

The SOCAL Spotlight

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Fall 2013



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What's New in the Pool?

I am able to reflect gratefully on the 2013 SOCAL Water Polo year from my jumbo airliner here crossing the Pacific to my country of origin -- Australia. Happy Thanksgiving and Happy Holidays!!

The SOCAL WPF Community continues to build excellence on the scoreboard and mastering life. We placed high in National Championships in 2013 and our new crop of High School Senior women have committed to colleges across the USA. How about our 16U Boys breakthrough for Gold at JO's? Or our Youth Girls capturing Gold for the fourth time in five years? Congratulations to our Boys and Girls teams for their finishes in the "little league world series of water polo" -- TYR Cup in Indiana. SOCAL reaches out to our

local community to introduce new young players to our sport thru Water Polo Lite and Splash Ball. Great volunteers at this level like John Bell excite newbies about our sport. Thanks to Tom McLain for bringing stability to our 10s too. SOCAL could not exist at our high levels were it not for the nearly 100 coaches and volunteer parents who commit their time to teach, administer, and support your student-athletes in visible and invisible ways. Thank you!

Thank you to our athletes from top to bottom who persist in their quests to improve. Thank you to our investor parents who sacrifice significantly to participate at SOCAL. Thank you for thinking about "Team" before son or daughter. Thank you to Tustin Unified School District and our local High School Aquatics Directors Sam Bailey, Jim Brumm, Boyd

Philpot, and Shane Unger for letting us support their programs. And, of course, Joan, my wife, thank you for putting up with the craziness of non-stop water polo interruptions.

As the girls begin their High School seasons, I'd like to remind all our Youth and High School Men that putting significant hours in the pool conditioning between now and the end of February will take your water polo to new higher levels.

To the entire family of Black and Gold, Happy Holidays and Go SOCAL!!!

Andrew Rowe

President and General Manager



Coach Caitlin brings an impressive Water polo resume and a passion for developing players' skills to the SOCAL pool deck when she coaches the 14 U Girls. Prior to joining SOCAL as a coach Catlin had a successful high school career with Buchanan High School in Clovis, CA and at UCI, where she was awarded All American and All Academic Honors.

Meet the Coach- Caitlin Haskell

Since graduating from UCI, Caitlin has helped SOCAL Water Polo as a Development Coach with the youth girls program, utilizing her excellent technical knowledge to fine tune the program's curriculum and pipeline. Caitlin has been instrumental in coaching the youth girls to top finishes in Junior Olympics and the Champions Cup. Caitlin continues to pursue her passion for development coaching and was named Head Women's Water polo Coach at Canyon High School for the 2012-2013 season.

Caitlin joined the Olympic Development Program a couple of years ago and rose to Assistant Coach for the SOPAC Zone and then was selected to be the Assistant Coach for the

USA National Development Team (8th grade and under). In 2013, Caitlin was selected to serve as a primary National Staff Coach for the ODP Holiday Camp in Colorado Springs. Caitlin holds a degree in Social Ecology and would like to eventually further her education in the field of Nutrition.

As Caitlin gets to know her athletes on and off the pool deck, she finds great comfort in creating a special bond with her players and keeping in touch with them as their future unfolds. Caitlin holds a very strong passion for coaching and wishes to always find her feet at the edge of a pool deck. We are confident Caitlin will continue to find success in all of her endeavors!

USA Water Polo Academic All Americans Announced

Congratulations to the following SOCAL Athletes who have been recognized for 2012-2013 as Academic All-Americans. Student-athletes, 10th grade and older, needed a 3.6 GPA on a scale of 4.0 to qualify, those that received a 4.0 GPA were honored as outstanding achievers. (*)

Kelli Baumgardner*
 Christopher Brose*
 Jessica Castellano*
 Madison Chen
 Brett Cleary*
 Rebecca Corb*
 Nicole Daurio*
 Reagan Denny*
 Deanna Doumas

Zachary Ennis*
 Nicholas Giberson
 Sydney Groot
 John Hartshorne
 Katie Hungerford*
 Austin Hwang*
 Lakhvinder Jordan*
 Kenneth Keller*
 Emily Konishi*

