

Pacific Swim Banquet



October 20, 2024

Hello Pacific Swim!

Welcome to the 2024 Banquet! We love this time of year to celebrate our athletes, thank our volunteers and coaches and reminisce over the hard work, the smiles and laughs, and most importantly, the improvements made both in and out of the pool. The 2023-24 season had a lot of all of these things and we as a staff are all so proud to be part of it with you.

Fall 2023

After the last banquet we charged back to work and boy did it pay off. After a hard-working November we came into our December Championships on a mission. While improving from 4th in 2021 and 2nd in 2022, we finally made it to the top, winning the 2023 Holiday Fest Combined Score! It was a total team effort and both sides of the pool (Senior and Age Group)! The Junior National Team was up next with some great time drops and another Top-8 individual finisher. This is always the goal and the consistency that we have people in this meet and finishing in the top 16 is always important. The WAG championships always finishes out the winter meets and looking back through the meet results, the amount of time drops was staggering. Among the champions and high point winners were also swimmers that broke through in some major ways to brand new levels. The reward was a reflection of these athletes and the countless hours they put into their goals and that is always what you want to see when you finish a competitive cycle. A great finish to year 2023.

Winter 2024 / High School

The start of the new year and our 14u swimmers were up to bat. The short course championships is always one of the most intense meets of the season and with 56 athletes competing we were in the top 3 and actually had the top points scored for boys. Senior Classic and Sectionals were the main meets for the older swimmers as usual. While we were not focused on team scoring, we use these meets to set up the high school season and build towards some amazing swims later in the spring. Between Leagues and CIFs, the energy of these HS meets and the excitement of representing their school has always lent itself to some amazing achievements. As usual our Pacific Swim family of athletes was represented in CIF Champions, Relay Champions, State Qualifiers and a multitude of finalists. However, the beauty of the HS season is that many of the Pacific Swim athletes see how GOOD they actually are and that they are some of the best athletes overall in their schools.

Summer

As usually, we ran a great meet to start the summer with the hard work of our parents and volunteers. Thank You as always for allowing us to do our part to run meets in this LSC. The Splash and Dash showed us what was possible as we kicked off the summer in high style with huge time drops, exciting racing and a building momentum. The LC Age Group Champs came up quick as we moved back into the Top 2 from 3rd last year. Another landmark summer finished with some of our best overall finishes at the Western Zone Level. The Age Group Zones had great PS representation, and they finished with a 6th place while the Senior Group finished with their highest at 7th out of 110 teams throughout the western United States. We were again, represented at the Overall National Summer Championships and again had swimmers representing PS at the highest level.

Consistency of Excellence! This is something that is showcased every year when we write this recap for the banquet. We have something special in Pacific Swim. Some teams come and go, go up and down, but Pacific Swim remains a place where you can achieve the highest levels of your goals, make new friends, and grow as an athlete and person year after year.

Consistency of Family! As admin and staff, we truly care about the athletes and their families and we hope that you see that year in and year out. We see friendships being forged that will stand the test of time. We see and strive to create not only a safe consistent place for athletes to enjoy the pursuits of their youth but to enjoy the experience as a family.

After another inspiring year, I say Thank You to all of you for allowing us to be a part of it and I look forward to what the future will bring for all of our athletes! Time to Celebrate the past and Dream about what we can do together! Go PS!

2024 Far Western Attendees

Far Westerns is a large invitational held in Pleasanton, CA, in early Spring and hosted by Pacific Swimming, LSC. Swimmers come from all over the Western United States to attend. The time standards to qualify are faster than JO cuts. Congratulations to our Pacific Swim attendees:

Dhruv Agrawal	Amaya Patankar	Ian Valle
Harrington Morgan	Eli Petersen	Derek Wei
Aliyah Parker	Tristan Rousseau	

2024 14 & Under Zone Swimmers

Western Zones is a long course competition held in early August between LSC's in the Western Zone states of USA Swimming. This year's competition was held in Idaho. To be part of the San Diego Imperial Zone Team, swimmers must apply during long course Junior Olympics and typically must have at least 4 Zone cuts to make the team. The Zone time standards are faster than JO and Far Western cuts. Congratulations Pacific Swim swimmers:

Dhruv Agrawal	Addison Hou	Tristan Rousseau
Ethan Diep	Amaya Patankar	Derek Wei
Adam Gonick	Eli Petersen	Ken Yang

2024 Senior Zone Swimmers

The Western Senior Zone meet is a championship meet held in Clovis, CA at the end July. Time qualifications are just above the sectional times to qualify.

