

# Helix Highland Pool News

News for Helix Swim Alumni

## Thanks!

Once again, the meet could not have happened without so much going right. I personally had to oversee a ton of work, as I learned each of the different steps of hosting a meet. I would like to thank my parents and grandparents for helping overall, paying for the meet, and dealing with me in general. The timers who showed up allowed for the meet to run very smoothly. Also, Mr. G's tavern donated the ice, which levied significant costs to the meet. My client and consultant who supported me and offered advice along the way, Mr. Hull and Mrs. Osborn, respectively.

## Quotes about the meet

"A blast! Much needed"  
- Greyson

"Such swim much meet wow"  
- Vince

"Had a great time, Can't wait for the next alumni meet"

-Ruth



## Did you attend the Helix Alumni Swim Meet???

If you were not at the swim meet, it was relatively non traditional. While we had some regular events for everyone to swim, there was the wild card relay at the end. In that event, we had random event cards with varying lengths between 25 and 100 yards. The whole meet ended up being very fun and well liked. Everyone had different motivations for racing too. Vincent and Greyson both wanted to beat each other while Mikey just wanted to finish the race I pressured him into. No one got any personal records, but for some surviving was win. All joking aside, since





## Future Plans for the Pool

While the pool is currently doing well, we have some future plans for it. But first, in the past 4 years at Helix, here're a list of some of the major changes:

Pool resurfaced, new deck, swim blocks and score board.

Sun blockers, new water polo goals, reorganized the equipment

Office and snack bar new shelves

New water polo goals

Warm ups for Varsity and JV swimmers

### Some of the upcoming ideas that we would like to implement are:

- Replace touchpad
- Mount old score board on the fences to create a pace clock
- Continue to subsidize suit costs
- Help assist with the financial aspect of travel meets

Mikey was the oldest (and most successful with a job and a wife) it was really nice to see him in the water. It really proves swim is a sport that can be carried across time. All the times were pretty good, throughout the meet but here are a few specifics. Mikey had a very respectable one minute (low) 100 free. Graham Root also had a near identical time with a one minute low as well. Ruth had a 1:16.53 100 IM. Gabriella (Ella) had a solid 50 back coming in at 33 low. In their 100 freestyle race, Greyson and Vince (who had both been prepping for this event) had a low 55 and a high 54. Many alumni swimmers came to socialize. Following the race and traditional dumping of the organizer in the water, we had barbecued hamburgers, hotdog and all the fixings cooked by my family.

While it was not a huge event, it was competitive and still fun, which is what I see swimming as. I would like to thank everyone for coming to Helix's first alumni Swim meet.

### *For more information*

If you are interested in further supporting Helix, our annual crab feed is rapidly approaching. Originally started by Joel Hull, Lenelle Wylie and a few key parents, this has become an annual event. Athletes from both swim and water polo at all levels (JV, Novice and Varsity) will be there to help serve. In addition to dinner, you may be tempted to participate in the live and silent auctions. Whether you want to catch up with old friends



whether they are coaches or athletes, there is something for everyone. This year's crab feed will be on January 21, 2017 at the Crystal Palace starting at 6pm. If you went last year, it is the same place. Make sure you come on down!

If you can't come but would like to support in a different way, please feel free to donate! Donations can be either money, goods or services, that can be auctioned off. Both methods of participation allow our teams to get new supplies for years to come.

To keep up to date with the Helix Aquatics program, follow our website at [helixaquatics.com](http://helixaquatics.com) You can see our upcoming meets or games as well as other important information.



