



Excellence in Swimming Since 1982



Redlands Swim Team

 **September, 2010** 

President's Message

As a new RST parent several years back, it was Dwayne Green that spent the time introducing and guiding me through the chaos that a home meet can seem to be. Fortunately the guided tour ended at Lani's snack bar. Fast forward several years and it was Dwayne again who guided me through the seeming chaos of running RST board meetings. This tour typically included great food at Leah's house. Over the last two years, Dwayne's presidency witnessed sweeping changes save one; RST's mission to work with youth in our community and empower them to become better athletes and people. It has been a job well done and worthy of many thanks. And I would be remiss not to thank Eddie, Leah, Billy and Kim for all their help on the Board too. But RST is a volunteer run non-profit organization and Board turnover is a constant. I'm confident that the new Board recently elected to run the team is equally resourceful and talented like the last board. We'll have to be. There are more changes ahead.

By now everyone should be aware our team is moving from an agility based structure to an age based structure. Coach Matt has put a tremendous amount of work into getting us to this point. We're behind him 100 percent. We understand there are going to be a few rough spots to work out. It isn't easy scheduling 300 plus athletes across three different pools. Add to that the loss of two great coaches, Caitlin and Emily, and the search for their replacements. This is a busy time and we know there will be many questions in the weeks to come. As a Board, we're here to help answer those questions and address whatever concerns may arise. Please feel free to contact any one of us. We're parents too. We have kids swimming. I'm convinced this is a great move for our kids and our team. I'm excited. The Board is excited.

Speaking of our new Board Stuart McHenry was elected as Vice President, Dwayne Green is Immediate Past-President, Wendall Corley will be our Treasurer, and Emily Spencer-Martinez continues on as Secretary. Brian Pry has agreed to mentor under Eddie as Chair of Meet Operations. Jennifer Rigsby and Kim Donnelly will lead Team Unity. Dennis Montano and Jennifer Braband are taking over the Swim-a-thon. The full board roster can be found on the web site and from there we will fill our other committees; apparel, banquet, media, winter warriors, etc. Thanks again to all past, present, and future Board members. We do what we do for the kids.

-Chris Doolittle

Head Coach's Message

Thank you to all the swimmers, parents, and coaches who helped make the RST Awards banquet a success. It was great to celebrate our successes as a team and to recognize the individual accomplishments of our swimmers. Congratulations to all the award winners!

I'd like to welcome three new coaches to our team: Denise Dabu, Mike Fernandez, and Brad Terwilliger.

Denise (Coach Michelle's older sister) had a successful swimming career with RST and UC Irvine (Go Anteaters!). Her experiences as an athlete and her coaching with the UCI Swim Camps will benefit our swimmers. Coach Denise will be working with the 11-12 Silver Group. Mike has been coaching with the Irvine Novaquatics for the past three and a half years. His experience and knowledge will be a great addition to our coaching staff. Coach Mike will be working with the 9-10 Silver Group. Brad was a standout swimmer at both RST and at Cal Baptist University. He has spent the last year coaching and swimming with RAA and we are excited to welcome him to our coaching staff. Coach Brad will be coaching our Senior Group.

Now that Long Course Season is over, we are focused on preparing for success in Short Course Season, beginning with the YST B/R/W meet on 9/24-9/26. Speaking of swim meets...Please be sure that your swimmer always competes in either an RST team suit or another red/black suit and an RST cap. This is one of the many ways we show that we are a team and that we support one another. If you would like to order an RST suit, please see the ***RST Suits and Apparel*** section under **IMPORTANT RST NEWS** below.

The changes we are making to our team structure will help us guide our swimmers to reach their potential. Remember that the transition from ability-based groups to age-based groups will take place on Mon, Sept 20.

Thanks and GO RST!

-Matt Osmond

Quote of the Month

“It’s the little things that are vital. Little things make big things happen.”

-Coach John Wooden

August Superstar Swimmers

The following swimmers were chosen by their coaches for their hard work, determination, and performance last month and will receive an RST Superstar Swimmer cap. Great job, swimmers and keep up the good work!

