



# PACIFIC SWIMMING

## Letter from the General Chair

Dear Pacific Swimming,

With the summer season in full swing, I would like to begin by wishing everyone within Pacific Swimming the very best, as you continue to strive to achieve the goals you have set for yourself this season. I know the dedication and hard work everyone puts into achieving their goals and I applaud everyone for always striving to believe in their dreams, but also to work hard through the process to make those dreams become reality. Swimming is a great sport, a sport that teaches so much more than just how to swim fast between the walls, so no matter how the season may end, you are learning more about yourself and what you can do than what a time may display at the end of the season.

This newsletter marks my last message to you as General Chair for Pacific Swimming. When I was elected into this position in 2009, I never would have thought that I would still be sitting in this position in 2017. As the new Chair, David Benjamin, comes in, I hope everyone will give him the respect and opportunity to forge his vision for what he would like to see for this LSC. David is ready and he has many great ideas, but is also open to listen and hear from you. So be active - this is your LSC. With that, I want to thank everyone for allowing me the opportunity to do so and I hope during my time I have tried to make the LSC better for all. I could spend the rest of this message "thanking" so many people. But to sum it up, to all who have been here throughout and to every swimmer, coach, and parent, "thank you". You have given me a chance to give back to this sport that I care about so much and none of what has been done could have happened without the support of all. Pacific Swimming will continue to grow and develop and create opportunities for success, both in and

## Upcoming Dates

- 7/26 Far Westerns – *Concord*
- 8/1 Western Zones – *Clovis*
- 8/2 US Open - *NY*
- 8/3 Futures – *Santa Clara*
- 8/8 Junior Nationals – *NY*
- 8/9 Western Zones All Star - *Roseville*
- 10/7 Officials' Clinic – *Concord*
- 10/7 PacSwim Awards Banquet
- 10/8 House of Delegates Meeting

out of the water, and we have so many great coaches and programs that are working hard every day to make this happen. With the enthusiasm that I see within our swimmers, I know the future is limitless in what each one of you can do and I look forward to seeing it happen and participating in however I may be able to.

Again, I thank everyone for allowing me to do what I have done and may each of you continue to have your dreams become reality through the hard work and training you put in to make that achievement happen for you.

Respectfully,

*John Bitter*

General Chair, Pacific Swimming

## Inside This Edition:

- Club Spotlights on NBA, OAQ & SRVA
- Scholastic All-America
- Class of 2017 Commitments
-

**Western Zone All-Star Team  
Representing Pacific Swimming  
Roseville, CA  
August 9-12, 2017**

10 & U Girls	Team
Davina Huang	SCSC
Kyra Cui	QSS
Sophie Boeun	QSS
Bhavanashree Vishwanath	SCSC
Kelsey Zhang	SCSC
Katelyn Tran	SCSC
Eunice Lee	SCSC
Natalie Mak	OAPB

10 & U Boys	Team
Tyler Liu	SCSC
Clark Apuada	MCAT
Sean Chen	PEAK
Thomas Do	SCSC
Jason Li	SCSC
Sean Su	SCSC

11-12 Girls	Team
Luna Balbuena	PEAK
Tenaya Winter	QSS
Kayla Gregory	CROW
Yelin Tahk	SUNN
Ariana Yeh	SCSC
Madelynn Gomez	LAC
Audrey J-Cheng	PASA
Sydney Elwell	NBA
Kensi Elwell	NBA
Angela Quan	SCSC
Minh-Nha Kawamura	LAC
Angeline Zhu	SUNN

11-12 Boys	Team
Luke Reyes	SUNN
Ethan Wang	PLS
Matthew Honeck	PASA
Jonah Lee	TOC
Cameron Rodgers	MBSC
Jerry Chu	SCSC
Simon Lins	PST
Simon Zhou	QSS
Rahul Sengupta	SCSC
A.J. Fong	TERA
Devyn Caples	PLS
Anthony Sebastian	QSS
Sharan Sairamesh	QSS

13-14 Girls	Team
Ashley Scafetta	PASA
Lulu Htutt	SCSC
JoAnn Adler	SCSC
Katelyn Crom	LAKE
Channing Hanley	OAPB
Natasha Lee	PEAK
Catherine Deng	SCSC
Taylor Rohovit	TRIV
Maile Andresen	TERA
Lola Beams	SCSC
Madeleine Lewis	LAKE
Blair Hall	LAKE

