

Miramonte High School

Swimming & Diving 2025



"The welfare of each is bound up in the welfare of all." Helen Keller

MATS PRIDE

Welcome to Miramonte High School Swimming 2025

The coaching staff would like to welcome everyone to the 2025 Miramonte Swim & Dive Season! We are excited to begin working with the returning swimmers and to meet those who will be joining the team for the first year. High school teams and athletic programs can and should be an important part of everyone's life. To make it a positive experience simply requires a commitment by everyone. We ask for a commitment to the school, the program, the coaching staff, and everyone else on the team. We believe without question that we have the ingredients to make this a special year. We have a talented, committed, and caring coaching staff, great team captains, an unparalleled parent group, and *you*! We hope that this is a fulfilling year for all of you, in many ways.

Whether you are a rec swimmer, a year-round swimmer, or primarily a water polo player, at Miramonte we all come together with a common objective and a common commitment. It is our clear objective to create the best team, and the best team environment, in North Coast or anywhere for that matter. Through discipline, commitment, integrity, and spirit, this is not only possible but has yielded great results for many years. And Miramonte has set the standard in this regard. In the past four decades, Miramonte has placed in the top three in the nationally competitive North Coast Section forty times and has won ten NCS championships.

We are fortunate to have coaches Jason Lammert and Morgan Leishman back coaching once again. Jason has a strong history of swimming in the community. Growing up in Orinda, Jason swam rec for Sleepy Hollow, and is a former Mats Swim Captain. Morgan Leishman, JV Coach and Miramonte English teacher, is a former Mills College swimmer, coach at Head Royce and Orinda Country Club.

The workout schedule will be similar to past years. Our dual meet schedule will be against Diablo Athletic League (DAL) Foothill Division schools. We are excited to share that the Mission Viejo Invitational tradition (a March weekend tournament in Los Angeles for about 40 swimmers) is on once again. Workout and meet schedules are available from the website.

Miramonte Swimming is very rich with tradition and success. There is unquestionably a sense of pride in being a part of this program. It is crucial to understand that what was created in the past took many years of hard work by many people and it is up to us to continue the tradition. The emphasis of the program will be building success through integrity and teamwork. Swimmers considering participating on the team must be fully committed to this process and meet the attendance and behavior expectations.

Trevor

Miramonte Swimming should represent to the community and to the nation, the highest ideals of athletics, academics, and integrity.

To achieve such lofty standards, one must appreciate and embrace academics, work ethic, discipline, humility, and compassion. And on a daily basis live a life of positive and productive social and personal choices.

The following is an email that came from Zoe Zebetian (a sophomore at Boston College at the time). Zoe is a Mats Swimming graduate who rose from JV to become a team captain. She wrote this as a reflection on her experience as an athlete and teammate, and could not have been more eloquent in her writing.

“...I believe there was more than a handful of times during my four years on Mats swim where I did NOT want to go to swim practice. I would dread it all day long—not because I didn’t love swimming or the team, but because I was physically and emotionally exhausted. I think a lot of the time I doubted myself and my ability to work through even the most difficult workouts, and I would want to give up before I had even begun. I remember sitting in APUSH sixth period Junior year and telling my classmates, “Ugh, I do NOT want to go to practice today, I’m so tired.”

Of course, I’d go to practice. And I’d do my best to have a positive attitude too, because I truly agreed with the values and lessons you instilled within all of us. I wanted to push myself, *I wanted to be a good teammate, and I wanted to be a leader*. But what I didn’t realize back then was how much I would miss swim practice—not the big meets or the Millie’s breakfasts or the team dinners, which were obviously going to be missed by everyone—but the day-to-day, grueling practices that made you want to stop on the wall and “fix” your goggles or “stretch”. I genuinely miss those and wish that I hadn’t feared them so much when I was on the team.

Currently, I workout almost every day of the week. I am pretty good about pushing myself to become physically stronger but working out will never feel like a sports practice. Every day I miss seeing a deck full of kids in their swimsuits, I miss having a 5:30AM workout and a meet that same day after school, and I miss having to tell my friends I’ll meet up with them once practice ends. Back then, I would never have guessed I’d miss those things the way I do now. I loved the team, and I was ecstatic about the days we spent more time laughing than swimming. But I resented the days when my arms and legs ached, when I was sick but still felt obligated to swim, when I had a huge test the following day but showed up to practice anyway. I wish I had appreciated those practices—more specifically I wish I had appreciated my level of commitment to an exercise, a team, and a set of values that I acquired from partaking in high school sports, namely Miramonte Swimming. I took for granted my dedication to and responsibility for showing up to a strenuous workout—one where I would have to physically and mentally exert myself for two hours even if that’s the last thing I wanted to do. Why would I have to do that? Because my coaches and teammates depended on me and held me accountable.

Now, I hold myself accountable: I show up to the gym for myself. But I miss showing up for other people, like you and Trevor and Caitlin and Grayson. I miss finishing a set, looking up, being given another set, and hearing a mixture of groaning and laughter from the team. In swim practice, when I would want to give up, I knew I couldn’t. I knew if Emily wasn’t giving up, and Callan wasn’t giving up, I wasn’t going to give up. I miss that. I miss setting my alarm for 4:45AM and knowing that the Snooze button wasn’t an option. I miss being put in the 100 fly and 100 free back-to-back at a swim meet and knowing that I’d have to swim both with a smile. I miss having a team, and I remember you sitting us down one day before a tough practice and saying, “One day you’re going to miss having a high school sports team.” Well, you were right!



