

RANCHO SAN DIEGUITO SWIM TEAM NEWSLETTER

July 2018



**BOYS & GIRLS CLUBS
OF SAN DIEGUITO**

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Rancho San Dieguito
Swim Team is on
Facebook-Click Button!



Boys & Girls Clubs
of San Dieguito
Pardee Aquatics Center
533 Lomas Santa Fe Drive
Solana Beach CA 92075

July Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
July 6-8	A/B (LCM)	Granite Hills HS	Sunday June 17	All Qualified
July 21-22	C All Ages (SCY)	Fallbrook HS	Sunday July 1	C Swimmers
July 19-22	Summer Sectionals (LCM)	Santa Clarita, CA	Sunday July 1	Qualified Champ & Champ Prep
July 25-29	US Nationals	Irvine, CA	Sunday July 1	Qualified Champ
June 26-29	Junior Olympics (LCM)	Coronado HS	Sunday July 1	All Qualified
June 27	Club Meet	Lomas Santa Fe CC	Tuesday July 24	All 12 & Under Swimmers
July 31-8/4	US Junior Nationals	Irvine, CA	Sunday July 8	Qualified Champ & Champ Prep

August Important Dates

DATE	EVENT	LOCATION	ENTRY DUE DATE	SWIMMERS TO ATTEND
Aug 2-5	Futures (LCM)	Santa Clara, Ca	Sunday July 15	Tentative
Aug 8-11	Age Group Zones (LCM)	Roseville, CA	n/a	Qualifiers
Aug 11-12	JO Max (SCY)	ICAC/Palomar College	Sunday July 22	Non-JO swimmers
Aug 17	Summer Break			



THE FUNNEST SPORT THERE IS



San Diego-Imperial All-Star Team Info

San Diego Imperial Swimming will be selecting Western Zone All-Star team this summer.

To be considered for selection on the team, swimmers must have achieved at least two of the 2018 Western Zone time standards; those who have achieved at least five standards will automatically be selected to the team as long as they have turned in their application by the deadline.

The updated [Information Sheet](#) (which includes events and time standards) and [Application](#) for the 2018 San Diego-Imperial Swimming Western Zone Championships Team have been released. This year, the Western Zones Championship meet will be held in Roseville, California on August 8-11. Zone Team applications must be submitted by the end of LCJO prelims on Saturday, July 28 to be considered. There will be a max of 48 swimmers selected for the team. The 13-14-year-old swimmers will travel as a team. The 11-12-year-old swimmers will have the option to travel with the team or with their families. All 10 and under swimmers will travel with their families.

RSD Progress Evaluation Dates

FSS Groups (FSS Grunion, FSS Corvina and FSS Leopard Shark)

Primary Progress Check – Saturday 14

Progress Check (Make-ups only) – Saturday 21

Corvina (weekday)

Progress Check – Monday 16

Make-up Progress Check – Wednesday 18

Leopard Shark (weekday)

Progress Check – Monday 17

Make-up Progress Check – Wednesday 18

Red

Progress Check – Tuesday 17

Make-up Progress Check – Wednesday 18

White

Progress Check – Friday 6

Make-up Progress Check – Monday 9

Blue

Progress Check – Friday 13

Make-up Progress Check – Monday 16

Senior Development

Progress Check – Monday 16

Make-up Progress Check – Wednesday 18

Senior Red

Progress Check (day 1) – Tuesday 17

Progress Check (day 2) – Wednesday 18

No make-ups available



Evaluations will only be administered during the regular scheduled practice and will not be offered during LPO (Late Practice Option)

RSD July Club Meet vs Lomas Santa Fe

EVENT DATE: **Friday, July 27**

CHECK-IN: **3:30pm**

RSD TEAM WARMUP: **4:00-4:25pm** (tentative -may change)

