

# PACIFIC SWIMMING

## Letter from the General Chair

As the summer winds down, I would like to take a moment to congratulate all of our swimmers, their coaches, and their teams, for passionately pursuing their dreams and achieving many of the goals that we first talked about a year ago. Watching the enthusiasm and the competitiveness of our programs within Pacific Swimming is always terrific to see and the work done today and the times achieved due to that hard work only lays the foundation for what can be accomplished the next day.

I would also like to thank all of the parent volunteers from our clubs who worked so tirelessly throughout the season, to not only help your club run a successful meet, but also to give opportunities for all of our swimmers to compete. Without that support the many meets that are put on within our LSC just could not happen.

Thank you to all the officials who truly have given of their time to provide and to ensure that our meets are run effectively and by the rules of our sport. We are fortunate to have so many officials, throughout the LSC, on the decks willing to give their weekends and they do it with care and compassion for our athletes.

Many weekends were sacrificed by us all and we have done it for the love of sport and because of what we all feel can be gained through participation in swimming by our athletes. This is a special sport, one that asks for much, but teaches so many things that our athletes will carry on with them through life.

The opportunity to become self-aware and to assume self-responsibility, to learn that hard work and dedication through a process can make dreams become reality, are qualities we should all be thankful and proud that swimmers are getting the chance to discover each and every time they walk on a pool deck within Pacific Swimming.

Thank you and congratulations to all, for helping to make Pacific Swimming the LSC that it is today.

Respectfully,

*John Bitter*

General Chair

## Upcoming Dates

- 8/2 US Open - MN
- 8/2 Western Zones – Clovis
- 8/4 Futures – Palo Alto
- 8/6 Olympics – Rio
- 8/8 Junior Nationals – MN
- 10/8 Officials' Clinic – Milpitas
- 10/8 PacSwim Awards Banquet
- 10/9 House of Delegates Meeting
- 11/5-6 Diversity Camp – Richmond, CA



## Congratulations Pacific Swimming Olympians!

<u>Swimmer</u>	<u>Club</u>
Nathan Adrian	CAL
Ryan Murphy	CAL
Jacob Pebley	CAL
Josh Prenot	CAL
Tom Shields	CAL
Dana Vollmer	CAL



<u>Swimmer</u>	<u>Club</u>
Maya DiRado	STAN
Simone Manuel	STAN
Lia Neal	STAN

## Inside This Edition:

- Club Spotlights on BSW, PST & BAC
- Olympics
- Athlete Representatives
- Diversity Camp



## Road to Omaha

By Elise Locke (SCSC)

The Olympic Trials is simply a goal, desired by many, but achieved by few.

The day I got my trials cut was a blur but it was one of the best days of my life. The feeling of pride and relief surrounded me as I was congratulated by my coaches, friends, and family. I was proud of myself for accomplishing something that I had only dreamed of for 12 years, and relieved because I knew how hard I had worked for it. That day was filled with, "You did it!" and, "Congratulations."

Three weeks later I was on a plane to Omaha. I was able to be there well before my race, which gave me the opportunity to watch how things were done. The pool was nothing like I had ever seen before and on the first day of competition, frankly, I was amazed by how many people showed up to watch a swim meet.

My time in Omaha was full of memorable experiences. I witnessed a national anthem sung by an entire arena and I got chills as I watched people qualify for Rio.

The day of my race was nerve wracking. When I entered the ready room it was filled with the final heats of the men's 100 free. They were old pros and their confidence calmed my nerves. I swam the 200 butterfly like I had done a hundred times before and it was over before I knew it. If I am being completely honest, walking off the deck and down the stairs, was the hardest part.

It was really an honor to swim against the best athletes in the country and possibly the world.

## Santa Rosa Neptunes Swimmers at the Olympics

**Maya DiRado** (STAN) and **Molly Hannis** (now TENN) will both represent the United States in the Rio Olympics. They are the only two Pacific Swimming Age Group swimmers represented at the Olympics. Both swimmers swam at **Santa Rosa Neptunes** under Coach **Dan Greaves** before heading off to their respective colleges. Good luck in Rio, Maya and Molly!