Mats Swimming History

- Success – in the past four decades: 10 NCS Championships and 40 top 3 finishes
- Parent support – a leadership group that is second to none
- Coaching longevity – Trevor, 19 years; Jason and Morgan back again!
- Mats Pride – a culture of spirit, integrity, humility, and support
- Impeccable (Captain) leadership

Swim and Team Communications

Information about swim team and registration can be found on the Miramonte Team Unify website at <https://www.teamunify.com/team/recmhssd/page/home>. Register early to receive important pre-season information about team suits, spirit wear, practice and meet schedules and weekly What's On Deck emails during the season.

Teams: Varsity and Junior Varsity

The varsity team is comprised of those swimmers who have the ability to train and compete at a highly competitive level. Generally, this will mean those swimmers with a strong USA Swimming background, swimmers from last year's varsity team, the strongest swimmers from last year's junior varsity team, and freshmen swimmers with strong summer recreational swimming experience and commitment. The varsity team will typically consist of 30 to 40 swimmers (with potentially more in the training group but competing with the JV team). A benchmark objective for swimmers in the Varsity group is the North Coast consideration qualifying time (in the back of this handbook). Swimmers at this level, with excellent attendance and attitude, will most likely be in the group.

Swimmers may train with the Varsity group but compete at the Junior Varsity level. Participation on the Varsity team and in the varsity workout will be determined by the coaches over the first few weeks of training and will be subject to change as the season evolves. Swimmers competing at the Varsity level will be required to "shave down" at their Championship meet.

The junior varsity team will consist of the next 40-50 swimmers in ability that are willing to make the commitment to train. *A junior varsity swimmer may be moved to the varsity team at any time during the season if that swimmer demonstrates ability or the potential to train with, and contribute to, the varsity team effort.* Participation on the Junior Varsity team and in the Junior Varsity workout will be determined by the coaches. Please note the five workout minimum requirement, as well as behavioral standards of arrival, team support, and meet commitment.

Please note: Swimmers must have a competitive background to be on the team.

Commitment/Attendance

Swimming is a "training intensive" sport and the high school season is relatively short in terms of preparing to compete at a high level in events from the 50 to the 500 yard distance. Those competing in other sports, will be expected to place swimming as their top priority during the season. As a member of the MHS Swimming Team you will be expected to make the required workouts, participate in meets, and attend meetings and activities. If missing practice or arriving late becomes a habit, you will be asked to leave the team.

Swimmers must prioritize their time properly so that they can do their homework and class projects without missing practice. This can be done. Disciplined athletes generally do better academically. Swimmers will be excused for academic trips and conflicts but not for homework.

- ☐ If you have other regular commitments, please bring Coach Trevor a printed copy of your schedule.
- ☐ *Morning workout will not be cancelled for a meet.*
- ☐ If you are sick but able to go to school (cold, etc.) you will be expected to be at workout. Your coach will design a dry land workout for you if you are not able to get into the pool.
- ☐ If you become ill and cannot make a meet, please contact your coach so that changes in the meet line-up may be made prior to the meet.
- ☐ If you must miss a workout, speak to your coach **BEFORE** you miss the workout and plan to make up the workout.
- ☐ Those swimming with year-round club teams will be required to attend workouts twice a week, in addition to all meetings and activities. Five workouts a week is the minimum to maintain meet eligibility. Meets do count toward the requirement. Please discuss with Trevor if you're participating in club sports and need to establish an alternative schedule.

Training Schedule

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
AM		6:30 – 7:45		6:30 – 7:45	
PM	3:30 – 5:30	3:30 – 5:30	3:30 – 5:30	3:30 – 5:30	workout or meet

Afternoon practices start February 10. AM workout begins February 25. AM workouts are for both JV and Varsity.

Year-round swimmers will be required to attend twice a week in addition to all meetings/activities.

4 workouts a week is the minimum to maintain meet eligibility. Please discuss with Trevor if you're participating in club sports and need to establish an alternative schedule.

Varsity will be excused early for home meets to set up.

You will not be allowed to enter the water until you have completed the Miramonte Athletic Clearance form and swim safety evaluation. There will be no exceptions.

Items to have with you daily

MHS Team Caps

The team trains in team caps only. Please make sure you have a team cap with you at workout. Additionally, Team caps and team suits are mandatory for meets.

Meet requirements for all: Team attire, team suit, team cap. Note: swimmers will not compete if they are not in team attire.

Training Program/Workout Overview

Arriving on time is mandatory.

Workout Plan

- Pull covers (oversight by captains)
- Training yardage (including warm-up set)
 - Morning 4,000-5,000 yards
 - Afternoon 4,000-6,000 yards

Training Themes will include:

Light aerobic, technique, threshold, speed/anaerobic, pace and stroke rate, IM/all-stroke, kicking/core, hypoxic/underwater speed

Dry Land

The emphasis will be core body strength, flexibility, and injury prevention. Dryland will occur as time permits.

Meet Overview

Events (in order)

200 yard Medley

Relay 200 yard

Freestyle

200 yard Individual Medley (JV is 100 yard

IM) 50 yard Freestyle

Break (team meeting/cheer)

100 yard Butterfly (JV is 50 yard

Butterfly) 100 yard Freestyle

500 yard Freestyle

200 yard Freestyle

Relay 100 yard

Backstroke

100 yard Breaststroke

400 yard Freestyle

Relay

Progression through each event is: JV Girls, JV Boys, Varsity Girls, Varsity Boys

Entries are limited to three to four swimmers for each event (depending on the pool size). Some meets will allow a second heat. Each individual may swim a maximum of four events, no more than two of which may be individual events.

