



NEWSLETTER

Winter 2002

editor: Jared Meyer
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UPCOMING EVENTS

Mar. 9-10 Oasis Aquatics ABC

Mar. 13-17 Junior Olympics
14 & Under
@Belmont

Mar. 23-24 Rosebowl AA Max.

Apr. 13-14 Cerritos ABC Meet

May 11th "BC" Meet @SGSG

May 18-19 "AB" Meet @Cola

May 25-27 Long Course ABC
@Simi Valley

High School Swimming at Pierce

Mar. 11th Kennedy vs. Taft

Mar. 18th Birmingham vs. ECR

April 15th Birmingham vs Taft

April 22nd Cleveland vs ECR

April 30th West Valley League

May 15th City C.I.F. Prelims
@U.S.C.

May 17th City C.I.F. Diving
@Pierce

May 22nd City C.I.F. Finals
@U.S.C.

*Certain dates subject to change.
In order to swim in a USS 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!

L.A. Pierce College Brahmas at Pierce

Feb. 20th COC vs. L.A. Pierce

Mar. 27th L.A. Valley vs. Pierce

April 17th SMC & Ventura
vs. L.A. Pierce

Stingrays "Outdoor Adventure"

It would be great to go in the great outdoors to cook together as families and to share songs and stories by the campfire. It may also involve hiking and swimming in a fresh water stream with no goggles required!

From Friday evening to Sunday noon the cost would be minimal depending upon the number of people involved.

We are looking at a weekend early in June before it gets too hot.

If anyone is interested in a camping trip over an upcoming weekend for the swimmers and their families, please contact Donna Shattuck or leave a message in her daughter's (Nicole) swim folder in the filing cabinet.

COACHES CORNER : "Drag?" *by Jared Meyer*

Swimming with drag is great for building one's strength and endurance levels by "providing resistance directly to the swimmer's muscles."

Coach Judi Terhar emphasizes that "strength and endurance are gained when one increases their resistance level gradually and continuously over time.

Any increased resistance used in the water through clothing and (Chooch's) buckets provides increased strength to many different muscles at the same time and is swimming muscle specific" as opposed to isolating a specific muscle by lifting weights.

As long as there is "proper swimming technique" and coaching supervision, wearing drag is a great

way "to build upper body strength as long as it is not strenuous on the arms and shoulders" according to coach Chooch.

Those with any shoulder problems such as tendinitis, bursitis, loose shoulder joints, or rotator cuff problems should avoid wearing drag and consider physical therapy.

An ideal training season of 12-16 weeks with drag "should be reserved for the advanced swimmer," coach Gary McDowell emphasizes as "the best time to wear drag is mid-season."

Hard work, consistency, determination and a proper taper from drag to one's big meet will be the true test of the effectiveness of swimming with drag for each individual. We look forward to your big meet in May.

Holiday Awards Banquet

This year's holiday awards banquet was a splendid success held at the Radisson in Chatsworth.

Organized by team president, Donna Shattuck, there was a variety of courses offered including chicken marsala, penne pasta and shrimp scampi.

Coaches Gary, Chooch, and Judi presented awards to the swimmers for their hard work throughout the year.



The team registration fee helped pay for the majority of the expenses with an additional donation by team owner, Trisha Commons.

Thank you to all those that helped in the preparation and worked to make the Stingray's Holiday Awards Banquet a success.

*The coaching staff:
Chooch, Judi and Gary*

*Swimmers Tali Ezon
and Greg Warren*



Downey ABC "Apple Basket": 8 New Stingray Records

November 3-4, 2001:

Michelle Germain dropped an impressive five seconds in the 100yd I.M. for a 3rd place "A" time of 1:25.97.

She finished first in the 50yd free and 50yd fly. In the 50yd free (33.96) she dropped over a second and in the 50yd fly (38.95) she earned a new "B" time for dropping nearly four seconds.

She also dropped four seconds in the 100yd breast for a 5th place finish of 1:45.05.

Other events Michelle dropped time in were the 200yd free, 3rd, and the 50yd breast, 5th.

Swimming the 50yd fly for the first time was *Truman Do* with a time of 46.33.

Truman with a 1:37.42, reset the 100yd breast Stingray record of 1:38.99 previously held by him. He also broke Timothy Suwardhaputra's Stingray record of 1:30.38 in the 100yd I.M. by dropping over a second for a time of 1:29.40.

Timothy Suwardhaputra broke half of the eight Stingray records broken at this meet.

In the 100yd free (4th 1:16.98) he dropped close to three

seconds to beat Bryce Nilsson's 1999 Stingray record of 1:19.17.

In the 200yd free (2:44.77) Timothy finished 1st dropping five seconds to improve upon his own Stingray record of 2:49.91.