Photo credits: Santa Rosa Press Democrat

## Olympic Swimming Schedule

Date	AM Prelims	PM	
8/6	M 400m IM	M 400m IM	F
	W 100m Butterfly	W 100m Butterfly	SF
	M 400m Freestyle	M 400m Freestyle	F
	W 400m IM	W 400m IM	F
	M 100m Breaststroke	M 100m Breaststroke	SF
	W 4 x 100m Freestyle Relay	W 4 x 100m Freestyle Relay	F
8/7	<b>AM Prelims</b>	<b>PM</b>	
	W 100m Backstroke	W 100m Butterfly	F
	M 200m Freestyle	M 200m Freestyle	SF
	W 100m Breaststroke	W 100m Breaststroke	SF
	M 100m Backstroke	M 100m Breaststroke	F
	W 400m Freestyle	W 400m Freestyle	F
8/8	<b>AM Prelims</b>	<b>PM</b>	
	W 200m Freestyle	W 200m Freestyle	SF
	M 200m Butterfly	M 200m Freestyle	F
	W 200m IM	W 100m Backstroke	F
		M 100m Backstroke	F
		W 100m Breaststroke	F
8/9	<b>AM Prelims</b>	<b>PM</b>	
	M 100m Freestyle	M 100m Freestyle	SF
	W 200m Butterfly	W 200m Freestyle	F
	M 200m Breaststroke	M 200m Butterfly	F
	M 4 x 200m Freestyle Relay	W 200m Butterfly	SF
		M 200m Breaststroke	SF
8/10	<b>AM Prelims</b>	<b>PM</b>	
	W 100m Freestyle	M 200m Breaststroke	F
	M 200m Backstroke	W 100m Freestyle	SF
	W 200m Breaststroke	M 200m Backstroke	SF
	M 200m IM	W 200m Butterfly	F
	W 4 x 200m Freestyle Relay	M 100m Freestyle	F
8/11	<b>AM Prelims</b>	<b>PM</b>	
	M 50m Freestyle	M 50m Freestyle	SF
	W 800m Freestyle	W 200m Breaststroke	F
	M 100m Butterfly	M 200m Backstroke	F
	W 200m Backstroke	W 200m Backstroke	SF
		M 200m IM	F
8/12	<b>AM Prelims</b>	<b>PM</b>	
	W 50m Freestyle	W 200m Backstroke	F
	M 1500m Freestyle	M 100m Butterfly	F
	W 4 x 100m Medley Relay	W 800m Freestyle	F
	M 4 x 100m Medley Relay	M 50m Freestyle	F
		W 50m Freestyle	SF
8/13	<b>AM Prelims</b>	<b>PM</b>	
	No prelims	W 50m Freestyle	F
		M 1500m Freestyle	F
		W 4 x 100m Medley Relay	F
		M 4 x 100m Medley Relay	F

SF = Semi Final  
F = Final



# In the Spotlight

# SEAWOLVES

### Tell us about your club's origin

The **Brentwood SeaWolves** was formed in 2007, by a group of parents wanting a local year-round USA Swimming program for their children and other community children, to participate in. Craig Carson was hired as the head coach in August of 2010.

### What is your team mascot?



Our mascot, the SeaWolf is a mythical sea creature. Legend has it that anyone fortunate enough to view a SeaWolf is subject to good luck.

### What is the structure of the club?

Our club is a 501(c)(3) non-profit corporation. The team is controlled by a parent-run Board of Directors including the Head Swimming Coach. BSW does an excellent job of leaving the "Wet Side" decisions with the coaches, and the "Dry Side" decisions and program support to the Board.

### What is your home facility?

We are fortunate to have the Heritage High School pool as our home base. It is a 50m x 25 yd. facility with an 8-lane LED scoreboard. We swim long course during the summer and periodically throughout the year.



### How do you measure success?

Success happens when you see the "light go on" and they begin to understand how the process works and how their actions and inactions are responsible for their successes and failures.



### What is your biggest challenge?

Over the past six years, our team has grown from 39 to where we are today. A big challenge has been with our senior/national level group. We developed a large ability spread, with LC Jr. Nat. qualifiers in with Jr. Olympic qualifiers. Hiring additional coaches has helped move us forward.

### Our motto:

## Perseverance Integrity Hard Work

To provide a safe, supportive and positive environment for all members to achieve their highest potential both in and out of the water.

We encourage community, family and individual participation at all levels.

### What is your staff overview?

We have 7 year-round coaches – one full-time Head Coach and 6 part-time – with one or two additional coaches in the summer/fall when our membership increases. Our practice groups include "Intro to Competitive Swimming" (45 min. – 4 days/wk.), "Age Group" (1 hr. – 5 days), "Bronze" (90 min. – 5 days), "Silver & Gold Groups" (2 hr. – 5 days), Senior/National (2 hr. – 6 days + 2 mornings & 2 days dry land/week).