LOMAS SANTA FE TEAM WARMUP 3:15-3:45pm

LOCATION: at Lomas Santa Fe CC

MEET STARTS: **4:30pm (estimated finish 6:30pm)**

ENTRIES DUE: **Tuesday, July 24 (This is FIRM! – note early deadline!)**

COST: **FREE (no pizza)**

- RSD club meets are open to all RSD Junior Group swimmers. Swimmers in Senior Development and Senior Red may participate; see your coach for more info.
- The purpose of this meet is to give swimmers swim meet experience and a chance to record Personal Best Time (P.B.). Swimmers are welcome to swim any events they wish: In the order of Free, Back, Breast, Fly. Girls and Boys will compete separately, in the following waves:
 - Ages 6 and younger will swim 25 yards of each stroke
 - Ages 7-8 will swim 25 yards of each stroke
 - Ages 9-10 will swim 50 yards of each stroke.
 - Ages 11-12 will swim 50 yards of each stroke.
 - Ages 13 and older will swim 50 yards of each stroke.
 - No exceptions to the meet format
- Each participant should have several dry towels, warm shoes, and a jacket.
- **Each participant must pre-register up to two days before the meet (see entry deadline). NO LATE ENTRIES WILL BE ACCEPTED!!!!**
- All swimmers must have a properly filled out Club Meet Card. Please fill in the swimmer's full name, practice group, and age at the top of the card. Fill in your best times from your previous club meets. If you have not swum in a club meet before, then enter NT (no time) in the appropriate spaces on your card.

Please note: the FSS practice groups are cancelled on Club Meet Days – Swimmers in these groups are encouraged to participate in the Club Meet!

Practice Schedule Changes

- **Wednesday, July 4:** Practice Cancelled - Happy Birthday America!
- **Thursday-Friday, July 26 – 27**
All Senior Champ/Prep, & White/Blue entered in JOs (including relay only swimmers), not competing on Thursday or Friday of Junior Olympics will swim @ CCHS 8-9:30am
All White & Blue NOT in JOs will swim with Red 8:45-10:00am @ BGC
- **Friday, July 27: Club Meet** Practice cancelled for the following groups: FSS Grunion, FSS Corvina, and FSS Leopard Shark. In lieu of regular practice, we strongly encourage swimmers to participate in the Club Meet! Swimmers in Red, White, and Blue can practice in the morning and compete in the evening (good rehearsal for trials and finals championship swim meets!).
- **Monday, July 30:** Practice Cancelled for all White, Blue, and Champ Prep JO swimmers. All non-JO swimmers in White & Blue and Champ Prep will swim with regular scheduled practice. See schedule to follow.

Summer Schedule – Group Summary

Group	Day	Time	Location
FSS Grunion			
June 18 – Aug 16	Friday	3:15–4:10 p.m.	@ BGC
	Saturday and Sunday	9:00–9:55 a.m.	
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)		TBA
FSS Corvina			
June 18 – Aug 16	Friday	3:15–4:15 p.m.	@ BGC
	Saturday and Sunday	8:00–9:00 a.m.	
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)		TBA
FSS Leopard Shark			
June 18 – Aug 16	Friday	4:00–5:00 p.m.	@ BGC
	Saturday and Sunday	9:00–10:00 a.m.	
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)		TBA
Corvina			
June 18 – Aug 9	Monday through Thursday	9:50–10:50 a.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	9:00-10:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)		TBA
Leopard Shark			
June 18 – Aug 9	Monday through Thursday	9:50–10:50 a.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	9:00-10:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)		TBA

Summer Schedule – Group Summary

Group	Day	Time	Location
Red			
June 18 – Aug 10	Monday through Friday	8:45–10:00 a.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	9:00-10:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
White			
June 18 – July 25	Monday and Friday	7:15 a.m. dryland 7:30-9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 dryland 9:30–11:00 a.m. swim	@ CCHS
*July 26 – 27	**See below for more modified schedule		
July 30 – Aug 3	Monday through Friday	7:30 a.m. dryland 8:00–9:00 a.m. swim	@ CCHS
Aug 6 – Aug 10	Monday through Friday	1:30-3:00 p.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	9:00-10:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
Blue			
June 18 – July 25	Monday and Friday	7:15 a.m. dryland 7:30–9:00 a.m. swim	@ BGC
	Tuesday, Wednesday, and Thursday	9:00 a.m. dryland 9:30–11:15 a.m. swim	@ CCHS
*July 26 – 27	**See below for more modified schedule		
July 31 – Aug 3	Tuesday through Friday	7:30 a.m. dryland 8:00–9:00 a.m. swim	@ CCHS
Aug 6 – Aug 10	Monday through Friday	1:30-3:00 p.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	9:00-10:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA

