



# NEWSLETTER

Autumn 2001

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## UPCOMING EVENTS

- Nov. 30 - Dec. 2 Winter Age Group Championships "AA" minimum @Cerritos
- Dec. 2<sup>nd</sup> Holiday Awards Banquet
- Dec. 8-9 "A" Max. Champs @Bellflower
- Dec. 13<sup>th</sup> Parent's Meeting
- Dec. 13-16 Winter Invitational @Commerce
- Dec. 21<sup>st</sup> Christmas Concert in Sun Valley
- Dec. 24-25 *Merry Christmas!* - no workout
- Dec. 31<sup>st</sup> *New Year's Eve* - no workout
- Jan. 1<sup>st</sup> *Happy New Year!* - no workout
- Jan. 10<sup>th</sup> Parent's Meeting
- Jan. 12-13 Beach ABC @Long Beach
- Jan. 18-21 Q Meet @Belmont Plaza
- Feb. 9-10 ABC "Spirit Meet" @Downey

*Certain dates subject to change.  
In order to swim in a meet one needs a USS swim card which everyone should have for insurance purposes.  
Please check the Stingray board in the equipment room for the latest up-to-date information.  
Your help and suggestions regarding future activities are greatly appreciated!*

## Welcome New Stingrays!

We hope to have an exciting and successful winter of swimming and look forward to making the Stingrays the team of the valley.

If you know of someone or a friend that is interested in becoming a better swimmer or a more competitive swimmer please invite them to join Stingrays!

### Relay Duel

A few Stingrays and some older masters went head to head in a 200 yard medley relay duel September 14<sup>th</sup> at the end of a Friday workout.

Justin Varma, Andrew Warren, Nicole Shattuck and Gary Rotkop of the Stingrays narrowly out-touched the masters team led by Chris Strickland, Kevin Lane, David Strybel and Dave Keating. The end of this rivalry for now.

### Holiday Activities:

#### *Awards Banquet*

—RSVP — Donna Shattuck

#### *Christmas Concert*

—contact Judi Terhar for info

## USS Registration

The new 2002 USS registration forms should now be sent. If you have not received your registration form please check your file folder in the Stingray's cabinet or contact a coach.

Registering for 2002 will cover the remainder of this year and all of 2002.

The USS card is a swimmer's insurance for an injury during practice and is required for participation in the many USS sanctioned swim meets that Stingrays participate in throughout the year.

Your new 2002 USS card will be sent from the Southern California Swimming office in Santa Barbara. They print and mail the new USS cards in batches (usually about once a month). From there they are then forwarded to you through Trisha Commons.

### Team Roster

Swimmers should turn in their white team registration forms. A team roster will be available at the next parent's meeting, December 13<sup>th</sup>,

## COACHES CORNER: "Workouts" *by Jared Meyer*

"Consistency is the key" coach Gary McDowell said. "It also helps to know the swimmer and their parents in order for them to perform to his or her own potential."

Achieving a swimmer's goals may be directly related to the number of hours one trains and a coach's ability. "Creating a family atmosphere encourages everyone to come as often as possible," coach Gary emphasized.

"Merely showing up to practice is not enough," Chooch said. "Be disciplined," is his advice if the whole team is to reach its potential.

"Push yourselves," says coach Judi Terhar. "If you don't, you will never know your limits. I encourage everyone to get off the wall!"

"My workouts are never designed to push one over the breaking line," says Chooch. "But you need to fight to do a 1:00. Focusing in on your best effort allows everyone in your lane and surrounding lanes to put their best effort forward too."

The coach's ability is enhanced by each swimmer and their consistency in training. The elite of any sport, class or subject of interest never reached their goal by working at it part time.

# Santa Fe Springs ABC "Spirit Meet"

## 18 New Stingray Records!

There were 18 Stingray records and many personal records broken September 22 & 23 at the Santa Fe Springs ABC meet. Many of the older swimmers showed up early to cheer for those swimming in the morning session and vice-versa. Team meals included extra chicken from the Zuma Beach party for lunch and a dinner tab picked up by Jack Thomas.

