



THE TRIDENT



Issue 01 | 01/01/26



MONTHLY NEWSLETTER



“

**PERFECTION IS NOT ATTAINABLE BUT
IF WE CHASE PERFECTION, WE CAN
CATCH EXCELLENCE.**

VINCE LOMBARDI

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NEPTUNES SWIM TEAM

Welcome back to the Trident Newsletter!

Happy New Year Neptunes Family! We are bringing back our monthly newsletter to share important team information, healthy athlete habits, meet updates, athlete highlights, quotes of the week and reminders about daily preparedness. We look forward to bringing back fun Neptune traditions and spirit.

Meet our Coaches!



Dan Greaves
Head Coach



Tony Scott
Head Assistant
Coach



Tyler Denize
Assistant Coach



Dante Martinez
Assistant Coach



Allie Davis
Masters Coach



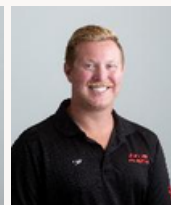
Austin Stevenson
Assistant Coach



Ashley Denize
Team Administrator



Hannah
DeRousseau
Assistant Coach



Jack Niles
Assistant Coach



Kelly Birkland
Dryland Coach

Neptune Swim School

**Guppies | Otters 1 | Otters 2 | Sharks 1 | Sharks 2 |
Nickel 1 | Nickel 2 | Platinum 1 | Platinum 2**

We are proud to say our Neptune Swim School has about 250 young athletes. We currently have two locations: Santa Rosa Junior College and Healdsburg High School. Registration is currently open for our winter session running from January 5 – March 5, 2026. So, join our team and visit our website for more details on scheduling, pricing, and availability.

www.gomotionapp.com/team/srn/page/home

Any questions can be directed to our team email at

Neptuneswimschool2022@gmail.com



Masters

Masters is a great workout for many adults wanting a coached, group workout. You can be any level to join starting at age 18. We have beginner level to get you started; learning basic swim sets, technique, how to use the clock and increase your endurance. And a more advanced group preparing your for our Masters Swim Meets, if thats the direction you want to go! Choose a time that works best for you and do a drop in swim to see how you like it!

Pricing:

Drop-in: \$10
&
Monthly: \$85

Hours:

Ridgway Swim Center:

Monday - Thursday
-beginner based-
9 - 10am

Santa Rosa Jr. College:

Monday - Friday
5:45 - 7am
12 - 1:15pm
&
Monday - Thursday
6:30 - 7:30pm
&
Saturday
7 - 8:30a



Take a moment and read about our swim programs and what Neptunes offers the community

Year Round Swim Team

**Seahorse 1 | Seahorse 2 | Red 1 | Bronze 1 | Red 2 | Bronze 2 |
White | Bronze 3 | Blue | Black | Gold 1 | Gold 2 | Elite**

Established in 1955, the Neptune Swim Team stands as one of Northern California's oldest and most storied competitive swimming programs, based at the Ridgway Swim Center and Santa Rosa Junior College. Operating year-round under USA Swimming, the team welcomes swimmers of all levels from age five through college, delivering consistent, high-caliber training that fosters skill development, water safety, and peak athletic potential. Renowned for nurturing regional champions and even Olympic gold medalists, Neptune's inclusive environment promotes amateur excellence through regular meets, age-group coaching, and community events, making it a cornerstone of Santa Rosa's aquatic legacy.



Check out a couple of new programs we are introducing in 2026!

Strength and Conditioning for Adults



This program consists of a 45min workout for any parents waiting for their swimmer to finish practice or masters swimmers interested in group strength class. Here you will learn basic body mechanics to gain strength and balance. This is a new program being added to Neptunes, starting with weekly drop-in classes. More details to come in our next newsletter.

Potential Days/Hours: Mon & Wed 3:45 - 4:30p

Location: Santa Rosa Junior College

Price: \$12 drop-in & \$95 monthly

Waterpolo

With one of our new coaches, Austin Stevenson's background in water polo, we want to introduce this sport to Neptunes! Our goal is to get kids interested in other water sports as we grow our program and reach more of our community. We are hoping to get more information from you guys, our current parents and swimmers, so we can build this program up! More details to come in our next newsletter.



Email Us!

If you have any questions or have family and friends interested in joining our Neptune family, email our admin team at neptunesswimming2019@gmail.com and we will help get your swimmer started in our program. We look forward to hearing from you as we continue to grow our program.



The 2025-2026 slideshow link is now available for you to drop photos! We will be using these photos for the end of the year slideshow that plays during the team party!



Scan here to add to the Neptunes Slide Show

Neptune's Slideshow





December 2025 Meet Updates



Age Group Champs

In this meet, we had 9 swimmers braving the rigid cold, at Age Group Championships, in San Ramon. All of the athletes swam with focus and intensity, and were great representatives of the Neptune Family!

Individual Highlights:

- Our 10 & Under girls, **Marina Hall**, **Luna Losada-Tweedell**, **Elliana Aiken** and **Faye Stevens**, swam the 200 Medley Relay on Saturday evening, and got 7th place!
- **Elliana Aiken**, made finals in all of her 7 individual events, receiving a 3rd Place Medal in the 200 IM, and 100 Breast!
- **Marina Hall** was one of the few athletes in the entire meet to swim both the 500 free & 200 IM in the Friday evening session, performing lifetime bests in both, and 8th place in the 500!

Swim Like the Dickens

The December 6th and 7th weekend had many kids fighting the cold weather to stay warm and ready for their races. But they stayed strong and swam well! We are proud of our young swimmers and how they represented this very foggy weekend meet, here in Santa Rosa.

Individual Highlights:

- **Robert Rodriguez** competed in his first 100 free as a 7 year old.
- **Eleanor Tiscarno** made her first attempt at 100 IM as a 6 year old and also placed 1st in 25 Free.
- **Leela Ambrose** also competed in the 100 IM dropping 7.03 seconds and earning an "A" time.
- **Remi Marian** and **Zoe Hill** both competed in 6 events.
- **Miles Richardson** placed 1st in both 25 breaststroke and 50 free in his division.
- **Jada Holt** had an outstanding 25 free with an "A" time of 17.95.

Houston

On Wednesday, December 3rd, Neptune Swimming traveled half way across the country to test ourselves by competing against some impressive competition on the senior level. As a team, we stepped up and performed admirably. As any meet goes, there are ups and downs and the real measure of success is how we handle adversity and what we do in our next race. Our athletes were engaged and focused from start to finish and we are so proud of them. As a team, our girls placed 10th overall and the boys placed 21st.

Houston Individual Highlights:

- **Emerson Lee** achieved 2 new sectional qualifying times in the 100 Breast & 50 Free
- **Sienna Menconi** broke 24 seconds in the 50 free and placed 3rd overall with a 23.79
- **Magnus Scheller** dropped 1.36 seconds in his free to break 48 seconds with a time of 47.80.
- **Sam Kiehl** had drops of 9+ seconds in his 400 IM, 3+ seconds in his 200 Fly and 1+ seconds in his 100 Breast.
- **Carson Zimmerman** dropped 7+ seconds in his 200 breast going from 2:24.16 to 2:17.04, made finals and dropped a bit more at night.

Athletes who made it to finals

Alex Ambrose, Travis Black, Fisher Brophy, Shane Brophy, Layla Greaves, Lucas Greaves, Valentina Hamlin, Emerson Lee, Sienna Menconi, Trystan Phelps, Magnus Scheller, Carson Zimmerman



Neptune's Photo Gallery



2025-2026