How did the Alumni swim meet come to be? In summation, the idea of this meet started back in freshman year, when I was desperate to make new friends. Our team had just finished racing West Hills, and we had won barely (this was 2 years ago so that may not be 100% accurate but in any case), and someone mentioned an Alumni Water Polo game coming up. Naturally being the ignorant freshman I

was, I just assumed there was an Alumni Swim Meet and kept quiet. The season continued on and the idea of an alumni swim meet kept popping up randomly, but no one had taken charge of the meet. By the time sophomore year rolled around, our team was amazing. If you were at a meet, you could feel the friendship and camaraderie between our team. If you couldn't swim, you went as a spectator to hang with the team. Very quickly I began to think of my team as family. After another meet, that I did particularly well in breaking several of my personal records, my senior friends, suddenly realized that despite them not having the chance to run the Alumni



Meet, they had a chance to swim it. Initially, it was just the four of us. Myself (hosting the event), Grayson, Graham, and Vince. I talked with a couple of people that year, and suddenly the massive undertaking had just been given to me. Ruth, Mikey, Mrs. Wylie and several others thought it was a great idea and asked me to undertake this project. So I accepted the deal and the Alumni Swim Meet was born.

However, that is not the whole story. Swim originally started for me back in middle school. I met a friend, who asked me to join water polo. In 8th grade I started playing. I met a ton of amazing people with whom I quickly became friends. At that time I was also playing soccer for Matrix. I went to Spring Fling before Freshman year, and decided to drop by the two booths I was going to be in: Soccer, and Water polo. I was totally dedicated to playing polo for four years during the fall, and running track and field, during spring to complement my soccer during the winter. During that initial season with Coach Mitch, Coach Hull suggested I do off season to ensure I make varsity swim. I did not think I was that fast, but figured what was the worst thing that could happen? After months of practice, it was recommended that I enter a swim meet before the high school season started. Although very nervous, I decided, I was gonna stand on that block, try not to belly flop to hard and swim as fast as I could. 57 seconds later, I finished exhausted, and high on adrenaline. To this day, swim gives more adrenaline than most anything else I do. I still love swimming with all my heart. I hope to finish my senior year with great times and return next year for the Alumni Swim Meet.

*If you have any further questions about the aquatics program email Coach Hull (Joel) or Coach Wylie (Lenelle) at [jbull@helixcharter.net](mailto:jbull@helixcharter.net) or [wylie@helixcharter.net](mailto:wylie@helixcharter.net) respectively.*



Thank you for checking out the newsletter. This was part of my senior project, the alumni swim meet, to write a short newsletter. I hope you had fun swimming and reading this. If you did not swim, but want to next time or just stop by be sure to add yourself to the contact list [here](#). Alternatively, go to [helixaquatics.com](http://helixaquatics.com) and click on the alumni met page. From

there, scroll down and click the “Can’t attend but would like future information about future events.” If you have already registered, you do not need to. I hope to see you guys at the next one, and wish you the best of luck whether you are still swimming or not. The following are the current top 20 boys and girls swim times.



## 2016 HELIX SWIM BOYS TOP 20 ALL-TIME

**Bold = New Record**

**\* = CIF Champion**

### 200 Freestyle

1.	Marty Binder**	1:43.39	1986
2.	Matt Buckley	1:45.84	1988
3.	Alex Dvorkin	1:48.41	1997
4.	John Munch	1:48.54	1988
5.	Sam Burgi	1:49.48	1995
6.	Todd Konold	1:49.54	1992
7.	Mike Nelson	1:49.7	1973
8.	Cliff Hawk	1:50.7	
9.	Kraig Katzenmeyer	1:51.71	1988
10.	Dave Rodgers	1:52.1	
11.	Sean Padilla	1:52.17	1985
12.	Jesse Hatch	1:52.54	2005
13.	<b>Jonathan Mabey</b>	<b>1:52.62</b>	<b>2016</b>
14.	<b>Justin Lemler</b>	<b>1:52.66</b>	<b>2016</b>
15.	Sam Parks	1:52.68	2013
16.	Ken Burgi	1:52.90	1998
17.	Bryon Konold	1:52.99	1989
18.	Steve Webb	1:53.09	1993
19.	Chris Rogers	1:53.2	
20.	Abraham Ruiz	1:53.26	2006