With 24 Stingrays and all three coaches in attendance, this year's "Spirit Meet" was a success. We look forward to having a great turn-out for the next "Spirit Meet."

Since compiling official times for three years there have been many records set and broken. But the amount of records broken in this one weekend is a testament to the hard work put in by the swimmers and coaching staff.

Many more records may have been broken if there were touch pads at the meet. In a 50yard freestyle event, breaking one's time usually comes down to the start, turns, breathing and the stop-watch. —There is no margin for error!— My 50yd free felt great but had there been touch pads I wonder what my time could have been?

The following commentary is on the many Stingrays at the meet. — *Jared Meyer*

Swimming 8 & Under in her first meet was **Mandy Chan** placing 5<sup>th</sup> in the 25yd back and was unfortunately disqualified (dq) in the 25yd fly.

In the 9-10 age group was **Tiffany Do** finishing 12<sup>th</sup> in the 100yd back. This being her first meet, she also swam the 50yd free, 50yd fly and 100yd breast.

**Michelle Germain** got three new "B" times in the 100yd breast (7<sup>th</sup>), 200yd free (2<sup>nd</sup>), and in the 100yd I.M. (3<sup>rd</sup>) while dropping three seconds.

She finished 3<sup>rd</sup> in the 50yd fly and took three seconds off her time in the 50yd free. She then nearly shaved off five seconds in the 100yd free.

Dropping over 14 seconds in the 50yd free for a time of 46.01 was **Nicole Lotte**. She continued to swim the 50yd fly and 100yd I.M., both for the first time in competition.

Trevor Swigart swam his best time of 42.75 in the 50yd free but received the generous dq attention from the referees in his other events.

A dq in the 100yd back didn't stop **Michelle Chan**, in her first meet, from swimming her best in the 50yd free and 50yd fly.

**Jillian Gianini** dropped three seconds from her best time in the 50yd free for 5<sup>th</sup> place and a "AAA" time.



Jillian Gianini drops 14 seconds for a "AAA" time!

In the 100yd I.M. she took off nine seconds for 1<sup>st</sup> place and an "AA" time.

Perhaps the most improved swim of the day for a Stingray was Jillian's 100yd breaststroke. She dropped an amazingly 14 seconds for her second "AAA" time of the day. Her 9<sup>th</sup> place 1:29.16 beats Michelle Rau's 2000 time of 1:35.60 for the new Stingray record.

Six Stingray records were broken and set by **Timothy Suwardhaputra** and **Truman Do**.



Michelle Chan flies into her first meet.

**Truman** broke records in everything he swam.

Third place with a 34.97 was good enough for a "B" time in the 50yd free. A Stingray record previously held by Bryce Nilsson since 1999 with a 35.80.

Another new "B" time was his 3<sup>rd</sup> place in the 100yd I.M. with a 1:30.58 to slaughter Chris Baier's 1999 Stingray record of 1:59.05.

Truman's first "A" time in the 100yd breast with a 1:38.99 for 1<sup>st</sup> place beats Bryce Nilsson's Stingray record of 1:45.90 set two years ago.

**Timothy** swimming in his first meet, dq'd in the 100yd back and came back to take 6<sup>th</sup> place in the 50yd free for a "B" time. He then went on to finish 5<sup>th</sup> in the 100yd I.M. for the second of his five "B" times of the meet.

Finishing off the first day of events he earned his third "B" time and the Stingray record in the 50yd fly. His 45.50 shattered Chris Baier's 57.32 set in 1999.

The next day Timothy continued by setting the Stingray Record for the 200yd free. His time of 2:51.18 earned him a "B" time for 4<sup>th</sup> place.

Continuing with a 5<sup>th</sup> place finish in the 50yd back he placed 5<sup>th</sup>, again, in the 100yd free for yet another "B" time.

Finishing off the weekend he beat Bryce Nilsson's 50yd breast Stingray record of 49.77 set in 1999. Timothy's 2<sup>nd</sup> place "B" time of 47.27 is the new record to beat.

Swimming in the 11-12 age group was **Leo Noya** in his first swim meet. His 40.55 for the 50yd free and 47.12 for the 50yd fly are times we look forward to him improving upon at the next meet.