Delaney Alonso	Elizabeth Cabrera	Kadence La	Isabelle Richards
Julia Billotte	Carter Chauvapun	Jillian Launer	Julien Rousseau
Zachary Billotte	Allesandra Courter	Olivia Liu	Ben Stone
Kyle Bolas	Tyler Delaney	Ben Ong	Callahan White
Andrew Brecht	Claire Finley	liver Quinones	Steven Wu
Allie Byrne	Emily Hou	Braeden Renken	Eric Yuan

2024 SCY Sectional Team

The California Sectional Championships is part of the Speedo Championship Series offered by USA Swimming. All clubs in California are invited and any swimmer that achieves the time standards regardless of age can compete. Congratulations to our Pacific Swim qualifiers:

Delaney Alonso	Phoebe Dummer	Ben Ong	Ben Stone
Andrew Brecht	Ashlyn Hernandez	Ali Pulham	Steven Wu
Jacob Chu	Emily Hou	Julien Rousseau	Eric Yu
Jonathan Cong	Alexis Kershner	Catherine Rowe	Eric Yuan
Katie Diep	Kadence La	Julia Souza	

2023/2024 Junior National Qualifiers

The Junior National meet is a showcase for today's top youth talent in the USA, which previews the top performers of tomorrow. Winter Juniors was held in Chicago this year and Summer Juniors were held in Irvine, CA. This is a huge achievement and we are so proud of our Pacific Swim qualifiers:

Winter & Summer Junior National Qualifiers

Ashlyn Hernandez

Julien Rousseau

Catherine Rowe

2024 USA Swimming Scholastic All American's

USA Swimming recognizes swimmer's that have maintained a 3.5 GPA and competed in Junior National level meet or higher for the competition season. We would like to congratulate Pacific Swim Team recipients:

Jacob Chu

Julien Rousseau

2023/24 Short Course Pacific Swim “NEW” Record Holders

15&Over Girls

Catherine Rowe - 100Back (54.63), 200Back (2:00.85)

11-12 Boys

Addison Hou – 50Back (26.70), 50Breast (29.10), 200Breast (2:17.15), 50Fly (24.79),
100Fly (54.60), 200IM (2:01.96)

Tristan Rousseau – 200Free (1:51.80), 500Free (4:57.19), 1000Free (10:21.07),
1650Free (17:12.95), 100Back (57.61), 200Back (2:01.06), 400IM (4:23.97)

15&Over Boys

Julien Rousseau- 400IM (3:53.70)

2024 Long Course Pacific Swim “NEW” Record Holders

15&Over Girls

Catherine Rowe – 200Back (2:19.38)

15&Over Boys

Julien Rousseau- 200Free (1:53.09), 400IM (4:32.99)

2024 Short Course Yards SD-Imperial LSC “NEW” Record Holders

Addison Hou	11/12 Boys	50BK	26.70
Addison Hou	11/12 Boys	50BR	29.10
Addison Hou	11/12 Boys	100BR	1:02.60
Addison Hou	11/12 Boys	200BR	2:17.15
Addison Hou	11/12 Boys	50FL	24.79
Addison Hou	11/12 Boys	100FL	54.60
Addison Hou	11/12 Boys	200IM	2:01.96
Tristan Rousseau	11/12 Boys	200FR	1:51.80
Tristan Rousseau	11/12 Boys	500FR	4:57.19
Tristan Rousseau	11/12 Boys	1000FR	10:21.07
Tristan Rousseau	11/12 Boys	200BK	2:01.06
Tristan Rousseau	11/12 Boys	400IM	4:23.97

2024 Short Course SD-Imperial “NEW” Age Group Champs Record Holders

Tristan Rousseau	11/12 Boys	200FR	1:52.95
Tristan Rousseau	11/12 Boys	500FR	4:59.61
Tristan Rousseau	11/12 Boys	100BK	58.23
Eric Yu	13/14 Boys	200BR	2:11.16

2024 Long Course SD-Imperial “NEW” Age Group Champs Record Holders

Oliver Quinones	13/14 Boys	100FL	58.69
Catherine Rowe	15-18 Girls	200BK	2:19.38

2024 Long Course SD-Imperial LSC “NEW” Record Holders

Addison Hou	13/14 Boys	50FL	26.69
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USA Swimming Top 10 List (Nationwide) Short Course

The following is a list of swimmers that have made the USA Swimming’s Top 10 list. This is one of the highest achievements, as this is a nationwide ranking by age. Great job!