### 200 Individual Medley

1.	Matt Buckley*	1:54.39	1989
2.	Mike Nelson	2:01.20	1970
3.	Cary Coleman	2:04.12	1988
4.	Andy Biehl	2:04.20	1985
5.	Sam Burgi	2:06.17	1995
6.	Cliff Hawk	2:07.0	
7.	Marty Binder	2:07.22	1986
8.	Pedro Vieira	2:07.31	
9.	<b>Justin Lemler</b>	<b>2:07.70</b>	<b>2016</b>
10.	Dale Webster	2:08.28	1987
11.	Vaughn Rios	2:08.31	2008
12.	Abraham Ruiz	2:08.35	2006
13.	Torben Bruck	2:08.94	1988
14.	John Dorfi	2:09.48	1997
15.	Scott Pollett	2:09.6	
16.	Vincent Ojeda	2:09.64	2015
17.	Dick Kinnaman	2:09.8	
18.	Steve Webb	2:10.09	1993
19.	Pat Crampton	2:10.18	1996
20.	Kraig Katzenmeyer	2:11.19	1988

### 50 Freestyle

1.	Sam Burgi*	21.72	1995
2.	Kraig Katzenmeyer	22.12	1988
3.	Fred Hart*	22.2	1974
4.	John Dorfi	22.29	1997
5.	Kirk Tiegan*	22.4	1971
6.	Robert Clay	22.43	1997
7.	Greg Konold	22.54	1997
8.	Andy Biehl	22.59	1985
9.	Tim Grim	22.6	
10.	Jeff Learn	22.60	1984
11.	Tom Wilson	22.66	1985
12.	Andy Russell*	22.8	1966
13.	Jason Lee	22.88	1986
14.	Daniel Ramirez	22.95	2006
15.	Graham Simpson	23.0	
16.	Tom Duk	23.01	1992
17.	Jordan Taylor	23.11	2012
18.	<b>Jonathan Mabey</b>	<b>23.15</b>	<b>2016</b>
19.	Nathan Ottobre	23.15	2014
20.	Robert Nehei	23.16	2007

### 100 Butterfly

1.	Mike Nelson	53.00	
2.	Fred Baird*	54.20	1966
3.	Steve Webb	54.77	1993
4.	Marty Binder	55.60	1985
5.	Jeff Learn	55.73	1984
6.	Todd Konold	55.87	1992
7.	Eric Birdwell	56.05	1986
8.	Ilya Brunshteyn	56.34	
9.	John Dorfi	56.34	1997
10.	Vincent Ojeda	56.37	2015
11.	Robert Nehei	56.66	2007
12.	Danny Remmes	56.71	2010
13.	Matt Buckley	57.23	1989
14.	Ken Burgi	57.36	1998
15.	Scott Pollett	57.4	
16.	Cliff Hawk	57.4	
17.	Jordan Taylor	57.49	2012
18.	Brian Voeltner	57.59	1986
19.	Brent Bell	57.70	1999
20.	Tom Magistrale	58.13	2011



## 2016 HELIX SWIM BOYS TOP 20 ALL-TIME



**Bold = New Record**

\* = CIF Champion

### 100 Freestyle

1.	Sam Burgi*	47.72	1995
2.	Greg Konold	48.81	1997
3.	John Dorfi	48.98	1997
4.	Jason Lee	49.11	1986
5.	Ricky Rager	49.53	2011
6.	Andy Biehl	49.64	1984
7.	Fred Hart	49.8	1974
8.	Marty Binder	49.88	1986
9.	Sean Padilla	49.90	1985
10.	Kraig Katzenmeyer	49.95	1988
11.	Todd Konold	50.07	1992
12.	Matt Buckley	50.22	1989
13.	Ken Burgi	50.36	1998
14.	Joey Converse	50.41	2011
15.	Kirk Teigen	50.49	1971
16.	<b>Jonathan Mabey</b>	<b>50:56</b>	<b>2016</b>
17.	Daniel Ramirez	50.63	2006
18.	Tom Duk	50.68	1992
19.	Joel Hull	50.86	1988
20.	Jesse Hatch	50.90	2005