**Michelle Rau** dropped a half second in the 50yd free and the two tenths needed for an "A" time 7<sup>th</sup> place finish in the 100yd I.M.

She also swam the 50yd Fly and dropped nearly seven seconds for a new "A" time 7<sup>th</sup> place finish of 1:28.70 in the 100yd breast.

Getting her first "AA" time for yards was **Monica Do** in the 50yd free for 1<sup>st</sup> place with a 28.88.

She swam a new "A" time in the 100yd breast for 2<sup>nd</sup> place while dropping nine seconds for a 1:26.52.

She finished the weekend with two 3<sup>rd</sup> place finishes for a "B" time 50yd fly and an "A" time in the 100yd I.M.

Not getting a break from the officials was **Omar Ahmady** with a couple of dq's in the 13-14 age group. It happens to us all eventually.

Three 1<sup>st</sup> place finishes as well as three new "A" times are credited to **Seneca Zamora** in the 50yd free, 100yd free and 200yd free (2:15.68) with a drop of one, four and seven seconds each, respectively.

Her only non-freestyle event of the meet was the 100yd fly. She finished 3<sup>rd</sup> with a new "B" time of 1:14.84.

In her first yards meet as a Stingray, **Tali Ezon** swam the 50yd free, 100yd free and 200yd free with times of 32.50, 1:12.43 and 2:40.16 respectively.

Closing in on Gary Rotkop's 1999 Stingray record of 25.61 in the 50yd free is **Justin Varma** with a new "A" time of 26.36 for 2<sup>nd</sup> place.

Justin's 100yd back time of 1:10.73 beats the Stingray record of 1:12.32 that already belonged to him.

In his first time swimming the 200yd back he finished with a "B" time of 2:33.00 for 1<sup>st</sup> place.

**Madison McGee** got a new "B" time for yards in the 100yd free for 3<sup>rd</sup> place with a 1:05.81.

She nearly dropped a whole second in the 200yd Free for 4<sup>th</sup> place with a time of 2:17.94.

Madison also dropped seven tenths in the 100yd back for 6<sup>th</sup> place and finished 9<sup>th</sup> in the 100yd breast.

At the meet supporting the Stingrays was **Dagny Bartlett** swimming unattached.

She got 1<sup>st</sup> place and an "A" time in the 200yd breast with a 3:01.44.

Her other "A" time was a 1:22.87 in the 100yd breast for 2<sup>nd</sup> place.

Dagny's 1:14.35 in the 100yd fly earned her a "B" time and a 1<sup>st</sup> place finish.

She swam another "B" time of 1:19.77 in the 100yd back for 5<sup>th</sup> place. Her 50yd free time was a 32.35 for 9<sup>th</sup> place.

In her first meet as a Stingray was **Megan Kinney** swimming her way to three new "B" times in the 15 & Over age group.

A 1<sup>st</sup> place in the 100yd back was fast enough for a "B" time of 1:18.42.



Tiffany Do

In the 200yd back she finished 3<sup>rd</sup> with a time of 2:54.07 for another "B" time.

A 50yd free time of 32.33 for 5<sup>th</sup> place was Megan's third "B" time of the meet.

In the 100yd free and 200yd free she also finished 4<sup>th</sup> and 2<sup>nd</sup> respectively.

Dominating her age group was **Nicole Shattuck** coming in 1<sup>st</sup> place in everything she swam with at least a "AAA" time.

For the 100yd breast, a "Q" time, she improved her Stingray Record by a half second with a 1:12.80.

She was very close to getting a "Q" time in the 50yd free, possibly the biggest heartbreak of the meet due to no touchpads.

Her time of 25.70 was one hundredth away from "Q" and an improvement upon her 2000 Stingray record of 25.94.

Rarely swimming the 100yd back, Nicole got a "AAA" time with a 1:05.67 while dropping over three seconds.

In the 100yd fly she improved upon her 2000 Stingray record of 1:03.95 with a 1:02.68.

Only three hundredths faster than her best was fast enough for a new Stingray record of 2:22.05 in the 200yd fly.

Her 100yd free time of 55.73 beats her 2000 Stingray record of 56.19.

