



The RSA Wahoo

“Celebrating a half-century of swimming...A lifetime of success!”

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RSA has achieved USS Level I Club Recognition!

Raleigh Swim Association's mission is to provide a healthy and safe environment which fosters athletic excellence, positive self-esteem, teamwork, and self-discipline while providing experiences that enable athletes to acquire a foundation of skills for lifelong achievement.

www.swimrsa.org

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RSA Victorious at Cap City Meet!

In a very fast meet over three days with prelims and finals for the older swimmers RSA was dominant in nearly every aspect. RSA won the combined team score, the women's score and the men's score at the Capital City Invitational on Friday, June 11th thru Sunday, June 13th with the assistance of the majority of their swimmers at the meet! More than three-fourths of the swimmers on RSA swimming at Cap. City helped with the victory, along the way swimming to 32 individual event winners and 6 relay first place finishes!

Below are some highlights from last weekend's meet:

Congratulations to the following 32 individual event winners (18 Total Swimmers!) and 6 relay event winners from this past weekend:

18 Individual Event Winners:

Jordyn Barham (100 Breast), Thomas Bell (100 Fly and 50 Fly), Olivia Carter (100 Back and 50 Back), Mitch DeForest (1500 Free), Stephanie Ding (50 Free), Jesse Godlewski (100 Fly), Rachel Hatt (50 Free), Sarah M. Henry (400 Free and 1500 Free), Hannah Moore (200 Back), Melissa Ortega (400 Free), Megan Owens (50 Fly), Will Ritchie (200 Free, 50 Free, 100 Back, 400 Free and 100 Free), Jon Roach (100 Breast), Tad Spence (50 Back, 100 Back and 50 Fly), Jethro Ssengonzi (200 IM), Rebecca Ssengonzi (100 Breast, 100 Fly, 50 Fly, 50 Breast and 200 IM), Henriette Stenkvis (200 Free) and Victoria Tschoke (50 Back and 100 Back)!

6 Relay Event Winners:

Women's 13-14 400 Free Relay: Rachel Hatt, Megan Owens, Jordyn Barham and Hannah Moore; Women's OPEN 400 Free Relay: Henriette Stenkvis, Nina Mascia, Marisa Martinez and Jesse Godlewski; Women's 13-14 400 Medley Relay: Victoria Tschoke, Jordyn Barham, Megan Owens and Rachel Hatt; Women's OPEN 400 Medley Relay: Henriette Stenkvis, Sarah M. Henry, Jesse Godlewski and Claire Nobles; Men's 11-12 200 Free Relay: Will Ritchie, Colin Catella, Thomas Bell and Jethro Ssengonzi and Men's 11-12 200 Medley Relay: Will Ritchie, Jethro Ssengonzi, Simon Li and Matthew Asbill!

Congratulations to the following 6 swimmers for swimming to 100% Best Times!: (These swimmers achieved a Personal Best Time in every event they entered last weekend swimming for RSA).

Jordyn Barham, Noah Diacumakos, Stephanie Ding, Cynthia Li, Olivia Matthews



USA Swimming's Virtual Club Championships has ranked RSA in 28th place in the Country this past short course season (out of 2,500 teams ranked); the 2nd highest ranked team in North Carolina and the top team in the Triangle!

and Claire Nobles!

Congratulations to the following 97 swimmers for swimming a Personal Best Time!: (These swimmers achieved a Personal Best Time last weekend swimming for RSA).

