

MEET THE STAFF

With all of the new members and new staff on the team we thought it would be a good idea to introduce the staff to all of our members.

Mater Dei Pool

Tom Paradowski – Head Coach / Sr. Coach
Coach of SBA / NCSC for the past 30 years.

Krissy Payton – Assistant Head Coach / Sr.
Development Coach

Former Head Coach of DART swim team in
Utah and SBA coach for the past 25 years.

Govan Salih – Gold / Bronze Coach

Former Head Coach of Mt. Miguel High
School and Heartland assistant.

Justine Maher – Bronze Assistant
SBA Collegiate swimmer at Brown
University

Loma Verde Pool

Rene Marmolejo – Gold Coach
Age Group and High School coach for
several teams over 30 years, member of
1976 Olympic Team for Mexico

Alicia Switzer – Silver Coach
Age Group and High School coach here and
also in Texas and Arkansas the past several
years.

Chris Ochi – Bronze Coach
Former assistant Coach at Mt. Miguel H.S.
and youth counselor working with “at risk”
children at Bell Middle School.

Southwestern College

Sebastian Murillo - Silver Coach
Private Swim Instructor, Lifeguard and
former SBA swimmer.

Alexandra “Alex” Sanchez– Bronze Coach
Swim Instructor, Lifeguard and Former SBA
swimmer.

Eastlake

Ned Maggiora – Head Age Group

Former CVAA and Imperial Valley Head
Coach. Over 30 years of coaching
experience.

Anna Pidcoe – Assistant Coach

Former SBA swimmer

Brianna Mullalley – Bronze Assistant
SBA Swimmer

Lauren Wood – Bronze Assistant
SBA Swimmer

We hope you all have the opportunity to get to know all of our staff and treat them with the respect of their position. It is their job to coach your children to give them the best opportunity to achieve personal success and have a great time doing it. To discuss anything with one of the coaches please make arrangements to speak with them before or after practice time, not during, that time is for your children.

If you need to discuss anything or have any concerns about the program you may call Coach Tom 619-972-6946.

THANK YOU FOR YOUR HELP

Thank you to all of our SBA families that helped us host a very successful swim meet on the weekend of June 15 – 17. Thanks to all of the team work from all of our members everyone that participated was very happy with the results. The team visiting from Arizona is already making plans to return next year.

The next meet we host will be the Summer Wrap-Up meet August 10 – 12 at the Loma Verde Pool. Please plan on helping once again to make that meet just as successful.

**SWIMMERS OF THE MONTH
MAY**

Seth D'Agostino Jimena De La Lama
Bianca Grijalva Garrett Wesly
Kyra Mena

CONGRATULATIONS!

JULY 4

NO PRACTICE

HAPPY INDEPENDENCE DAY!

**BEACH PARTY
SATURDAY, JUNE 30**

SBA will be holding it's annual summer Beach Party at La Jolla Shores Beach on Saturday, June 30. This is always one of our most fun family events of the year. The team will be supplying the food, drinks and barbeque's, each family is asked to pay \$15 for the entire family and bring a side dish that can feed 8 – 10 people. Get to the beach early because parking is always a challenge at La Jolla. We are also organizing an “open water” swim from the beach to the Cove and back at 11:30 am. Bring your beach toys and friends and family to enjoy this fun day at the beach with your SBA teammates. See flyer for more information

JUNIOR OLYMPIC QUALIFIERS

With the Long Course Junior Olympics approaching fast we have many SBA swimmers already qualified for the Championship meet to be held in Coronado July 26 – 29. There are only 2 more opportunities to qualify, July 6 – 8 at the NCA A/B meet and July 14 – 15 at the ICAC C meet. Don't miss your opportunity! Here are the SBA JO qualifiers:

10/UNDER

Pia Davila	Humberto Najera
Laura Estrada	Nate Bjornstad
Julissa Arzave	Miles D'Agostino
Jimena De La Lama	Sam Gomez
Emily Hong	Eswin Inzunza
Karen Najera	Christian Mason
Brenna Pangelinan	Aaron Ruelas
Ashley Twiford	

11/12

Natalie Bautista	Cade Erickson
Valerie Chin	Carson Gossler
Karina Espinoza	Garrett Hail
Sofia Lopez	Cayden Pangelinan
Genova Lucatero	Garret Wesley
Elisabeth Lundgren	
Kyra Mena	
Michelle Park	

13/14

Maria Davila	Patricio Rodriguez
Julie Parsons	Tristan Yam
Angelika Yngson	Ryan Gagarin
Andrea Beha	Alex Lopez
Isabel Park	Norbert Madero
Sarina Scott	Ben Maley
	Chris Zamora

15/18

Laryssa Lucatero	John Randazzo
Lydia Espinoza	Irbin Torres
Jana Miclat	Jian Miclat
	Matthew Switzer
	Anthony Ribal

TEAM STORE

There are several changes being made to the operation of the Team Store. **Eva Chin** is now in charge of the Team Store. We are also in the process of updating a correct price list on the "On line" menu on the team website.

