



MARIN SWIM LEAGUE 10 YEAR SWIMMERS



LUCAS VALLEY LIGHTNING

Auggie Apodaca 17
Brad Hartwig 17
Amy Higgins 17
Delaney Tight 16

MARINWOOD WATERDEVILS

Bobby Gehlen
Kelly Gehlen
Stephen Gavney
Rebecca Gerrity
Monica Murray

NOVATO RIPTIDE

Sarah Cooper 18
Abbey Farrell 14
Madison McSweeney 15
Lucia Mora 15
IvyLee Senn 15
Jesse Schmidt 16

ROLLING HILLS STINGRAYS

Tyler Nam, 16

SCOTT VALLEY SEA SERPEANTS

Kate Buehler
Jack Cuneo
Marco D'Amore
Julian del Castillo
Andrew Frost
Allison Galuszka
Dylan Glave
Chris Harvey
Brennan Latimer
Paige Lyons
Kirk Wong



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SLEEPY HOLLOW SEA LIONS

Marcus Anderson, 15
Meghan Christie, 17
Lorenzo Cico, 17
Giorgio Cico, 15
Kacie Cox, 16
Lucas Dubois, 16
Quinn Galli, 15
Spencer Galli, 17
Christopher Goodman, 15
Jack Goodman, 15
Cayman Malinowski, 16
Corey Mano, 15
Devin Murphy,
Wyatt Sullivan, 16
Riley Venne, 15
Mitch Young, 16

All of the above swimmers have all been swimming with SHST since they were 5 or 6 years old. We thank them all for their years on the team.

STRAWBERRY SEALS

Alex Takeshita
Armani Roots

SWIMARIN

Dylan Woodhead
Nina McCullough (11 years)
Bevin McCullough (11 years)
Sarah Mroz



MARIN SWIM LEAGUE 10 YEAR SWIMMERS



TERRA LINDA ORCAS

Daniel Castagnola

Alex Claiborne

Drew Dilsworth

Tai Hallstein

Madelyn Kenney

Connor Love

Emma Pedlar

Juliette Retornaz

Morgan Sailing

Natalie Vinson

TIDALWAVES

Corey Dunne 15

Tia Fung 15

Sammy McDonough 16

Ryan Mangan 15

Summer Sinnett 15



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LUCAS VALLEY LIGHTNING

Sara Zeimer (9 years)

TERRA LINDA HS

Sara started swimming with the MSL, for the Orcas, when she was 9, but moved to the LV Lightning 3 years ago. She has enjoyed swim league, swimming to improve her own times and has been an inspiration to many younger swimmers.

In fact, this year Sara was asked and agreed to work for the LV swim school, teaching younger kids. She will be attending University of Rochester.

Brad Hartwig (10 years)

MARIN CATHOLIC HS

Brad began swimming with Lucas Valley when he was five. He also swam for Marin Catholic High School and North Bay Aquatics Swim Team. Brad will be attending USC in the fall, but will continue to follow his beloved Lucas Valley Lightning.

Robert Heim (12 years)

TERRA LINDA HS

Robert Heim has been swimming with the Lucas Valley Lightning since he was seven years old. The skills that he developed in the Lightning pool served him well on the Terra Linda High School varsity water polo and swim teams. In the fall, Robert will be heading down to Cal Poly San Luis Obispo. Robert was also named the MCAL/MARIN SWIMMER OF THE YEAR past June.

Sean Rule (7 years)

TERRA LINDA HS

Sean has been swimming with the Lucas Valley Lightning since he was 10. He graduated from Terra Linda High, where he spent four years on both the varsity swim team and varsity water polo team. Sean enjoyed being a part of the



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LVST community and growing up on the team. He will attend University of Colorado Boulder in the Fall and plans to join the club swim team there.

Zoe Monty-Montalvo - We wish you well in the next phase of your life.

Julienne Pasichow - We wish you well in the next phase of your life.

Tommy Holt - We wish you well in the next phase of your life.

MARINWOOD WATERDEVILS

Rebecca Gerrity has been swimming with the Marinwood Waterdevils for twelve years. Over that time she has been an excellent swimmer and an even better role model to the younger swimmers on the team. Rebecca always worked hard at practice and was a vocal team leader with a great sense of humor. During meets she could be found poolside cheering, surrounded by adoring younger swimmers. Her dedication to the sport evolved into a passion for water polo, and she just completed her first year playing for the University of Maryland, where she is also a 4.0 pre-med student. The Marinwood community is very proud to call Rebecca a Waterdevil.