**July 26 – 27

All Senior Champ/Prep, & White/Blue entered in JOs (including relay only swimmers), *not* competing on Thursday or Friday of Junior Olympics will swim @ CCHS 8-9:30am

All White & Blue NOT in JOs will swim with Red 8:45-10:00am @ BGC

Summer Schedule – Group Summary

Group	Day	Time	Location
Senior Development			
June 18 – Aug 9	Monday through Thursday	3:15–4:45 p.m.	@ BGC
Aug 13 – 16	Monday through Thursday (combo)	7:30-9:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
Senior Red			
June 18 – Aug 16	Monday through Friday	7:30–9:00 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
Senior White & Blue			
June 18 – July 26	Monday and Friday	6:45 a.m. dryland 7:30–9:30 a.m. swim	@ CCHS
	Tuesday, Wednesday, and Thursday	6:45 a.m. dryland 7:30–9:00 a.m. swim 9:00–9:30 a.m. run	@ BGC
July 27	Friday	6:45 a.m. dryland 7:30–9:00 a.m. swim 9:00–9:30 a.m. run	@ BGC
July 30 – Aug 10	Monday through Friday	6:45-9:30 a.m.	@ BGC
Aug 17 – Sept 3	No practice / enjoy the break		
Sept 4*	Fall Schedule Begins! *Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
Senior Champ Prep & Senior Champ			
June 18 – July 28	Monday and Friday	9:15-11:30 a.m.	@ CCHS
	Tuesday, Wednesday, and Thursday	7:15–9:30 a.m. swim 9:30–10:15 a.m. dryland	@ CCHS
	Tuesday, Wednesday, and Thursday	2:00–4:00 p.m.	@ BGC
July 30 – Aug 20	No practice / enjoy the break		
Aug 21	Cross-training and modified swim schedule through Sept 16 (due to scheduled pool repairs)	TBA	TBA
LPO (Late Practice Option) Open to all levels; Leopard Shark and above			
June 18 – Aug 9	Monday through Thursday	3:15–4:45 p.m.	@ BGC
BGC Pool Closes August 17			

Notes: BGC = Boys & Girls Club, CCHS = Cathedral Catholic High School

News You Can Use

AVOID THE CRASH: FUELING YOUNG ATHLETES FOR LONG SUMMER DAYS

For youth athletes, the longest days of the year involve day-long tournaments, two-a-day practices, tough conditioning camps, and generally being out in the heat from sun up to sun down. Long summer days make an athlete's food and fluid demands much different than during colder, less active months. Insufficient nutrition in a hot and demanding environment can lead to poor performance and recovery, as well as cramps, nausea, or even heat illness. Thankfully, preventing these ailments and keeping an athlete properly fueled isn't rocket science. With a combination of the below methods (and some experimentation) you can help your athletes avoid a dog-day crash.

Staying Hydrated Through Fruits and Veggies



Staying hydrated while playing sports is vital regardless of season, but perhaps doubly important in the summer months. This doesn't just mean carrying around a bottle of water at all times (though that's certainly not a bad habit), but also eating foods that help rehydrate before, during, and after playing sports. Aptly-named, watermelon is perhaps the most obvious food that both nourishes and hydrates. This fruit is over 90% water and has a low sugar content. Grapefruit, strawberries, cantaloupe, grapes, honeydew, oranges, peaches, pears, and pineapple all also contain similar amounts of water and are enjoyed by most kids.

Maybe less appealing to a youth athlete's palette but no less rehydrating are many vegetables such as cucumber, zucchini, and carrots. Throw some combination of these, the aforementioned fruits, ice, and coconut water into a blender and you have one super-hydrating (and tasty) summer beverage.