Swimming the 500yd free for the first time as a Stingray, she beat the 1999 Stingray record of 5:27.80 set by Sara Cremidas. Nicole's time was a 5:24.59 which happened to be the last event of the day on Saturday.

**Sunny Kang**, in her first meet as a Stingray, swam one "A" time and three "B" times.

She got her first "A" time while finishing 1<sup>st</sup> in the 200yd breast with a time of 2:56.30.

She had another 1<sup>st</sup> place finish in the 100yd free with a time of 1:07.00.

Sunny then closed out the rest of the meet with two 3<sup>rd</sup> place finishes in the 50yd free and 200yd I.M.

In his first meet as a Stingray, **Adam Thomas** set a 17-18 Stingray record in the 200yd breast with a 1<sup>st</sup> place "B" time of 2:51.98.

A dq in the 100yd fly did not deter him from finishing 2<sup>nd</sup> with a "B" time of 1:18.02 in the 100yd breast.

A solid 30.57 also placed Adam 2<sup>nd</sup> in the 50yd free.

Finally getting his "AAA" time in the 100yd breast was **Andrew Warren** with a time of

1:08.15 for 4<sup>th</sup> place. Dropping over three seconds beats the long standing 1998 17-18 Stingray record of 1:11.69 held by Dmitry "Dima" Uchitel.



Trevor Swigart

In his only other event, Andrew came within a second of Khody Afkhami's 1998 Stingray record in the 100yd back.

Andrew's time was 1:04.30 for 1<sup>st</sup> place, again while dropping over three seconds for a new "AA" time.

A long standing personal record of 1:55.85 since 1994 in the 200yd free was broken by **Jared Meyer**. The new senior Stingray Record of 1:54.22 is finally a "AAA" time.

"It's not over 'till the fat lady sings" — **Chooch** commenting during the backstroke leg of Jared's 200yd I.M.

After building momentum on the breaststroke and freestyle he nearly and may have out-touched the other swimmer. Another reason to have quality timing, including a touchpad system, at all USS meets.

The 2:11.22 for the 200yd I.M. was still good enough to beat his personal and 1998 senior Stingray record by more than a second.

Other events swam by Jared were the 50yd free and the 400yd I.M.

Thank you for all that came in support of the Stingray's Fall "Spirit Meet." We look forward to everyone's participation in the next "Spirit Meet."



Andrew Warren goes for his "AA" time.

## Commerce ABC "Halloweenfest"

There were seven new Stingray records among many new personal best times swam at the Commerce ABC "Halloweenfest." Every heat winner won a carmel apple (supposedly to slow them down for others to win one) on the weekend of October 13-14.

Swimming in his first meet as a Stingray was **Cameron Caporaso** with a few new Stingray records.

He set the 100yd free record with a "B" time of 1:31.93 and the 50yd back record with a "B" time of 48.30.

In her first yards meet as a Stingray, **Anna Kavanaugh** swam the 50yd free and 50yd back with times of 42.05 and 50.25 respectively.

Unfortunately, she was disqualified from her third event, the 50yd breast.

**Nicole Lotte** swam the 100yd free, 50yd back and 50 breast for the first time. Her times were 1:43.09, 53.76 and 59.09 respectively.

Setting the 100yd back Stingray record was **Timothy Swardhaputra** with a "B" time of 1:31.82 for 2<sup>nd</sup> place.

He then beat his own 200yd free Stingray record by nearly two seconds with a "B" time of 2:49.91 for 4<sup>th</sup> place.

Dropping a second in the 100yd I.M. with a "B" time of 1:30.38 for 5<sup>th</sup> place Timothy barely beat the Stingray record of 1:30.58 set by his "twin," Truman Do.

Timothy swam "B" times in the 50yd free and 50yd back for 5<sup>th</sup> and 8<sup>th</sup> place while dropping a ½ and 1½ seconds in both, respectively.

Dropping almost four tenths of a second for 10<sup>th</sup> place, he narrowly missed setting the 50yd fly Stingray record by a third of a second.