NOVATO RIPTIDE

Sarah Cooper started Riptide when she was an 8-under, in 2002, following in her older sister's footsteps. During the years on the team, Sarah became a popular figure at the end of the lanes cheering her teammates of all ages. Sarah received the Coaches Award 2 times in her swim career with Riptide. Sarah has enjoyed the camaraderie of her teammates, singing the national anthem at home meets, and improving her strokes and times. She graduated



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from Novato High this past June and will continue her education at Sacramento State University this fall. She is planning to obtain a teaching credential.

Gelsa Pearce joined the Riptide swim team at age 9. She worked tirelessly over the years to improve her technique and has become one of the top 15-18 girl swimmers on the team. She has received most improved swimmer award, all star times and consistently placed in top 16 at Champs. Gelsa says, "Being on swim team has helped me grow immensely...it encourages determination and perseverance on my part." Gelsa recently graduated from Jim Bridger Home School. She is undecided on a college major and will continue her general education classes at Santa Rosa JC this fall.

ROLLING HILLS STINGRAYS

Rachel Cantor

Rachel started at 7 years old. She has had coaches, Tom, Jim, Sarah, Sharon, Jeff, Lou, Micky, & Melissa. There have been 3 owners of the club and so many café owners we have lost count! Not to mention the number of tearful speeches given by past president Eric. The first day of practice when she was 7, she left crying saying that everyone else could swim better than her. We encouraged her telling her that all the swimmers started like her, but they practice every day and if she did she would be as good as they were. I guess she listened since she is still swimming!

Ophelia Pedersen

I was born in Denmark and lived there for six years before moving to Baltimore, Maryland, and then at age eleven came here to Novato. I played soccer growing up, but as a freshman I decided to try something new and made the high school varsity water polo team. I really enjoyed it and decided to join the swim team to improve my game, and I ended up liking the competition and the racing, as



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well as being in great shape. I grew to love water sports and was captain of the water polo and swim teams both junior and senior year. In swimming my best events are backstroke and individual medley. I joined the Stingrays in the summer of 2010 so this is my third and, sadly, last year. I have spent lots of time here at Rolling Hills also as a life guard for a few summers. I just graduated from San Marin High School as the salutatorian and will be studying nutritional science at UC Berkeley next fall. I currently work at the Buck Institute for Age Research as a Research Assistant. A few of my favorite things to do are cooking, hiking, and traveling.

Charles Winter - 12th year Stingray

Charlie joined the Rolling Hills Stingrays at age 6 and looked forward to being part of the team every year since. The club has been his "paradise" all these years and the team has become like family to him. He has enjoyed all the many good times together, hard work and especially appreciates the support from coaches, parents and kids. Lover of all things water, he also played water polo and swam throughout high school at San Marin High where he was captain on both teams. Teaching swim lessons and lifeguarding at Rolling Hills has been great summer work. Favorite volunteer job, even though it has been on Dirtiest Jobs in the World show, is working crew at the Marine Mammal Center cleaning pens and feeding recovering sea lions, harbor seals and elephant seals. This fall, Charlie will major in Environmental Sciences, minor in Sustainability at Chico State and plans to continue spending time in the pool playing club water polo.



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SCOTT VALLEY SEA SERPEANTS

Paige Lyons (10 years)

Paige Lyons was recruited to the Sea Serpents by Paul Stasiowski at age 7 when he saw her playing in the pool and challenged her to swim a lap on her own. She has returned to swim with her friends and the Scott Valley team every summer since. Paige has been a consistent and spirited swimmer and great role model for the younger swimmers. At Marin Catholic, Paige swam all four years at Marin Catholic High School, and played on the varsity tennis team as well. In the fall, Paige will attend Southern Methodist University in Dallas.

Marco d'Amore (12 years)

Marco d'Amore started swimming for the Sea Serpents when he was 6 years old. He exemplified the true spirit of the team from the very beginning proving himself to be a competitor with heart, a team player and a role model who inspires the younger swimmers. There is more energy at the pool when Marco is there. At age 8 he established the team breast stroke record which is still standing 10 years later. Marco swam for Scott Valley through his high school years and has been a major contributor to the team's success. Marco will be attending McGill University in Montreal.