Saved by Sodium

While too much sodium can have debilitating effects for the average Joe, for competitive athletes it can be the difference between still being able to play hard in the fourth quarter and crashing hard on the bench. For the average American, the USDA recommends an intake of less than 1500-2300 mg of sodium per day, however for an athlete in hot conditions this demand is higher. Insufficient sodium levels can result in cramps, headaches, nausea, and hyponatremia (a low concentration of sodium in the blood).

To combat this intense sodium loss, slightly up the intake of sodium leading up to and during intense summer sport days. This can be done through sources that help fulfill athletes' other nutritional needs at the same time, such as vegetable juices, soups, whole grain snacks like crackers and pretzels, rice cakes, condiments, prepared or cured meats, and sports drinks.

The Day(s) Before

How an athlete performs during a long day of practice or games is largely dictated by what they take in the day before. Just as beginning to drink water when you become thirsty likely means you are already dehydrated, waiting until the day of a long summer training session to load up on the necessary macronutrients and calories is already too late.

In addition to drinking water steadily throughout the days prior, serve up a big and balanced meal that has a good balance of protein, fats, and carbs the night prior. Some favorites of many competitive and professional athletes are whole-grain pastas with chicken or fish with sweet potatoes and other vegetables. While there is little evidence to support traditional “carbo-loading” as necessary, adequate energy intake is necessary so athletes can recover from previous efforts and replenish muscle glycogen. An athlete who consumes a varied diet and adequate total energy will fully replenish glycogen stores within 24 hours of a workout or game.

Snacks for Short Windows in Between Exercise

For long practice days or tournaments where athletes only have a few hours to take a break and eat something, an athlete’s food choice is incredibly important. Although an athlete might insist they can go for a pizza or a burger, greasy food won’t sit well or lead to strong performance when it comes time to play again. Complex carbs (such as those found in whole grains, potatoes, and brown rice) go a long way in fueling athletes. For short windows in between activity, however, they might digest slower than desired and feel ‘heavy’ in the stomach. Similarly, while protein’s role in helping the body repair and recover can’t be understated, in a short turnaround situation protein-heavy snacks might feel overly heavy in the stomach.

Simple carbohydrates are absorbed and utilized much faster by the body, like those found in bananas, dried fruit, and white bread. Simple carbs are not all created equally, and often the most-easily available (like in baked goods and candy) are overly-processed and can cause a spike and subsequent crash in blood sugar. Snacks that combine fruit or vegetables with some additional carbohydrate from grain and a little protein and fat to help the energy last longer. Things like peanut butter and banana sandwiches, yogurt and granola with added fruit, or fruit with nuts and cheese.

For quick refueling, the International Olympic Committee recommends a target carbohydrate intake of “1g per kg of body mass per hour for the first 4 hours [of activity], with frequent small snacks.”

Figuring Out a Plan

Sports nutrition is far from an exact science. Figuring out what works best for your athlete is largely subject to trial and error and tinkering with others’ guidelines and suggestions. There are too many variables in an athlete’s age and physical condition, the weather, duration and type of sporting activity, and the amount of time in between activity for there to be a one-size fits all solution as it pertains to keeping youth athletes fueled during the summer.

If you are the chief meal preparer and/or snack provider to your athlete, learn if they are adequately fueled or not by asking questions about how they felt near the end of a high-activity day. Their answers might let you know what tweaks need to be made to their meals or if special healthy snacks need to be sent with them.

While diet can significantly impact how an athlete feels in the heat, there is no perfect combination of food and fluids that can combat being out in the sun too long.