### 500 Freestyle

1.	Matt Buckley*	4:29.86	1989
2.	Marty Binder**	4:39.12	1986
3.	Alex Dvorkin	4:48.81	1997
4.	John Munch	4:56.59	1988
5.	Cliff Hawk	5:04.6	
6.	Pat Crampton	5:06.65	1996
7.	Sam Parks	5:07.22	2013
8.	Joel Hull	5:10.08	1988
9.	Mike Siepert	5:10.23	1988
10.	Abraham Ruiz	5:10.85	2006
11.	Cary Coleman	5:11.44	1988
12.	Kraig Katzenmeyer	5:13.81	1988
13.	Todd Konold	5:13.81	1992
14.	<b>Spencer Bailey</b>	<b>5:14.55</b>	<b>2016</b>
15.	Danny Remmes	5:14.63	2011
16.	Fred Hart	5:16.1	1974
17.	J Jacobsen	5:16.17	
18.	Chad Michels	5:16.88	1996
19.	Torben Bruck	5:17.27	1988
20.	Steve Webb	5:18.19	1993

### 100 Backstroke

1.	Steve Webb	0:52.48	1993
2.	Kraig Katzenmeyer	0:56.96	1988
3.	Jordan Taylor	0:57.29	2012
4.	Cliff Hawk	0:58.0	
5.	Vincent Ojeda	0:58.04	2014
6.	Andy Biehl	0:59.50	1984
7.	Tom Duk	0:59.50	1992
8.	Matt Buckley	1:00.09	1989
9.	Mike Konold	1:00.55	1990
10.	Sam Burgi	1:00.70	1995
11.	Jans Baltgalvis	1:01.05	1990
12.	Travis Baker	1:01.06	2010
13.	Rick Lipscomb	1:01.10	
14.	Jim Sullivan	1:01.13	1995
15.	Ricky Rager	1:01.15	2012
16.	Brent Bell	1:01.35	1999
17.	Jake Smith	1:01.44	2012
18.	Alex Dvorkin	1:01.46	1997
19.	Andy Russell*	1:01.5	1965
20.	Daniel Massaglia	1:01.52	2013

### 100 Breaststroke

1.	Matt Buckley	0:59.90	1988
2.	Cary Coleman	1:00.70	1988
3.	Aaron Knuteson	1:02.45	2015
4.	Greyson Tracey	1:02.51	2015
5.	Pedro Vieira	1:03.29	
6.	Tim Sullivan	1:03.45	1991
7.	Dale Webster	1:03.45	1987
8.	Steven Savoie	1:04.25	2002
9.	Jesse Webster	1:04.46	2010
10.	Dick Kinnaman	1:04.8	
11.	Vincent Ojeda	1:05.05	2015
12.	Jesse Eslinger	1:05.30	2000
13.	Randy Geifer	1:05.6	
14.	Mike Nelson	1:06.2	1970
15.	Abraham Ruiz	1:06.51	2006
16.	Dan Comer	1:06.60	1987
17.	Erik Rodstrom	1:06.63	1997
18.	Andy Biehl	1:06.85	1984
19.	Serrano	1:07.3	
20.	Mat Doan	1:07.53	2012



## 2016 HELIX SWIM GIRLS TOP 20 ALL-TIME

\* = CIF Champion

### 200 Freestyle

1	Jill Buckley	1991	1:54.97
2	Rosa Bebi	5/20/12	1:57.38
3	Kathy Hart*	1976	1:58.60
4	Stacey Smith*	1975	2:00.50
5	Lauren Moldé	5/13/09	2:01.02
6	Lael Proffit	5/7/13	2:01.24
7	Toni Peterson	5/13/14	2:03.15
8	Sharon Glueck	1988	2:03.77
9	Skyler Proffit	5/20/10	2:05.11
10	Victoria Nauman	5/14/10	2:05.27
11	Kristy McCann		2:05.33
12	Molly Kaster	4/18/13	2:06.98
13	Elizabeth Keesey	5/13/99	2:08.07
14	Kelly Rutherford	5/15/04	2:08.24
15	Anna Schuster	5/13/00	2:08.88
16	Ruth Fuentes	4/24/15	2:09.08
17	Destiny Summers	5/15/03	2:09.12
18	Megan Steinbergs	5/9/11	2:10.56
19	Baylee Hannah	5/08/06	2:10.69
20	Rebekah Schwalger	5/6/16	2:11.01
21	Lenelle Dorfi	1995	2:11.40