Andrew Frost (12 years)

Andrew Frost has been swimming in the MSL for twelve years. He has been one of Scott Valley's most consistent and loyal older swimmers. Andrew has received Coach's awards and Most Improved awards both at Scott Valley and at Tam High during his career. While attending Tamalpais High School he swam and played water polo for all four years, a team that qualified for NCS 2 years running. Additionally he was also on the Tam High swim team contributing key points to help the Tam boys to their four consecutive league championships. He



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will be attending Cuesta College in San Luis Obispo, playing water polo and swimming, while studying to become a mechanical engineer.

Dylan Glave (11 years)

Dylan started swimming with the Sea Serpents when he was 6 and has swum every year since. At Tam High School, Dylan played water polo....after being part of Coach Paul's junior polo program and Dylan also swam at Tam and was part of a class that won 4 MCAL swim championship banners in a row. When Dylan started swimming at Scott Valley he enjoyed a few older boys....Bo, TR, Billy and many others... that helped the younger swimmers understand what Serpent Territory was all about and he enjoys giving the lessons he learned back to the next group of young stars at Scott Valley so that the tradition continues. Dylan will be off to UCSB in the fall and will continue to swim & play water polo recreationally.

Chris Harvey (11 years)

Chris Harvey has been a long standing member of the Scott Valley Sea Serpents since joining the team as a seven year old. He has taken the Sea Serpent team to heart and been a loyal and consistent contributor throughout all his years on the team. He has been a major contributor to the team's success particularly in his later years. Chris has been one of the biggest cheerleaders in the senior group leading the younger swimmers in the famous Sea Serpent cheers. Chris will be attending Gonzaga University in Spokane, Washington.

Brennan Latimer (11 years)

Brennan started swimming for the Sea Serpents when he was seven. He has been a serious competitor generating energy when he is at the pool. At Tamalpais High School he was on the varsity water polo all four years, and was named to MCAL All-First Team Jr. & Sr. years. He was also a member of the Tamalpais varsity swim team that won the MSL championships four years in a row. Brennan was named Marin Athletic Foundation's Male Scholar- Athlete of



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the Year for Tam in his Sr. year. He will be attending UC Santa Barbara in the fall and hopes to earn a spot on the Water Polo team.

Kirk Wong (10 years)

Kirk started swimming for the Sea Serpents when he was seven. As with many of the early Sea Serpents, he started out learning just enough to make it across the pool. But he worked hard every practice and soon was among the faster freestylers and backstrokers in the MSL. He joined the varsity Swim and Dive Team at Tamalpais High School where he swam as a freshman and morphed into a diver (where he placed as high as second in MCAL and qualified for NCS), helping his team to 4 years of MCAL Championships. Although Kirk became a diver, he still comes back every year to swim at Scott Valley, supporting the team and working on personal best times. Kirk will be attending UC San Diego at the Jacobs School of Engineering.

SLEEPY HOLLOW SEA LIONS

Keenan Dubois, 18, started swimming with the Sealions at age 5. Now a sophomore at Oberlin College, Keenan continues to keep the dream alive.

Meghan Wentzel, 18, team record holder in 15-18 breaststroke, will be playing Volleyball at Bucknell University next fall.

STRAWBERRY SEALS

Caitlin Firmage

Caitlin has been swimming with the Strawberry Seals since she was 5 years old. Before her first meet, she hadn't practiced diving off the blocks. When it was time for her race, she saw all of the kids get onto the blocks, she panicked and started to cry. Coach Mehrad got to her in time and calmed her down. She dove off the edge of the pool and hasn't stopped swimming since. She



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continues as a swim instructor and lifeguard at Strawberry. Caitlin will be attending Georgetown University in the Fall.

Kerry Norris

Kerry started swimming with the Strawberry Seals when she was in Kindergarten. Over the years her love for swimming grew - starting with an award for "Most Improved Swimmer" as a beginner to becoming a Swim Instructor at the Mill Valley Community Center and the Head Lifeguard at Homestead Community Center. Kerry will leave for Western Washington University this fall but is looking forward to working at both community pools each summer break, sharing her passion for swimming with others.