Rules: USA Swimming/Rec. vs. High School

The Start: Requires *at least one foot must be forward with toes over the edge of the block* prior to the "take your mark" command.

Backstroke Turn: *After initiation of the turning action (passing vertical), no additional arm pull may be taken; however kicking and gliding are permitted.*

USA Swimmers must enter "UNATTACHED" in USA Swimming meets once they compete in a high school meet (the penalty is severe)

Meet Timetable

Meets at Home:

2:10 pm	Varsity team out of class (may stay in class if needed)
2:20 pm	Team captain's direct pool set up by varsity team
2:50 pm	Varsity team warm up in the pool
3:15 pm	JV team warm up
3:15 pm	Visiting team warm up (at the other end)
3:35 pm	Team meeting/team cheer led by captains
4:00 pm	Meet starts
6:30 pm	Meet concludes

At the conclusion of each meet there will be a **mandatory** team meeting, team clean up, and covering the pool (at home meets).

All MHS Swim Team members are to remain at the pool in your suit until the completion of the men's 400 free relay. As with ANY sport, remaining until the end of the competition is critical to the team process. We ask that parents support this policy. *Captains will organize take-down and clean-up.*

Away Meets: For directions to the pools, please check the website.

Acalanes school district regulations require all team members to ride the bus to and from the meet. A swimmer may go home from the meet with his or her parent only if a request has been submitted to the office in advance.

2:00 Varsity and JV teams out of class. Meet at bus circle.

Time may vary slightly depending on meet location. Exact time team is out of school will be announced at workout the day before the meet.

2:15	Bus leaves Miramonte
3:00	Varsity warm up
	JV warm up (may warm up at same time as varsity, space permitting)
3:35	Team meeting and cheer
4:00	Meet begins
6:30	Meet ends, bus home to MHS
7:15	Arrive at MHS (approximately)

The meet process –

- ☐ Race
- ☐ Recover
- ☐ Cheer (see below)



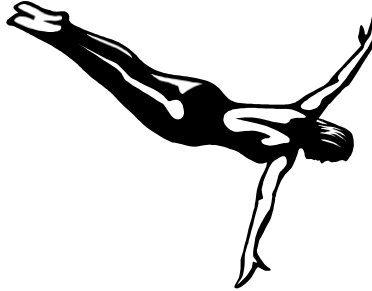
“Don’t wait for leaders. Do it alone, person to person.”

Mother Teresa

“Strong lives are motivated and driven by dynamic purpose.”

Kenneth Hildebrand

Divers Wanted!



High School Diving 2025

Interested in Participating in Diving This Spring Season?

Previous diving experience is not required - beginners are welcome - no pre-requisites.

Diving is a very safe and fun sport that will challenge and test you every time. However, NO EXPERIENCE is necessary to start. We are looking for students willing to jump in the air with a bit of abandon! You will learn and experience for yourself the art, power, and grace of springboard diving. [Read more here.](#)

Interested? Please contact Coach Trevor at mvpcoachtrevor@gmail.com. Please provide your:

1. Full Name
2. Mobile Number
3. Email
4. School
5. Grade

Goal Setting: Team and Individual

Our objective as a team clearly and simply is to be the best overall team in North Coast Section, or anywhere for that matter. We believe we have the ingredients to make this happen. We also believe that individual goals and personal achievement will come out of an extraordinary team environment. You should identify your individual goals, whether they are certain times, mastering a new stroke or event, or something other than these. The coaches will talk to you about your goals and what you need to do to accomplish them. Swimmers may be swimming new and longer events than they are used to, and will need to understand and develop pacing, endurance, turn and underwater technique, and efficiency.

Sample Goals

- ☐ *Be a dedicated and positive influence on this team*
- ☐ *Make every workout and be a leader in the pool*
- ☐ Improve previous best time – during the season
- ☐ Score at the DAL Meet. Score at NCS.
- ☐ NCS Consideration – during the season
- ☐ NCS Automatic – during the season
- ☐ Achieve an All-American time standard
- ☐ Qualify for the State meet
- ☐ MHS Top 10
- ☐ Be an Academic All-American (Seniors with an overall GPA of 3.75)
- ☐ Achieve Division 1 Water Polo competitive times for men and women

Rules of Conduct

There are rules of conduct developed by the Acalanes Union School District regarding behavior of athletes. It is our expectation that you will conduct yourself in an impeccable, team-oriented manner that will make everyone associated with this program, and its tradition, proud. [There will be no tolerance for disrespectful behavior.](#)

No form of hazing will be tolerated. Any attempt to intimidate another for one's ego or insecurity is not only hurtful to the individual, but weakens the strength and cohesion of the team.

Team Captains - Varsity

We are fortunate to have a great group of team captains. These individuals have been leaders in the water and in the classroom, have extensive experience at the rec, USS, and water polo levels and will be great role models to guide this team. Please use them as a resource.

Women: Audrina Kang, Alison Sagara, Ashley Williams
Men: Sean Cunningham, Laird Delbridge, Patrick Stice

Varsity Letter Award Requirements

All of the following will be taken into consideration by the coaching staff in determining the awarding of a varsity letter in swimming:

- ☐ Must train with the varsity team.
- ☐ Must demonstrate commitment to train.
- ☐ Must attend scheduled workouts.
- ☐ Must compete consistently in varsity meets.
- ☐ Must compete in, and shave down for, the Championship Meets.
- ☐ Must demonstrate commitment to the team effort.
- ☐ Accomplish an NCS consideration time.