Rank 9	50 Breast	29.10	12 yr old	Addison Hou
Rank 4	100 Breast	1:02.60	12 yr old	Addison Hou
Rank 5	200 Breast	2:17.15	12 yr old	Addison Hou
Rank 3	50 Fly	24.79	12 yr old	Addison Hou
Rank 4	100 Fly	54.60	12 yr old	Addison Hou
Rank 5	200 IM	2:01.96	12 yr old	Addison Hou
Rank 9	500 Free	4:57.19	12 yr old	Tristan Rousseau
Rank 8	1000 Free	10:21.07	12 yr old	Tristan Rousseau
Rank 2	1650 Free	17:12.95	12 yr old	Tristan Rousseau
Rank 6	200 Back	2:01.06	12 yr old	Tristan Rousseau
Rank 5	400 IM	4:23.97	12 yr old	Tristan Rousseau

USA Swimming Top 10 List (Nationwide) Long Course

The following is a list of swimmers that have made the USA Swimming’s Top 10 list. This is one of the highest achievements, as this is a nationwide ranking by age. Great job!

Rank 8	50 Breast	33.46	12 yr old	Addison Hou
Rank 7	100 Breast	1:13.95	12 yr old	Addison Hou
Rank 4	50 Fly	28.29	12 yr old	Addison Hou
Rank 10	200IM	2:23.49	12 yr old	Addison Hou

Best of luck to our Pacific Swim Seniors

This year we have 7 seniors that will graduate and move on from Pacific Swim. Many of them have grown up swimming with Pacific Swim and we wish all of them the best of luck as they go on to college and continue on with their lives.

Senior Swimmer- Kyle Bolas

I started swimming very early. My mom first introduced me to the pool at 9 days old. I was born in July, so I know it must've felt good. I didn't start formally taking lessons till around 5 years old. My grandma was adamant that all her grandkids could swim to prevent drowning. My parents noticed how much I loved the water and took it farther by entering me into competitive swimming. I've been with Pacific Swim since elementary school. I used to go to the 4S Ranch pool in the Summer. I've been coached by great coaches; Laura, Dan, Pete, and Scott. They each shared their passion for the sport. I've made many friends along the way. My freshman year, I made the varsity team and was so happy. I knew I couldn't have done it without Pacific Swim. An early favorite memory is when Coach Oliver would let us go down the water slide after practice. Those were the best days. A more recent memory is our team trip to ASU. I really enjoyed exploring the campus with my friend, Ben. I appreciate all my family and coaches have done for me. I've grown as a person and as a swimmer. It's taught me discipline and perseverance. Swimming is a sport I intend on doing as long as I'm physically able. It's been beneficial in my conditioning through my other sports. Swimming is an activity I will enjoy the rest of my life.

Senior Swimmer- Xavier Daza

Although I was never deeply involved in swimming, I am grateful for the lessons taught and opportunities provided. First, because swimming demands focus on your body while your heart pounds and muscles ache, I've learned to think when under pressure. Eventually, all those AP exams and presentations didn't seem intimidating after all. Second and most importantly, I've come from a family where high blood pressure and heart problems runs in every generation. And I thank swimming for providing me a chance to break this generational curse. With these reasons, I encourage everyone to continue doing this sport, even parents should join, too. Special thanks to Coach Evan for necessary dry-land exercises, easy to understand techniques, and continuing to push swimmers to the limit.