Nick Patino

After having only one day of practice, in the summer of 1999 a young 6 year old Nick Patino started swimming butterfly at his first swim meet and complained every breath he took all the way down the 25 yard pool. This marked the beginning of a stellar 13 year Aquatics career. In 2008, he received "the most inspirational award" from the Strawberry Seals Team. He swam and played water polo for Marin Catholic H.S. earning even more accolades. His favorite strokes are butterfly and backstroke. His interest in swimming led him on a number of jobs at the Mill Valley Rec Center as a Swim instructor and Senior Lifeguard. This fall he is looking forward to attending Santa Barbara City College and playing water polo in the Santa Barbara area. His rigorous aquatics training has created in him a work ethic to be successful and lead down the path to preparing for a career as a Surgeon.

Riley Sykes

Riley Sykes has been swimming with the Strawberry Seals since he was nine years old. He graduated from Tamalpais High School with High Honors this year. He will be attending Rhode Island School of Design in order to pursue a career in art and design. Champs will most likely be his last meet he ever competes in. Nevertheless, many of his best times, both literally and



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figuratively, took place with the Seals. The memories generated during his time in the MSL will stay with him for the rest of his life.

Katherine Takeshita

When Katherine joined the Seals eleven years ago, she would only swim in the outermost lanes just in case she couldn't make it all the way across. At Tam, Katherine discovered diving and was faced with the challenge of balancing two sports that she loved. Even though she eventually chose to focus on diving, she still managed to be a part of Tam's varsity swim team for four years and come back to swim with the Seals every summer. Katherine will be attending UC Berkeley in the fall to study Public Health. She hopes to someday help create affordable medical technologies for people living in developing countries.

SWIMARIN

Julia Digiovanni

Julia is an 11-year swimmer for Swimarin, and has served as a junior coach and "sharkpup" instructor for the past 2 years. Julia graduated from San Rafael High School after playing 4 years of water polo, where she was both co-captain and MVP. Julia was also a member of the SR swim team for 4 years (which she also captained). Julia will be attending the University of Hawaii in the fall, where she intends to major in psychology and continue to play water polo.

Claire Lang

Claire finishes her 11th year with Swimarin, where she has worked as both a "sharkpup" instructor and junior coach for the last 2 years. Claire played water polo at San Rafael High School all 4 years, which she co-captained, as well as swimming 4 years for SR (for which she was named MVP). After graduating from SR's Physics Academy, she will be attending Purdue University to study engineering.



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Alexandra (Ali) Thomason

Ali is a 6-year swimmer for Swimarin, and returns to the team after an extraordinary high school season. Ali was a 4-year water polo player and swimmer for Marin Catholic, where she was awarded MVP for both her water polo and swim seasons her senior year, as well as the Outstanding Student/Athlete Award from the Marin Athletic Foundation. Ali placed 1st in the 50 Free at MCALs, and 4th in the 50 Free at the NCS championship meet. An ODP water polo player and national team alternate, Ali will be attending the University of Michigan where she plans to follow a premed course of studies as well as continue playing water polo.

TERRA LINDA ORCAS

Alex Claiborne

A member of the initial Junior Orca club, Alex Claiborne has been an Orca since the age of 5. He won his first medal at Champs as an 8 & Under and currently holds a team record in the breaststroke. He's a member of a pool record holding relay team and has been the recipient of the Orca's prestigious Jeff Kane Award for Most Valuable Swimmer. During his high school years, Alex's focus shifted to soccer, where he excelled at the club and high school levels and was team captain. His passion for community service also led him to receive the Marin Youth Volunteer of the Year and the Kiwanis Club Hope for America awards. Swimming has been an important sport in which his entire family has participated; his sister Christina swam for the Orcas and was a coach for 3 years, his father was a stroke and turn judge and referee, and his mother is a former Orca president. As an honors graduate of Terra Linda High School,



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Alex heads down south this fall to attend the University of California at Santa Barbara. The Orcas will miss his inspiration and witty sense of humor, and wish him the best of luck!