Another Stingray record of his that he improved upon was the 50yd back replacing the old 44.04 "C" time with a new "B" time of 43.80.

The fourth record brought his Stingray record of 45.40 to a 45.14 for the 50yd fly.

The only other event Timothy dropped time in was the 50yd free by two tenths for a 35.27.

Leo Noya dropped over three seconds in his 50yd free (37.40) and close to two seconds in the 50yd fly (45.39).

Chelsea Duckhart in her first meet for the Stingrays got off to a shaky start in the 50yd breast (DQ) but quickly got her first "B" time of 1:11.61 for a 5th place finish in the 100yd free.

Dropping over a second in the 200yd I.M., *Dagny Bartlett* finished with a time of 2:37.21 for second place.

She also dropped 2½ seconds in the 200yd breast (2:55.04) and swam the 100yd free

(1:08.71) for the first time as a Stingray.

Justin Varma's highlight of the meet was improving upon his own Stingray record of 1:10.73 in the 100yd back with a new time of 1:10.27.

Madison McGee, the devoted trooper of Stingrays at swim meets, had numerous 4th to 6th place finishes with times that were close to personal bests.

Nicole Shattuck beat her own Stingray record of 1:02.68 in the 100yd fly with a time of 1:02.15 for first place.

She finished second in everything else except the 100yd back and came close to beating her best times in the 50yd free and 200yd breast.

Sunny Kang dropped an impressive 8¾ seconds in the 200yd I.M. (2:40.80) for 4th place.

She also dropped close to seven seconds in the 200yd breast (2:49.54) for a "AA" time.

Finishing third, Sunny swam the 200yd free for a "B" time of 2:27.35.

Andrew Warren also made an appearance at the meet swimming the 100yd breast and 100yd back finishing 7th and 9th.

B e l l f l o w e r C h a m p i o n s h i p s

There was one new Stingray Record broken at this meet, December 8-9, 2001.

Worth noting are those competing in their first meet and the times improved upon by many, especially those by Madison and Seneca.

In her first meet for the Stingrays, *Devin McCullough*, swam the 25yard back for 3rd place with a "B" time of 24.24.

She also swam the 50yard free almost beating her twin sister, *Riley McCullough*, in her first meet for the Stingrays.

Riley also swam the 25yd back in the "B" group and got 8th place with a time of 24.18.

Keelyn McCullough, the twins older sister, swimming in her first meet as a Stingray finished 6th in the 100yd free (1:21.84).

She also swam a "B" time in the 50yd back (44.21).

Michelle Germain got an "A" time for 1st place in the 50yd free (33.60).

She earned "B" times in the 100yd back (2nd 1:28.86), swam for the first time; and in the 50yd breast (3rd 47.86) while dropping 2¼ seconds.

Michelle dropped time in most of her other events including a

three second improvement in the 200yd free (4th 2:44.60).

Tiffany Do earned a "B" time in the 100yd breast (5th 1:48.05), dropped two seconds in the 100yd back (1:47.36), and swam the 100yd I.M. (1:41.96) for the first time.

Leo Noya dropped 3½ seconds in the 50yd fly (41.81) and shaved two seconds from his time in the 50yd free (35.47).

Dagny Bartlett dropped a half second in her 100yd free (1:08.14). Among her many other events, she finished 4th in the 100yd breast and 8th in the 200yd breast.

Earning her first "AA" time was *Seneca Zamora* in the 50yd free (1st 27.05), a 1½ second drop.

Dropping over 14 seconds in the 200yd I.M. (1st 2:35.32) she earned an "A" time to go along with the "A" time she earned in the 100yd back (1st 1:13.80), which she swam for the first time.

Seneca continued to drop time in her other events including three seconds in the 100yd fly (1st 1:11.91) and two seconds in the 200yd free (4th 2:13.57).

Madison McGee nearly dropped time in everything she swam except one event.

She earned an "A" time in the 100yd back (4th 1:13.62) and dropped two seconds in the 200yd breast (2nd 2:57.63).

In the freestyle ladder of events, Madison took 5th in the 50yd free (29.45), 6th in the 100yd free (1:04.22), 5th in the 200yd free and 3rd in the 500yd free (6:08.36).

A new 15-16 Stingray record would have been set in the 400yd I.M. by *Michel Grosz* had he simply not been disqualified. Just finishing this grueling event deserves recognition though.

Michel swam two new events for him in competition, the 100yd fly (4th 1:12.85) and the 200yd back (1st 2:29.98).

He also dropped two seconds in the 200yd free (5th 2:09.67).

Adam Thomas improved upon his own 17-18 Stingray record of 2:51.98 in the 200yd breast for 2nd place with a time of 2:50.99.

He also swam the 100yd free (1st 1:09.13) for the first time in competition.