Senior Swimmer- Julien Rousseau

When I first joined Pacific Swim, I was a young, 8-year-old boy who wasn't sure what to expect from the team. My older sister and I had gone through three different teams the year before, never exactly fitting in perfectly or feeling like we were really at home. I started in the Blue Group with Coach Owen, and this was a really scary and extremely difficult transition for me to make because in my previous team, we only had 45-minute practices, and Blue Group's practices were 2 hours. That was almost 3 times as much time spent in the water as I was used to. My previous coach always reminded us that it wasn't about the quantity but it was about the quality of the practices that mattered. So this was why we had only 45 minutes to train. But ultimately the quality of the practices was just awful as well honestly, which was very funny to me. But anyways, the team shut down and that's when I decided to come to PS. It's crazy to think about how this was almost 10 years ago now. I've spent more than half my life swimming for this team.

In the Blue Group, I met new people who became my friends and, ultimately, my family. And although we died every day with Owen's torturous practices, it was somehow all worth it to me. I remember in the beginning, I would get yelled at so much because I was always doing things wrong. As much as I hated being yelled at, it honestly helped me grow and learn within the sport. I remember having to do 12x300s basically every week and hating it but kind of loving it at the same time. I can't believe I'm saying this but I actually really miss those 12x300s. I also miss the hustle set. This was a set where we would dive in, sprint a 25, hop out, run back and get back on the block right away just to dive in and do it all over again. I loved this set. With all these rough practices, I went from being a terrible, sloppy, inefficient swimmer, to being a less terrible, less sloppy, less inefficient swimmer. And I went from being a JO qualifier to being a JO champion in the span of a couple of years. Coach Owen truly helped me grow and improve throughout the early stages of my swimming career as well as develop an early love for the

Julian Rousseau continued

sport that has kept me going ever since. For this, I would like to thank Coach Owen for everything he did for me throughout the 5 years that I was in Blue Group.

When I was 13-years-old, I joined the Senior Group. Well it was known as Gold back then but yea. This was another major transition for me because I was now joining this whole new family at a new pool, with new coaches and new training styles and practices. It was just all very new to me. It was also in the middle of the Covid pandemic, so we were spaced out on opposite sides of the pool and were six feet apart and all that. We also had to get our temperature checked before walking into practice every day. Even though I was a newcomer, I felt like this was a good fit for me and I felt once again at home. I was excited to have more practices throughout the week and I was sooo excited for morning practices. Most people always hated waking up so early for 5 AM practices, but for me, I loved it so much. I wasn't even tired when I woke up, especially at first.

When my alarm would go off I would be fully energized and ready to go. The Senior Group offered me more practices, more long course sessions, as well as strength training, which I really needed because I was looking like a skinny little tree. I definitely needed to get stronger.

The first year or so was a little rough. I felt like my racing progression at meets wasn't really matching what I felt like I could go or what my paces at practices were proving that I should be able to do at meets. I remember Coach Dan during those moments when I felt down, talked to me about the rubber band effect, or elastic effect. I honestly forgot what it was called but I think it's one of those. But basically he told me that my results at swim meets are like a rubber band when it is stretched. The farther the rubber band gets stretched — or the more work you put in at practice — at some point the end of the rubber band will just launch and catch up, just like your results will catch up to the work that you put in. This fascinated me to think about. But what was funny is that in the following weeks after Coach Dan told me this, I improved tremendously very quickly. My 500 went from being a 4:57, to a 4:50 in the span of a week or two, and then soon after I went 4:48, 4:46, 4:44 and 4:41 all in the span of a couple of months. I also went from being a 10:20 1000 swimmer, to a 9:55 a couple weeks later, and then, about a month after at Kevin Perry, I went 9:36 as a 14-year-old. A couple months later my 1000 went from being a 9:36 to a 9:19 at Sectionals and my 500 went from being a 4:41 to a 4:28 at State CIFs, qualifying me for my first Summer Junior National

Championships. I found it incredible how Dan's prediction with the analogy of the elastic band effect almost perfectly explained my instant progress at meets. So I guess what I'm saying is thank you to Dan for believing in me and believing in my training even though my results didn't exactly match it at one time.