He was dq'd in the 50yd breast but finished 3<sup>rd</sup> in the 100yd free while

dropping two tenths of a second for a "B" time of 1:19.51.

Finishing 7<sup>th</sup> and dropping nearly 1½ seconds in the 50yd breast with a "AA" time of 41.69, **Jillian Giannini** beat a 1998 Stingray record of 42.51 set by Kimberly Choate.

Jillian went from a "B" time to a "AAA" time of 1:07.69 for 1<sup>st</sup> place in the 100yd free.

She also swam for the first time a 200yd free for 1<sup>st</sup> place and an "A" time of 2:36.72.

Swimming new events, **Leo Noya** broke Jian Giannini's 2000 Stingray record of 46.28 with a time of 45.26 in the 50yd back.

Leo's other event was the 100yd free with a time of 1:21.96.

Swimming in her first yards meet as a Stingray was **Rachel Kavanaugh**.

Her "B" time of 31.33 in the 50yd free was fast enough for 4<sup>th</sup> place.

Rachel also swam the 50yd back and the 50yd breast with times of 40.24 and 45.22.

In her first official meet as a Stingray, **Dagny Bartlett** nearly dropped three seconds for a 1<sup>st</sup> place "A" time of 2:57.68 in the 200yd breast.

Dropping two more seconds in the 100yd back she got another "A" time for 7<sup>th</sup> place. Her third "A" time of 1:22.96 was in the 100yd breast.

Finishing 1<sup>st</sup> and 2<sup>nd</sup> was Dagny earning two more "B" times in the 200yd free and 200yd I.M.

She also swam the 50yd free and 100yd fly in the meet.

Unfortunately, a dq was in store for **Seneca Zamora** in the 100yd fly; but, she went on to drop a tenth of a second in the 100yd free and almost tied her best time in the 50yd free by a hundredth of a second.

It appears that **Justin Varma** is really closing in on Gary Rotkop's 1999 Stingray record. Justin's 6<sup>th</sup> place "AA" time of 25.65 was four hundredths away from the 50yd free record.

He was also six hundredths away from William Baier's 1999 Stingray record in the 100yd free. Justin's 2<sup>nd</sup> place finish of 58.56 was still a nine second improvement on his best time!

Swimming her best and only time in the 200yd back was **Nicole Shattuck** for a 10<sup>th</sup> place "A" time of 2:28.93.

She also beat, by four hundredths of a second, her 200yd breast Stingray record with a 1<sup>st</sup> place time of 2:36.91.

Nicole also swam the 50yd free, 100yd fly and 400yd I.M. with a 2<sup>nd</sup> and two 3<sup>rd</sup> place finishes accordingly.

**Adam Thomas** was disqualified in the 50yd free but came back to swim his best time of 1:13.56 in the 100yd fly for 6<sup>th</sup> place.

## As the Flip Turns

with Judi Terhar

For a nine week trial run through November 2nd, Coach Judi has held small group sessions for swimmers (ages 13 and up) before workout on Fridays.

With parent's permission, it was set up to build camaraderie and leadership for the older swimmers.

A time to get acquainted and share feelings about the suicide bombings and being at war.

Other meetings were spent focusing on visualization techniques regarding preparing for a meet mentally and physically.

The pursuit of one's goals and what hinders the attainment of one's potential was also discussed.

Next there was a discussion on nutrition and the benefits of stretching and workouts in general. A tour of the weight room with each piece of equipment evaluated was also essential.

These were a few of the things discussed each Friday besides swimming pool etiquette and what may be bugging each other about workouts or anyone in particular.

## Swim-a-Thon Canceled

Our annual fundraiser benefiting Friends of Pierce Pool (FOPP) will not be held this year. It will be missed as Stingrays have looked forward to the annual Swim-a-Thon. The need remains, however.

Past contributions have gone towards 30 new deck chairs, additional E-Z Ups and Quick Cover canopies. Coach Gary is now using a new underwater video system with tv set, video recorder and cart in which to evaluate a swimmer's strokes. A one line digital scoreboard has also been purchased for swim meets and water polo matches.

Checks should be made payable to the Friends of Pierce Pool. Please let it be known that your tax-deductible contribution is from a Stingray!