[Click here](#) for the full article



“Make Failure Your Fuel”: How to Help Your Athletes Learn from Adversity

BY JOHN O'SULLIVAN / WEDNESDAY, 30 MAY 2018 / PUBLISHED IN ADVERSITY, MESSAGES FOR KIDS, SPORTS PARENTING

[Click Here](#) for full article

In May 2018, retired US Women's National Soccer team star Abby Wambach gave the commencement address to 600 women from Barnard College in New York City. Wambach, the all-time leading scorer for Team USA, an Olympic and World Cup champion, and an inspirational athlete known for playing with passion and giving her all every time she stepped on the field, gave an incredible talk to the graduates, sharing stories from her career, and lessons she learned. ([You can read the amazing talk here, I think every young woman should read this, my 12-year-old daughter did!](#))

One of those lessons she learned over decades at the top of her sport:

Make Failure Your Fuel!

As Wambach stated to the attendees:

“Here’s something the best athletes understand, but seems like a harder concept for non-athletes to grasp. Non-athletes don’t know what to do with the gift of failure. So they hide it, pretend it never happened, reject it outright, and they end up wasting it.

Listen: Failure is not something to be ashamed of, it’s something to be powered by. Failure is the highest octane fuel your life can run on. You gotta learn to make failure your fuel.

When I was on the youth national team, only dreaming of playing alongside Mia Hamm... I had the opportunity to visit the national team’s locker room. The thing that struck me most wasn’t my heroes’ grass stained cleats, or their names and numbers hanging above their lockers. It was a picture. It was a picture that someone had taped next to the door, so that it would be the last thing every player saw before she headed out to the training pitch. You might guess it was a picture of their last big win, or of them standing on a podium accepting gold medals. But it wasn’t. It was a picture of their long time rival, the Norwegian national team celebrating after having just beaten the USA in the 1995 World Cup.

In that locker room I learned that in order to become my very best — on the pitch and off — I’d need to spend my life letting the feelings and lessons of failure transform into my power. Failure is fuel. Fuel is power.

Women: listen to me. We must embrace failure as our fuel instead of accepting it as our destruction.”

Yes, Abby, yes! We must embrace failure, and not let it destroy us, but use it as fuel to get better. As fuel to get moving again. As fuel to not let anyone tell us our dreams are not worthy of pursuing. As fuel to put aside the disappointments that come along with pursuing something worthy and great.

Failure is oxygen. Like a fire uses oxygen as a to grow, we use failure as our fuel. It is a natural part of pursuing excellence. It is supposed to happen.



RSD's Swimmers of the Month

Corvina: PETER WIELAND



Favorite land animal: Tiger
Favorite sea animal: Whale Shark
Favorite unhealthy snack: Cookies
Favorite healthy snack: Carrots
Favorite subject in school: Math
Favorite hobby: Swim
What do I want to do when I grow up? Engineer
If I had one superpower, what would it be? Fly

Leopard Shark: ELOISE DEMORY



Favorite land animal: Dog
Favorite sea animal: Jellyfish
Favorite unhealthy snack: Chocolate
Favorite healthy snack: Popcorn
Favorite subject in school: Math
Favorite hobby: Swimming, dance
What do I want to do when I grow up? Teacher
If I had one superpower, what would it be? Super speed

LCV:



Favorite land animal:
Favorite sea animal:
Favorite unhealthy snack:
Favorite healthy snack:
Favorite subject in school:
Favorite hobby:
What do I want to do when I grow up?
If I had one superpower, what would it be?



MERMAZING!!



RSD's Swimmers of the Month

FSS Grunion:



Favorite land animal:
Favorite sea animal:
Favorite unhealthy snack:
Favorite healthy snack:
Favorite subject in school:
Favorite hobby:
What do I want to do when I grow up?
If I had one superpower, what would it be?

FSS Corvina: ROHINI PATURI



Favorite land animal: Dogs
Favorite sea animal: Orca
Favorite unhealthy snack: Takis
Favorite healthy snack: Mango
Favorite subject in school: Writing
Favorite hobby: Movies
What do I want to do when I grow up? Be a Baker
If I had one superpower, what would it be? Invisibility

FSS Leopard Shark:



Favorite land animal:
Favorite sea animal:
Favorite unhealthy snack:
Favorite healthy snack:
Favorite subject in school:
Favorite hobby:
What do I want to do when I grow up?
If I had one superpower, what would it be?



MERMAZING!!