13-14 Boys	Team
Justin Wong	SRN
Roderick Huang	SCSC
Ethan Russell	EBA
Derek Thach	VS
Kyle Samson	TIGR
Charles Stewart	NBA
Matthew Chung	SCSC
Corben Wong	TIGR
Jaewoo Kim	DA
Zachary Le-Nguyen	OAPB
Allen Chang	SCSC
Isaac Kim	OAPB

**Congratulations  
Miranda Heckman (PLS)  
on making the  
Junior World  
Championship Team!!**



**Pacific Swimmers  
Heading to the  
World University Games  
in Taoyuan City  
Chinese Taipei!**

Swimmer	Club
Katie Drabot	STAN
Ella Eastin	STAN
Justin Lynch	CAL
Katie McLaughlin	CAL
Maxime Rooney	PLS/FLA
Grant Shoults	STAN

**Congratulations!**



**Congratulations  
Pacific Swimmers  
Heading to the  
World FINA  
Championships!**

Swimmer	Club
Nathan Adrian	CAL
Ryan Murphy	CAL
Jacob Pebley	CAL

Swimmer	Club
Katie Ledecky	STAN
Simone Manuel	STAN
Lia Neal	STAN





### ***Tell us about your club's origin***

In 1958, three teams merged (Greenbrook Amberjacks, San Ramon Valley Seawolves and Livermore Aquacowboys). As our team no longer has a location in Livermore, the reference to Livermore was removed from the name and we became San Ramon Valley Aquatics.

### ***What are your team mission and vision statements?***

**Mission Statement:** To develop the character traits, technical skills, and intense desire necessary for maximum realization of each individual's potential.

**Vision Statement:** SRVA supports an environment where swimmers feel safe, confident and motivated while achieving their goals. We hope to instill a love for the sport, which will result in a life-long healthy lifestyle as we embrace all levels of swimming from beginning Novice to Masters.

*Learning life skills through the pursuit of excellence in competitive swimming and providing a great aquatic experience for all team members through happy and healthy sport.*

### ***Most memorable achievement for the club?***

SRVA has been privileged to coach many swimmers to the USA Swimming National and Junior National Teams and we have taken great pride in watching our swimmers win events at the National Championships and Junior National Championships as well as win medals at the World University Games, Pan Am Games and the Pan Pacific Games.

### ***What is your biggest challenge?***

Given the times we currently live in, our biggest challenge is to teach today's swimmer and their family how to pursue excellence with a long term, healthy plan and to enjoy the journey.

### ***What other programs do you run?***

In addition to our age group program we have the following programs available to swimmers of all ages:

**Masters:** This is a swimming team for adults that trains competitive swimmers, triathletes, open water swimmers and those that just want to work out in a coached, team setting.

**Intro Groups:** A transition group for swimmers moving from swim lessons to our competitive swimming team.

**Fall Rec:** A program for swimmers on summer rec. teams to continue to improve their swimming after their summer season ends. This program also allows them to get a feel for what year round swimming with SRVA is all about.

**High School Prep:** This program gives High School swimmers a place to prepare for their upcoming HS season.

### ***What is your staff overview?***

SRVA employs seven coaches. Our age group and Senior coaches are ASCA certified. The team has ten separate practice groups ranging from Novice Groups to the High Performance Team.

We are an Olympic Development Program, meaning that we are doing the correct training at the correct developmental ages so that if an athlete has the talent, the mental ability and the desire to pursue the goal of being on an Olympic team, they will have had the correct development in their early years to be able to do so.

In addition, we have an Adult Masters Program. This program has two coaches and provides a supportive environment for our swimmers over the age of 18.

### ***What is the structure of the club?***

San Ramon Valley Aquatics is best known as **SRVA**. We are a non-profit swim team that has a volunteer parent Board of Directors. We have a diverse membership with an annual average of about 250 age group swimmers.



### ***What is your home facility?***

We are fortunate to call both The San Ramon Olympic Pool and the Dougherty Valley Aquatic Center our home pools. These facilities both contain Olympic Size 50 meter pools that allow our swimmers to train Short Course and Long Course year round. Both facilities are managed by The City of San Ramon.



### ***How do you measure success?***

We try to produce happy, healthy swimmers that continue to improve until they leave for college. When we are successful, our athletes are great citizens that are also set up to have great college careers, if that is what they choose.

**Can you give us a staff overview?**

We have one Head Coach who is also our Head Senior Coach, 5 other coaches handle beginning swimmers through Pre-Senior.

**What other programs do you run?**

We run a summer lesson program.