A sincere thank you to our parent committee below and to all Mats parents and families for your support throughout the season.
The coaches and swimmers greatly appreciate all that you do.

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|---|--|
| <ul style="list-style-type: none">• Registration (Lexy Stice)• Treasurer (Helen Kang)• Team Apparel (Ali Drasin)• Events (Sarah Cunningham/
Kellie Williams) | <ul style="list-style-type: none">• Communications (Libby Sagara)• Volunteers (Janey McWhorter)• Computer/Desk (Peter Cole)• Mission Viejo (Sara Edwards)• Boosters (Deb Hearey) |
|---|--|



MHS Swimming Coaching Staff 2025

Trevor Rose, Head Coach: cell: 530-400-3128, MVPcoachtrevor@yahoo.com

Trevor Rose returns for his 19th season at Miramonte, and his second as head coach. Trevor has been instrumental in the development of numerous NCS finalists and All Americans. He had an extraordinary career in the OMPA as a swimmer at Orinda Park Pool and was a four-year varsity swimmer for Miramonte and a Team Captain. Trevor is a graduate of UC Davis where he played water polo. Trevor is a former Head Coach of Orinda Park Pool, Campolindo Cabana Club, and Miramonte rec, and is in his twelfth year as the Head Coach and Aquatics Director of Moraga Valley Pool. Under Trevor's tenure and leadership, MVP has grown tremendously and has seen exceptional performance as the team is challenging the top teams in the OMPA. Trevor also has extensive experience coaching water polo both at Miramonte and with Lamorinda, and is currently the Head Women's Water Coach at Las Positas College in Livermore.

Morgan Leishman, Junior Varsity Coach

Morgan, a Miramonte English teacher, is joining us again as coach this year. Swimming for Mills College after growing up swimming age group, her love for backstroke has been a constant. Morgan has been a long time swim fan via coaching as she moves to Miramonte from 8 years at Head-Royce High School, and 6 years at Orinda Country Club. She is excited to dive right in!

Jason Lammert, Coach

Jason Lammert has a strong history of swimming in the community. Growing up in Orinda, Jason swam rec for Sleepy Hollow, and is a former Mats Swim Captain. He is the current record holder in the 200 Medley Relay, and swam at Pomona College in Southern California. Jason is employed full-time by Morgan Stanley Private Wealth Management, and we're thrilled to have him!

NORTH COAST SECTION, CIF SWIMMING & DIVING 2025 AUTOMATIC & CONSIDERATION TIMES/SCORES

EVENT #	EVENT NAME	AUTOMATIC	CONSIDERATION
Event 1	Girls 1 Mtr. Diving	330	270
Event 2	Boys 1 Mtr. Diving	280	230
Event 3	Girls 200 Medley Relay	1:55.07	2:04.99
Event 4	Boys 200 Medley Relay	1:38.06	1:52.99
Event 5	Girls 200 Free	1:56.17	2:05.99
Event 6	Boys 200 Free	1:43.54	1:51.11
Event 7	Girls 200 IM	2:12.78	2:21.55
Event 8	Boys 200 IM	1:56.98	2:06.99
Event 9	Girls 50 Free	24.27	25.66
Event 10	Boys 50 Free	21.59	22.66
Event 11	Girls 100 Fly	58.44	1:02.99
Event 12	Boys 100 Fly	51.91	55.88
Event 13	Girls 100 Free	53.26	57.99
Event 14	Boys 100 Free	47.38	49.77
Event 15	Girls 500 Free	5:17.51	5:34.99
Event 16	Boys 500 Free	4:44.21	5:05.99
Event 17	Girls 200 Free Relay	1:42.78	1:52.99
Event 18	Boys 200 Free Relay	1:29.00	1:39.99
Event 19	Girls 100 Back	59.50	1:04.99
Event 20	Boys 100 Back	52.82	57.99
Event 21	Girls 100 Breast	1:06.87	1:12.99
Event 22	Boys 100 Breast	58.99	1:03.55
Event 23	Girls 400 Free Relay	3:48.09	4:11.55
Event 24	Boys 400 Free Relay	3:17.62	3:38.55
Event 25	Girls Paralympic 100 Free	NT	NT
Event 26	Boys Paralympic 100 Free	NT	NT
Event 27	Girls Paralympic 50 Free	NT	NT
Event 28	Boys Paralympic 50 Free	NT	NT

*Times/Scores subject to change REV:
05/28/2024

Only the top forty qualifiers are accepted. Each team is limited to four entries.

National Interscholastic Swimming Coaches Association



Academic All-American Award

To qualify for this award, you must: (A) have a minimum GPA of **3.750** on a 4-point scale, or 93.7500% of the grade scale your school uses for 7 semesters/11 trimesters. GPA may not be rounded up. (Your school's grade scale is determined by the point value awarded a regular, non-weighted "A"; examples are listed on the back of the application); (B) be a graduating senior; (C) have lettered in your high school program (swimming, diving, or water polo) your senior year. A copy of your transcript is required.