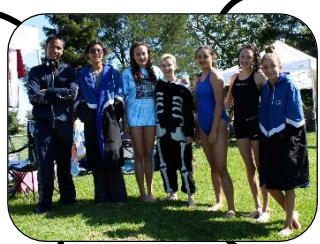
### What other programs do you run?

During our fall program, we incorporate 30 to 40 more participants in with our year-round swimmers (based on ability), bringing our swim total to about 170. Our team also has a water polo program, with nearly 100 participants, practicing 3 days/week & attending tournaments throughout the year. Craig and Paulette Carson run a swim lesson program ([carsonswimschool.com](http://carsonswimschool.com)), where many students progress to the BSW swimming team. It is a natural place for recruiting and a lot of talent is discovered.



### What is your membership overview?

We have 85-90 full-time year-round swimmers, plus 40 year-round swimmers in our 3-day per week program bringing the total to about 130. 35% – 10 and under, 35% – 11-13's, and 30% – 14 and older.



### Most memorable achievement for the club?

We had our team's first sectional cut in 2011 (this year we have 9 individuals qualified), our first Orlando NCSA cut in 2013 (we have had 4 more since), our first LC Jr. National cut in 2014 (in 2015, our second), and this year we had our first Olympic Trials cut! All have been great milestones.



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

Under the leadership of a volunteer parent-led board, families are actively and collaboratively engaged in the team's support, development, growth and organization.

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

Coaches are chosen from the top of their profession and strive to be leaders within our region of USA Swimming. They inspire and embody the team culture. In addition to a Head Coach, Assistant Coach and 2nd Assistant Coach, we are also currently recruiting.

**What is your home facility?**

Since its beginning in the late 1970s, PST has practiced at Piedmont Community Pool. Recently, we've added three additional lanes across town at Montclair Swim Club for more and consistent practice time.



**What is your biggest challenge?**

POOL SPACE!!!!



**What other programs do you run?**

**Pre-season Swim Camp** - a week-long camp launched last summer with tremendous success to prepare swimmers for the upcoming season success.

**Pre-Competitive Swim Team** - a three quarter program that focuses on stroke improvement for swimmers interested in joining a competitive team.

**Private/Semi-private Swim Lessons** - stroke instruction for beginning swimmers of all

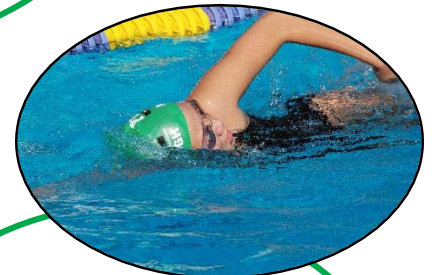
# Piedmont Swim Team

PST promotes a team environment which champions healthy athletes and individual excellence.

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

Piedmont Swim Team's vision is to be the premier swim team in the East Bay.

# Piranhas



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

PST's membership is currently 95 swimmers, ages 6-18. In an environment that is respectful, supportive, collaborative and professional, the team inspires and shapes healthy swimmers to have strong characters and skills through high quality coaching, senior swimmer leadership, hard work, discipline, challenging workouts and fun activities in and out of the pool. We support and assist our swimmers in the pursuit of college-level



**How do you measure success?**

When our athletes leave PST, they have the character and skills to accomplish their goals, whatever they may be. We value not only our athletes and coaches, but our families and community. We create an environment where the community is supportive, coaches want to work, and swimmers want to swim.



# BURLINGAME AQUATIC CLUB BARRACUDAS



## Tell us about your club's origin.

The **Burlingame Aquatic Club** was launched as a competitive aquatics program (club swimming, masters swimming, masters water polo and club water polo) with the opening of the Burlingame Aquatic Center in 2000.



## What is your "home" facility?

Burlingame Aquatic Center, located on the campus of Burlingame High School.



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

On the club swimming side, we have 5 coaches. Our groups are age-based, and each of our coaches leads one or multiple groups through age-appropriate training.



## What is your membership overview?

We have approximately 190 swimmers, with the bulk (about 85) between the ages of 9-12.

**Our mission:**  
To serve our community by providing excellent aquatic opportunities.

## What other programs do you run?

We have program directors for each of our 'arms' within the organization. We have learn-to-swim, seasonal swim camps, masters swimming, club and masters water polo.

## Do you offer or support peripheral programs like open water and triathlon competition?

We have attended an open water swim as a team for a training exercise, but we do not have specific programming that targets open water or triathlon.

