



Newsplash

July 2015

Important Dates:

July 10 th	Mini Meet
July 10 th – 12 th	Junior Olympics
July 18 th – 19 th	Orinda C/B/A+ Meet
July 24 th	End of Year Party
July 29 th – Aug 1 st	Far Western Championship

Corporate Sponsors:

We thank our corporate sponsors who so generously support our team!



To submit an item for the newsletter, please contact Melissa at melissamtucker@comcast.net.
The deadline for submissions is the 25th of each month.

Thought For The Day:

“There may be people that have more talent than you, but there’s no excuse for anyone to work harder than you do.”

–Derek Jeter

Group Parents

Do you have questions about your child's workout time? Do you need help completing paperwork for a meet? Not sure what to do once you go to your first meet. These parents have graciously volunteered to serve as the liaison between your coach and your family. Please feel free to contact them if you have questions or concerns.

Pleasanton Seahawks

Board of Directors 2014-2015

Senior Elite	Mary Woods	President	Kennan Rooney
Senior	Jennifer Hall	Vice President	Kevin Gallagher
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Intermediate 3	Nan Wang		
Novice 1	Thuy Mesina		
Novice 2	Shazia Ashraf		
Novice 3	Joan Yu		
Group Parent Lead	Ruqiyah Wong		

Team Store:

The team store has several items in stock that can be purchased throughout the year. We have:

- T-shirts with [Seahawk](#) logo for \$15.00
- Latex caps for \$4.50 each or 4 for \$15.00
- Silicone caps for \$10.50 or 4 for \$40.00

Contact teamstore@pleasantonseahawks.org or fill out a form located in the "Team Store" folder by the boxes (*make checks payable to Pleasanton Seahawks*).

Also check out NorCal Swim Shop at www.swimshop.com

All other apparel and parkas are ordered once a year in October!

Show your team spirit. **Go Seahawks!!!**

Senior Elite News

...Coach Steve

We have no Birthdays in July this year. Congratulations on great May attendance to Daniella H, Claire, Miranda, Jackie, Eva, Tyler, Tori, Danielle Z, Maxime, Katie & Iris (100%); Tyler, & Samantha (98%); Ryane, Jared & Alex (96%); and Chris (95%). It seems like a very good month for attendance, but the overall group attendance still needs to come up.

We had our PLS Senior meet early in June and the Santa Clara Grand Prix last weekend where we had some strong mid-season swims. We still need to touch up the first half speed on many of our races. We also need to work on RACING to the finish in our races. Remember that it is your responsibility to activate the touchpad, so you need to concentrate on driving THROUGH the touchpad at the finish with your head down and your body in line.

We have our PLS Senior meet 6/27-28 later this week, then the Super League Championship meet 7/17-19 in July. After that it's just Far Westerns, Junior Nationals and Senior Nationals. We do have a number of swimmers who have been selected for the Western Zone or NACC All Star meets. Congratulations to Miranda, Daniella H, Tyler and Chris (along with other Seahawks) on being selected to represent Pacific Swimming at these meets.

More about this in the next newsletter, but make plans to remain active on the break. Our break begins the day after your final meet and goes through Sunday September 4. NOTE: the Senior Elite Group WILL have a Monday AM practice 9/5 (Labor Day). Details to follow.

Steve

"Today is the result of all my yesterdays."

-Anon

Senior News

...Coach Todd

Practice is going well. I'm look forward to next month's championship meets.

Welcome to the Senior Group: Mackenzie Lee, Stephanie Shao, and Gwyneth Wong,

Keep working hard!

Coach Todd

Varsity News

...Coach Jessica

Varsity 2 News

...Coach Devon

Hi Everyone,

Happy Birthday to Nitin, Kunal, and Evan who celebrate their birthday in July! Way to go Sasha who attended 18 out of 19 practices for the month of May! Qaasim and Kunal had over 75% for the month. There already seems to be an improvement in attendance now that the kids are out of school – I hope to see this trend continue throughout the summer.

