



**CONGRATULATIONS
MSL GRADUATING SENIORS 2016 AND
TEN YEAR SWIMMERS**

Novato Riptide Graduating Seniors 2016

1. **Ashley Hatfield:** Graduating from Novato High School is 17, born a couple minutes before her twin and this is her 13th year on Riptide. She will be entering the Coast Guard Academy in New London, Connecticut. In high school she ran cross country and swam on the swim team.
2. **Jenna Hatfield:** Graduating from Novato High School she is 17 and this is her 13th year on Riptide. She will be attending Cal Poly in the fall. In high school she played Varsity Water Polo and swam on the swim team.
3. **Regan Arnold:** Novato High School graduate is now 18 and started swimming with Riptide at age 6. She was 4 years varsity water polo and 4 years swimming reaching the MCALS 500 free finals. She will attend University of Nevada Reno in the fall.
4. **Romario Conrado:** Graduating from Novato High School and this is only his 2nd year on Riptide and only just starting swimming 3 years ago on his high school swim team. He will attend University of California in the fall.

5. **Zachary Jagoda:** Graduating from The Bay School of San Francisco and celebrating 11 years with Riptide. He worked hard to navigate high school and holding down a job while still managing to participate with the team. His interests include computers, animation and a love of Marvel comics. Zach joins the Schmid College of Science and Technology at Chapman University this fall pursuing a degree in computer science.

6. **Katie Phelan:** Graduating from Novato High School and the Marin School of the Arts as part of the Jazz Band and Rock Band and competed on the swim and golf teams. Katie just turned 18 and has been swimming for Riptide for 10 seasons since 2007. For Katie Riptide has been a place where she had many "bests" including the most inspiring coaches, supportive families and meeting her life-long best friends. Katie plans to attend CU Boulder in the in the fall and is excited to join their club swim team as well as continue playing bass with a jazz ensemble. Go Buffs!

Novato Riptide 10 Year Swimmers:

Shannon Dugdale

Hannah Wellesley-Winter

Lucas Valley Lightning Graduating Seniors 2016

1. **Jeremy Naftzger:** Jeremy is a graduate of Terra Linda High School. He has been on the Lucas Valley Swim Team for the past 6 years. In the fall, Jeremy plans to enlist in the United States Marine Corps. And his best memories with LVST are the 12 & Up beach trip and signing songs by the camp fire on our camping trip.
2. **Ted Hartel:** Ted is a graduate of University High School in San Francisco. He has been on the Lucas Valley Swim Team for the past 7 years. Ted is attending the University of Chicago in the fall.
3. **Ciaran Murphy:** Ciaran is a graduate of Marin Catholic High School. He has been on the Lucas Valley Swim Team for the past 14 years! Ciaran is attending the California Maritime Academy in the fall. And his best LVST memory is the Thunderclap cheer before the Marinwood meet last year.
4. **Lucca McKay:** Lucca is a graduate of Sonoma Academy. He has been on the Lucas Valley Swim Team for the past 13 years. Lucca is attending Purdue University in the fall to study Computer Science. And his best LVST memory is jamming with the gang playing music at swim meets.
5. **Edan Flynn:** Edan is a graduate of Marin Academy in San Rafael. He swam with Lucas Valley Swim Team for 8 years. Edan is attending the Marshall School of Business at the University of Southern California in the fall to study business and minor in music or film. Some of Edan's best memories on LVST revolve around the annual 12-and-older age group beach trip. This trip is towards the end of the season, three days before Champs, and the sense of community and camaraderie is at a peak. This trip is almost a right-of-passage of sorts, and it's something he looked forward to every year.

Sleepy Hollow Sea Lions Graduating Seniors 2016

1. **Keenan Anderson:** Keenan will head to UC Davis this fall. He began swimming for the Sea Lions at age five, with his dad as his coach and on the same team where both his parents swam. Keenan has played water polo for Sleepy Hollow Aquatics since the program began and played at Sir Francis Drake High School for four years. He was named to the Marin County Athletic League (MCAL) Water Polo All-League First Team in 2015. He also played baseball and golf, and swam for Drake. Keenan works with young kids all summer and has been a water polo coach for three years. His favorite thing to do is surf with his dad and his brothers.
2. **Lauren Blackburn:** Lauren was seven when she joined the SHST. An avid polo player for Sleepy Hollow Aquatics and Sir Francis Drake High School, she will attend Chapman University this fall to study Business Administration and has hopes of starting her own restaurant someday! She was named to the Marin County Athletic League (MCAL) Water Polo All-League First Team in 2015. Besides swimming and playing polo, her interests are cooking and hanging out with friends.
3. **Campbell Day:** Campbell started swimming for the Sea Lions at the age of five. Thirteen years later, she is headed to Williams College to play soccer and focus on science and math. Campbell played lacrosse and ran cross country for Branson School, plays soccer for Marin FC, and also loved racing for the Sugarbowl Ski Team.
4. **Petey Galli:** Petey has spent a lifetime in the water, swimming with SHST since 2003. He also played water polo for Sleepy Hollow Aquatics since the team's inception, and played polo for Sir Francis Drake High School.