## What is your five-year vision?

From a competitive standpoint, I would like to see measurable improvement at all ages throughout our program (increased participation at Zone Championships, 10-under Championships, JO's, Far Westerns, National-level meets). I see that the club will have retained strong coaches who care deeply about the prosperity of the sport and the continued success of our swimmers. I see a time when the community leans on BAC as a place where kids can pursue their passion and develop into exemplary leaders.

## What is the structure of the club?

We are a board-run club, with our board composed of representatives from all the "arms" of BAC. Currently sitting on our board are masters swimmers, lap swimmers, parents of water polo players and parents of swimmers.



## What is your biggest challenge?

Our biggest challenge is that there are so many great things to do in this area! Swimmers are constantly pulled in different directions - other sports, academic pursuits, entertainment options, vacations, etc. We need to continue to make swimming a source of fun to keep our athletes engaged!

## How do you measure success?

I think that we will have done our job as a club when our swimmers are shaping their futures with the lessons that they have learned at our pool. Whether they go on to swim in college or lean on their experience as team captain to lead a new generation, I want our swimmers to understand that their time at BAC has contributed to their growth and development as people.

## 2016-17 Registration Forms

Registration for all currently registered year-round athletes is valid until December 31, 2016. Teams will receive a packet at the House of Delegates meeting on October 9<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 9/2/16 to 1/29/17. Transfer forms will also be available.

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

## New Guidelines Coming for MEFAP

Last year, Pacific Swimming 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 swims' entry fees. More definitive guidelines to determine qualification are coming soon. For the current registration form or for answers to some common questions, go to

<http://www.pacswim.org/programs/diversity-programs>

## Welcome to our new Pacific Swimming Athlete Representatives

The following athletes have been chosen to serve both their Zone and serve on a committee within Pacific Swimming. They will also serve as the liaison between the athletes of Pacific Swimming and the Board of Directors and House of Delegates. Welcome aboard!

<b><u>Zone 1N</u></b>	<b><u>Club</u></b>	<b><u>Zone 2</u></b>	<b><u>Club</u></b>
Grace Tramack	PASA	Tyler Lu **	PLS
Joshua Camerino	OSC	Robert Mitchell	TERA
		Tessie Scavone	TRIV
<b><u>Zone 1S</u></b>	<b><u>Club</u></b>	Brandon Shi	SRVA
Sophia Harrison	SCSC		
Caitlyn Koo	SCSC	<b><u>Zone 3</u></b>	<b><u>Club</u></b>
Dhwani Krishnan	SCSC	Lauren McNevin	MP
Audrey Nashner	BAY	Calla Richards *	PRNA
<b><u>Zone 4</u></b>	<b><u>Club</u></b>		
Allison Kulikowski	RENO		
Justin Hight	DDST		

\* Senior Rep

\*\* Junior Rep



## Nominations Needed

The Pacific Swimming Awards will be awarded on **October 8, 2016**. Swimmers, their families and coaches from throughout the LSC will come together to enjoy dinner and recognize swimmers' achievements throughout the 2015-16 year.

While some awards are automatically determined by statistics, nominations can be taken for other awards. These awards are: **Race of the Year**, **Relay of the Year**, and **IMPACT Award Nominee**. From these nominations, the awards committee will determine the finalists and public voting will contribute in determining the final winners. Nomination forms can be found at <http://www.pacswim.org/programs/awards-banquet> and are due **Tuesday, August 23, 2016**.

## WZ Diversity Camp and Summit

The Western Zone held its second Western Zone Diversity Camp and Summit, June 16<sup>th</sup>-19<sup>th</sup>, on the campus of the University of Utah, in Salt Lake City. The Camp and Summit included presentations, discussions, and training sessions, at the pool, in classrooms, and other meeting areas on campus. USA Swimming provided the coaches for the Camp and a Guest Speaker.

Pacific Swimming sent 4 athletes: Adonis Thomas (TERA), Kayla Craft-Williams (ONDA), Selly Diallo (SEA) and Elisabeth Balincanta (PLS). Also representing Pacific Swimming were Coaches Veronica Hernandez (AAA) and John Schonder (SAIL) and our Diversity Chair, Kent Yoshiwara.



There were presentations on Diversity & Inclusion 101, Marketing for LSCs and Clubs, Local Diversity Camps, Parent Volunteer Subcommittees, Outreach, Membership Eligibility, Establishing Relationships, and Fundraising. The camp and summit were well organized and there was plenty of time to get to know what other LSC's are working on, what the challenges are, and what has been accomplished.

Save the date for the **Pacific Swimming Diversity Camp to be held November 5<sup>th</sup> and 6<sup>th</sup> in Richmond, CA**. Look for details to be posted soon on the website.