### 200 Individual Medley

1.	Rosa Bebi	5/19/09	2:11.75
2.	Lael Proffit	5/2/16	2:14.32
3.	Caroline Hart	1977	2:16.60
4	Molly Kaster	5/13/14	2:17.32
5.	Jill Buckley	1991	2:18.09
6	Michele Pauley	3/11/99	2:19.18
7	Skyler Proffit	5/18/11	2:20.34
8.	Toni Peterson	4/10/15	2:22.60
9	Sharon Glueck	1988	2:24.32
10.	Victoria Nauman	5/4/12	2:25.58
11.	Ashley Scott	5/7/09	2:25.50
12	Caleigh Balon	5/8/15	2:26.17
13.	Katie Hammes	5/13/09	2:29.74
14	Shawn Morneau	1987	2:29.95
15	Kelly Rutherford	4/1/04	2:30.56
16	Brittanie Fryling	4/28/11	2:31.56
17	Erin Small	1996	2:32.00
18	Ellen Biehl		2:32.70
19	Lenelle Dorfi	1995	2:32.75
20	Ashley Schramm	5/7/08	2:33.05

### 50 Freestyle

1.	Stacy Smith*	1978	:24.75
2.	Rosa Bebi	5/20/10	:25.10
3.	Sharon Glueck	1988	:25.35
<b>4.</b>	<b>Toni Peterson</b>	<b>5/2/16</b>	<b>:25.44</b>
<b>5.</b>	<b>Hailey Jackson</b>	<b>5/11/16</b>	<b>:25.99</b>
6.	Lauren Moldé	3/21/09	:26.16
7.	Skyler Proffit	4/16/10	:26.22
8.	Jill Buckley	1991	:26.23
9.	Kristy McCann		:26.40
10.	Gretchen Ingmenson		:26.43
11.	Patricia Miller	5/7/13	:26.46
12.	Destiny Summers	5/19/04	:26.47
13.	Kelly Rutherford	5/7/04	:26.54
14.	Brittanie Fryling	5/13/11	:26.68
15.	Ruth Fuentes	5/8/15	:26.79
16.	Regina Brown	5/8/06	:26.91
17.	Angie Colloymore		:26.93
18.	Justine Gutowski	5/13/14	:26.93
19.	Lael Proffit	5/7/13	:26.97
20.	Kylie Sharp	5/7/12	:27.07

### 100 Butterfly

1	Michele Pauley	1999	0:57.86
2	Victoria Nauman	5/13/11	1:01.06
3	Lael Proffit	5/13/14	1:02.30
4	Ashley Scott	5/19/09	1:02.49
5	Jill Buckley	1991	1:02.50
6.	Kylie Sharp	5/7/12	1:03.05
7.	Treichelle Busseau	5/10/06	1:03.10
8	Rosa Bebi	3/22/12	1:03.34
9.	Kathy Hart	1976	1:04.50
10.	Sharon Glueck	1988	1:04.77
11	Maureen Burns		1:05.60
12	Shawna Morneau	1987	1:05.75
13	Anna Shuster	5/10/01	1:06.63
14	Skyler Proffit	4/30/10	1:06.90
15	Julie Newton		1:07.51
16	Kelly Rutherford	5/13/04	1:07.81
17	Ruth Fuentes	5/13/14	1:07.88
18	Lenelle Dorfi	1995	1:08.14
19	Ellen Biehl		1:09.19
20	Becky Reynolds		1:09.65