MIRAMONTE GIRLS TOP 10

50 Freestyle

NCS Record-22.49

1	Sophia Kosturos	23.05	2018	All-American
2	Amy Thurman	23.29	2002	All-American
3	Marcie Fuller	23.56	1986	All-American
4	Tali Stryker	23.74	2024	
5	Sierra Robbins	23.85	2009	All-American
6	Erin Schoenfeld	23.86	2013	
7	Katrina Drake	23.94	2018	
8	Katie Lyons	23.94	2017	
9	Katherine Mitchell	23.95	2000	All-American
10	Meredith White	23.97	2009	All-American

100 Backstroke

NCS Record-52.86

1	Sophia Kosturos	52.92	2019	All-American
2	Margaux McDonald	54.78	2019	All-American
3	Heather White	55.76	2006	
4	Sierra Robbins	58.36	2011	
5	Kristen Hong	58.49	2014	
6	Melanie Moran	58.95	2015	
7	Megan Schussman	59.03	2014	
8	Erin Schoenfeld	59.23	2013	
9	Hope Thurman	59.29	2004	
10	Megan Kelly	59.30	2002	

100 Freestyle

NCS Record-48.62

1	Sophia Kosturos	49.03	2019	All-American
2	Amy Thurman	50.67	2002	All-American
3	Katrina Drake	50.86	2018	All-American
4	Marcie Fuller	51.06	1986	All-American
5	Elyse Corwin	51.37	1999	All-American
6	Pia Westeson	51.46	1990	All-American
7	Alexis Lyon	51.64	1997	All-American
8	Hope Thurman	51.71	2005	All-American
9	Tali Stryker	52.03	2024	
10	Katherine Mitchell	52.04	2000	Hon. Mention

100 Breaststroke

NCS Record-58.75

1	M.C. Schillinger	1:01.12	2015	All-American
2	Amy Thurman	1:03.87	2000	All-American
3	Elaine Weigand	1:05.23	1986	All-American
4	Heather White	1:05.59	2006	
5	Sophie Lurie	1:05.86	2019	
6	Megan Howard	1:05.94	2013	
7	Shelly Caron	1:05.94	2011	
8	Megan Freeman	1:06.00	2012	
9	Allison Light	1:06.22	2012	
10	Maren McDonald	1:06.46	2021	

200 Freestyle

NCS Record-1:44.45

1	Katrina Drake	1:50.47	2018	All-American
2	Alexis Lyon	1:50.56	1997	All-American
3	Elyse Corwin	1:50.85	1999	All-American
4	Hope Thurman	1:51.26	2005	All-American
5	Katherine Mitchell	1:52.32	1998	Hon. Mention
6	Rosalie Hassett	1:52.65	2024	
7	Marisa Chang	1:52.83	2005	All-American
8	Amy Thurman	1:53.13	2002	
9	Meghan McAninch	1:53.71	2021	
10	Elaine Weigand	1:54.19	1987	

100 Fly

NCS Record-52.15

1	Sophia Kosturos	53.56	2019	All-American
2	Pia Westeson	55.88	1990	All-American
3	Marisa Chang	56.40	2005	All-American
4	Marg. McDonald	56.67	2018	
5	Annie Larsen	56.68	2012	
6	Jennifer Haase	56.97	1987	All-American
7	Katie Ure	57.03	2005	All-American
8	Erin Schoenfeld	57.47	2013	
9	Meghan McAninch	57.53	2022	
10	Hope Thurman	57.71	2005	

500 Freestyle

NCS Record-4:38.05

1	Heather White	4:56.74	2003	All-American
2	Annie Larsen	4:58.35	2013	
3	Rosalie Hassett	5:00.55	2024	
4	Elaine Weigand	5:03.57	1987	
5	Alexis Lyon	5:05.41	1997	
6	Cathy Crooks	5:06.16	1990	
7	Katherine Mitchell	5:06.21	1999	
8	Hope Thurman	5:06.64	2005	
9	Emily Wecht	5:07.70	1998	
10	Maya Supran	5:11.20	2018	

200 IM

NCS Record-1:56.17

1	Heather White	2:01.98	2006	All-American
2	Margaux McDonald	2:02.20	2019	All-American
3	MC Schillinger	2:03.74	2015	All-American
4	Amy Thurman	2:05.69	2002	All-American
5	Pia Westeson	2:05.74	1990	All-American
6	Sophia Kosturos	2:05.92	2017	
7	Megan Kelly	2:06.39	2000	Hon. Mention
8	Annie Larsen	2:06.89	2012	
9	Megan Howard	2:08.08	2013	
10	Brooke Woodward	2:08.23	2012	

MIRAMONTE RELAY TOP 10

200 Medley Relay

NCS Record-1:40.73 (National Record)

1	Sophia Kosturos, Margaux McDonald, Katie Lyons, Eloise Engs	1:44.03	2019	All-American
2	Kristen Hong, MC Schillinger, Annie Larsen, Elise Goetzl	1:45.36	2014	All-American
3	Erin Schoenfeld, MC Schillinger, Annie Larsen, Elise Goetzl	1:46.24	2013	All-American
4	Heather White, Jessica Ivry, Marisa Chang, Amy Thurman	1:46.53	2003	All-American
5	Emily Byrne, MC Schillinger, Melanie Moran, Audrey Chang	1:46.87	2015	All-American
6	Sierra Robbins, Shelly Caron, Sam Swinton, Erin Schoenfeld	1:47.60	2011	AA Consideration
7	Heather White, Lindsay Schonborn, Marisa Chang, Hope Thurman	1:47.90	2004	All-American
8	Lindsay Hemming, Sophie Lurie, Margaux McDonald, Carson Broad	1:47.49	2018	
9	Heather White, Kate O'Neill, Katie Ure, Hope Thurman	1:48.06	2006	
10	Megan Howard, Megan Freeman, Annie Larson, Elise Goetzl	1:48.10	2012	AA Consideration