**What is your team mascot?**

An Osprey



**What is your home facility?**

Willow Glen High School and Middle School



**What is your club's origin?**

The club was started by Head Coach Brian Bolster in 1996 from a cabana team at Almaden Country Club. It eventually moved to the Willow Glen facility in the Fall of 1999.

**Mission Statement:  
JOY ELEVATES PERFORMANCE**

**Can you give us a membership overview?**

We currently have 160 swimmers, forty-eight 8 & unders, sixty-nine 9-12 year olds and forty-one 13+

**What is the most memorable achievement in the club's history?**

We have had a Para-Olympian, a Junior National Champion and an Olympic Trials qualifier.



2017 Short Course 14 and Under Junior Olympic Team

**What is your biggest challenge?**

Like all clubs, I think pool space. We would love to have more pool space as we have had to turn away many swimmers for lack of a place to train them.

**What is the structure of your club?**

Our club is a non-profit run by a Board.

**What is your five-year vision?**

To continue to improve and grow as a team in all areas, from facilities to number of swimmers, to our process for producing successful athletes, to have more success at every level, including Olympic Trials, Sr. and Jr. Nationals and Far Westerns, and to produce more scholarship athletes for college.



**How do you measure success?**

Success is measured through personal improvement, achieving goals and excellence commensurate with one's potential.

### **What is the structure of the club?**

We are coach owned with a volunteer board to help keep the program financially healthy.

### **Can you give us your club's staff overview?**

We have 6 coaches. There are 2 senior coaches, 2 Pre senior coaches and 2 age group coaches. The goal is to make each step in the learning process relevant for the group on the ladder. When they reach the senior level the goal is to ready them for college swimming if they have interest in pursuing that (and most of them do).



### **What is your "home" facility?**

We have three pools that we use. College of Marin in Kentfield for most of the school year and Redwood HS on weekends and during the summer for both the pre senior and senior programs, and the Tiburon Peninsula Club for the age group program.

### **What is your five-year vision?**

We plan on continuing to improve what our team delivers to its' members and to keep it fresh and fun. The members of today are in charge of making the team better for the next generation, and so on.

### **What is your biggest challenge?**

Finding young athletes who are willing and able to commit to the focus, time, and sacrifice it takes to be successful at the sport. Our local culture tends to have so many opportunities it makes it difficult for them to spend the necessary time on just one activity such as their swimming.

### **Tell us about your club's origin.**

North Bay Aquatics (NBA) was founded in 2001. Originally we were a satellite program for the Marin Pirates and become our own organization that year starting with age group only and adding in a senior program over the next few years.



### **Our mission:**

NBA coaches character and excellence through competitive swimming

### **What other programs do you run?**

We have many open water and triathlete swimmers who participate in the NBA masters group, that has 14 practices a week. The number of registered swimmers is over 300. This adult group has turned out to be huge supporters of our youth program both financially and otherwise. We wouldn't be what we are today without the NBA masters group. They are a foundation of the program.



### **What is your club's mascot?**

We are the "angry Tuna" ... a very fast fish with an attitude!

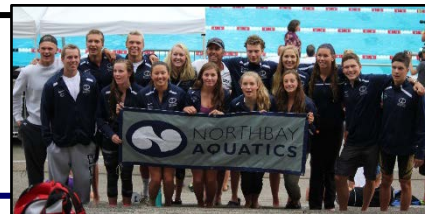
### **What is your membership overview?**

The age group program consists of a pre-team that has approximately 90 young ones, then about 120 swimmers in the age group program. This number will fluctuate during the year and will consist of swimmers who are interested in competitive swimming as well as those who are more interested in swimming as a recreational activity.

The pre-senior program consists of 40-45 swimmers and all are competitive with some already having determined that swimming is their love while others are swimming along with other activities they like to do as well. The senior program consists of 35-40 swimmers who take swimming seriously while still making sure that fun is a big part of the equation.

### **What is your club's most memorable achievement?**

I would say surviving to be a successful swim program in Marin after a very tough start. We came from very little in terms of infrastructure and assets (that being pool space) to being a vital part of the local swim scene as well as being successful both regionally and nationally.



### **How do you measure success?**

I measure success by the retention of our swim members through their high school years and then even beyond as they join our Master's team. There is a real family feel to what we do. We love our angry tuna for life members!

## Interested in Becoming a Pacific Swimming Athlete Representative?

Pacific Swimming is looking for athletes that are enthusiastic about swimming and would be willing to help better the sport by working with other athletes, officials, coaches, volunteers and others involved with the sport. This would be an opportunity to work on the "dry side" of swimming.