## 2016 HELIX SWIM GIRLS TOP 20 ALL-TIME



\* = CIF Champion

### 100 Freestyle

1	Stacy Smith*	1978	0:53.36
2	Lauren Moldé	5/13/09	0:54.43
3	Toni Peterson	5/2/16	0:55.19
4	Jill Buckley	1991	0:55.69
5	Sharon Glueck	1988	0:55.93
6	Destiny Summers	5/13/04	0:56.81
7	Rosa Bebi	3/5/11	0:56.85
8	Ruth Fuentes	5/14/15	0:56.89
9	Hailey Jackson	3/28/15	0:57.48
10	Lael Proffit	5/3/13	0:57.64
11	Molly Kaster	4/4/14	0:58.15
12.	Kristy McCann		0:58.28
13.	Baylee Hannah	5/10/06	0:58:38
14.	Brittanie Fryling	3/12/10	0:58:48
15	Skyler Proffit	3/31/11	0:58.60
16.	Regina Brown	5/5/06	0:58:83
17	Elizabeth Keesey	5/13/99	0:58.87
18	Ashley Schramm	5/13/09	0:58.94
19	Kelly Rutherford	5/13/04	0:59.01
20	Victoria Nauman	3/2/13	0:59.16

### 500 Freestyle

1	Jill Buckley	1991	5:06.91
2	Caroline Hart*	1976	5:12.10
3.	Lael Proffit	5/24/14	5:16.03
4	Rosa Bebi	5/13/10	5:28.47
5	Michelle Pauley	3/11/99	5:32.45
6	Victoria Nauman	5/7/12	5:34.25
7	Kristy McCann		5:36.29
8	Toni Peterson	4/4/14	5:37.95
9	Treichelle Busseau	5/10/06	5:41:62
10	Molly Kaster	3/28/14	5:47.27
11	Lauren Moldé	4/24/08	5:49.39
12	Elizabeth Keesey		5:49.57
13	Caliegh Balon	3/13/15	5:51.50
14	Anna Schuste	5/13/00	5:51.70
15	Carlie Richardson	5/2/16	5:52.38
16	Stephanie Brandland	1988	5:52.93
17	Katie Brawner	5/7/08	5:53.91
18	Sheri Gallegos-Lewis	4/14/05	5:56.66
19	Calleagh Turner	4/8/16	5:57.49
20	Dulcie Hammes	5/13/11	5:58.36

### 100 Backstroke

1	Michelle Pauley	1999	1:00.29
2	Molly Kaster	5/21/14	1:03.68
3	Sharon Glueck	1988	1:06.23
4	Corinne Garcia	5/17/07	1:06:73
5	Rosa Bebi	3/24/11	1:06.74
6	Shawn Morneau		1:06.89
7	Megan Steinbergs	5/18/11	1:06.97
8	Stacy Smith	1978	1:07.40
9	Hailey Jackson	5/2/16	1:07.63
10	Ashley Scott	4/30/09	1:08.04
11	Ruth Fuentes	5/14/15	1:08.12
12	Jessica Tolar	5/10/06	1:08:78
13	Victoria Nauman	4/14/11	1:08.85
14	Brandi Oltman		1:08.90
15	Erin Small	1996	1:09.00
16	Ella Casillas	5/13/14	1:09.52
17	Caleigh Balon	3/28/15	1:09.65
18	Angelina Nguyen	5/2/16	1:09.92
19	Maureen Burns		1:10.07
20	Skyler Proffit	3/12/10	1:10.32

### 100 Breaststroke

1	Rosa Bebi*	5/21/11	1:05.72
2	Caroline Hart*	1977	1:09.35
3	Skyler Proffit	5/19/09	1:10.18
4	Justine Gutowski	5/21/14	1:11.01
5.	Victoria Nauman	5/7/13	1:11.92
6	Tausala Schwalger	5/11/16	1:13.84
7	Caleigh Balon	5/8/15	1:14.26
8.	Lael Proffit	4/12/13	1:15.41
9.	Catherine Jenkins	5/15/99	1:15.17
10	Ashley Schramm	5/13/09	1:15.67
11	Rebekah Schwalger	5/6/16	1:15.88
12	Sharon Glueck	1988	1:16.19
13	Ashley Knuteson	5/2/16	1:17.38
14.	Katie Hammes	5/13/09	1:17.63
15	Jennifer Dobis	1994	1:17.86
16	Kelly Rutherford	4/8/04	1:17.87
17	Julie Ketchie		1:18.03
18.	Amanda Welch	5/11/07	1:18.78
19	Lauren Boyd		1:18.85
20	Jenny Shelby	5/17/03	1:19.28