Orinda Meet Results –

Way to go to Hartej who swam at the Orinda swim meet and swam 3 best times. Hartej dropped over 7 seconds in his 100 Free and Breast and dropped 24 seconds in his 200 Free.

The following swimmers did a great job at our June Mini Meet –

Bolyn	Neha
Nitin	Qaasim
Sam	Timothy

A few reminders...

- Please be sure your swimmer's name is on all their equipment and any lost or broken items are replaced.
- As we head into the warmer months please help remind your swimmer to stay hydrated throughout the day and to bring a water bottle to practice daily. Staying properly hydrated helps swimmers avoid cramps, headaches, and fatigue.

Meet Schedule – Summer 2015

Date	Host	Course	Location
July 10 th	July Mini Meet	Short Course	Pleasanton
July 18 th & 19 th	Orinda C/B/A+	Long Course	Moraga
August 8 th & 9 th	WCAB – Summer's End Classic	Short Course	Pleasant Hill

We will be on break from 8/10-9/7. We will return to the water on Tuesday, September 8th.

See you on deck ☺

Coach Devon

Hey Gang,

We'll begin this month with our Attendance. At the time of this message, for the month of June we had one swimmer that had a *Perfect Month of Attendance*: Alex Ren. We had another swimmer who had a *'One Miss' Month of Attendance*: Ben Sproul. This was a big month for people taking vacations & missing for camps and other events. Congratulations to Alex & Ben, and let's get back up to speed so that we can finish off our summer long course season in style!

Over the years of coaching swimming, the greatest single determiner of success in this sport is practice attendance. There are many different concepts that we discuss and train in practice, and the more opportunities you have to learn them, the better you will perform this year and in the future. We are in the business of Building Better Athletes, and that happens best when you are present.

"Ninety Percent of Life is Just Showin' Up..."

– Coach Jon Pallesen

Here's another reminder to wear clothes (including something on your feet), to & from practice everyday – Dryland Practices in the Spring will be on Tuesdays & Thursdays (5:45 – 6:15pm, **bring a sweatshirt), and **bring a water bottle**... You WILL use it... When you start cramping up during practice, that's your body's way of telling you, "DRINK MORE WATER!!!"**

Meet Results:

The Pre-Senior 1 Group sent nine swimmers to the Orinda CBA+ Meet on May 30-31:

- New BB times: Isabelle Smedley, Kyle Kenny
- New A times: Alex Smedley, Andy Wang, Elisabeth Balicanta, Aaron Lin, Nick Wonosaputra
- New AA times: Sophia Xing
- New AAAA times: Alex Ren

The Pre-Senior 1 Group sent twelve swimmers to the PLS Senior II Meet on June 6-7:

- New A times: Emma Washam, Sophia Xing, Tristan Guerrero, Kyle Kenny, Brian Li, Aaron Lin, Hudson Tsang
- New AA times: Elisabeth Balicanta, Emma Valentine, Ben Sproul, Nick Wonosaputra
- New AAAA times: Alex Ren

The Pre-Senior 1 Group sent ten swimmers to the Brentwood CBA+ Meet on June 13-14:

- New B times: Morgan Gallagher
- New BB times: Rachana Mukkamala, Aaron Lin, Hudson Tsang
- New A times: Julie Qian, Alex Smedley, Kaela Lee, Isabelle Smedley, Kyle Kenny
- New AA times: Emily Harris

The Pre-Senior 1 Group sent ten swimmers to the 'Last Chance Qualifier' ONDA B/A+ Meet on June 26-28:

- New B times: Rachana Mukkamala, Hudson Tsang
- New BB times: Emily Harris, Alex Smedley, Morgan Gallagher, Isabelle Smedley
- New A times: Andy Wang, Kyle Kenny, Aaron Lin
- New AA times: Kaela Lee