Seahorse I Group (Mon/Wed/Fri)
Seahorse II Group (Tues/Thurs/Fri)
C Group
C+ Group
B Group
B+ Group
Age Group
Senior Development
Senior Group

Nicole Longfellow
Gabriel Melendrez
Olivia Wilhide-James
Nicole Newman
Asher Williams
Billy Clifford
Marleigh Aulis
Demi Botello
Delaney Seeburger

Know Your Coaches

Which RST coach has a cousin that plays for the Swiss national broomball team and once had a pet llama? The first swimmer to send the correct response to Coach Matt at matthewrosmond@gmail.com will get a prize!

Congrats to last month's winner, [Izzy Hopkins](#), who knew that Coach Michelle is the youngest RST coach.

Swimmers' Corner

Would you rather do an open water race in the ocean or in a lake? Why?
Send a response to Coach Matt at matthewrosmond@gmail.com and it will be published in next month's newsletter.

Pictures of RST Swimmers



Renee Shanteler at the RST Swim-a-Thon in June.

If you have pictures from swim meets or practices that you'd like to include in the newsletter, please send them to Coach Matt at matthewrosmond@gmail.com.

Happy Birthday to You...

RST would like to wish a happy birthday to the following swimmers:

Kidd, Sarah Louise	F	09/01/01	8
Braband, Kaitlin R	F	09/02/97	12
Weissman, Alec B	M	09/02/98	11
Bishay, Paul S	M	09/06/00	9
Benveniste, Sydney R	F	09/06/00	9
Vo, Andrew P	M	09/10/98	11
Grange, Jacqueline M	F	09/11/97	12
Hassen, Yousef K	M	09/12/01	8
Devera, Elijah cruz	M	09/12/01	8
Cochran, Casey Steve	M	09/12/94	15
Newman, Nicole S	F	09/12/98	11
Finger, Alicia P	F	09/13/95	14
Khalil, Andrew C	M	09/13/98	11
Ryan, Marcia P	F	09/14/95	14
Mejia, Keezia Alexine B	F	09/14/96	13
Lebek, Isabella	F	09/15/00	9
Jacobson, Maya E	F	09/17/00	9
Bernholtz, Clayton L	M	09/17/97	12
Moynihan, Johannah E	F	09/19/00	9
Corns, Kerston T	F	09/19/99	10
Gusman, Nicholas S	M	09/20/93	16
Ghazal, Ashlyn Cate	F	09/20/95	14
Gonzales, Alexandria A	F	09/24/99	10
Castillo, Belen M	F	09/27/95	14
Kristoffersen, Alexander A	M	09/28/00	9
Green, Savannah Ashlee	F	09/29/03	6
Hein, Etienne R	M	09/29/99	10
Ngo, Xuan Ha J	F	09/30/99	10

If you birthday was not listed above, please email Coach Matt at matthewrosmond@gmail.com and let him know.

Important RST News

2010-11 Short Course Season Goals-The following goals were developed by the coaching staff and approved by the Board of Directors:

1. RST swimmers will establish appropriate personal goals to guide their training and performance.

2. RST swimmers will improve form and technique as measured by a decrease in the number of DQ's.
3. RST swimmers will improve their times as measured by movement from one time standard to the next.
4. RST will hold a team activity to build team unity and develop relationships within our organization.
5. RST coaches, swimmers, and parents will communicate more effectively by holding team meetings at swim meets, including group information in the newsletter, and holding periodic parent meetings.

La Jolla Rough Water Swim-Good luck to everyone competing in the La Jolla Rough Water Swim on Sun, Sept 12!

Swim-a-thon Bowling Party-Congrats to swimmers listed below for earning at least \$150 during the Swim-a-thon! They get to go to a bowling party with the coolest people on earth (the coaches) on Sat, Sept 18, from 1-3pm at Empire Bowl on Colton Ave. Two games of bowling, shoe rental, pizza, and drinks will be provided.