Each Athlete Representative earns community service hours as they serve both their Zone and serve on a committee within Pacific Swimming. Committees include Age Group, Audit, Administrative Review Board, Camps, Disability, Diversity, Finance, Governance, Investment, Nominations, Officials, Open Water, Safe Sport, Scheduling, Senior/Travel, and Time Standards.

For more information and qualifications, as well as the application, please click [here](#). Applications should be emailed to [AthleteRep@pacswim.org](mailto:AthleteRep@pacswim.org)

If you have questions about the program, please contact Millie Nygren at (408) 464-2907

Congratulations **Calla Richards** and **Brandon Shi**, our two athlete representatives attending the USA Swimming Convention in September.

## In Memory of George Cleveland



It is with deep regret that Pacific Swimming must report that our dear friend George Cleveland has passed away. George was a beloved mentor and dedicated volunteer of Pacific Swimming. George served as General Chair of Pacific Swimming from 1994-1997, was Volunteer of the Year in 1996 and had served as Scheduling Chair of

the Pacific Swimming Board since 2012. George was an enthusiastic official and mentor, a USA Swimming National Evaluator and an inspiration to many within our organization. He was known to share a wealth of incredible experiences and stories, encompassing the many, many years of his faithful service. At age 90, he was one of the oldest active USA Swimming officials and was steadfastly on deck working a meet up until his passing. His friendship, kindness, zest for life and distinct humor will be sorely missed by his Pacific Swimming family.



## Scholastic All-America Program Applications Due

The deadline for USA Swimming's Scholastic All-America Program – which recognizes athletes who excel both in the classroom and in the pool – is approaching quickly. The Scholastic All-America Team is made up of high school student-athletes who have a grade point average of 3.5 or higher during the 2016-17 school year and who have achieved the required time standard in a single event. To be eligible for this recognition, swimmers must have completed 10th, 11th or 12th grade and must be a USA Swimming athlete member at the time of the swim and at the time of the application. The application **must be completed by August 15, 2017**. For more information and the application, visit:

<https://www.usaswimming.org/utility/landing-pages/times/scholastic-all-america>

WOMEN		SCHOLASTIC ALL-AMERICA OFFICIAL TIME STANDARDS 2016-2017			
SCY	LCM		LCM	SCY	
23.49	26.99	50 Fr	24.39	20.99	
50.99	58.39	100 Fr	52.89	45.79	
1:49.79	2:05.39	200 Fr	1:56.29	1:40.29	
4:52.09	4:23.79	400/500 Fr	4:06.29	4:32.69	
10:03.59	9:03.49	800/1000 Fr	8:33.79	9:25.49	
16:46.19	17:20.49	1500/1650 Fr	16:14.99	15:46.99	
56.59	1:05.59	100 Bk	59.69	50.99	
2:01.29	2:20.69	200 Bk	2:09.59	1:50.69	
1:04.29	1:14.29	100 Br	1:07.59	57.69	
2:19.79	2:40.09	200 Br	2:27.19	2:05.89	
55.99	1:03.39	100 Fl	57.39	50.09	
2:03.29	2:19.59	200 Fl	2:08.19	1:51.59	
2:03.79	2:22.49	200 IM	2:10.49	1:52.49	
4:23.69	5:01.89	400 IM	4:38.39	4:00.19	

\*Qualifying period August 16, 2016, through August 15, 2017

## 2017-18 Registration Forms

Registration for all currently registered year-round athletes is valid until December 31, 2017. Teams will receive a packet at the House of Delegates meeting on October 8<sup>th</sup>, allowing them to renew all their swimmers at one time. For seasonal teams or athletes new to Pacific Swimming, registration forms will be available on the website starting August 15<sup>th</sup>. Fall registration is valid from 9/1/17 to 1/28/18. Transfer forms will also be available.