The Pre-Senior 1 Group sent three swimmers to the PLS Senior II Meet on June 27-28:

- New A times: Elisabeth Balicanta, Tristan Guerrero

- New AAAA times: Alex Ren

Upcoming Schedule:

- **Junior Olympics** – We are **two weeks away** from the Summer Junior Olympics (July 10-12).
- **Far Westerns** – We are **five weeks away** from the Summer Far Western Championship Meet (July 29 – August 2), and **two weeks away** from the Last Chance Qualifier for that Meet. (Summer JO's: July 10-12)
- **IMX Challenge** – In an effort to reward well-rounded swimmers, USA Swimming offers a ranking system called the 'IMX Challenge'. In order to qualify, 11-12 swimmers need to complete the 400/500 Free, 100 Back/Breast/Fly, and the 200 IM in the same season. For 13-14's, the events are 400/500 Free, 200 Back/Breast/Fly, 200 IM & 400 IM in the same season. **These lists start over in the long course season.**

Thru the short course season, we had EIGHTEEN swimmers in the group who have achieved a ranking by swimming all of their qualifying events – Congratulations on helping us to achieve our Group Goal:

Stephanie Shao	Bella Hernandez	Hudson Tsang
Gwyneth Wong	Lizzie Balicanta	Emily Harris
Sophia Xing	Kyra Black	Alex Ren
Kaela Lee	Aaron Li	Nicole Stiles
Kyle Kenny	Nick Skinner	Kyle Kenny (LC)
Nick Wonosaputra	Isabelle Smedley	Lizzie Balicanta
Emma Valentine	Ben Sproul	Alex Smedley

We had one June birthday: Sophia Xing turned 13 on June 13th. We'll have one July Birthday, as Tristan Guerrero turns 14 on July 19th. Happy Birthday to everybody, and I hope you have a great birthday...

Thank you & I'll see you on deck,
Coach Jon

Pre-Senior 2 News

...Coach Greg

Now that school is over for the summer, it is important to remember that the only way we get better is by being at practice. Attendance is the single most important task we have to reach our goals. An attendance average of at least 90% is desirable. Below 80% is unfortunately not acceptable.

New swimmers to the group include Isabella Hernandez and Laurel Jhong. Both swimmers are a great addition to the group and are working very hard to improve.

Let us work together and help all of our group mates to improve.

Coach Greg

Junior News

...Coach Joe

Each month the group has voted for whom they thought was the most inspiring swimmer in the group for that month. The winner for this month was Adi Mehta. Adi is someone who always looking for ways to improve. He has excellent attendance and works hard in practice. I've enjoyed watching him continue to improve in his meets. It is pleasing and inspiring to watch the group as a whole support each other in and out of the water everyday.

Outstanding attendance during the previous month was established by: Alex Luo(83%), Jalen Shen(89%), Jovanni Shen(89%), and Crystal Wang(83%). This was some of the best overall attendance from the group this season!!! Nice job on your dedication! Your consistency will pay off when it comes time to race in the meets.

The Orinda meet provided our first long course opportunity of the season for our swimmers. Crystal Wang swam her last meet in the 10 and under age group. She made our Seahawk all time top 10 list in several events. Emily Chen had 100% best times and made a AA time in the 50 free. Emily Tsai had 100% best times in all of her swims over the weekend. Alex did a great job racing in his events and had 100% best times. Eric Wu had 100% best times and did a tremendous job of racing. Madhav Vats had 100% best times and swam in his first 400 free race ever.

At the Brentwood meet, Crystal Wang had 4 best times. Mattias Bengtsson had 3 best times. Akshay Gupta had 5 best times. Ronin Tsang had 100% best times. Madhav Vats made 5 new best times. Alex Luo had 100% best times. Adi Mehta made 100% best times.