Petey loves all things water, including surfing and fishing. He also loves making go-pro movies and his dog! Petey is UC Davis bound where he is looking forward to playing polo.

5. **Mia Venne:** From the shaking 5 year old, shivering on the pool deck to the composed young women that Mia is now...SHST played a huge role! The supportive and fun community of kids and parents made swimming FUN! You don't have to be a superstar in the pool to benefit from the swim team community. From the ice cream social to the water volleyball on a hot night (instead of practice), to the Dipsea run, Stinson Beach Day, and Survivor games...swim team has created more memories and friendships than everything else added up for Mia. SHST is a special place, with special people, and if they take it all in, kids learn a whole lot more than how to swim!

Now that she has graduated from the SHST and Sir Francis Drake High School, Mia will attend Sonoma State University to play soccer and major in child education. She would like to be a teacher.

6. **Carrie Wentzel:** Carrie graduated from Branson School. She was Novice Rower of the Year in 2015 and placed first in Women's Four at Southwest Regional Championships. She was named as a Max Preps All-American and All-State volleyball player. Carrie will attend the University of Virginia to row crew.
7. **Dylan Woodhead:** Dylan is finishing his thirteenth year in the MSL (9 with Swimarín, and 4 with Sleepy Hollow). He played water polo for four years for Sir Francis Drake High School, and for Sleepy Hollow Aquatics for 7 years. Dylan is a member of the USA Water Polo Youth National Team. He was voted Player of the Year CIF North Coast Section Division I and Marin County Athletic League Player of the Year in 2015. He is also a USA Water Polo Outstanding Academic All-American. Dylan will attend Stanford University, where he will play polo and study engineering/product design.

Dylan is thankful for his participation in the MSL. He grateful for our coaches, Mark Anderson and Paul Birich, for being role models along with being coaches.

Sleepy Hollow Sea Lions 10 year Swimmers:

Kate Christie

Francesco Cico

Maegen Dillon

Caitlin Gregory

Spencer Hanson

Wyatt Hanson

Connor Moynihan

Malia Potter

Tori Tarantino

Marinwood Water Devils 10 Year Swimmers:

Jack Laughlin

Islay Kilgannon

Mica Smith

Emma Jaime

Molly Madden

Hayden Nuyens

Taylor Boyle

Madeline Knopf

Mitchell Case

Tidal Waves Graduating Seniors 2016

- 1. Adelaide Shunk:** Adelaide has swum for Tidalwaves for 13 years. When she was an 8 and under she always loved to watch the 15-18's and hoped that she would someday be just like them. While on Tidalwaves, Adelaide was given the nickname "Strawberry" after the bright pink strawberry robe she wore to practice everyday as a swim jacket when she was young. Adelaide was infamous for her outfits, and when Coach Marie gave out the fun awards each year, Adelaide received many "fashionista" awards for her on deck looks. Adelaide was a high point runner up when she was 10 and 15 years old. She attended Redwood High School, and while she was there she was Freshman Class President, Sophomore Class President, Associated Student Body Secretary and in her senior year was Student Body President. She has also played soccer, basketball, and volleyball, and will be playing volleyball for Amherst College this fall.
- 2. Max Schoenlein:** Max swam for Tidalwaves since he was 7 He was always a great swimmer, fun teammate and generally just a good kid. He was often asked by Coach Marie to be the check in person for the younger swimmers at practice because he was so personable and friendly to the younger swimmers. Max will attend Pacific Lutheran University in the fall – he will be one of five guys (in a class of 40) who will study nursing. His long term goal is to work in either an emergency room or as a helicopter nurse. He has spent most of his free time the past few years working with Marin Search and Rescue – he even earned his EMT last summer. This kind of work seems to be a great fit for his personality and skills – and hopefully will carry him through the science pre-requisites that he will have to do. On the immediate horizon is a rafting trip down the Grand Canyon where, once again, the Tidalwaves swimming skills come in handy!

Strawberry Seals Graduating Seniors 2016

1. **Nicole Gamboa:** I have always been a (Strawberry) Seal at heart and have been on the pool deck since I was born. I began swimming with the Seals at 5, when I could finally join my sister, brother and cousins in the water. Being a Seal has shown me the real value of commitment: working hard at something, incrementally improving and forming amazing relationships along the way. I am a proud member of the Seals family and will take all the life lessons, coaching and caring they have provided me to UCLA, where I will be studying Physiology.