Philip Arve, Matthew Asbill, Chris Barfield, Thomas Bell, Kb Burnette, Ryan Cade, Stephanie Calleja, Olivia Carter, Emily Castelloe, Carly Catella, Colin Catella, Jose Chavez, Mary Comis, Kristin Connors, Ryan Cox, Neville Cross, Patch D'Alessio, Christopher Daniels, Leigh DeForest, Mitch DeForest, Alex Diacumakos, Michael Dickey, Sonoma Dixon, Sawyer Dove, Tucker Dupree, Lindsey Giglio, Jesse Godlewski, Katie Godlewski, Casey Goodwin, Olivia Hair, Logan Harrison, Morgan Harr, Lindsay Ann Hatt, Rachel Hatt, Jamison Hauser, Lexie Heeley, Andrew Henry, Sarah Henry, Sarah M. Henry, Erica Hoff, Tom Hubbard, Jordan Jahja, Abby Johnson, Dylan Kab, Savannah Laino, Jennifer Li, Sophie Lindem, Simon Li, Bailey Maloney, Maddie Marshallsea, Marisa Martinez, Nina Mascia, Tyler Masie, Seth Maslowski, Alex Matthews, Gavin McCulloch, Caitlin Monty, Hannah Moore, Kate R. Moore, Michael Moore, Sammie Myers, Karina Ortega, Melissa Ortega, Megan Owens, Miranda Parker, Sarah Parker, Libby Pelt, Kendall Pena, Tessa Pena, Torie Belle Pena, Sophia Potepalov, Kristen Quint, Jackson Richards, Will Ritchie, Henry Roach, Jon Roach, Rachel Shaw, Elaine Siemek, Wesley Sigmon, Tad Spence, Jethro Ssengonzi, Rebecca Ssengonzi, Henriette Stenkvist, Julianne Strickland, Brennan Textor, Victoria Tschoke, Georgia Van De Zande, Danielle Walko, Nicole Walko, Matt Wallace, Anthony Wang, Charlotte Watts, Emma Williams, Maddie Witzke, Kai Wombacher, Daniel Wu and Bruce Yang!

Congratulations to the following 85 swimmers for scoring at the meet!:

Philip Arve, Matthew Asbill, Jordyn Barham, Thomas Bell, Ryan Cade, Olivia Carter, Emily Castelloe, Carly Catella, Colin Catella, Jose Chavez, Kristin Connors, Ryan Cox, Christopher Daniels, Leigh DeForest, Mitch DeForest, Noah Diacumakos, Stephanie Ding, Sonoma Dixon, Lindsey Giglio, Jesse Godlewski, Katie Godlewski, Casey Goodwin, Olivia Hair, Logan Harrison, Morgan Harr, Lindsay Ann Hatt, Rachel Hatt, Jamison Hauser, Lexie Heeley, Andrew Henry, Sarah Henry, Sarah M. Henry, Erica Hoff, Tom Hubbard, Abby Johnson, Dylan Kab, Savannah Laino, Andy Lamb, Cynthia Li, Jennifer Li, Sophie Lindem, Simon Li, Bailey Maloney, Marisa Martinez, Nina Mascia, Tyler Masie, Seth Maslowski, Alex Matthews, Olivia Matthews, Gavin McCulloch, Caitlin Monty, Hannah Moore, Kate R. Moore, Michael Moore, Matthew Newland, Claire Nobles, Melissa Ortega, Megan Owens, Libby Pelt, Tessa Pena, Kristen Quint, Jackson Richards, Will Ritchie, Henry Roach, Jon Roach, Rachel Shaw, Elaine Siemek, Tad Spence, Jethro Ssengonzi, Rebecca Ssengonzi, Henriette Stenkvist, Julianne Strickland, Brennan Textor, Victoria Tschoke, Georgia Van De Zande, Danielle Walko, Nicole Walko, Matt Wallace, Anthony Wang, Charlotte Watts, Emma Williams, Maddie Witzke, Kai Wombacher, Daniel Wu and Bruce Yang!

"Enjoying Our Success As A Team!"

[Practice Schedule](#)

The current week's practice schedule will be posted on the RSA website here only:

<http://swimrsa.org/PracticeSchedule>

The current week schedule is always available on the RSA website.

[Newsletter Requests:](#)

If you have something you would like added to the next newsletter please send requests to newsletter@swimrsa.org



[Upcoming Events](#)

**[RSA Distance Day](#)
**[TOMORROW June](#)
[20th at TAC](#)****

[Warm-ups at NOON](#)

[Meet Starts at 1PM](#)

June 26-27	RSA Summer Sizzle Meet (TAC)
July 9-11	Optimist
July 15-18	NC AG Championships (Charlotte)
July 22-25	NC Senior Championships (TAC)
July 30-Aug 1	Tar Heel States (TAC)

NCS Open Water Champs Results

The weather couldn't have been better for the NCS Open Water Championships that were held Saturday, June 5th. 16 swimmers, parents and spectators cheered RSA on to amazing results consisting of many Top 16 finishes and an Open Water Champion!

The first event of the day was the 5k, which consisted of an hour- plus of swimming. Victoria Bell paced the girls with a 6th place finish, while Tessa Pena (12th) and Torie Pena (20th) also swam well. Sam Heeley also competed in the event dropping an astounding 15-plus minutes!

The next event concluded an exciting win from Hannah Moore taking first place in the 3k! Carly Catella also scored in the event finishing 10th. Lexie Heeley swam the event swimming five minutes faster than her goal time!

