

TERRA NOVA AQUATICS



More Talk, Less Swimming



Terra Nova Aquatics Bimonthly Newsletter
June, 2024, Vol. 2



New Swimmers



PPSC:

- Andi Carlos
- Lily Irish
- Emil Camozzi
- Ava Kovsky
- Yiu-Wai Wu

CSTS:

- Jen Davin
- Alok Gupta
- Yogesh Ganesan
- Skylar Bruno
- Kaylynn Yastro
- Carla Stirling
- Blake Olson
- Rachel Tellerman
- Stephen Meder



Coach's Comments

Kamryn Stevenson (freshman) placed 1st in the 100 free and 2nd in the 100 fly (new varsity school record) at the Peninsula Athletic League Swimming Championships. Kamryn is the 3rd highest point getter of the whole league.

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Kate Busatto and Pulak Goyal have announced their engagement. They are planning a February 14th, 2025, wedding day. Congratulations Kate and Pulak! Thank you, Kate and Pulak, for your generous donation to sponsor a PPSC swimmer.

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Masters Swimmer, Elizabeth Corsale, reports she has finished her recent medical treatments and has returned to the pool. Welcome back Elizabeth!

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Kate Busatto, Pulak Goyal and Jeanette Cavano swam the 1-mile race in perfect conditions at Lake Berryessa on June 1st.

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Pim Tuyls and Ania Burlinska swam Alcatraz Saturday June 1 in 52 degree water.

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Dane & Kelly Karr are swimming Del Valle Open Water Festival in Livermore June 8-9.

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Pim Tuyls and Nathalie Bijmens will swim the Kona Rough Water swim Sunday June 9.

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Rich Shafer (snow bird from Arizona) is back and will coach some Wednesday mornings.



Upcoming Events

JUNE

There is still time to Join the **4th Annual CSTS Camping Trip at Sly Park!**



Join us by the lake, yummy food, fun games, music and other outdoor activities. Swimming, kayaking, SUPing. Come for one day or stay the entire time.

June 20th 4pm- June 23rd 11am

Sly Park Recreation Area - group site 4

4771 Sly Park Road, Pollock Pines, CA 95726

Please RSVP using the evite below so we have an accurate count - the more the merrier!

Evite link:

https://www.evite.com/ct/c373ad97c64266255dfa1f9418003fd90d80ecfa/view_and_rsvp_bt

If you have any trouble with the link, contact Rachel at Rachiep93546@yahoo.com

JULY

Trans Tahoe Relay - July 13, 2024 - Lake Tahoe - Sand Harbor to Skylandia Beach

(Event already booked - go teams!)

A fun event - We have 3 teams

Team 1: "More talk, less swim"

Team 2: Michelle is team captain

Team 3: Barbara is team captain

Homes are rented. Every team has a boat.

SEPTEMBER

South End Rowing Club Alcatraz Invitational - Saturday, September 7, 2024 8:00AM

Be one of the Tigersharks spotted off Alcatraz!

[Swim From Alcatraz – SERC Alcatraz Invitational](#)

Ready for a swim of a lifetime? Cross the San Francisco Bay channel with views of the city, Golden Gate Bridge and Bay Bridge in the distance.

Cost: \$275

This is a fun event (about 1.25 to 1.5 miles), something to add to your bucket list, or to repeat and better your time. Skins or wetsuits, your choice.

There are 325 signed up at this time, so sign up as soon as you make a decision! In the past the team has met on Sunday mornings at Aquatic Park in the months preceding the race to practice bay swimming. The more the merrier!



PPSC Swimmer Spotlight!

Violet Limon

What do you love the most about swimming?



I like how it makes me relax. It's like a stress reliever after you have had a long day. It really challenges me too. I think that will help me a lot in life. I have had a lot of "stuff" in my life lately. Swimming helps me take that stuff on and deal with it. It also really helps me in school. I am going to start learning some hard stuff in school and overcoming challenges in swimming helps me face other challenges in my life. Swimming helps me look at the bright side and stay positive instead of focusing on the negative.

What is your favorite swimming moment in your life?

It happened at one of our swim meets at Oceana pool. I was swimming the 100 IM, my favorite event, but I wasn't sure if I would end up winning. As I was waiting to get on the blocks, I was nervous. The whistle blew, and I climbed onto the starting block. My heart was pounding in my chest. I heard the beep, and without a second thought, I launched myself into the water. My butterfly is pretty strong. I pushed through the water, focusing on each stroke being as powerful as it could be. The familiar burn in my muscles means I am going fast. When I transitioned to backstroke, I found my rhythm pretty easily. The turn to breaststroke was smooth, and I felt a surge of energy. Finally, the freestyle. The last leg. I gave it everything I had, every ounce of strength driving me toward the wall. As I touched the wall, I felt relieved. I had given it my all, but I didn't know how I had placed. I turned to look at the big board on the wall. My eyes searched for my lane number. And there it was. First place.



1st! I was like "OH! Really?" I wasn't sure if I was seeing things. But no, there it was, clear as day. I had won. I had won first place! It felt great! Unfortunately, they had run out of ribbons at that meet so I didn't get a ribbon for the win. I couldn't help but laugh. Of course, the time I win first place, they run out of ribbons. It was so weird that it just made the victory sweeter in a way. I didn't need a ribbon to prove I had won. The time on the big board (with a #1 next to it) and the overwhelming sense of accomplishment were more than enough.

What do you like to do when you are not swimming?

I like crochet and yarn crafts. I also like reading. Harry Potter is my favorite. Don't ask me which one is best. They are all tied for 1st place. I also love playing music on my bass clarinet. I like moody music and music with a strong bass. I listen to a lot of Billie Eilish and Arctic Monkeys.



What is an interesting fact that most people don't know about you?

I don't have an appendix. I mean..I was born with one, but it got removed a couple of years ago on my brother's birthday. No, that wasn't what I got him for his birthday!



TERRA NOVA AQUATICS -

Did you know that...?

Terra Nova Aquatics (TNA), based at the Terra Nova High School swimming pool, has two teams which were first established ten years ago under the guidance of coach Brad Pence. The Coastside Tiger Sharks (CSTS) is a Masters team open to adult swimmers of all levels, and the Pacifica Platypus Swim Club (PPSC) is a USA Swimming age group team for youth between 6 and 17 years.

We have an amazing website -

www.terranoaaquatics.com check it out for information about the teams as well as photos. So much is there! Our board member, Janette Dolan is the webmaster.

TERRA NOVA AQUATICS MONTHLY BOARD MEETINGS

Terra Nova Aquatics is a non-profit organization governed by a board of volunteers. The board meets once a month on a Tuesday evening via Zoom. Meetings are open. If you'd like to attend, please let coach Brad know. The next meeting is scheduled for July 9th at 7pm.

Current Board members are Brad and Frankie Pence (Frankie is Treasurer), Scott Hoag (President), Rich Schaffer (Vice President), Rachel Limon (Event Coordinator), Catherine Wachtler (Secretary), Jan Dolan (Webmaster), Jeanette Cavano (Newsletter), Randi Decker (Newsletter), Mike Webster (Former President), Lisa Ryner and, Kate Busatto (Members at large).



Current Swim Schedule as of June 2024

On July 4 th the pool will be open for the morning swim but no evening swim.

CSTS- Masters Team

Monday- Friday 6:00-7:00 am, Thursday we open at 5:30-7:00 am

Monday, Tuesday Wednesday Thursday Evenings 6:15-7:15 pm

PPSC- Age Group Team

Monday - Thursday 6:15 to 7:15 pm