RSD's Swimmers of the Month

Red:



Favorite land animal:
Favorite sea animal:
Favorite unhealthy snack:
Favorite healthy snack:
Favorite subject in school:
Favorite hobby:
What do I want to do when I grow up?
If I had one superpower, what would it be?

White: THOMAS LIEN



Favorite event: 100 Breaststroke
Favorite song: Pray for Me
Favorite food before practice: Oranges
Favorite food after practice: Sandwich
Hobbies: Reading, playing video games
Favorite book: Hunger Games
Favorite TV show: Fresh off the Boat
Favorite athlete: Oliver Quinones
Favorite quote: "Stop crying, and start trying"

Blue: DYLAN IGNON



Favorite event: 100 Back
Favorite song: Walk it Talk it
Favorite food before practice: Cup o' Noodles
Favorite food after practice: Pancakes
Hobbies: Skateboarding, swimming, surfing, video games
Favorite book: IDK
Favorite TV show: Friends
Favorite athlete: Ryan Murphy
Favorite quote: "Just Do It"



MERMAZING!!



RSD's Swimmers of the Month

Senior Development:



Favorite event:
Favorite song:
Favorite food before practice:
Favorite food after practice:
Hobbies:
Favorite book:
Favorite TV show:
Favorite athlete:
Favorite quote:

Senior Red: COLLIN DICKERSON



Favorite event: 100 Butterfly
Favorite song: We don't have to dance
Favorite food before practice: Powerbar
Favorite food after practice: Pizza
Hobbies: Video games
Favorite book: Wolf Wilder
Favorite TV show: Steven Universe
Favorite athlete: Michael Phelps
Favorite quote:

Senior White: ATHARV SAMPATH (Not Bread)



Favorite event: 12.5 Free
Favorite song:
Favorite food before practice: Bread
Favorite food after practice: Bread
Hobbies: Sleeping
Favorite book: I could write any word here and it would be a book
Favorite TV show: T-minus 15 secs
Favorite athlete: Ben Funk
Favorite quote: "The cat and a mouse made a house" -Albert Einstein



MERMAZING!!



RSD's Swimmers of the Month

Senior Blue: ABBY COSGROVE



Favorite event: 500 Free
Favorite song: Shake it Out – Florence & The Machine
Favorite food before practice: Pasta
Favorite food after practice: Pasta
Hobbies: Reading
Favorite book: Keeper of the Lost Cities
Favorite TV show: Gilmore Girls
Favorite athlete: Katie Ledecky & Maddie Cosgrove
Favorite quote: “Je Mange le petit enfants”

Senior Championship Prep: NICOLE DOUGLAS



Favorite event: 100 Fly
Favorite song: Don't have one – I have too many!
Favorite food before practice: Yogurt and fruit
Favorite food after practice: A burrito – preferably a California burrito!
Hobbies: Playing guitar, hanging out with my two puppies 😊
Favorite book: The Hunger Games
Favorite TV show: Hawaii 5-O or Glee
Favorite athlete: Missy Franklin
Favorite quote: “The body achieves what the mind believes!”

Senior Championship: LEAH COFFIN



Favorite event: 100 Fly
Favorite song: Riptide
Favorite food before practice: Goldfish
Favorite food after practice: Sushi
Hobbies: Coffee
Favorite book: Hello Moon
Favorite TV show: Friends
Favorite athlete: My mom
Favorite quote:



MERMAZING!!



Back Page

Boys and Girls Clubs of San Dieguito

Rancho San Dieguito Swim Team is a part of the longest serving youth organization in the San Dieguito community, The Boys and Girls Clubs of San Dieguito. For over 50 years it's been our mission to never turn a child away.

Our 7 Clubhouses throughout Carmel Valley, Del Mar, Encinitas, & Solana Beach serve 6,000+ members and impact over 10,000+ San Diego youth. Last year we granted approximately \$400,000 in full or partial scholarships through our After School & Specialty Programs such as Centers for a Healthy Lifestyle, Middle School Sports, Youth Arts Academy, Summer Camps and one of course our very own RSD Swim Team. The Boys & Girls Clubs of San Dieguito focuses on three main outcomes: Good Character & Citizenship, Academic Success, and Healthy Lifestyles.