200 Free Relay

NCS Record-1:33.28

1	Katrina Drake, Katie Lyons, Eloise Engs, Sophia Kosturos	1:35.03	2018	
2	Audrey Chang, Katie Lyons, Katrina Drake, Sophia Kosturos	1:35.15	2016	All-American
3	Sophia Kosturos, Katie Lyons, Eloise Engs, Carson Broad	1:36.59	2017	
4	Erin Schoenfeld, Elise G, Kristen H, Megan Howard	1:36.75	2013	All-American
5	Sierra Robbins, Meredith White, Jenna Haufler, Brooke Woodward	1:36.82	2009	All-American
6	Elise Goetzl, MC Schillinger, Sofia Marinac, Kristen Hong	1:36.86	2014	All-American
7	MC Schillinger, Audrey Chang, Katrina Drake, Kylie Morrison	1:36.88	2015	All-American
8	Hope Thurman, Marisa Chang, Sheeva Ghanbari, Heather White	1:36.94	2005	All-American
9	Jenna Haufler, Erin Schoenfeld, Elise Goetzl, Megan Howard	1:37.01	2012	AA Consideration
10	Katherine Mitchell, Megan Kelly, Elyse Corwin, Amy Thurman	1:37.12	2000	All-American

400 Free Relay

NCS Record-3:20.42

1	Sophia Kosturos, Eloise Engs, Katie Lyons, Margaux McDonald	3:25.21	2019	All-American
2	Katrina Drake, Eloise Engs, Margaux McDonald, Sophia Kosturos	3:25.55	2018	All-American
3	Katie Lyons, Katrina Drake, Eloise Engs, Sophia Kosturos	3:28.61	2017	All-American
4	Amy Thurman, Megan Kelly, Elyse Corwin, Katherine Mitchell	3:29.32	2000	All-American
5	Elyse Corwin, Kathrine Mitchell, Suzy Bagg Alexis Lyon	3:29.35	1997	All- American
6	Audrey Chang, Katrina Drake, Eloise Engs, Sophia Kosturos	3:29.74	2016	
7	Hope Thurman, Heather White, Katie Ure, Marisa Chang	3:29.86	2005	All-American
8	Amy Thurman, Hope Thurman, Lauren Sanguinetti, Heather White	3:30.15	2003	All-American
9	Heather White, Katie Ure, Kendall Weikert, Hope Thurman	3:30.74	2006	All-American
10	Jenny Lyons, Megan Kelly, Elyse Corwin, Katherine Mitchell	3:33.33	1999	All- American

MIRAMONTE BOYS TOP 10

50 Free

NCS Record-20.12

1	Tennyson May	20.72	2012	All-American
2	Gabe Ostler	20.80	2014	All-American
3	Matt Lyon	20.99	2002	All-American
4	Andrew Stoddard	21.06	1998	All- American
5	Tyler Abramson	21.12	2017	
6	Max Parrague	21.15	2007	All-American
7	Logan Gunn	21.19	2024	
8	Dan Kahl	21.28	1981	All- American
9	Matt LaCounte	21.37	1997	Hon. Mention
10	J. Unruh/G. Kurtz	23.39	05/24	

100 Backstroke

NCS Record-46.73

1	Albert Miao	50.53	2013	AAConsideration
2	Sean Haufler	51.56	2009	All-American
3	Will Clark	51.70	2018	
4	Aaron Dennis	51.78	1991	All- American
5	Eric Kaufmann	51.97	1981	All- American
5	Jordan Hoover	52.17	2015	
7	Dax Sherwood	52.43	2022	
8	Sean Joy	52.46	1996	
9	Nick Deaver	52.46	2009	All-American
10	Andrew Dennis	52.58	1994	

100 Free

NCS Record-43.81

1	Gabe Ostler	45.00	2014	All-American
2	Matt Lyon	45.50	2002	All-American
3	Tennyson May	45.73	2012	AAConsideration
4	Rick McNair	45.90	1987	All- American
5	Matt LaCounte	46.17	1987	All- American
6	Jackson Painter	46.32	2019	
7	Charlie Wiser	46.43	2012	
8	Joe Unruh	46.61	2005	All-American
9	Kirk Everist	46.64	1985	Hon. Mention
10	Max Parrague	46.67	2007	All-American

100 Breaststroke

NCS Record-53.39

1	Charlie Wiser	53.57	2013	Under Nat'l Rec
2	Peter Conte	57.09	1998	All- American
3	Jeff Franklin	57.30	1998	All- American
4	Christian Schillinger	57.86	2017	
5	John Larson	58.52	1984	All- American
6	Michael Gotelli	58.54	1992	Hon. Mention
7	Colin Keely	58.67	1987	All- American
8	Aleck Ryner	58.69	2009	All-American
9	Zach Paxton	58.70	2012	
10	Jamie Patrick	58.76	1989	Hon. Mention

200 Free

NCS Record-1:33.70

1	Bret Lathrope	1:40.72	2009	All-American
2	Kirk Everist	1:41.12	1985	All- American
3	Rick McNair	1:41.24	1987	All- American
4	Kyle Weikert	1:42.69	2012	
5	Jackson Painter	1:42.75	2019	
6	Steve Millham	1:43.24	1986	
7	Miles Kalbus	1:43.37	2014	
8	Chris Lathrop	1:43.40	1988	
9	Will Barber	1:43.44	2019	
10	Scott Wu	1:43.54	2015	

