

SPRING HIGHLIGHTS

- Catch up on the latest SOCAL news in this Spring edition.
- Find the word "beach" hidden in this edition. Be the first to email its location to:

jzwiner@socalwaterpolo.com
and win a free tee shirt!

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What's New in the Pool?

I don't usually bleed Red, White and Blue because I'm Australian, but I will make an exception just now. My good friend, Dan Klatt, SOCAL's Head of Coaches and Head Coach of UCI Women's Water Polo, is also the Assistant Women's Olympic Coach. I'm excited for Dan and the USA Teams in the upcoming Olympics. SOCAL is well represented in the National Team Ranks. Our Club does a lot to support the Olympic Development Movement. In fact, we had to splice out our list of ODP selections because it is too long to fit in the newsletter.

I can't tell you how important it is to have a connection to the National Team pipeline. I wish JW Krumpholz, Adam Wright, and Brian

Alexander all the best as the final Olympic Selections are upon them.

Please remember that SOCAL Founders and Board Members were all swimmers. So whether you swim for a Club or our Swim Conditioning program, please do SWIM.

We had a record turnout to our PCA workshops thanks to Lisa Gorlinksi and Jenny Ayala. Changing culture of Coaching, Parenting and Playing takes time, but SOCAL is committed to growth in this area. Challenge yourself and each other to step up.

As this letter goes to press, I find we have 36 players in Summer Splashball. How exciting to perpetuate excellence!!!

Thank you Mark Zwirner and all the coaches who hop in the water with the little ones.

Enjoy this Olympic Summer!!!! Go SOCAL.



Andrew Rowe,

Meet the Coach - Alicia Sayles

I have always loved the water but I started swimming competitively at the age of 9. I was entering high school when the swim coach approached me about playing in the inaugural season of girls high school water polo. At first I was a bit intimidated, but I had a great coach who pushed me. I played with some fantastic athletes and my senior year we won CIF for water polo, and again for swimming.

I went to Saddleback College for 1 year where I swam, but I decided to hang up the suit as I moved to University of the Pacific

my sophomore year. At UOP I studied education with an emphasis in physical education and coaching.

After college I returned back to my alma mater to help coach the swim team. I have now been coaching swimming for 8 years and 5 years on the boys water polo staff.

It is a fun fact that Paden, Brian and I coach the 12u boys at SOCAL and the high school team at SM together. It is a lot of together time, but we have a great system and have seen a ton of improvement from our teams. I love coaching the SOCAL 12U

boys because the all the kids are willing to put in hard work to make sure they have a solid foundation to win at this level and the next.

When I am not running between pools I am currently a 2nd grade teacher at Stonegate Elementary School in Irvine. On rare free weekends, you can find me relaxing by the pool in Palm Desert or better yet, in Hawaii.





CONGRATULATIONS TO BOYD PHILPOT

TUSTIN HIGH SCHOOL AQUATICS DIRECTOR AND SOCAL SUPPORTER - FOR BEING NAMED CIF COACH OF THE YEAR AND RECENT SCHOOL BOARD RECOGNITION AND POOL DEDICATION



SOCAL Presents - SUMMER SWIM CONDITIONING

SOCAL WP introduces a seasonal swim conditioning program for all athletes beginning on Tuesday, June 5 at 5 PM at Beckman HS. The program will cost \$50 and will initially run on Tuesdays, Thursdays and Fridays for the summer. Additional weeknights may be added as pool space is available.

Shane Unger will coach the program. Shane was the coach for SOCAL's original swim conditioning program. He has the ability to transform and condition athletes.

Currently Shane is a private strength-conditioning trainer, coaches our HS girls and Head Coach for El Modena High School

Since the Seasonal Swim Conditioning Program will be run by water polo, swimmers will not be registered with USA Swimming and will not be eligible to participate in official USA Swimming swim meets. beach SOCAL WP coaches believe that participating in swim conditioning requires a minimum 3 nights per week. (100% attendance)

Please register on-line on the SOCAL website. You will be billed \$50 per month on your credit card. No cash or check payments will be accepted.

SOCAL WP highly encourages the idea of dual sport athletes and has seen the benefit that SOCAL Aquatics provides our athletes who swim year round.

If you have any questions, please contact Robin at: robinbaia@socalwaterpolo.org



Send it in!

Student of the Month? Accepted to College? We want to know!

We'd love to share the accomplishments of our awesome players outside the pool.

Send your news to Janet Zwirner at:

jzwirner@socalwaterpolo.org

While we can't promise we'll print it, we'll sure try!

Congratulations to Taylor Best. She was recently inducted in the National Honor Society, named first team for Empire League



Register now for SUMMER session

SOCAL ALUMNI - Where are they now??