For more information on how you can help to make a difference in the lives of our community we invite you to visit our websites at:

www.bgcsandieguito.org, www.facebook.com/bgcsandieguito

or call Marineke Vandervort, CEO directly at 858-755-1592

for a personal tour of our Clubs.

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF SAN DIEGUITO

Team Apparel and Gear

Gear-Up! We are proud of our swimmers and our team! Swimmers are expected to represent us in competitions and proudly wear team gear.

RSD Pro Shop at the Aquatics office:

Visit for a great selection of tees, sweatshirts, socks, team caps, etc.

Making Waves (Exclusive Team Dealer):

Visit in store or online for team swimsuits, bags, practice gear, parkas, and team sweats.

Making Waves offers service with intimate knowledge of RSD team outfitting including personalization and team embroidery. All RSD team members receive 25% off retail on nearly all merchandise. You receive this discount with all purchases; online and in-store.

In order to receive the RSD Team Discount you MUST IDENTIFY YOURSELF as RSD Team Members.

[Click Here](#) for Making Waves RSD Team Page -- Password: gorsd

[Click Here](#) for Making Waves Home Page

[Click Here](#) for retail location/directions



USA Swim Officials

We are looking for new parents to volunteer to officiate at swim meets. There are several perks that come with this volunteer position: front row seat at swim meets, free food at most swim meets, and (most importantly) a discount on your swimmer's RSD dues. Parents who officiate receive a **50% discount** on their first swimmer's dues and 25% on the second swimmer's dues. If you are interested, please contact Rich Cosgrove [rcosgrove\(at\)gmail.com](mailto:rcosgrove(at)gmail.com). This is an important volunteer job that we need **YOUR** help with.

*REMEMBER: If our team cannot provide enough officials at the meet, we **get fined**, so please help us out if you are interested.*

Private Lesson Policy

The Coaching staff at RSD acknowledges that some swimmers and parents may want some private one-on-one time with our coaches to help stroke and other technique improvements. We understand the need for this, and we are supportive of families discussing and fulfilling this need with our coaches. However, we do require that any private lessons are done with certified coaches on the current Rancho San Dieguito swim team staff.

Lessons taken outside of RSD swim team are not permitted and can result in dismissal from RSD.

This policy is in the best interest of our athletes to insure that they are not receiving confusing or conflicting information from multiple sources. It also empowers our coaching staff as it provides them with more opportunities to work positively with our swimmers and build relationships based on trust and confidence.

We are serious about this policy and if we find out that swimmers have been doing lessons outside of RSD, we will have no choice but to suspend and/or dismiss the swimmer from the team.

Exception:

RSD and SwimLabs Encinitas Partnership: Professional underwater video analysis following the "RSD-way" designed by Coach Joe and our staff, approved by Coach Joe (and Chuck Norris)!

Exclusive Offer for RSD Families! Click [SwimLabs Encinitas](#) for more information.



