



# Dolphin News

July 28, 2010 Wrap-up

Issue 8-10

## Photo Slideshow

A copy of the 2010 Swim Team DVD will be put in each family's folder at the club. Enjoy!

## Jr Lifeguards

Jr Lifeguards celebrated another successful season with a party and BBQ on July 21<sup>st</sup>. Thanks to Justin LaForge, Bryan Dean and Lindsey Kubo for a fun and educational Jr Guards session. Congratulations to graduating Jr Guards this year: Maggie Ball, Andrew Boling, Kylie Haff, Hannah Morrow, Maddie Jones, and J.J. Wilkerson.

## Final Notes

Thank you: A big thank you to Molly Guadamos for the Buddy party on Thursday. Thanks to Rona Brodrick for doing the Champs dinner and Annette Cable for coordinating Champs volunteers. Thank you, thank you!

Congratulations to all of our swimmers. You did great and we hope you had fun this year! Thanks to our coaches and parent volunteers for making it all happen – you guys are really amazing. We've had

## Saratoga Woods Dolphins Celebrate a Great Season!!

Congratulations to the coaches, swimmers and families of the Saratoga Woods Dolphins on a terrific season. With so many of the dual meets being close this year, the Champs meet on July 24<sup>th</sup> was wide open. Saratoga Woods swam very hard, made a great showing and came in 3<sup>rd</sup>! In addition, we took home more Champs high point and high point runner-up trophies than ever:

- Makenna Adams, High Point Runner Up, Girls 6&under
- Isabella Guadamos, High Point Runner Up, Girls 7/8
- Sarah Savage, High Point Winner, Girls 9/10
- Bradley Newton, High Point Winner, Boys 11/12
- Ariela Guadamos, High Point Winner, Girls 11/12
- Hannah Morrow, High Point Runner Up, Girls 13/14

It was a terrific day.....capped off by a wonderful awards dinner Italian style! Cake, slideshows and the annual tossing in at the pool rounded out the evening and the season. Way to go Dolphins!

## Order of the Dolphin

Order of the Dolphin is a distinguished award given by the Head Coach to graduating swimmers who have made considerable contributions consistently to the team over many years. The recipients of this award have demonstrated a high level of dedication to the sport and to our neighborhood team. This year's Order of the Dolphin award winners are **Kristin LaForge** and **Guy Quanrud**.

## Best Wishes to our Graduating Swimmers!

Congratulations to our 3 graduating swimmers – Shannon Fleming, Kristin LaForge, and Guy Quanrud. You have been a great part of the Dolphins team and will be missed!

**Shannon Fleming** - Shannon has swum for Saratoga Woods for 15 years. She began at age 4 in 1996. Shannon has been a great all around swimmer for the team. Shannon attended Archbishop Mitty High School and will be attending UC Irvine in the fall where she will play volleyball.

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a great time as the Swim Team Directors these past two years.

Please welcome Mary Ann Fox and Molly Guadamos - your new swim team directors – they are going to be awesome!

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**Kristin LaForge** - Kristin has swum for Saratoga Woods for 15 years. She began at age 4 in 1996. Kristin currently holds 3 Saratoga Woods swimming records; 2 in breaststroke and 1 as the breaststroker in the 15/18 relay. Kristin also swam 4 years on the Varsity Swim Team at Prospect High School and was captain during her senior year. Kristin has also been a lifeguard, coach and a swim instructor for 3 years at Saratoga Woods. She is currently attending Cal Poly San Luis Obispo.

**Guy Quanrud:** Guy has swum for Saratoga Woods for 13 years. He started swimming for Saratoga Woods in 1998 at age 6. Guy also swam 4 years for Saratoga High School. Guy currently attends Albion College in Michigan where he swims for the school team. He has been a lifeguard and swim instructor at Saratoga Woods for 3 years.

### Dolphin Awards

#### Dolphin High-Point Winners:

Overall Team High Point Winner:	Hannah Morrow
Overall Team High Point Runner Up:	Makenna Adams
Boys 6 and under High Point:	Joshua Tucker
Boys 6 and under High Point Runner Up:	Tristan Fox
Girls 6 and under High Point:	Allison LaCroix
Girls 6 and under High Point Runner Up:	Brennah Lyons
Boys 7/8 High Point:	Nicholas Bennett
Boys 7/8 High Point Runner Up:	Jordi Bejar
Girls 7/8 High Point:	Isabella Guadamos
Girls 7/8 High Point Runner Up:	Hannah Lyons
Boys 9/10 High Point:	Jason Morrow
Boys 9/10 High Point Runner Up:	Zachary Newton
Girls 9/10 High Point:	Rachael Tucker
Girls 9/10 High Point Runner Up:	Megan LaCroix
Boys 11/12 High Point:	Bradley Newton
Boys 11/12 High Point Runner Up:	Anders Rathjens
Girls 11/12 High Point:	Ariela Guadamos
Girls 11/12 High Point Runner Up:	Jamie Ikeda
Boys 13/14 High Point:	Galen Rathjens
Boys 13/14 High Point Runner Up:	George Shoemaker
Girls 13/14 High Point:	Maggie Ball
Girls 13/14 High Point Runner Up:	Kristina Fong
Boys 15/18 High Point:	Guy Quanrud
Boys 15/18 High Point Runner Up:	Connor Cable

Girls 15/18 High Point:

Stephanie Fong

Girls 15/18 High Point Runner Up:

Kristin LaForge

**Personal Best Awards:**

Boys 6 and under:	Joshua Tucker Benjamin Kim
Girls 6 and under:	Allison LaCroix
Boys 7/8:	Nicholas Bennett
Girls 7/8:	Isabella Guadamos
Boys 9/10:	Trevor Perey
Girls 9/10:	Madeline Brodrick Megan Bennett Rachael Tucker
Boys 11/12:	Trevor Maguire
Girls 11/12:	Shayne Jones
Boys 13/14:	JJ Wilkerson
Girls 13/14:	Ali Cable
Boys 15/18:	Guy Quanrud
Girls 15/18:	Jenna Pyle