I also want to thank Coach Pete for believing in me in the same way. Pete always challenged me to set my goals high and believed that I would achieve those goals. I always expect a lot from myself and set my goals extremely high even if the likelihood of achieving those goals is small. Pete always believed that I could achieve anything I wanted to and more. I remember almost 3 years ago racing a 1000 at the Senior Classic. I dropped like 5 seconds with a 9:31.6, barely out-touching two others who went 9:31.7 and 9:31.8. I remember being so happy with that effort and that time, and when I talked to Pete after the race, he told me: That was a good swim. You should be going under 9:20 at Sectionals, which was only like a couple weeks away. Pete was confident that I was going to drop 12 seconds in the span of two weeks, after I had just gotten a personal best by a lot. I wasn't so sure that I could possibly have such a magical swim. 9:19 had been a goal that was on my goal sheet, on my wall, throughout the whole training cycle. I really wanted to go this time but wasn't sure if it was possible. But what happened in that 1000 at Sectionals in the couple following weeks I will never forget, because it has been the single, greatest, most magical race of my whole life. I was seeded 9th originally and the fastest 8 swimmers were given the option to swim at finals or prelims. Everyone chose finals, except the top seed, Matthew Chai, who had an 8:50 entry time. Since he swam at prelims, I was bumped up to the championship final heat being the slowest of all 8 swimmers. But, since I took Matthew's place, I swam in lane 4 where he would have swum. I was the slowest swimmer by far, in the middle of the pool. When I dove in I felt amazing. Everyone around me took it out so fast, but I was able to stay within striking distance of them. As the race went by, different swimmers started to fall apart, but I was able to stay within the leading pack. Little by little, I passed swimmers, including the guy who was directly beside me as we were swimming stroke for stroke. When I touched the wall, I read the clock and could not believe what I had gone. 9:19.96. Barely fitting under that 9:20 marker just as Coach Pete had predicted for me. Out of all the season's goal times I had set for myself, 9:19 was the only one I achieved. A lot of the time I don't achieve my seasonal goal times because I like setting them extremely high. So the fact that I could achieve this goal meant a lot to me. So sorry for the rambling, but what I'm trying to say is thanks to both coaches for always believing in me even when I didn't always believe in myself.

Julien Rousseau continued

I also wanted to mention that I am especially grateful to have been able to share my swim team experiences with my siblings. My older sister is the one who really got me into swimming. When we were little, we would do everything together, so when she joined a swim team, I followed her and started swimming myself. We both came to Pacific Swim at the same time and swam together for many years on the Blue Group and then again later on the Senior Group. If it weren't for her, I would not be the swimmer I am today and honestly I might not have even started swimming in the first place. My little brother also has made the sport so much more meaningful and enjoyable for me. We both share a similar passion for swimming and it's nice to have someone who understands me and loves the sport the way I do. I love competing with him, but I need to make sure he doesn't get too close to catching up to me though because he's on his way right now and he might catch me soon. But he's an amazing swimmer and I believe he has more potential than I've ever had, and I can't wait to see where he ends up in the sport.

I also want to thank all my teammates and each individual person I've met along my journey as a swimmer. Ultimately, it's the people that make a team great. And the people are what makes Pacific Swim feel like home for me. We lift each other up as teammates and create an environment that feels like we are all a part of something greater than just ourselves. We are a family. A big blue family. There's still a lot of improvement that we can make as a team in terms of getting to really know everyone who is on the team and integrating with new people at practices. But I love my teammates and am so happy to be Pacific Swim.

Anyways, this team has been such a huge part of my life for so many years and it has obviously been very special to me. It will honestly be very strange to leave all this behind next year when I start swimming at UC Berkeley. But I know that I will carry with me all the many valuable lessons I learned at Pacific Swim, and they'll continue to guide me throughout my future in this sport.

Senior Swimmer- Ben Stone

My name is Benjamin Stone, and I'm the sprinter of this incredible group. Today, I want to take a moment to express my deepest gratitude for everything this club has given me, not just in terms of my athletic development, but in shaping the person I am today.

To the coaches, thank you. Coach Pete, you always had a way of picking on me, pushing me harder than I thought I could. You cared—truly cared—about me becoming the best version of myself. You taught me that nothing in life is easy, that everything worth achieving comes at a cost. No matter how much you want something, it demands hard work, sacrifice, and resilience.

And Coach Dan, where do I even begin? With you, it wasn't just about strength or speed. You taught me that not everything can be muscled through, that finesse and understanding matters just as much as strength. For so long, I thought I could get by on raw talent alone, but you showed me that true mastery lies in the details. You were there for me, every step of the way, guiding me like a true mentor. Your belief in me, your care, your dedication to my success—those are things I can never repay, but I'll always carry them with me.