Special notes:

Be sure that you are warming-up and warming-down properly before and after your races. Please come ask me if you are not sure what you should be doing. Make it a habit to be at the meets by 7:30 that way the swimmers have plenty of time to adequately warm-up for the meet. This is a great way to set them up for success at meets.

Parents can sign up for their timing obligations online or at the swim meet. It is every parent's responsibility to time for both days at any given swim meet. A clipboard with a timing sign up sheet is available at the coaches tent. There you can confirm which lanes we are responsible for and which shift you have committed to time.

See you on the pool deck,

Coach Joe

Pre-Junior 1 News	...Coach Katy
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Hi All,

With long course season in full swing, we have had a number of strong performances at recent meets. I encourage everyone to keep up the great work as we head into JOs and beyond...

Congratulations to those swimmers who competed at the Orinda C/B/A+ Meet held on 5/30-31:

Florence Lin – 100% best times with 2 new BB times, 1 in the 50 fly with an 11 second drop and 1 in the 100 free

Brycen Martin – 100% best times in all 7 events with 4 new BB times and a great 12+ second drop in the 100 breast

Dominick Wonosaputra – 2 new best times, securing JO in 50 breast and shaving 1.5 seconds off 50 free

Kevin Yuan – 100% best times in all 8 events with 3 new BB times, 4 new A times, and 1 new AA time - securing 6 JO cuts

Tom Li – 3 new best times with a great 13+ second drop in the 100 free for a new B time

Divjot Toor – 100% best times in all 7 events with 4 new B times and many great time drops including a 13+ second drop in the 100 back

Shrijith Vakula – new best times in both events with a great 18+ second drop in the 100 free

Congrats to Kyle Chen, Peter Hui, Olivia Joung, and Florence Lin - who all participated in the June Mini Meet held on 6/12.

Congrats to those who competed at the Brentwood C/B/A+ Meet held on 6/13-14:

Peter Hui – 3 new best times with a 7+ second drop in the 200 IM

Olivia Joung – best times in all 4 events with 3 new B times in 50 free, 100 free, and 200 IM

Tom Li – 3 new best times with a new B time in the 200 free and 23+ second drop in the 100 fly

Brycen Martin – 5 new best times with a new BB in the 50 breast and 4+ second drop in 50 fly

Sophia Pedersoli – 100% best times in all 7 events with 2 new AAA / FW times in the 50 back and 100 free

Vivian Sun – 7 new best times with 5 new B times and a great 20+ second drop in 50 fly

Ethan Wang – 100% best times in all 8 events with 3 new BB times, 3 new AA times, and 1 new AAA / FW time in the 50 fly – also fantastic first ever 800 free

Joanna Zhu – 100% best times in all 4 events with 2 new BB times and a new A time in the 100 free

Stay tuned for the ONDA B/A+ Meet results...

Here is a list of the meets remaining on our Summer 2015 Meet Schedule:

Date	Host	Course	Location
July 10 th	July Mini Meet	Short Course	Pleasanton
July 10 th - 12 th	Junior Olympics (qualifying)	Long Course	Concord
July 18 th & 19 th	Orinda C/B/A+	Long Course	Moraga
July 29 th - August 2 nd	Far Westerns (qualifying)	Long Course	San Jose
August 7 th - 9 th	WCAB Summer's End Classic	Short Course	Pleasant Hill

Split Sheet Policy Update: Split sheet entries are now only required for qualifying meets such as Junior Olympics and Far Westerns. They will still be due to the split sheet box in the white filing cabinet 2 full weeks (3 Fridays) before the meet weekend.

Split sheet entries are no longer required for C/B/A+ and B/A+ Meets – and were never required for Mini/Intrasquad Meets.

Great job to our May attendance stars – **Dominick Wonosaputra, Ryan Xu, and Sophia Pedersoli** who each attended 19 out of 20 practices!

Welcome to the group **Aaron Caparaz, Nabil Danandeh, and Dahlia Versteeg!** We are happy to have you with us! And congrats to **Ethan Wang** and **Kevin Yuan** who have moved up into the Junior Group!