Age Group Move-Up Checklist

Checklist to move to Corvina	
CORVINA Description	This group is for swimmers who can swim backstroke and freestyle and are learning to master the mechanics of butterfly and breaststroke.
<input type="checkbox"/> Practice Attendance	Minimum 2 per week
<input type="checkbox"/> Competition Attendance	Must attend at RSD Club Meets, encouraged to attend USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Leopard Shark	
LEOPARD SHARK Description	This group is for swimmers who can confidently swim all four of the competitive strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique.
<input type="checkbox"/> Practice Attendance	Minimum 2 per week
<input type="checkbox"/> Competition Attendance	Must attend at least 2 USA swim meets per season
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Red	
RED GROUP Description	This group is for swimmers with competitive knowledge of the four strokes. The emphasis is focused on fitness, fun, and stroke/turn/dive technique along with consistent participation in meets.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
Competition Requirements: <input type="checkbox"/> 100 Free (ages 10 & younger) or <input type="checkbox"/> 200 Free (ages 11-12) <input type="checkbox"/> 50 Fly <input type="checkbox"/> 50 Back <input type="checkbox"/> 50 Breast <input type="checkbox"/> 100 IM (scy) or 200IM (lcm)	Must attend USA swim meets and successfully complete the USA-Swimming IMR program; complete 100 Free (10 younger)/200 (11-12), 50 yards of each stroke, and 100 IM
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to White	
WHITE GROUP Description	These swimmers participate in monthly swim meets and continue to improve stroke technique while building endurance and conditioning.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
Competition Requirements: <input type="checkbox"/> 200 Free (ages 10 & younger) or <input type="checkbox"/> 500 Free (ages 11-12) <input type="checkbox"/> 100 Fly <input type="checkbox"/> 100 Back <input type="checkbox"/> 100 Breast <input type="checkbox"/> 200 IM	Required to attend USA swim meets and successfully completed the USA-Swimming IMX program; complete 200 Free (10 younger)/500 (11-12), 100 yards/meters of each stroke, and 200 IM
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Blue	
BLUE GROUP Description	This group is for motivated, goal oriented swimmers who want to be the best they can be in competitive swimming. Swimmers in this group compete at Junior Olympics and above. Workouts integrate endurance, speed, and stroke technique. This is a competitive group with training and competition criteria.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
Competition Requirements: <input type="checkbox"/> 200 Free (ages 10 & younger) or <input type="checkbox"/> 500 Free (ages 11-12) <input type="checkbox"/> 100 Fly <input type="checkbox"/> 100 Back <input type="checkbox"/> 100 Breast <input type="checkbox"/> 200 IM	Required to attend USA swim meets, successfully completed the USA-Swimming IMX program, and multiple 11-12 B-times (regardless of age)
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Senior Move-Up Checklist

Checklist to move to Senior Development	
SENIOR DEVELOPMENT Description	The beginner to novice senior group that focuses on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
<input type="checkbox"/> Competition Requirements	Encouraged to participate in USA swim meets. Swimmers may compete in RSD Club Meets if it is your first meet/new to competition
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Red	
SENIOR RED Description	The introductory competitive group at the senior level focusing on improving technique, building endurance and preparing for competition.
<input type="checkbox"/> Practice Attendance	Minimum 3 per week
<input type="checkbox"/> Competition Requirements	Required to attend at least 3 USA swim meets per season to include a goal of at least 1 A/B level meet
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior White	
SENIOR WHITE Description	The intermediate senior group that focus on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
<input type="checkbox"/> Competition Requirements	Required to attend monthly USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Blue	
SENIOR BLUE Description	The advanced senior group that focus on building endurance, conditioning, and stroke skills while emphasizing competitive success for the transition into high school and senior levels. Prepares swimmers to move up to the Senior Championship Prep group.
<input type="checkbox"/> Practice Attendance	Minimum 4 per week
<input type="checkbox"/> Competition Requirements	Required to attend monthly USA swim meets
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Champ Prep	
SENIOR CHAMPIONSHIP PREP Description	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming.
<input type="checkbox"/> Practice Attendance	Minimum 6 per week
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal meet schedule and minimum of 4 13-14 JO qualifying time standards (regardless of age)
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)

Checklist to move to Senior Champ	
SENIOR CHAMPIONSHIP Description	Swimmers in this group are competitive and committed swimmers. Workouts are rigorous and designed to make the swimmer the best they can be. Each swimmer must be able to make specific workout standards. This group prepares athletes for college swimming.
<input type="checkbox"/> Practice Attendance	Minimum 8 per week
<input type="checkbox"/> Competition Requirements	Required to attend all USA swim meets per seasonal meet schedule and Sectional Qualifying times
<input type="checkbox"/> Pass Progress Check	Administered by coaching staff during practice
<input type="checkbox"/> Coach Criteria	Maturity, responsibility, attitude, coachability, etc.
<input type="checkbox"/> Improvement on Practice Challenges	Repeating challenges administered during practice (approximately monthly)