

The Splash

Penguin Press Special Edition

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The Penguins Coaches Corner

On July 27th, the Southgate Penguins' 2013 season ended with our Championships meet, held yearly at Chabot College. The coaches were thrilled with the improvements we saw in each child's swimming—nearly every swimmer got a best time in at least one event, and many swimmers improved in every event they swam! It was exciting to see the hard work that had been put in all season finally pay off.

This year was an interesting one—we were back at Southgate, our home pool, after having no home pool for a year, which required a bit of adjustment. We also had a staff of only two coaches for the first half of the season, which made running crowded practices a bit difficult. But at the end of May we were joined by two assistant coaches, Josiah DiNatale and Daniel Watson. They jumped in with both feet—literally, since they worked with the beginning swimmers quite a bit! Having them on the coaching staff made a huge difference.

One of the most exciting things to watch this season was the improvement of children who could not swim at all at the beginning of the year. With many hours of coaching, all of them are now swimming entire laps on their own! Many of these swimmers were even able to compete in dual meets and at Champs.

As we welcomed new little swimmers onto the team, we also had to say goodbye to some older swimmers this year. We had six graduating Penguins: Sami Gantz, Matt Giles, Sean Hannah, Ben Jackson, Chris Jackson, and Noah Mocettini, who were honored at our Champs Awards Pancake Breakfast on the Sunday after Champs. Seniors, you will be missed!

One more thing: the last event for the 2013 season is the Awards Banquet, which will tentatively be held at the pool on September 28th. We'll present awards in every age group for the entire season for achievements like High Point Earner and Most Improved. Penguins, we'll see you there!

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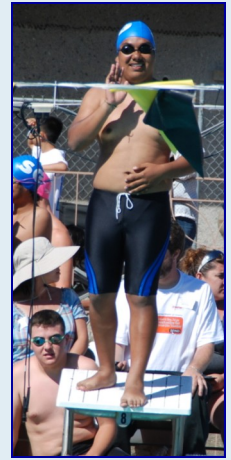
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Family Fun Club's Upcoming Events

August 23rd at 7:00
Movie Night & Night Swim
September 13th at 7:00
Bingo & Night Swim

Pool Hours

Weekends
1:00pm to 7:00pm
Weekdays
1:00pm to 7:00pm



You might ask, What is a swim team? Let me tell you.....



A swim team is for making you laugh so hard you almost drowned.....



Champs Awards

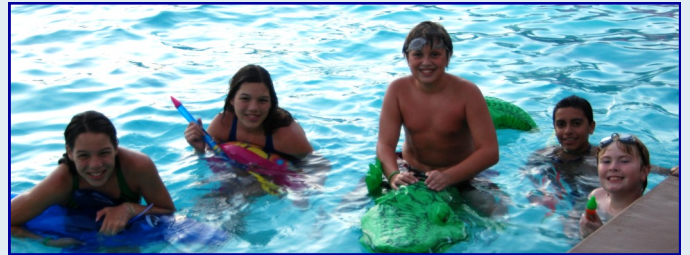
A swim team is for better or worse, through victories and losses.....



Champs Medalist

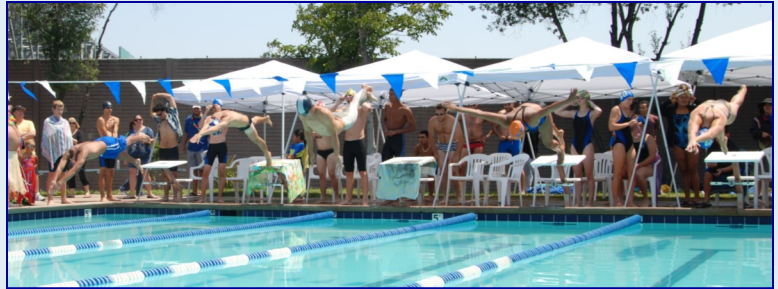


Family Fun Overnight

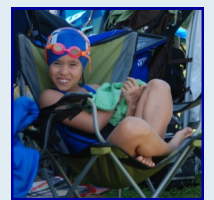
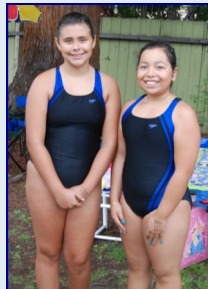
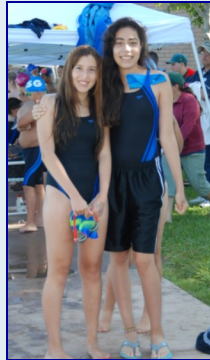
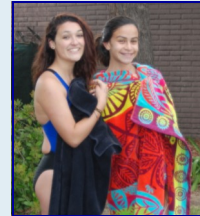


A swim team is for not asking questions when you're crying after a bad race, just hugging you....