The 2k was the next event to follow while Erica Hoff was able to get out in front of the pack and swim to a 7th place finish with a best time. Kate Moore (15th) and Aaron Thompson (17th) also competed in the event for their first time.

The last event of the day consisted of the 10&Under 800 where RSA had a grand showing! All six who participated ended up scoring in the event. The girl's side placed in a photo finish with Nicole Walko (4th), Nicole Webb (5th) and Sarah Pilecki (7th) - Nice job girls! The 10& under boys swam just as well while Michael Moore placed (8th), Tom Hubbard (12th) and Brian Thompson (16th).

It was a great day that consisted of fast swims and first-class experience for the Open Water! It is a meet that is highly recommended for everyone to participate in next year. Congrats to all who participated!

RSA Summer Sizzle Meet Information

June 26-27 at TAC

Meet Info:

<http://swimrsa.org/Portals/12/Meets/>

RSA Entries:

<http://swimrsa.org/Portals/12/Meets/2>

Warm-ups both days are at 11:00am and the meet begins at Noon.

Swimmers will need to provide their own timer and counter for the 800 Free and 400 IM

This is an RSA hosted meet. Volunteer spots are still available. Sign up NOW at

www.mysignup.com/summer_sizzler

Hospitality is also still looking for donations – help out our hard-working hospitality crew and sign up to donate something here:

<http://www2.mysignup.com/summersizzle>

RSA Welcomes Coach Keri!

We are pleased to formally announce, and welcome Coach Keri Arsenault to the RSA family as a full-time coach beginning Wednesday, June 23, 2010.

Coach Keri will be the Lead Coach of the Nova group beginning in August. She will transition into this role with Coach Jason's guidance. While her other group responsibilities are still being determined, she will continue to work with the Senior group and the Barracuda group.

Keri Arsenault joined RSA during the summer of 2009. She hails from Chester, New Hampshire, and moved to Cary after graduating from college. She attended Simmons College and earned a Bachelor's Degree in Exercise Science. At Simmons she swam all four years and captained the team her junior and senior years, leading them to four consecutive conference championships.

Keri worked as an assistant coach for five summers with the NH Bedford swim team. She also helped organize and run many swim clinics for Simmons.

While at RSA Keri has been assisting multiple groups and is looking forward to her new position as Lead coach for the Novas. With the direction of Coach Jason, she is excited to share her enthusiasm and passion for the sport of swimming with the Novas!

We are extremely fortunate to finally add Keri to our full-time coaching staff. Keri has embraced all her opportunities with us this past year, and I am excited to expand her influence throughout the team.

Tip-of-the-Week: “FAQs for Parents”

From USA Swimming

Here are a few answers to some frequently asked questions that some parents have when it comes to swimming, training, and athlete development:

Q: My son complains that some of the kids in the lane skip laps. He doesn't think that's fair. What should I tell him?

A: Praise him first for completing the workout the coach offers. Remind him that he is there to improve his own swimming and he can't control what his teammates do. Tell him however, that his best course of action is to continue to do things right and others may actually be influenced by his good example. By committing to do his best at all times, over the long haul he will reap the benefits of his hard work.

Q: What will happen to my child's meet results if he only makes half of the offered workouts because he is participating in other sports?

A: Children involved in other activities can benefit in the areas of coordination and balance, as well as improved social and intellectual development. Specialized training in one activity does not necessarily need to take place at this stage of development. Will your son's teammate who makes all practices have better results? Probably, because his teammate is working solely on developing swimming skills. It is up to you to explain to your child that making the choice to participate in other activities can have its consequences. Tell your son that he should not compare his results to that of his teammate, but to focus on the fact that he is benefiting from and enjoying both sports.

Q: My daughter came home and said he had his best result on a test set of 100s on 1:45, what does that mean?

A: Many coaches use some sort of test or challenge sets to measure improvement. This particular challenge set consists of swimming a certain number of 100s on every 1 minute and 45 seconds, which is the send off. Show interest in your child's improvement and praise your child for this accomplishment. In addition to achieving the physical goal, your child is also learning to swim on an interval, read the pace clock, and accomplish practice goals. Congratulate her on her efforts and let her know you are proud of her.

TAC Website

TAC's website is regularly updated with a calendar showing all activities going on at TAC. There are also meet results posted in real time during meets.

Check out the site at:
<http://www.triangleaquatics>

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