TEAM PARKAS

The total cost for a parka is \$125 including lettering, embroidery and shipping to your home.

All Parka orders must be made directly through PARADOWSKI'S SWIM & SPORT, 858-569-6949

You may also order new items no longer available through the Team Store i.e Team logo'd suits, warm-ups, backpacks, fins, paddles and more from PARADOWSKI'S.

JUNE 2012 BIRTHDAYS

Stephanie Acheron	26 th	17
Diego Camacho	4 th	10
Diana Carreon	17 th	19
Cole Essman	18 th	12
Bryan Giraldo	8 th	14
Samuel Gomez	16 th	10
Trey Hesser	21 st	7
Sedova Hinojosa	1 st	10
Eleena Jose	9 th	11
Grace Kuhn	13 th	9
Uriah McGuire	15 th	12
Jana Miclat	20 th	15
Brenna Pangelinan	21 st	10
Gio Scheitt	21 st	8
Anna Scott	1 st	11
Tony Valdez	8 th	8
Koen Zaizer	28 TH	12

HAPPY BIRTHDAY!

SUMMER NOVICE SCHEDULE

The first Novice meet of the summer has been swam and it was a great success with over 90 swimmers registering and participating. There are 3 more meets to go for the remainder of the summer. If you missed the first one but still want to participate in the other 3 you may still sign up at the next event on May 6 at Mater Dei H.S. USA swimming registrations must now be done through the swim office from this time forward. Talk to your coach for more information.

July 6	Mater Dei Catholic H.S.
July 20	Southwestern College
August 3	Mater Dei Catholic H.S.

All events begin at 5:00 pm

ALL SWIMMERS MUST REGISTER ON LINE

If you have not yet updated your information on the SBA website it is very important to do so. Go to southbayaquatics.org and click on the "[Register Here](#)" and fill in the blanks as if you were a first time team member.

All swimmers not registered on the team registration will be assessed a \$10 per month charge until they have done so.

Please sign in soon!

SPECIAL EVENTS COMING SOON!

Beach Party/BBQ	June 30
Grunion Run	Aug. 3
Swim-A-Thon Week	Aug. 13-18

Watch for more information in future "ON DECK" newsletters.

WATCH THE OLYMPIC TRIALS ON NBC

Starting Monday June 25 through Monday July 2 NBC will be showing “Prime Time” coverage of the USA Swimming Olympic Trials from 8:00 – 9:00 pm. This is the most exciting and pressure packed swim meet in the world! Watch it to see who will represent the USA in London at the Olympic Games at the end of July.

USA SWIMMING “SEASONAL” REGISTRATIONS NOW AVAILABLE

USA Swimming seasonal registrations are now available for Summer 2012. The cost is \$35 and are valid through September 9. For first time swimmers you must present an original Birth Certificate (photo copies not accepted) or passport with the payment made out to San Diego – Imperial Swimming. USA Swimming registration is a requirement to be a member of SBA.

ATTENDANCE Apr. 30 – May 25

Senior Group 18 Practices Possible

Tristan Yam	17
Isaac Noyola	16
Julie Parsons	15
Anthony Ribal	14
Matthew Switzer	14
Chris Zamora	14
Jose Zamora	13
Brigitte Bordanave	11
Jess Harris	11
Sarina Scott	11
Laryssa Lucatero	11
Victoria Berardi	10
Lidia Espinoza	9
Irbin Torres	9

Alejandro Lopez	5
John Randazzo	5
Justine Maher	4
Melanie Yngson	3
Talissa Silva	3
Jana Miclat	3
Jian Miclat	3

Sr. Development

Karen Najera	19
Kyra Mena	17
Maria Davila	17
Michelle Park	16
Emily Hong	16
Angelika Yngson	15
Norbert Madero	15
Patricio Rodriguez	15
Matthew Hong	15
Stephanie Clifton	15
Carson Gossler	14
Adriana Meza	14
Sofia Lopez	13
Amira Van Buren	13
Ryan Gagarin	12
Casandra Hidalgo Monroy	12
Fernanda Nunez-Cazares	10
Ben Maley	9
Ellen Erickson	9
Cade Erickson	7
Isabel Park	6
Donna Parsons	4
Hector Cabrera	3
Karina Espinoza	3

Loma Verde Gold

Andrea Beha	18
Yzatis Silva	17
Jordan Carpadakis	17
Abigail Beha	17
Garrett Wesley	17
Chrlise Samperio	16
Roger Cervantes	16
Martie Enloe	15
Victoria Valdez	14
Chelsea Samperio	13
Chelsie Hernandez	12
Issac Perez	12
Brian Geraldo	12
Ivana Gonzalez	10
Genova Lucatero	8
Armando Tellez	5
Diego Venegas	3

Loma Verde**Silver**

Aaron Ruelas	18
Paola Castillo	17
Eleena Jose	16
Kristine Tapia	15
Carmen Lima	15
Samantha Casas	14
Valerie Aguilar	14
Julissa Arzave	13
Sam Gomez	13
Edwin Inzunza	12
Ashley Twiford	11
Pablo Garcia	11
Vanessa Trovato	11
Isaac Coss	10
Anna Scott	7
Jacob Factora	6
Mia Factora	6
Jennifer Lopez	5
Jesa Miclat	4
Jamie Parsons	2

