

Lafayette Swim Conference Championship Meet

... continued from Page C1

"I've been around the team since I was four and I've been on the team since I was six," Rosenblatt said. "I coach the four through eight-year-olds and I compete in the meets as well. One of the traditions of Sun Valley is that we do "Tuck-Ins" where we go to their houses of our young swimmers and tuck them in and make sure they get a good night's sleep before the meets."

Sun Valley does not take a win at all costs attitude. "If any of our swimmers qualify for the county meet, it's a bonus," Taylor said. "What we want to see is every swimmer have their own individual growth that takes place in our team setting. For a lot of our swimmers, it's just seeing that growth or having our younger swimmers master a difficult stroke like breaststroke or butterfly to be technically sound in their technique."

Assistant Coach Ava MacKay spoke of the camaraderie at the meet. "As a team, we showed a lot of team spirit together in our tents as usual," MacKay said. "We have a buddy system in our pool, so they were really supportive there. Individually, a number were able to pop all their times and really took what we gave them as critiques and proved to us that they could do that in the water so that was awesome and two that really stood out were Lena Taylor (8) in the freestyle, butterfly and Valentina Young (10) who did an amazing job. A bunch of

our kids qualified for the county today and after winning a meet at the beginning of the season that we were not expecting to win, we've been progressing through the through the time I've been here in the summer."

Rancho Colorados

After the coronavirus, the numbers of swimmers at Rancho Colorados (Lafayette) have climbed to 237 which is as high a number as the club has seen.

"We had 14 meets this year so we're back to normal after the coronavirus which really caused an epidemic of stroke flaws that took a lot longer than usual to of recover from, head coach Adrian Lohse, an Acalanes alumnus, said. "It as our goal is to develop complete swimmers as we spent much of the summer correcting strokes but I think we're almost there now. We had a chance to mix in some of the Invitational style meets, which was pretty good. We swam the pentathlon at Dana Hills in Clayton and that was a good meet. It's been fun though it's been cold this summer, so that's been a weird risk and it made our Wednesday night meets pretty tough but now that the weather's gotten back to normal, the swimming has gotten faster."

The team has been particularly pleased with the progress of their six and under group. "We've had multiple swimmers improve by over a minute for one lap race which is kind of unbelievable," Lohse said. "When they started, it would take many of them a

minute and a half to swim a lap and now most got that down under thirty seconds. They went from being barely able to swim to becoming quite proficient."

The leading swimmer on the team has been 14-year-old Lucy Kao. "Lucy has had a great season breaking four team records and several pool records along the way," Lohse said. "Clara Roggensack who just graduated from Campolindo and will be attending Indiana University has been a coach and spiritual leader all summer and has been our oldest, strongest and most proficient demonstrator of the strokes."

For Lohse, the highlight of the season had nothing to do with swimmers' times. "It came not from our individual performance but when we did a fundraiser in the water which we call the Rancho 500 because it's designed to be like a NASCAR style race," Lohse said. "At this event, we were able to raise \$2,400 which almost entirely funds the fall season for the local East Bay Sea Serpents which is a swim team for the disabled swimmers, and we look upon that as a team accomplishment."

"Today was a great tournament in that we got a lot of new county qualifiers which is always exciting," Lohse said. Part of the excitement for us was getting a chance to swim a full lineup of events in three individual events. That was a fun experience for swimmers that don't typically get in a normal dual meet. Lucy Kao

ended up breaking her fifth team record. All the individual events are her team records now. Our individual medley swimmers as a group did really well. They're kind of a reflection of our philosophy as a team to work on each of the strokes. It's a really challenging race to pull all those races together and we did well."

Dana Hills and Pleasant Hill

The Dana Hills Swim Team (Clayton) made their initial appearance at the Lafayette Swim Conference Championship meet. They started out this year with 180 members

and by mid-June they were up to 284 which was a higher-than-normal number. And things are back to normal for the Pleasant Hill Club, with 300 members and 250 individual swimmers. (To see the full story including comments from Dana Hills and Pleasant Hill coaches, see the online story at www.lamorindaweekly.com.)

What did Meet Director Aly Macalister do after the last race? "I began looking forward to the next swim season as soon as the meet concluded."