Jason Lee*
 Stephen Marcin*
 Michael Mattessich*
 Ryan Melosini*
 Emiko Mizusawa*
 Massimo Navarretta*
 Shuntaro Nishi*
 Lauren Norheim*
 Sage Pfeiffer

Kyla Pickell
 Sara Rutherford
 Trenton Samaha*
 Christian Searing*
 Timothy Shaw
 Aidan Tol
 Jake Tombrello*
 Jastine Vazquez
 Erica Weed*
 Genevieve Weed*

SOCAL Girls and Boys find success at 2013 TYR Champions Cup

SOCAL Girls are back in Winners Circle – Winning Gold in Indiana.



Congrats to the Black and Gold!



Boys take home Silver

SOCAL Scholar Athletes Make Early College Commitments

Congratulations to the following players who signed early College commitment letters:

Kacey Avalos- Cal
 Kelli Baumgardner- UC Irvine
 Shannon Crowley – Brown
 Sydney Groot - University of Michigan
 Lauren Norheim - Stanford
 Shelby Rascon - Long Beach State
 Corinna Toledo – UCI
 Keri Tombrello - Kansas University
 Haley Wan - Princeton
 Ella Weber – San Diego State University

Youth Girls Fall Quarter Update

The 12 Girls recently placed third in the SPA Championships. We are so proud of their growth and progress! The 12s have a lot of work to do to get to the Gold Medal stand. How fun!

The 14 Blacks won the Gold Medal at SPA's and Jessica Lynch was named MVP of the tournament. The next week in Indiana, the TYR Cup team took the Gold Medal. Bella Baia was named the Maureen O'Toole Sportsmanship Award Winner and Meghan Lopez was named Most Valuable Player of the tournament.

PCA Players of the Quarter

Congratulations to our SOCAL PCA Players of the Fall Quarter

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

10U Mixed- Tonahuac Zinn

Tona started water polo for the first time this fall with SOCAL's Polo-Lite program and quickly transitioned to the 10U team. His coach recognizes him as a consistent hard worker. He volunteered to try playing goalie and his dedication to becoming better has made him not just the team's starter, but one of the top goalies in the area. A great teammate and very coachable, Tona has a bright future.

12U Boys- Max Abravenal

Max is a respectful player who always gives 100%. He is the back bone of our defense and brings a certain toughness to our team, needed for success. Max is a player every coach wants or needs on his team.

14U Boys- Ryan Griswold

Ryan makes himself better by always attending workouts, concentrating and working hard applying the technical and tactical skills. He has improved a great deal over the last year.

Ryan makes our team better by always doing his best for the good of the group and is resilient when making mistakes, always ready to learn from them and move on.

Ryan makes the game better by being a great competitor and always demonstrating great sportsmanship.

14U Boys-Ian French

Ian French is receiving the Fall 2013 PCA player of the quarter for being a triple impact teammate. His attitude makes him, his teammates and the game itself a more positive environment for us all. Ian consistently strives to learn and make himself a better athlete by giving his full effort in practice and games. Regularly asking well thought out questions about the game, Ian tries to improve his knowledge and understanding of the sport. In addition, Ian's hard work makes his team better with his effort and desire to improve. He truly respects the game, his teammates coaches and self. Thank you Ian for making us all better members of the water polo community.

12 Girls-Paige Goemer

Paige has fallen in love with water polo. This left-hander has committed to almost perfect attendance and swim conditioning. Paige is a student of the game who always wants to learn something new and puts herself into a position to learn and grow. Paige is a fierce competitor who pushes herself, her teammates, and her coaches to higher levels all the time. She is a positive team builder who creates unity above all. Paige respects her coaches, the referees, and the rules of the game. Paige is a Coach's delight!

14 Gold Girls-Kendal Montgomery

Kendal always arrives on deck ready to play water polo and leave the outside world behind. Kendal's effort, commitment to learning and ability to shake off mistakes to power through life earned her a spot on the Tyr Cup Gold medal team. Kendal valiantly led the Gold team to a silver medal in the SPA Championships in an epic match against CDM using her leadership and tenacity to play big water and big minutes. Kendal's sense of humor, dedication and commitment continue to reward her with good things.