100 Fly

NCS Record-47.17

1	Aaron Dennis	49.79	1991	All- American
2	Nick Deaver	50.21	2010	All-American
3	John Rotticci	50.71	1978	All- American
4	Eric Kaufmann	51.36	1981	All- American
5	Neil Binnie	51.87	2017	
6	Sean Haufler	52.45	2007	
7	Tyler Abramson	52.53	2014	
8	Jason Lammert	52.56	2012	
9	Aaron Thies	52.83	1989	
10	Andrew Furtado	52.90	2013	

500 Free

NCS Record-4:17.17

1	Bret Lathrope	4:34.66	2009	All-American
2	Steve Millham	4:35.60	1986	All-American
3	Chris Lathrop	4:39.70	1998	
4	Will Barber	4:39.77	2019	
5	Kyle Weikert	4:39.97	2012	
6	Scott Wu	4:40.95	2015	
7	Kevin Wecht	4:41.51	2003	
8	Kris Kao	4:44.86	2005	
9	Cameron Hoyh	4:45.21	2013	
10	Nick Beck	4:45.42	2002	

200 IM

NCS Record-1:46.19

1	Charlie Wiser	1:49.62	2013	All-American
2	Albert Miao	1:51.94	2013	All-American
3	Will Clark	1:52.96	2018	
4	Sean Haufler	1:54.13	2009	All-American
5	Colin Keely	1:55.87	1986	
6	Kevin Wecht	1:56.06	2003	
7	John Rotticci	1:56.91	1978	Hon. Mention
8	Jordan Hoover	1:57.17	2015	
9	Carter Chan	1:57.49	2016	
10	Jason Kawasaki	1:57.58	2004	

MIRAMONTE RELAY TOP 10

200 Medley Relay

NCS Record-1:30.26

1	Albert Miao, Charlie Wiser, Jason Lammert, Gabe Ostler	1:32.56	2013	All-American
2	Robbie Fluegee, Charlie Wiser, Nick Deaver, Alec Ryner	1:34.13	2011	All-American
3	Albert Miao, Charlie Wiser, Jason Lammert, Gabe Ostler	1:34.44	2012	All-American
4	Tennyson May, Charlie Wiser, Nick Deaver, John Holland	1:34.74	2010	All-American
5	Will Clark, Christian Schillinger, Tyler Abramson, Justin Lammert	1:35.04	2017	
6	Sean Haufler, Aleck Ryner, Nick Deaver, John Holland	1:35.48	2009	All-American
7	Michael Paige, Michael Gotelli, Aaron Dennis, Marc Mische	1:35.93	1991	All- American
8	David Schurhoff, Jamie Patrick, Aaron Dennis, Eric Tarbell	1:35.98	1989	All- American
9	Carter Chan, Christian Schillinger, Tyler Abramson, Justin Lammert	1:36.09	2016	
10	Eric Kaufman, Dan Kahl, Jon Boone, John Robinson	1:36.97	1981	All- American

200 Free Relay

NCS Record-1:22.35

1	Tennyson May, Kevin Yee, Robbie Fluegge, Kyle Weikert	1:25.52	2012	All-American
2	Andrew Stoddard, Todd Van Horn, James Lathrop, Sean Joy	1:25.70	1996	All- American
3	Tyler Abramson, Justin Lammert, Eli O'Brien, Christian Schillinger	1:26.06	2017	
4	Andrew Stoddard, Chris Lathrop, Scott Nolan, Peter Conte	1:26.37	1998	All- American
5	Gabe Ostler, Trevor Whitsitt, Tyler Kirchberg, Nick Coufal	1:26.50	2014	AA Consideration
6	Andrew Dennis, Alan Tarbell, Chris Bollinger, David Donovan	1:26.67	1993	All- American
7	DJ Halliday, David Black, Reed Gallogly, Matt Lyon	1:26.93	2000	All-American
8	Bret Lathrope, Aleck Ryner, John Holland, James Perry	1:26.97	2009	All-American
9	Joe Unruh, Kyle Peterson, Max Parrague, Kris Kao	1:27.11	2005	All-American
10	Alan Tarbell, Brandon Petri, Andrew Dennis, Chris Bollinger	1:27.19	1992	All- American

400 Free Relay

NCS Record-2:59.00

1	Kyle Weikert, Albert Miao, Charlie Wiser, Tennyson May	3:05.67	2012	All-American
2	Gabe Ostler, Albert Miao, Miles, Kalbus, Charlie Wiser	3:05.75	2013	All-American
3	Rick McNair, Colin Keely, Paul Hail, Matt LaCounte	3:06.22	1987	All- American
4	Bret Lathrope, Sean Haufler, James Perry, Nick Deaver	3:08.59	2009	All-American
5	Gabe Ostler, Miles Kalbus, Tommy Larsen, Trevor Whitsitt	3:09.20	2014	AA Consideration
6	Alan Diercks, Rick McNair, Brain Bunch, Steve Millham	3:09.21	1986	All- American
7	Joe Unruh, Jon Behnke, Kris Kao, Kyle Peterson	3:09.25	2005	All-American
8	Bret Lathrope, Nathan Langer, James Perry, Nick Deaver	3:09.56	2009	
9	Leo Berkman, Jackson Painter, Will Barber, Will Clark	3:09.66	2018	
10	Jackson Painter, Will Barber, Blake Hoover, Cambell Strand	3:10.03	2019	



SWIMMING

GO MATS ON THREE!