Alumni Meet



A swim team is for capping you because even after all these years, you still can't do it yourself....



A swim team is a FAMILY Author Unknown

Family Fun Club

It was a beautiful night at Southgate for our first Movie/Night Swim Night. Everyone settled in their camp chairs with their blankets to watch the award winning Monsters Inc. A few brave souls took the plunge and enjoyed splashing around in our heated pool. If you missed this spectacle evening, don't worry. Our next one will be August 23rd. Night swim will begin at 7:00pm and the movie will start when it gets darks (8:30-8:45). We will be showing the 2010 Winner of the Kids Choice Awards for Best Animated Film, Despicable Me. Remember to invite your friends and family. **You do not need to be a member to enjoy our events.** Hope to see you all there.

Due to conflicting schedules, the Family Fun club will not be having the Annual Garage Sale this year. If anyone would like to take charge of this event please contact the pool.

Adult Swim Lessons

Southgate Swim Club is now offering swim lessons for adults ages 16 and up. The session will be from August 5th to August 8th, 7:00 to 7:35. The cost will be \$60.00 per person. For more information contact Kaylin Adza at (510) 432-8290 or email her at kaylinadza@yahoo.com

Southgate Swim Club Rock'n Splash'n Summer Camp

Come join the fun at Southgate Swim Club's Rock'n Splash'n Summer Camp for kids ages 4 to 14. There will be fun activities for the kids along with a daily swim lesson. Lunch and snacks will also be provided. Sign up soon, space is limited. The camp will be from August 5th to August 7th from 12:30 to 5:30. For more information contact Kaylin Adza at (510) 432-8290 or email her at kaylinadza@yahoo.com

We are Fishing for Donations

Many of you have asked "What does the club need?". We have set up our new "aquarium" by the ping pong table and filled it with fish. Each fish has a needed item written on it. Simply find the item you would like to donate and take the fish. Purchase the item and bring it to the Southgate Swim Club office. Please include your name so we can give thanks :)

Southgate Swim Club would like to thank the following for their generous donation from our aquarium.

Katie DiNatale ~ Scuba Fins

Gantz Family ~ Mat for office

Charlie DiNatale ~ Bathroom Hooks

Ornelas Family ~ Toilet Paper &

Office Supplies


Hallinan Family ~ Pens & Pencils

Roger Family ~ Cordless Phone

Preciado Family ~ Toilet Paper

Smith Family ~ Hand Soap &

Screw Drivers



Please remember that the maintenance of the club is all volunteers. We ask that you please clean up after yourself.

Welcome To Southgate

Southgate Swim Club would like to welcome our newest families.

Matthewson Family

Cahill Family

Deleoz Family

Goodbody Family

Nieves-Rodriguez Family

Protopsaltis Family

Rogers Family

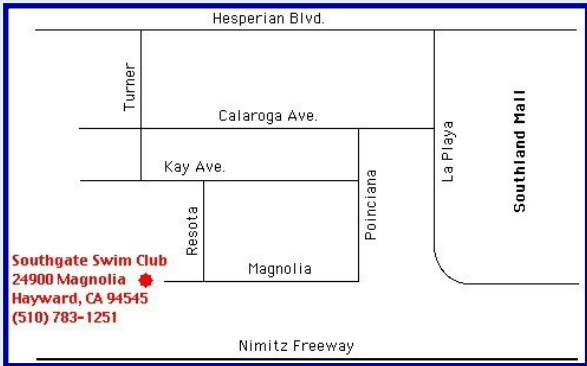
Please mail all membership payments to Lisa Johnson at P.O. Box 138, Mt. Eden, CA 94557. For any questions, please call at (510) 783-1305 or email at lisa@southgateswimclub.org

Next Board Meeting August 6th at 7:00pm at the Public Works Building on Kay and Turner

Visit us at WWW.southgateswimclub.org

Board of Directors	
President	Tracy Diaz
Vice President	Vacant (filling in, Karen DiNatale)
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Treasure	Crystal Brauns
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Fundraising	Sheryl Hallinan Andrea Ford
Pool Rental	Paige Adza
Swim Team	Robert DiNatale


When life gets you down you know what you gotta do?
Just Keep Swimming
Dori,
Finding Nemo



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\$20.00 for the rest of 2013
\$5.00 for one time advertisement or personal message
For more information contact Andrea Ford at ajjeford@yahoo.com

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