Now that summer is here, please remember that swimmers should come prepared to practice not only with their equipment, but with fluid to keep hydrated.

Scheduling note - this year's summer break will run from August 10th through September 7th. We will return to the pool after Labor Day, on Tuesday, September 8th.

Thanks and see you on deck,
Coach Katy

Pre-Junior 2 News	...Coach David
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Intermediate 1 News	...Coach Devon
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Hi Everyone,

Congratulations to Aaron, Nabil, Justin, Sahil and Dahlia who have moved up to the Pre-Junior Groups! While we will miss you all very much we are proud of your accomplishments and wish you the best in the Pre-Junior Group. I would like to welcome Aryaa and Richard to the team and our group!

Way to go to Sahil who had 100% attendance for the month of May! The following swimmers had above 80% for the month of May:

Aaron
Aayush
Alcina
Dahlia
Jessica

Justin
Nabil
Pratyusha
Rhea

Orinda Meet Results –

- Alexis swam 6 best times and dropped over 8 seconds in her 100 Breast!
- Jessica swam best times in her 50 Back and Breast
- Raghav earned new A times in his 50/100 Free and 50 Back
- Alcina swam 7 best times and earned a new B time in 200 Free and BB in 100 Breast
- Rhea earned 3 new B times and 2 BB times
- Dahlia swam 4 best times and dropped an impressive 12 seconds in her 100 Back
- Aaron earned 3 new BB times and 4 B times
- Justin swam 4 best times and earned a new B time in his 100 Breast

Brentwood Meet Results –

- Alexis earned 5 new best times including dropping over 6 seconds in her 100 breast
- Jessica swam best times in 50 Breast & 50 Fly
- Raghav swam 2 best times (100 Free & 50 Fly)
- Alcina swam 5 best times including a new BB time in her 100 Breast
- Kailtin swam 3 best times at her first long course meet and earned 3 new BB times
- Rhea earned 4 best times and earned a new BB time in her 200 IM
- Dahlia swam 7 best times and earned 3 B times and one new B time
- Aaron swam 4 best times and earned a new B time in his 200 IM
- Aayush swam 4 new best times, dropped 25 seconds in his 100 Free and 18 seconds in his 100 Breast
- Sahil had 100% best times in his races and dropped 19 seconds in his 100 Breast earning a new B time in the event
- Camille swam 100% best times and dropped an astounding amount of time her events- 20 seconds in her 100 Free, 44 seconds in her 200 Free, and 10 in her 50 Fly—wow!

Great job to Lucas and Pratyusha who had great swims at our June Mini Meet!

A few reminders...

- Please be sure your swimmer's name is on all their equipment and any lost or broken items are replaced.
- As we head into the warmer months please help remind your swimmer to stay hydrated throughout the day and to bring a water bottle to practice daily. Staying properly hydrated helps swimmers avoid cramps, headaches, and fatigue.

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We will be on break from 8/10-9/7. We will return to the water on Tuesday, September 8th.

See you on deck ☺

Coach Devon

Intermediate 2 News

...Coach Linda

I would like to welcome Joya and Jaden Siu to Intermediate II .

Happy birthday wishes for the month of July go out to Sujay, Jai, and Michael!!

Cynthia, Berrydal, Arnav, Gregory, Ashlyn, Patrick, Michael and Sujay participated in the June mini meet. They all had good swims!! Sujay and Michael both reached B times in the 50 breast. Berrydal acquired a BB time in the 100 breast. Cynthia reached a BB in 100breast, 100 back, and a B time in the 100 free.

Hope to see all swimmers at the July mini meet.

As always please do a periodic check for equipment with your swimmer since some are still coming with broken or missing items.

Our summer break will run from August 10th to september 6th.

Enjoy your summer ☺

Coach Linda

Intermediate 3 News

...Coach Anna

Hello intermediate family!