Victoria Andreas	Marleigh Aulis	Brooke Barris	Sydney Benveniste
Clayton Bernholtz	Kaitlin Braband	Megan Braband	Jacob Bulf
Mei Cai	Billy Clifford	Rebecca Cummins	Mary Davis
Nick Flemmington	Chad Gornay	Courtney Gray	Heather Heacock
Kyrellos Ibrahim	Mikayla Jean	Nathan Ketcheside	Andrew Khalil
Hanna Landry	Hannah Lewis	Lexy McHenry	Alexa Melara
Sarah Meza	Landon Montano	Maddie Montano	Johannah Moynihan
Ethan Neal	Collin Neal	Rachel Nyiradi	Johnny Perez
Daniel Pry	Libby Pry	Nicola Proctor	Emily Rigsby
Ryan Scanlan	Leia Schramm	Lauren Scott	Hannah Seifert
Renee Shanteler	Aurora Simon	Jack Stewart	Robert Tooke
Kenny Utapiroomsuk	Alex Zak	Elke Zak	Sarah Doolittle
Miles Corley	Tanya Malik	Erin Doolittle	Emma Martinez-Spencer
Isabella Martinez-Spencer			

Show Your RST Spirit-Show your team spirit by wearing your favorite RST shirt to school and/or work on the last Thursday of each month. When you see a teammate wearing their shirt tell them how GREAT they look!

Used RST Parka For Sale-If you would like to purchase a used RST parka (size medium) at a VERY discounted rate, contact Coach Matt at matthewrosmond@gmail.com.

RST Suits and Apparel-Becky McHenry will be handling the RST Apparel this year. She plans on bringing the apparel online within the next few weeks for easier ordering. If there is an immediate need for RST suits please contact her directly via email at: butterflyersrock@gmail.com or on the pool deck at REV. She also has a few clearance swimsuits for boys and will be bringing them to REV the next few nights.

Important Dates

Date:	Time:	Event:	Location:
Sept 6	all day	HAPPY LABOR DAY (Yes-We have practice.)	RHS/REV
Sept 12	all morning	La Jolla Rough Water Swim	La Jolla Cove
Sept 18	1-3pm	Swim-a-Thon Bowling Party*	Empire Bowl
		*For swimmers who raised at least \$150. See list under <u>Important RST News</u> above.	
Sept 20	practice times	Transition to Age-Based Groups *Support your team by wearing your favorite RST shirt to school or work. When you see your teammates wearing their shirts...tell them how GREAT they look!	RHS/REV/CVHS
Sept 24-26	all day	YST B/R/W Meet	Yucaipa
Sept 30	all day	Wear an RST Shirt to School/Work Day	School/Work

[News for Swim Parents from the American Swim Coaches Association \(ASCA\)](#)

The following article is provided for you by ASCA and will provide you with valuable info about how to improve your swimmers' overall experience in competitive swimming:

Developing Swimmers Progressively

We develop our swimmers progressively with great patience. Winning is not an issue with our younger age groups. We want swimmers to be their best in their later teen and college age years. We spend the majority of time with our youngest swimmers developing technique, some time developing endurance, and very little time developing speed. As swimmers become older and more skilled we increase the amount of endurance work, continue to develop technique, and introduce "race preparation." Racing preparation means learning how to race more than it means high volumes of quality speed work. At older ages and higher levels of skill the emphasis is on racing speed and competition while continuing to build long term endurance and continuing to refine technique and race strategy.

On the mental side we want the swimmers to learn to take responsibility for their own performance and to learn the importance and the thrill of meeting challenges straight forward. We also teach swimmers to; learn to read a pace clock and understand time relationships; learn about setting goals and the relationship between work and achieving goals; learn that everyone on the team contributes to each other's performance; and learn a sense of control in pacing swims, sets, and practices. Control allows for the highest levels of work without counterproductive out of control struggling. We feel this learned sense of control is applicable to other areas of life as well.

[RST Board of Directors and Contacts](#)

Name:	Position:	Email:
Chris Doolittle	President	doolittle_redlands@verizon.net
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Resources

RST Website:

www.redlandsswimteam.org

Southern California Swimming Website:

www.socalswim.org

USA Swimming Website:

www.usaswimming.org