2. **Alexa Zener:** I have been swimming since I was 7 years old. I joined the swim team without knowing how to swim, then by the end of the year I was scoring in the Champs meet for 8 & Unders! The Seals has taught me about personal strength and dedication. I couldn't imagine not growing up with such an amazing team. No matter how busy I was doing other sports and activities, I couldn't let go of the Seals, and am so glad I stuck with them. Now that I'm older, I'm honored that I've have had the opportunity to coach with this team for the past 3 years. I can't wait to come back next year and see how all of the younger Seals have grown! Thanks for all the amazing memories. For all the young swimmers out there, make sure to stick to what you love doing, no matter how difficult it may seem at the time. It will always be worth it. Note: Alexa will be attending S.D.S.U. in the fall.

Strawberry Seals 10 Year Swimmers:

1. **Sabrina Haechler:** has been swimming with the Strawberry Seals since she was seven years old. She comes from a long line of Strawberry Seals swimmers, including her mother who swam for Strawberry when she was a kid. Sabrina swam for the Tam High swim team for the past three years, and plans to swim in her senior year. What she enjoys most about swimming in the MSL is the feeling of community, and the friendships that she's made in and out of the pool. While she has played other team sports over the past few years, including volleyball, skiing, and golf, she knows that swimming will always be a part of her life.

Scotts Valley Sea Serpents Graduating Seniors 2016

1. **Dea Edington:** Dea began swimming at Scott Valley at the age of five. Dea has been with SVSS for thirteen years. Dea is a graduate of Redwood high school. Dea will be attending University of St Andrews.
2. **Natalie Galuszka:** Natalie began swimming at Scott Valley at the age of three. Natalie has been with SVSS for fifteen years. Natalie is a graduate of Marin Catholic College Preparatory. Natalie will be attending California Polytechnic State University.
3. **Will Nagel:** Will began swimming at Scott Valley at the age of nine. Will has been with SVSS for eight years. Will is a graduate of University high school. Will will be attending Colgate University.
4. **Cole Porter:** Cole began swimming at Scott Valley at the age of seven. Cole has been with SVSS for eleven years. Cole is a graduate of Redwood high school. Cole will be attending College of Charleston.
5. **Ryan Stiles:** Ryan began swimming at Scott Valley at the age of seven. Ryan has been with SVSS for eleven years. Ryan is a graduate of Redwood high school. Ryan will be attending University of Southern California.

Rolling Hills Stingrays Graduating Senior 2016

1. **Tess O'Brien:** Tess O'Brien is completing her 11th year as a competitor in the Marin swim league. She started with the Marinwood Waterdevils learning to swim and dive and work under (still favorite) Coach Kent Morales!and Coach Barb...Tess transferred along with her family move to The Rolling Hills Stingrays at the age of 12, to find the coaching, community and culture to be much the same as in Marinwood. Tess continued on (and credits the encouragement of Coach Lou and Melissa for helping her swim in high school focusing on the 100 Breast and 200 Free. This year she is working as hard as ever in pursuit of best times with a strong high school practice group under new head Coach Richard. She Graduates San Marin and will attend Cal State Chico which she chose in part because of an amazing athletic and swim facility.

Rolling Hills Stingrays 10 Year Swimmers

Peyton Oga

Rebecca Oblites

Terra Linda Orcas Graduating Seniors

1. **Nate Peacock:** Nate is our pride and joy. He started swimming for the Orcas at age 11. While starting swimming at a later age than most, he's naturally excelled. He loves the sport and will continue swimming at Santa Rosa Junior College. Nate is a kind and conscientious young man who will go far in whatever he chooses to pursue.
2. **Sophia Navarro:** We knew Sophia was a water baby from the minute she was in her first bath. She began training for swim team at the age of 3 and by the age of 4 was competing in her first races. Swimming has been the great equalizer for Sophia. We moved to Singapore when Sophia started 7th grade and swimming provided the community to ease her transition to a new country. While in Singapore, Sophia was able to travel internationally with the Singapore American School varsity team. Traveling to Bangkok or Hong Kong as if it were Sleepy Hollow or Rolling Hills! When we returned from Singapore in Sophia's senior year, swimming again provided the continuity to return to this community. Sophia will attend University of Arizona next fall, majoring in Kinesiology. Thank you to the Orcas for welcoming Sophia and a big shout out to Coach Tim.

Terra Linda Orcas Ten Year Swimmers:

Morgan McDaniel

Deven Lyons