Drew Dilsworth

In 1998, Drew first swam for the ORCAs when he was 5 years old as a Junior Orca. There are great memories of Drew being carried by Coach Tim Baker when Drew was an 8 & under swimmer. Coach Tim, back then, was swimming in the 15-18's age group. How time flies - 13 years later they both get to coach the Orcas together! . . . In 2008, Drew was a member of the 13-14 Freestyle and Medley Relays which set Orca Team records. That year he was also awarded the Derryberry Award for Most Inspirational Swimmer. Drew then swam for the Marin Pirates in 2009 through 2011 and finished with a trip to Junior Nationals in Orlando, Florida. He also swam for Marin Catholic High School and qualified for NCS in the butterfly and freestyle events his junior and senior years. Last fall, Drew left for college at the University of Colorado. He swam with Colorado's team at the East Coast Championships, swimming freestyle and butterfly events. Drew will be returning to the University of Colorado in August where he is studying Communication and will continue to compete on the swim team. Best of luck Drew on your continued success! The ORCAs will miss you!

Daniel Farbman

Daniel has been swimming for 10 years with a variety of local teams including the YMCA Dolphins, Marinwood Waterdevils, Marin Pirates, and now the Orcas. He also participated in varsity swimming at Terra Linda High School for four years. He will be attending UC Berkeley next year, where he will be studying mechanical engineering, and for the first time in ten years, not swimming! Every one of Daniel's coaches will tell you that he has an awesome work ethic and we



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know that the values he has learned in swimming will serve him well in his academic pursuits. We are so proud of him!

Hannah Gable

Hannah Gable has been swimming for Orcas for seven years, since she was eleven. She also swam for four years at Terra Linda High School as well as played Water Polo for three years. She was co-captain of her Swim and Water Polo teams, and received MVP for her Swim Team her senior year. She plans to swim on the Club Water Polo Team when she attends Wake Forest University, North Carolina in the fall. I believe her experience with Orcas gave her the confidence and inspiration to go on with water sports in high school as well as providing her with a great group of fellow swimmers as friends! Also, her coaches Gina and Tim were exceptional role models for her.

Emma Pedlar

Emma has been swimming since she was 7 years old, when she first discovered how much she loved being in the water and competing against other swimmers and, mostly, herself. During those 11 years, Emma swam 9 of them with Swimarin, where she was recognized with the "Most Improved Swimmer" award for two consecutive years. Emma then swam with the Terra Linda Orca's for two more years, as well as swimming for Terra Linda high school during her entire 4-year career there, where she was given the "Most Improved Swimmer" award & was co-captain of the team during her senior year. Emma's favorite strokes have always been butterfly and freestyle. A true life-long swimmer, Emma will be swimming next year for the University of Nevada where she will be pursuing a degree in nursing. Your Mom, Dad, Annie, JP, & the Santa Venetia group are very proud of you & love you very much...good luck, Emma



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Juliette Retornaz

Juliette swam consistently for the Orcas for 12 years, since the age of 6. She also swam and played water polo for Terra Linda all four year of HS. She volunteered with many philanthropies and gave more than 700 volunteer hours to her school and her community. Juliette will spend 7 weeks in France interning over the summer and will then pursuit a Nursing Degree at Chico State University. We are so very proud of you Juliette and can't wait to see you follow your dreams. Work hard, stay focused, have fun and make good choices.

TIDALWAVES

Colette Kolenda (11 years)

Colette started swimming with Tidalwaves when she was 8. Breaststroke has always been her favorite stroke and she is grateful to Marie for all of her coaching and technique work. Colette attended school in San Francisco (Convent Elementary, then St. Ignatius) and always looked forward to hanging out with her swimmer friends in the summer. As Assistant Coach, Colette enjoys giving back to the community that gave her so much growing up. She plans to study Neuroscience and Business at Duke University in the fall.

Kyra Mangan (11 years)

Kyra started swimming with Tidalwaves at the age of 8. She emerged as a freestyler and continued that trend - swimming medium and long-distance freestyle with the Redwood High School team. Her love of the water led her to also add in water polo for all 4 of her high school years at Redwood, including team captain in her senior year. (It's hard to believe now that she wouldn't put her face under water for the first year we had her in the pool!) She heads off to college at Loyola Marymount University in Los Angeles in the fall. We'll miss her wicked sense of humor.



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Brian Rowett (11 years)

Brian started swimming with Tidalwaves as an 8&U and never looked back, even giving his older brother a run for his money from time to time. His entire family was the backbone of the team for many years. He has been a strong competitor for the team through 11 years of swimming with Tidalwaves, and continued to swim competitively play water polo with Marin Academy through all four of his high school years. He starts college in the fall at Middlebury in Vermont.