Robert Arroyo is a diabetic who played world caliber water polo. Robby is now a 32 year old husband and father who currently works for Sanofi Diabetes Device, selling the IBG glucose meters (which plugs into your iPhone)

Despite a debilitating condition of diabetes, Robby was a stand out at Foothill High where he was a four-time All-American in both swimming and water polo. He helped lead Foothill to four straight Century League championships, and a CIF championship. Robby was named CIF-SS Water Polo Player of the Year in 1997.

He went on to play for UC Berkeley

where he was an Academic All-American. As the Golden Bears Team Captain, Robby took his team to the 2002 NCAAs where they took 2nd .

Robby was a member of the National Junior Team and a member of the National Youth Team. He played professionally in Szolnok, Hungary from 2003 - 2005. He coached for SOCAL briefly from 2005-2006. Robby married former water polo player Catharine von Schwarz.

His brother Gavin, was an All-American water polo player for Cal and competed in the 1996 Atlanta and 2000 Sydney Olympics. Both Gavin and Robby have fond

memories of SOCAL. Robby played SOCAL Water Polo from the time he was a little ten and under. He enjoyed playing for SOCAL where "we won just about every tournament" and Robby was typically the MVP.

Robby has been a frequent speaker to juvenile diabetes groups including: JDRF, ADA , local camps and support groups, and research facilities like BRI. Robby brings the excellence outside the pool into life.



Splash Ball Stuff

Another fun time was had in the pool as kids were introduced to water polo !



Know someone who wants to join?

Email Janet!
jjwiner@socalwaterpolo.org

PCA Players for Spring

Congratulations to our SOCAL PCA quarterly winners.

These athletes were chosen by their coaches for demonstrating excellent sportsmanship, teamwork and dedication:

14U Girls (Black) Lana Gorlinski - for respecting the game and her tireless effort. Lana sets the standard in practice for vertical work all the time. More importantly, Lana Gorlinski helped her coach by respectfully talking to him about aspects of his coaching that she felt would better fill her and her team's emotional tanks. Lana is truthful, honest and respectful as she would expect her coach to be with her.

14U Girls (Gold) Nicolette Ragone - for her team spirit. Nicolette unselfishly supports her teammates at all

times, gives her best efforts at all times and respects the game. Nicolette has one of the highest attendance records, clearly states her goals and desires to her coaches and is contagiously enthusiastic. She is a leader of the Golds.

14U Boys - Zane Scott- Zane demonstrates PCA principles every day. He has 100% attendance and values the opportunity to work hard to perfect his techniques and understanding of team tactics. He is unselfish and is always looking to give his best effort for his team. He is a leader by example. What is most remarkable is that he is competing against players two years older than himself. By all accounts, Zane is a Triple Impact Competitor.

12U Girls - Sidney Shimomura aka

"Mini-Shimi" is coming on a like a Mighty Might with her efforts on improving. She uses her speed, tenacity, and good spirits to make herself better, inspire her teammates, and be a model for the game. She quietly participates in water polo and swimming at the highest levels, building a base for her future high school career.

12U Boys - William Motherway - for his hard work and dedication which was evident when he helped lead our Gold team to a 7th place finish at Cal Cup. William is an outstanding athlete and a great team mate. Thank you William.

10U - Celeste Wijnbelt - Celeste deserves this award because she never complains, she always puts teammates first and swims up and down the pool giving 110% with a smile.

Thank you for making SOCAL proud!

**DON'T FORGET TO
CHECK THE CALENDAR
OFTEN!!!**



SOCAL SPOTLIGHT

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RULIN' THE POOL

Here's a shout out to some of our teams:

- Grommet Cup - 12U girls - 1st place (above)
14U girls - 3rd place
- CA State Finals - 12U Boys - 1st Place
- Cal Cup Championships- 16U Boys and 16U Girls - 1st



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Triple-Impact Competitor Pledge

I pledge always to strive to make myself better.

Winners are people who give maximum effort, continue to learn and improve and do not let mistakes, or fear of mistakes, stop them.

- ◆ I will learn by watching others, asking questions and getting coaching.
- ◆ I will strive to meet not only my outcome goals, but my stretch and effort goals as well.
- ◆ I will develop and use a mistake ritual that will help me to overcome mistakes.

I pledge to make my teammates better.

I understand that my teammates will do their best when their "emotional tanks" are full.

- ◆ I will focus my efforts on the team and how I can best support my teammates.
- ◆ I will strive to be the best teammate I can be.
- ◆ I will fill my teammates' emotional tank
- ◆ I will give five positive statements for every one tank drain-er that may occur.
- ◆ I will be truthful and specific in my statements to make sure I am contributing fully to my teammates' emotional state.

I pledge to make the game better.

I understand the importance of setting a good example for my teammates.

- ◆ No matter what others do, I will show Respect for the Rules, my Opponents, the Officials, my Teammates, and my Self.
- ◆ I will develop my own "honoring the game" routine, such as shaking the official's hand before and after every game.