GO MATS ON THREE!

You probably ask yourself, “What do I want?” Here’s a better question.

Mark Manson, January 01, 2016

“What do you want out of life?” You want to be happy and successful or something like that? A more interesting question, a question that perhaps you’ve never considered before, is what pain do you want in your life? What are you willing to struggle for? Because that seems to be a greater determinant of how our lives turn out.

Everybody wants to have an amazing job and financial independence—but not everyone wants to suffer through 60-hour work weeks, long commutes, obnoxious paperwork, to navigate arbitrary corporate hierarchies and the blasé confines of an infinite cubicle hell. People want to be rich without the risk, without the sacrifice, without the delayed gratification necessary to accumulate wealth.

Because happiness requires struggle. The positive is the side effect of handling the negative. You can only avoid negative experiences for so long before they come roaring back to life. At the core of all human behavior, our needs are more or less similar. Positive experience is easy to handle. It’s negative experience that we all, by definition, struggle with. Therefore, what we get out of life is not determined by the good feelings we desire but by what bad feelings we’re willing and able to sustain to get us to those good feelings.

What determines your success isn’t “What do you want to enjoy?” The question is, “What pain do you want to sustain?” The quality of your life is not determined by the quality of your positive experiences but the quality of your negative experiences. And to get good at dealing with negative experiences is to get good at dealing with life. Everybody wants something. And everybody wants something enough. They just aren’t aware of what it is they want, or rather, what they want “enough.” Because if you want the benefits of something in life, you have to also want the costs.

Sometimes I ask people, “How do you choose to suffer?” These people tilt their heads and look at me like I am crazy. But I ask because that tells me far more about you than your desires and fantasies. Because you have to choose something. You can’t have a pain-free life. And ultimately that’s the hard question that matters. Pleasure is an easy question. And pretty much all of us have similar answers. The more interesting question is the pain. What is the pain that you want to sustain? That answer will actually get you somewhere. It’s the question that can change your life. It’s what makes me me and you you. It’s what defines us and separates us and ultimately brings us together.

For most of my adolescence and young adulthood, I fantasized about being a musician — a rock star, in particular. Any badass guitar song I heard, I would always close my eyes and envision myself up on stage playing it to the screams of the crowd. The fantasizing continued up through college, even after I dropped out of music school and stopped playing seriously. But even then it was never a question of if I’d ever be up playing in front of screaming crowds, but when. First, I needed to finish school. Then, I needed to make money. Then, I needed to find the time. Then ... and then nothing. Despite fantasizing about this for over half of my life, the reality never came. And it took me a long time and a lot of negative experiences to finally figure out why: I didn’t actually want it. I was in love with the result—the image of me on stage, people cheering, me rocking out, pouring my heart into what I’m playing—but I wasn’t in love with the process. And because of that, I failed at it. Repeatedly. The daily drudgery of practicing, the logistics of finding a group and rehearsing, the pain of finding gigs and actually getting people to show up. The broken strings, the blown tube amp, hauling 40 pounds of gear to and from rehearsals with no car. It’s a mountain of a dream and a mile-high climb to the top. And what it took me a long time to discover is that I didn’t like to climb much. I just liked to imagine the top.

I wanted the reward and not the struggle. I wanted the result and not the process. I was in love not with the fight but only the victory. And life doesn’t work that way. Who you are is defined by the values you are willing to struggle for. People who enjoy the struggles of a gym are the ones who get in good shape. People who enjoy long workweeks and the politics of the corporate ladder are the ones who move up it. People who enjoy the stresses and uncertainty of the starving artist lifestyle are ultimately the ones who live it and make it. This is not a call for willpower or “grit.” This is not another admonishment of “no pain, no gain.” This is the most simple and basic component of life: our struggles determine our successes. *So choose your struggles wisely, my friend.*

Ten Thoughts About Building A Great Culture

By Jon Gordon, Author, Speaker, Jongordon.com, January 2018

1. Great leaders build and drive great cultures. They know it's their number one priority. They can't delegate it. They must lead and be engaged in the process.
2. Culture is the reason why great organizations have sustained success. Culture drives expectations and beliefs. Expectations and beliefs drive behavior. Behavior drives habits. Habits create the future.
3. Culture beats strategy. Strategy is important but it is your culture that will determine whether your strategy is successful.
4. When building a team and organization you must shape your culture before it shapes you. A culture is forming whether you like it or not. The key is to identify what you want your culture and organization to stand for. Once you know the values and principles that you stand for, every decision is easy to make; including the people you recruit and hire.
5. A culture of greatness doesn't happen by accident. It happens when a leader expects greatness and each person in the organization builds it, lives it, values it, reinforces it and fights for it.
6. Culture is dynamic, not static. Everyone in your organization creates your culture by what they think, say and do each day. Culture is led from the top down but it comes to life from the bottom up.
7. Your culture is not just your tradition. It is the people in your building who carry it on. – Brad Stevens, Head Coach, Boston Celtics
8. When leading a new team or organization, it will take longer to build a new culture if you allow negative people from the previous culture to contaminate the process.
9. When you build a strong, positive culture most of the energy vampires will leave by themselves because they don't fit in. But you may also have to let a few energy vampires off the bus.
10. Culture is like a tree. It takes years to cultivate and grow and yet it can be chopped down in a minute. Protect your (our) culture.