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MONTHLY TEAM NEWSLETTER

JANUARY 2016

■ Let's Start Off the New Year Right

I wish to sincerely thank all of our swim families for their patience and understanding over the past few months, while we waited for the Baker pool heater to get repaired. We experienced a few painful moments during that time, but I do not want to dwell on the past. Rather, I choose to look forward to a fantastic year ahead!

One big benefit to the pool being broken was that most of the swimmers were able to meet and practice with each other. Hopefully, everyone now feels they are part of a single swim program. Please remember that you have the option to train at either pool, based on your other commitments. We want to be flexible, and provide as many options as possible for you to attend practices.

2016 has the potential to be the best year ever for our program. Now that everyone is attached as a single team, we are attending meets in great numbers, qualifying more swimmers for JO's, All Stars, and Far Westerns, and building better relationships with the local high school programs. Once the warm weather returns (please let it be soon), we should expect to see our team start growing again. 2016 is also an Olympic year, so there should be a lot of publicity and excitement about our sport. We can build one of the top swim programs in the county, if everyone is willing to support that goal.

■ Calendar of Events and Meets

Jan 9-10	NCA ABC (Alga Norte)
Jan 16-17	All Star meet (UCSD Canyonside)
Jan 22-24	HSA 11 & Over (Granite Hills HS)
Jan 29-31	FAST 12 & Under (Fallbrook HS)
Feb 12-15	Senior Classic (Coronado HS)
Feb 19-21	Short Course Junior Olympics (Poway)
Mar 4-6	JO Max (Palomar College)

The above list is our anticipated schedule for the season. It is subject to change. Spring/Summer schedule will be posted once it is approved by LSC.

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■ Booster Club News

We have a wonderful group of parent volunteers who serve to promote our program and provide assistance where needed. In the past season, they have purchased t-shirts for the swimmers, organized our travel meets, equipment for the pool deck, heaters to be used during the winter months, and will soon be purchasing pool covers and dryland training equipment.

Some may not be aware but, based on the amazing job that our team did at last year's JOs, we have been asked to provide hospitality and run the snack bar again this year. The Valley Center Optimist club will again provide assistance – equipment and manpower. But we need our families to help make it the event a success – with donations of time and food supplies. Look for more details about this event later in January.

We are looking for a few website/Shutterfly gurus who might be interested in merging the ACE and RAQ accounts into a single site, keeping the best of both.

■ Riptide Water Polo Program

In December, the Riptide water polo program was resurrected in order to provide Escondido area youth an opportunity to learn about the sport and, for high school athletes, to train and compete year round. Under the leadership of **John Bryant** and **Derek Nelson**, the program is off to a great start – already competing in a Ventura tournament, and forming several age group teams to compete locally. More info on the program is available on our team website.

■ Renegade Recognition

Congratulations to **Dylan Hayes** and **Casey Dang** for qualifying to represent San Diego swimming in an All Star dual meet with the team from Sierra Nevada. They will compete Jan 16 & 17 at UCSD. **Tiffany Shields**, who missed by the smallest margin possible, will serve as an alternate for her age group.

Thank you to all of the swimmers who participated in the holiday practices. The morning sessions were a bit on the cold side (but the water was warm). For those who made the practices, it was a great chance to train hard and improve technique and endurance. Special recognition goes out to **Izzy Pulido** who attended EVERY practice during the 2 week period!

The Mission of Renegade Aquatics is to provide a safe environment and strong foundation for growth, for all levels of swimmers, so that our participants develop an appreciation for the sport of swimming, respect for their teammates and competitors, and a goal to reach their fullest potential.