LAFAYETTE CHAMPIONSHIP MEET RESULTS

GIRLS TEAMS

DANA HILLS	3,147.50
RANCHO COLORADOS	1,930
SUN VALLEY	1,630.50
PLEASANT HILL	1,574

BOYS TEAMS

DANA HILLS	2,591.5
SUN VALLEY	1,995.5
RANCHO COLORADOS	1,934
PLEASANT HILL	1,449

LAFAYETTE MEET NEW RECORDS

BOYS 50 FREE STYLE RELAY - DANA HILLS	D. Vines, S. Canada, J. Parker, D. Van Famos 1:20.25
BOYS 50 MEDLEY RELAY - DANA HILLS	D. Vines, S. Canada, J. Parker, F. Van Famos - 1:38.87
GIRLS 25 BUTTERFLY - DANA HILLS	Channing Branch (7) - 17.81
BOYS 50 FREE - DANA HILLS	Jack Parker (18) - 22.63

RANCHO COLORADOS TEAM RECORD

GIRLS 50 FLY	LUCY KAO (14) - 26.85
--------------	-----------------------

SUN VALLEY TEAM RECORDS

9-10 BOY 50 FREE STYLE RELAY	C. Carlson, A. Stein, A. Mura, L. Parks - 2:04.03
15-18	15-18 BOYS 50 FREE STYLE
	Alexander Butler-Kurimai (17)- 23.12

Love Lafayette

Lafayette Glass Co. Inc.

- Frameless Shower Glass
- Shower Enclosures
- Custom Mirrors
- New Windows/Patio Doors
- Replacement & Installation

3375 Mt. Diablo Blvd., Lafayette
next to Premier Kitchens, **USE DYER STREET TO ENTER**
925-284-9510
www.lafayetteglasscompany.com | CSLB # 489426, CSLB # 795837

MARK BELLINGHAM PAINTING

HIRE A LOCAL NAME YOU CAN TRUST

925-247-0092

MarkBellinghamPainting.com

Interior & Exterior Painting Deck & Fence Restoration
Kitchen & Bathroom Cabinet Painting Dry Rot Repair
Light Carpentry Drywall Repair

For a Quick Preliminary Estimate
Email Photos of Project to:
Office@MarkBellinghamPainting.com

See our Reviews on NextDoor, Houzz & YELP

Local Business Owner - Since 1985 - Licensed & Insured

Anthony's
Custom Picture Framers

After 30 years of service, we are proud to reintroduce ourselves as Anthony's Custom Picture Framers. Family owned and operated since 1991. Anthony and Tony look forward to seeing you soon and assisting you with all your framing needs.

1020 Brown Ave, Suite A Monday by Appointment Only
Lafayette, CA 94549 Tues-Sat 10:30 am to 6:00 pm
925-283-7620 By Appointment Only

anthony'sCPF.com

\$30 off your next order with this ad!

Reasonable Books

New
Used
Vintage
Antique

Hours: Tuesday through Saturday, 10 AM - 5 PM
3645 Mt. Diablo Blvd. (925) 385-3026

Offering a selection of thoughtful books including local authors, biographies, history, philosophy, current events, and classic literature. We also carry a great selection of fiction, young adult, and classic children's books.

Piano Studio
Keys to success

Piano Lessons in Lafayette with professional instructor MTAC member. Competition, CM exam Preparation.

Rita Yegiazaryan
925-323-8969
ryegiazaryan@yahoo.com

1060 Sierra Vista Way, Lafayette

Ware Designs
Fine Jewelry since 1977

- Custom Designs
- Appraisals
- Expert Repairs
- Pearl Restringing
- Free Ring cleaning

All your jewelry is insured with Jeweler's Block Insurance.

\$5 off Watch Battery
Reg \$15, Now \$10
1 watch battery per person. Exp. 9/13/23. Usually installed while you wait. W/coupon. Restrictions apply.

3645 Mt. Diablo Blvd., Lafayette between Trader Joes & the Post Office
283-2988 www.waredesigns.com Tues-Sat 10-5

Making Bay Area Homes Beautiful Since 1946

Blodgett's FLOOR COVERING
"Quality and Service Since 1946" Abbey Carpet.
Lic. # 177588

Larry Blodgett
Owner
www.blodgetts.com

3291 Mt. Diablo Ct., Lafayette 925.284.4807

Watch for Shop Orinda August 16.

Call for Advertising 925.377.0977

Lafayette Physical Therapy
Moved to:
3658 Mt. Diablo Blvd.
Suite 100
Lafayette, CA 94549
925-284-6150 www.LafayettePT.com

Come see our beautiful new location!