Adam also continued to drop time in all of his other events: the 50yd free (1st 30.02), 100yd fly (1st 1:12.83), and the 100yd breast (2nd 1:16.53).

"AA" minimum to "Q"

Nicole Shattuck broke three Stingray records and came close to breaking three more at two different swim meets: the "AA" Winter Age Group Championships at Cerritos, December 1-2, 2001; and the "Q" Meet at Long Beach Belmont Plaza, January 19-20, 2002.

At the "AA" meet, she broke her 50yd free (3rd 25.45) Stingray

record of 25.70 and nearly beat it again at the "Q" meet finishing 45th of 112.

Her 200yd free (12th 1:59.87) was within a tenth of another one of her Stingray records.

Nicole's 500yd free (5:20.35) at the "AA" meet beats her recent Stingray record of 5:24.59.

She swam the 100yd fly at both meets but her time of 1:01.39 for

8th place at the "AA" meet beat her old Stingray record of 1:02.15.

At the "Q" meet, Nicole nearly beat her own Stingray record in the 100yd breast (1:12.59) by less than a half second.

Very close to breaking her other breaststroke Stingray record, she finished 17th in the 200yd breast (2:37.19) at the "AA" meet.

Beach ABC

“Superbowl Meet ”

Two new Stingray Records were broken at this meet held January 12-13, 2002.

Though it was called the “Superbowl Meet,” it really wasn’t due to the “Superbowl” being delayed until February.

In his first Stingray meet was *Mario Guzman* getting his first DQ out of the way with the 50yd breast.

Not deterred, he finished 2nd in the 100yd back (1:45.51) and 5th in the 100yd free (1:30.83).

Michelle Germain finally had an off meet due to the last couple of weeks swimming with drag but finished 2nd in the 200yd free.

Dagny Bartlett swam the most events of any Stingray at the meet and almost beat her 50yd free and 200yd I.M. times by hundredths of a second while finishing first and second, respectively.

Dagny did drop two seconds in the 100yd fly for 1st place with a time of 1:13.48.

Dropping a second in the 100yd fly (1:10.63) for 1st place was *Seneca Zamora*.

Among her other events she dropped close to a second in the 100yd free (1:01.00) and 100yd back (1:13.05).

Justin Varma in his only two events set Stingray records.

In the 100yd free (57.81) Justin slides past William Baier’s time of 58.50 set in 1999.

The other record was already Justin’s but was an exact two second improvement in the 100yd back for a time of 1:08.27 to beat his 1:10.27 set last year.

Michel Grosz beat his personal best in the 200yd free (3rd 2:08.79) by dropping a second and narrowly missing his best time in the 100yd breast by a tenth of a second.

Dropping close to four seconds in the 200yd free (4th 2:23.09) was *Sunny Kang*.

In her 50yd free (3rd 29.68) she dropped ¾ of a second to break the elusive “30.”

Sunny also earned a “AA” time in the 100yd breast (1st 1:18.91).

Missing his personal best time by a tenth of a second in the 50yd free was *Adam Thomas* finishing second.

In one of his other events, Adam dropped a ¼ of a second in the 100yd fly (2nd 1:12.58).

Andrew Warren finished 4th in the 100yd back and just missed his best time by a little more than a tenth of a second in the 100yd free.

USS Registration

All 2002 USS registration forms should be sent immediately upon joining the Stingrays.

Please contact your coach for further instructions before sending in your registration to the Santa Barbara office.

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.

Included in the \$31 per year fee is the bi-monthly “Splash” magazine, a high quality four-color magazine.

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.

As the Flip Turns

with Judi Terhar

The Christmas Concert in Sun Valley, December 21, is something to look forward to during the holidays.

Eighteen people from the Stingrays were in attendance along with my dad, neice, and nephew. Former Pierce College pool manager, Eldin Onsgard, was also there with a party of four.

The people who play are from the church there but many of them play all over the world.

Christopher Parkening, a classical guitarist, is considered to be the best in the world.

The soloist sang God Bless America for the Super Bowl football game this year.

And the accomplishments of the others are numerous.

We also have a spring concert around the end of May or beginning of June. Glad people enjoyed themselves and there are many more where that comes from.

Team Roster

Swimmers should have their white team registration forms turned in immediately after joining the Stingrays.

The next new team roster will be available in February.

Newsletter Submissions

All ideas or submissions to the newsletter are welcome.

Please email the editor or leave a note in his folder at the pool.

Stingwear

Additional Stingray swimcaps are available for \$4 each. Please contact a coach or Trisha Commons.

If you have any suggestions for future orders ideas please contact Trisha.

2002 USS Swim Guides

Usually available for \$5 each at swim meets, there are a few extra copies of the 2002 U.S.S. Swim Guide available through Trisha Commons.