Thank you, Kiersten for everything you've done behind the scenes. Whether it was organizing the logistics, ensuring everything ran smoothly, for just being the glue that held us all together.

To all of you, I owe the greatest thanks. For the lessons, for the support, for shaping me not only as an athlete but as a person. I'll forever be grateful for this journey. Thank you all!

Senior Swimmer- Summer Tang

Starting on PS in Blue Group with Coach Owen when I was 9, I was immediately welcomed into a close-knit community. During the infamous 12 300s, hustle sets, relays we begged endlessly for, and every set in between, I'm thankful to be a part of a supportive community who grew alongside me. Thank you to everyone who has made every practice lively, even through the rushed five second conversations between laps.

Moving up the assembly line to Senior Group with Coach Dan and Pete, I felt the strengthened connection between each swimmer. Taking my foggy goggles off after a grueling set, I find the energy to muster a smile after seeing forty other panting, tomato-red faces clench their teeth through the same pain. In these moments, I admire a culture where vulnerability is embraced as a badge of honor on our flushed faces. Swimming on PS took a new dimension while being paired with the duties of high school. From 4:15 to 6:15, I drifted from the world of homework and tests, entering a space where I could feel the water glide through my fingers—along with the occasional jolting finger jam on the lane line.

Summer Tang continued

Freshly 17 and barely beginning my senior year, I find it difficult to encompass 8 years of lessons from a journey that will never truly fade. Beyond the pool deck, the bonds and experiences I've created from PS have shaped my growth and will continue to be woven throughout my future. This team has truly extended beyond the joys of racing and created a second family that I'm not ready to leave behind. I'm especially grateful to Coach Owen, Dan, Pete, and all of my incredible teammates for making this experience so unforgettable!

Senior Swimmer – Kalena Wadley

I started swimming in the summer of 2020, and in the short 4 years, I have made so many friends and memories that I couldn't have imagined I would make. Although she no longer works here, I want to thank Coach Emily for showing me how fun the experiencing of swimming on a team is. Every dive, push off, and finish has taught me something new, and it's sad to be leaving in a few months. I appreciate everyone who has helped me grow as both a person and a swimmer, so as I go off to college, I want everyone to continue to watch me grow.

Senior Swimmer –Callahan White

My Pacific Swim journey began my 6th grade year. I first moved to the club where I was placed in Bronze competitive. After I joined, they were preparing for a change in coaching from Coach Grant to Coach Scott. After my first day on the club, I remember getting into the car with my mom and crying because I was not used to the difficulty of competitive swimming, as my previous team was way less strenuous. My mom asked me if I wanted to stay on my old club instead, and in between all the tears I said no way, I loved it!

After Bronze Competitive, I moved up to what used to be called Silver with Coach Frankie. One of my favorite things about being coached by Coach Frankie was that he "made" me and my best friend Solange pull on the lane line whenever we did a backstroke set. As Coach Frankie further developed me as a swimmer and a person, I truly fell in love with the sport. When our Silver Group practices were over, Gold Group would be getting ready to get in the pool. I always knew that my goal was to be in Gold and swim with Coach Dan in the fastest group on the team.

A couple of years after I moved into Silver, I moved up to Gold, or what was now known as Senior Group. When I moved up to Senior Group, we were also in the process of hiring a new coach to work alongside Coach Dan, who I soon learned was named Coach Pete. Throughout the past few years, I have been training in Senior Group, coached by two coaches who push me to be my best every single day.

Whether that be from Coach Dan's words of wisdom or Coach Pete's usage of "be better" or "try harder". Some of you may know me as your occasional swim coach, your summer swim camp counselor, or even your Team Captain. I have spent the past six years on this club swimming, coaching, and working with my best friends and some of my favorite people. I would not have fallen in love with this sport as much as I did, had I not moved to Pacific Swim.

This community has provided me with so many wonderful people I am so glad to have met. As I soon close this chapter and move on to whatever my future may hold, I will never forget the memories I have with all the people on this team today or who were on the team previously. Thank you to Kiersten for always being so supportive and understanding. And thank you so much to the amazing coaches here at Pacific Swim I could not have made it close to where I am now without inspiration from each and every one of you. And finally, thank you to my parents for taking me to practices, traveling to meets, and making all of the sacrifices they had to make so that I could continue to pursue something I love.