These new team records were set at meets held during December:

Swimmer	Event	Old Time	New Time
Megan Dang	11-12 50 Breast	35.87	35.58
Megan Dang	11-12 50 Fly	29.07	28.95
Tiffany Shields	11-12 200 IM	2:30.16	2:29.83
Melissa Tamarkin	13-14 200 Breast	2:51.76	2:43.41
Izzy Pulido	15-18 200 Free	2:05.27	2:04.54
Izzy Pulido	15-18 1000 Free	11:27.13	11:24.85
Izzy Pulido	15-18 100 Breast	1:19.08	1:18.59
Dylan Hayes	9-10 100 Free	1:05.68	1:04.93
Dylan Hayes	9-10 200 Free	2:23.44	2:20.93
Dylan Hayes	9-10 500 Free	6:28.20	6:11.01
Dylan Hayes	9-10 100 Back	1:21.87	1:20.59
Dylan Hayes	9-10 100 Breast	1:30.58	1:29.86
Dylan Hayes	9-10 50 Fly	35.19	35.01
Dylan Hayes	9-10 200 IM	2:53.77	2:46.83
Casey Dang	13-14 200 Free	1:57.30	1:55.69
Casey Dang	13-14 200 Back	2:14.12	2:10.87
Casey Dang	13-14 200 Breast	2:29.29	2:26.60
Casey Dang	13-14 400 IM	5:24.78	4:33.90

The following swimmers, based on their best race times, have qualified for either the Senior Classic or the Short Course Junior Olympic championships. We have several athletes very close to qualifying during these next few meets, so hopefully the numbers will increase. In addition, based on aggregate times, we expect to qualify several relays at JO's (even a few B relays).

Championship Qualifiers	
Riley Baldwin	Caden Dang
Casey Dang	Megan Dang
Ethan Doan	Dylan Hayes
Carly Hoff	Kiran Jayasinghe
Izzy Pulido	Luna Ramirez
Tiffany Shields	Melissa Tamarkin
Kent Woodsum	

■ Swimmer of the Month - December

Coaching get very motivated to coach athletes who embrace what they have planned to develop them as swimmers. When it happens, everyone benefits – coaches, the athlete, and their teammates. During the month of December, **Dylan Hayes** was focused, determined, and fast! He trained hard at every practice he attended, and he got the results in the pool – setting team records, making the All Star team, and earning his first Far Western cut. The next several months are going to be exciting, as Dylan establishes himself as one of the top 10 & under swimmers in the county!

Other swimmers who had impressive months, either at practice or in meets, and were considered include:

Casey Dang, Isabel Langat, Izzy Pulido, Tiffany Shields, Tommy Tang, and Tiyana Thorogood.

■ New Years Resolutions

As we continue to grow as a program, with multiple pools and coaches, it becomes more critical to keep our families informed. The Team Unify feature of our website is a great start, with primary benefits being the billing and smart phone app features. Hopefully, most families have begun to explore the app.

Over the course of the next few months, I hope to give space (website and newsletter) to our coaches so they can share their philosophies and expectations, create website profiles on our coaches so others have a better understanding, and I want to publish a monthly newsletter. Additionally, we want to start posting meet summaries on the website, in addition to the meet results that we already include.

■ Team Tidbits

** The Renegade coaching staff hopes that everyone had a safe, enjoyable Christmas and we extend our best wishes to all for a fantastic 2016! If you are still traveling, be safe as you make your way back to town.

** Please be aware that all swimmers must have a current registration with USA Swimming in order to participate in our program. If you have not yet renewed, please do so ASAP. This must be done so that we maintain our insurance for the program.

** Congrats to members of the Renegade coaching staff who will be assuming positions at local high schools this spring: **Scott** and **Jaden Smithers** at Classical Academy, and **Ginger Johnson** at San Pasqual HS.

** We have 35 swimmers attending the NCA meet. The morning sessions will start at 8:30 and run about 4 hours. The afternoon sessions will start around 1:00 and last about 3 hours. They are going to pre-seed the meet again, since it appeared to be successful last month. NCA expects to have the seeding done, and timing assignments announced, sometime on Thursday night.

** Our 'last chance' meets (for JO qualifying) will be at Granite Hills (13 & overs, 1/22-1/24) and Fallbrook (12 & unders, 1/29-1/31). Additional info is on the website.

** It appears the weather folks may have gotten their forecasts correct, and we are in for a cold, wet winter season. Please be sure to send proper clothes so that we can bundle your children up and prevent them from getting sick.

** As always, if anyone has suggestions for newsletter topics, feel free to make suggestions...