<http://www.pacswim.org/documents/forms/Registration-Membership>

# Congratulations Class of 2017!

<u>Swimmer</u>	<u>Club</u>	<u>College Commitment</u>	<u>Swimmer</u>	<u>Club</u>	<u>College Commitment</u>
Marie Alameida	SRN	Boston University	Justin Lammert	OAPB	Chapman University
Stephie Backlund	TERA	Cal Poly San Luis Obispo	Laura Lampron	SRVA	UC Davis
Isabella Barattolo	CROW	UCLA	Paige Lampron	SRVA	UC Davis
Nathan Barsanti	TERA	Purdue University	Spencer Lekki	OAPB	Carleton College
Travis Bender	PCCA	University of Puget Sound	Peter Lewczyk	NBA	Northwestern
Audrey Berner	BAY	Worcester Polytechnic Institute	Ryan Lewis	SCSC	U. S. Military Academy, West Point
Katherine Cane	OAPB	Dartmouth College	Alex Liang	PASA	Stanford
Rachel Carnell	GGST	University of Redlands	Joyce Lin	PEAK	NYU
Tony Casaccia	DACA	Cal Poly San Luis Obispo	Skyler Liu	TERA	Princeton University
Teagan Cheney	CROW	University of Georgia	Jenny Ma	SCSC	Princeton University
Felix Chiun	DACA	University of Utah	Jack McCormick	SRN	Santa Rosa Junior College
Reilly Clarkson	SRN	Santa Rosa Junior College	John (Jack) McNamara	BAY	University of Maine
Parker Costa	SEA	University of Hawaii at Manoa	Lauren McNevin	MP	U. S. Military Academy, West Point
Parker Cramer	SRVA	Providence College	Charlotte Meier	TERA	UC San Diego
Nathaniel Cunnan	MP	University of Pennsylvania	Halle Morris	NBA	Duke University
Lucy Daro	NBA	Emory University	Jenna Muller	OAPB	Pacific Lutheran University
Madeleine Delore	AIA	Wagner College	Jack Murphy	SRN	University of Arizona
Dante Demayo	LAC	Cal Poly San Luis Obispo	Jenna Neustaetter	NBA	UC Santa Cruz
Sherlyn Devadason	SRVA	Seattle University	Avery Newman	DACA	Cal Poly San Luis Obispo
Donna dePolo	RENO	University of Nevada, Reno	Han Nguyen	PEAK	Brown University
Laura Dickinson	NBA	Claremont McKenna	Theresa Nowack	SRN	UC Davis
Mackenzie Duarte	OAPB	Washington State University	Hayley O'Brien	SCSC	UC Davis
Faith Dunn	PASA	UCLA	Holman Pettibone	SRN	Claremont McKenna
Taylor Fair	WCAB	Catawba College	Alyssa Powell	VJO	UC Davis
Jordan Fetterman	TERA	Villanova University	Elina Rosario	VJO	University of the Pacific
Sasha Fong	SRN	Tufts University	Matt Ruegg	OAPB	University of Puget Sound
Audrey Gaither	NBA	MIT	EC Schneider	MP	UC Santa Cruz
Zack Glenn	NBA	University of Redlands	Avalon Schultz	SCSC	University of Wisconsin, Madison
Rémy Gordillo	TERA	Fresno Pacific University	Justin Sell	BAC	Occidental College
Lauren Green	QSS	Stanford	Elizabeth Shen	QSS	University of Chicago
Jolen Griffin	OAPB	UC Santa Barbara	Ella Smit	NBA	Williams College
Jarod Hatch	SCSC	University of California, Berkeley	Edward Smith	PLS	Columbia University
Jessica He	PLS	Columbia University	Delaney Sprague	WCAB	Xavier University
Rachel Hendricks	OAPB	Davidson College	Larisa Tam	OSC	San Diego State University
Sean Hoerger	DACA	Harvey Mudd College	Sijin Tang	BAC	Rensselaer Polytechnic Institute
Oli Holt	SCSC	Boston University	Ryan Teshima	OAPB	Johns Hopkins
Kierstin Ikeda	OSC	UC San Diego	Stefanie Ting	DACA	Columbia University
Tyler James	TERA	UC San Diego	Albert Tseng	QSS	Tufts University
Aditya Jangid	SCSC	Cal Poly San Luis Obispo	Natalie Tuck	PASA	University of California, Berkeley
Ian Jenkins	RENO	College of Idaho	Lomax Turner	MP	Tufts University
Edena Khoshaba	TIDE	Chapman University	Kenna Van Steyn	OAPB	Dartmouth College
Jackson Klarsfeld	SEA	Marist College	Stuart Vickery	OSC	Boston University
Mike Kmak	PASA	University of the Pacific	Elizabeth Wilkinson	PASA	NYU
Caitlyn Koo	SCSC	U. S. Naval Academy, Annapolis	Holly Williams	BSW	Azusa Pacific University
Sophie Krivokapic-Zhou	SCSC	University of California, Berkeley	Vicky Wong	PASA	University of Pennsylvania
Allison Kulikowski	RENO	Whitworth University	Lyon Zhang	PLS	Northwestern
			Grace Zhao	PASA	Stanford