14 Black Girls-Jessica Lynch

Jessica is a quiet force of consistency. Jessica's extra efforts have led to dramatic improvements on defense, on driving and knowing where to pass the ball over the last year. Her improvements are a direct result of intellectually embracing learning markers her coaches set for her -- mastering them one at a time. Jessica is a quiet leader in the pool. Her contributions can be seemingly invisible until she's out of the game -- then she is sorely missed. Outside of the pool she is an extraordinary woman of character on a fantastic life journey.



SOCAL Helps in the Community

With the holidays comes a spirit of generosity and caring, and that spirit is especially present here at SOCAL Water Polo. This year, players and their families have gone above and beyond to help out their communities.

Due to the enthusiastic generosity of SOCAL families last year, we were able to "adopt" four families and provide them with clothing, toys, and grocery store gift cards. Because of last year's success we are adopting six families this year!

SOCAL Water Polo also gives back to our players and their families: we helped out deserving athletes by providing over \$20,000 in scholarships. SOCAL also contributes thousands of dollars worth of goals, balls and other equipment to the local high schools in Tustin.

We're very proud of our club for being able to help so many great families!

SOCAL Makes a Splash at Dino Dash



SOCAL players Campbell Gorlinski, Dani Ayala, Gracie Pevehouse and Sachin Okuma represent SOCAL well at the 23rd Annual Dino Dash, held annually in November to raise funds for Tustin Public Schools. SOCAL partnered with USA Water Polo's Shiedly to hand out hundreds of stickers and bubbles to the event participants.

“WaterPolo-“Oh, the Places You’ll Go!”

Cana Manzella Travels the World



For 17 year old Cana Manzella, traveling to Australia, New Zealand, Hungary and Canada are just a few of her favorite water polo adventures. Cana first traveled internationally at the age of 12 when she visited Australia and New Zealand with SOCAL water polo. In between visits to the National Zoo, National Park, and sun drenched beaches, Cana and the SOCAL girls gained exposure to a new level of physical water polo through their play against college-aged Australians, Russians, and New Zealanders. Cana didn't let this experience go to waste and quickly applied many of their techniques to her own water polo.

As a reward for her hard work and focus, Cana was able to travel twice to Hungary with the USA Youth National Team. She spent her days with the US team training and scrimmaging and playing against teams from Australia, Canada, Russia and Hungary. Cana really enjoyed the intense, competitive atmosphere and the focus on bettering themselves as athletes and learning from the different teams' playing. Cana particularly enjoyed visiting with and befriending the other athletes during their meals together.

A definite highlight of Cana's trip was sightseeing in Budapest, Hungary. Cana was very impressed with the beautiful, intricate architecture on the buildings, which stood since the 18th and 19th centuries and continue to be the pride of the Budapest locals. Besides touring the beautiful towns, Cana also enjoyed meeting the local people of Hungary and was honored to be invited with her team to the home of a local family, who treated the athletes to a traditional meal of porridge.

Cana is grateful for the chance to learn about the way other cultures live their daily lives and provide for their families. She feels blessed to represent the US during her travels and feels honored by how people from other countries treated her and her teammates like celebrities and asked them to pose for pictures. Additionally, USA is considered a team to beat, and Youth Team girls experienced an intense level of competition. Cana takes it all in stride, learning from her experiences and passing on those lessons to her teammates at home.

What does the future hold for Cana? We think the sky is the limit and wish Cana all the best as she continues to train with the hopes of making the Youth World Championships to be held in Spain in 2014.

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socialmedia@socalwaterpolo.org

GOT PICS? SOCAL is on Instagram!

@socalwaterpolo -

<http://instagram.com/socalwaterpolo>

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12 Boys Black Team takes home Gold for SPA championships 2013



10s take home Bronze for SPA Championship

Send It In!

Student of the Month? Accepted to College? Helped your Community?

We want to know! We'd love to share the accomplishments of our athletes outside the pool. Send your news to Lisa Gorlinski @ lisagorlinski@socalwaterpolo.org

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