Loma Verde**Bronze**

Timothy Ordonio	14
Bianca Grijalva	12
Dominic San Miguel	11
Ricardo Lima	11
Richard Jose	10
Demianna Hanna	9
Lawrence Jose	9
Abran Grecia	7
Angel Sevilla	7
Victoria Sevilla	7
Diian Busk	7
Trina Muraoka	6
Stephen Fernandez	6
Sophia Gagarin	5
Sandra Factora	5
Aaron A.	5
Aubrea Espinoza	4
Dianita Gonzalez	4
Jose Villa	3
Octavio Villa	3

Eastlake**Gold**

Sidney Guajardo	21
Mirsha Lora	21
Nicole Conner	21
Laura Estrada	21

Jimena De La Lama	20
Emilio Camarillo	20
Natalie Bautista	18
Valerie Chin	17
Koen Zaizer	17
Alejandra Martha	16
Katie Mercer	15
Emily Lundgren	15
Elisabeth Lundgren	15
Brenna Pangelinan	14
Sofia El-Khazen	14
Seth Washabaugh	13
Justin Washabaugh	12
Aleza Martha	12
Parker Thomas	11
Benjamin Cook	9
Jem Johnson	9
Cayden Pangelinan	8
Brianna Mullalley	8
Emma Johnson	7
Isabella Wilson	5
Valleri Wilson	5
Jesse De Alva	2
Elizabeth Wood	2

Eastlake**Silver**

James Donnelly	22
Raymond Hesser	21
Tanya Ahmed	21
Griffin Hesser	19
Daniella Rivas	15
Eduardo Baeza	12
Christian Parra	12
Aaron Aspe	10
Irina Lucas	10
Daichi Watanabe	10
Taiyo Gurule	9
Felipe Silva	9
Armando Vazquez	7
Maria-Clara Silva	6
Miki Kimura	5

Eastlake**Bronze**

Charlotte Hesser	21
Catalina Donnelly	20
Sheldon Hedges	18
Jonathan Lundgren	18
Emily Gujardo	18
Roxanne Guajardo	17
Isabella Clavijo	15
Luis Pomar	13

Jamie Smargon	12
Richard Mercer	12
Kamryn Mena	12
Alexa Mendez	11
Yusa Makamura	11
Andrew Karcher	10
Percila Mayer	7
Camila Camacho	6
Diego Camacho	5
Nicholas Camacho	5

Southwestern

Silver

Nate Bjornstad	16
Jane Fomuso	16
Jaden Walz	14
Sammy De La Cruz	14
Paola Martinez	14
Arthur Saiadian	13
Cecelia Hagewood	13
Seth D'Agostino	12
Brent D'Agostino	12
Miles D'Agostino	12
Laura Iburguren	12
Jon Iburguren	12
Alejandra Hagewood	12
Jayana Walz	11
Canduay Jacobo	10
Pia Davila	10
Jazmin Liwag	10
Christian Mason	10
Hunter Caron	9
Eleni Sklavantitis	9
Rennick Martin	9
Campbell Caron	8
Odette Huerta	8
Jamie Parsons	8
Emily Harlow	7
Alexia Harlow	7
Kiana Brandon	7
Humberto Najera	6
Noah Glick	6
Amanda	6
Anna Scott	5
Jasmin Glaman	2

Southwestern

Bronze

5:00 pm	
Gina Fomuso	22
Shawn Bautista	17
Karen	17
Kian Martin	16

Junior Holguin	16
Sabrina Phillips	15
Nanami Sato	13
Karol Jacobo	13
Isabella Flower	13
Ally Parise	12
Elija Stewart	12
Nicky Garcia	11
Midori Castillo	11
Andrew Lao	11
Kaden Martin	10
Josh Miclat	10
Naomi Castillo	10
Beyonce Torrez	10
Colby Parise	10
Matt Bjornstad	9
Austin Parise	9
Sofie Sanchez	9
Rennick Martin	8
Sam Hoguin	8
Jake Shorey	8
Joe Saldana	7
David Dare	6
Kiana Brandon	6
Kenneth Taylor	5
Nicholas Bartels	5
Zack Shorey	5
Aurturo Lis	5
Andrea Liz	3
Samantha Nunez	3
Max Vazquez	2
Alex Vazquez	2

6:00pm

Jesus Pena	13
Rosalinda Blancarte	12
Maria Isabel Blancarte	12
Kaitlyn Peterson	11
Joshua Pena	11
Terrrence Davis	11
Karla Lajarda	10
Emma Velazquez	10
Christian Velazquez	9
Cosette Hammans	8
Andiana Ojeda	7
Juan Pablo Morfin	6
Ben Peraza	6
Yarezi Velasco	6
Esteban Orosco	4
Tiffany Torres	4
Ciara Rodriguez	2
Fernando Rodriguez	1
Nayelli Rodriguez	1