This month has been great for the kids. We had our second to last mini-meet of the season, and the kids all worked really hard. We had a couple new B times to add to our groups growing collection.

Back in April, I told the kids that if they got 6 B times collectively, we would plan a group party. I am happy to say that we achieved that goal and this month, we had a group party at Rockin' Jump. It was a lot of fun, and I enjoyed getting to spend time with our swimmers outside the pool.

We have one month left in our season. One mini-meet is left on our schedule as well as a couple C/B/A + meets. We are all looking forward to this last month!

Swimmingly,
Coach Anna

Hi Everyone,

Happy Birthday to Hannah who turns 10 in July! Our attendance star for the Month of May was Brooke B. who attended 17 out of 19 practices—way to go Brooke! During the month of May Romal and Aric had over 75% attendance. I hope to see more swimmers at practice during the summer months.

Orinda Meet Results –

- Brooke B swam 4 best times and earned a new A time her 50 Back
- Gauri swam 2 best times and earned a new B time in her 100 Free
- Aric dropped over 18 seconds in his 50 Back and earned a new B time
- Gordon swam 4 best times and earned new BB times in his 50 Back and 100 Breast
- Aiden earned 2 new B times and 2 BB times, along with all best times

Brentwood Meet results –

- Brooke B. swam 3 new best times, 2 new A times (100 Free & 50 Breast)
- Brooke S. swam 4 new best times & B times
- Mithra swam 4 best times and earned 3 new B times

Way to go the following swimmers who participated at our June Mini Meet:

David	Maria
Hannah	Neil
Hunter	Sean
Kaleigh	Tyler

A few reminders...

- Please be sure your swimmer's name is on all their equipment and any lost or broken items are replaced.
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See you on deck ☺

Coach Devon

Novice 2 News

...Coach Caitlin

Hello Everyone,

It's Summer Time! We have had great attendance this past month despite summer vacation. We have been focusing on turns this month and have made great progress towards legal flip turns and open turns. With that being said, I encourage all swimmers to sign up for the July Mini Meet so they can see the progress that they have made!

Just a reminder, swimmers need to show up 5-10 minutes prior to practice starting. I want every swimmer to be ready to go and in the water on time since we have such a short practice. I would also encourage swimmers to bring extra pairs of goggles to practice. Please be sure that goggles fit appropriately and are comfortable for your swimmer.

I am excited for this next month and I look forward to seeing many of you at the next Mini Meet!

Thanks!

Coach Caitlin

Novice 3 News

...Coach Natalie

Hello Novice 3 Parents,

I would like to welcome Sasha Gorrepati to the group. Sasha has been working hard in practice and is fitting in nicely. Congratulations to Andrew Kanarsky, who will be moving up to Coach Linda's Intermediate group at the beginning of the month. Andrew is a very hard worker and has been an excellent leader for the group. We will miss him in Novice 3, but we are very excited for him and wish him all the best as he takes the next step in his swimming.

Great job to our attendance leaders of the month: Malena, Tony, Dax, Jas, Anya, and Arjun.

Congratulations to Simi, Shivani, Reeva, Andrew, Tony, Malena, and Anshul on a job well done at the June mini meet. It was exciting to see these swimmers race and improve their times. Our final mini meet of the season will be held on July 10th and I hope to see even more Novice 3 swimmers there. Mini meets are great opportunities for young swimmers to race and show off all their hard work.

We have been continuing to work on technique in practice every day, and I have been happy to see many improvements, especially in streamlines and turns. We are still continuing to work on listening and paying attention during practice. Please remind your swimmers to be attentive in order to make practices a fun and positive experience.

We will be having an end of the season team party on Friday, July 24th from 5:30-8:00 pm. This will be a fun way for the team to end a successful season and to connect with one another outside of the water, and I hope to see everyone there.

Let's keep up the great work as we head into July!

Coach Natalie

PLEASANTON
SEAHAWKS

