations. It re-opened in August, 2010 and our team started practicing 3 weeks later in September.



How does your club measure success?

In the pool, we can track swimmers through their stroke improvements, time standards achieved, and overall physical health improvements. More importantly, we look at how well we can support our swimmers in their lives, whether it is applying for grants to help our high school swimmers get lifeguard certifications, or helping change the image of swimming in the Richmond community, while teaching a necessary lifesaving skill. This year we have our first group of swimmers that we have watched grow up over the last 6 years, applying for college and being positive role models while giving back to their community and sport.



What is your five-year vision?

Our two biggest goals are to provide free swim lessons to every 3rd grade student at Richmond public and charter schools, and to increase funding for our scholarship program, allowing more swimmers in the Richmond community the positive and life changing opportunities that being on a swim team can provide.

This year our team is launching its **Sponsor a Swimmer** program. This program allows individuals and local businesses to donate and support our amazing scholarship swimmers. Donations of any amount make a huge impact on our team's ability to provide high-quality instruction to all our swimmers and provide the necessary team gear to make them feel like they are part of the team. If you are interested in making a donation and supporting our scholarship swimmers or our team please visit our website at <http://www.richmondswims.org/donations/>



What is your mission?

The mission of the **Richmond Sailfish** is to encourage and empower young people to develop to their fullest potential as athletes, individuals, and role models in their community through participation in a competitive swim team program, fostering work ethic, teamwork, good sportsmanship and personal improvement.

Tell us about your staff?

John Schonder, the Head Coach, helped found the team in 2010, and is currently a member of the Pacific Swimming's Diversity and Inclusion committee and has been coaching swimming since 1995. The team has two assistant coaches helping run the age group program - Fernando Dimas, a Richmond native and Pat Malaga who coaches one day per week.

Join us for our 7th Annual Keller Cove Open Water Swim on September 24, 2016!

What is your greatest achievement?

Our greatest achievement has been the creation of our team community, watching the friendships that have formed, the success that our swimmers are achieving in their school and personal lives, and knowing that our team is making a difference for the entire Richmond community.

Class of 2016

<u>Swimmer</u>	<u>Club</u>	<u>College Commitment</u>
Karl Arvidsson	PASA	University of California, Berkeley
Violani Auva'a	SRN	San Jose State University
Jeremy Babinet	PASA	University of Michigan
Liv Baker	OAPB	Claremont McKenna
Catherine Boles	CROW	UC Santa Barbara
Max Bottene	TERA	Yale University
Christian Britton	RA	Cal Baptist
Evan Brock	TERA	Emory University
Piper Brockley	SRN	University of Southern California
Evan Brownrigg	BSW	University of North Dakota
Christie Chong	PLS	Princeton University
Samantha Coloma	TERA	University of Missouri
Kyle Curtis	LAKE	Lewis University
Mikaela (Miki) Dahlke	NBA	Harvard University
Emilio DeSomma	MP	University of Pennsylvania
Laura Fornshell	AIA	Fresno Pacific University
Gianna Garcia	CROW	Princeton University
Alexander Gilchrist	PLS	UC San Diego
Albert Gwo	PASA	University of California, Berkeley
Malorie Han	TERA	Northwestern
Kate Hanf	TIGR	San Jose State
Alexa Hanley	OAPB	UC Davis
Benjamin Ho	PASA	Stanford
Kayla Holman	PASA	MIT
Taylor Hosmer	TIGR	University of Pacific
Chloe Kennedy Anne Isleta	PASA	Arizona State University
Noah Jacobs	OAPB	Amherst College
Tori Kaleta	PLS	UC San Diego
Allie Klinger	TERA	San Diego State University
Daichi Matsuda	PASA	Duke University
Morganne McKennan	QSS	San Diego State University
McKenna Meyer	RENO	San Diego State University
Abigail Miller	CROW	University of Arizona
Christopher Miller	LAKE	Yale University
Megan Minor	NVST	Pepperdine
Joe Molinari	PASA	Arizona State University
Maddie Murphy	CROW	University of California, Berkeley
Caitlyn Plattel	PLS	UC San Diego
Cali Raukar	MP	UCLA
Jake Rollo	WCAB	UC Santa Barbara
Thomas Reed	SCSC	USC
Maxime Rooney	PLS	University of Florida
Justin Sasano	BAC	University of Puget Sound
Haley Schreiber	DA	UC Santa Barbara
Kayla Seaman	CROW	UC Davis
Daniel Sing	PASA	New York University (NYU)
Rachel Smith	DA	Northeastern University
Chris Staka	CAB	University of Alabama
Cole Stevens	OAPB	Columbia University
Claire Therien	OAPB	Rice University
Matthew Thomas	SCSC	University of Minnesota
Scott Tolman	RA	Cal Baptist
Dylan Toy	TIGR	University of Pacific
Semaj Walker	MAKO	University of Pacific
Emily Ward	OAPB	UC Santa Barbara
Forrest White	CROW	University of Iowa
Kelsey Witkay	WCAB	Florida Atlantic University
Mary (Katie) Woods	PLS	Texas Christian University (TCU)
Michael Wright	OAPB	Colorado College
Nanette Wu	SCSC	MIT
Scott Wu	OAPB	University of Chicago
Jack Xie	PEAK	University of California, Berkeley