



THE Rio Rotarian



"Having fun helping others...watering the rosebuds"

-Dr. Ted Schulz

Welcome

Pres. Elect Dave leads pledge; while Ed. Edwin recites Rotary Grace, and Gene appropriately launches into, "Rain drops keep falling on my head." Based on the meager attendance, members must be allergic to rain.

Visiting Rotarians

Pres. Dan excitedly welcomes Cole Felt, and Jon Blegen introduces our guest speaker, Dan Mahoney, who introduces Fisher Lyon, Sophia Saldana, and Sam Lyon.

No Celebrations this week

Treasurer's Report

Treasurer Jay refrains from taking our cash to Vegas, and not surprisingly, our finances remain stable.

Confessions

- Jay forgets to bring his computer to the meeting, which results in Sec. Leon scrambling. Sheepishly, Jay donates \$25.
- Cole Felt admits that he's been missing for awhile, but is proud of a recent work promotion and birthday. Appropriately, he donates \$50 to his grandfather's scholarship fund.
- Leon is elected to a lead on nextdoor.com, which required him to fire the previous lead. To clear his conscience, he donates \$25.

Students Receive Accolades

With encouragement from Pres. Dan, Kiara modestly mentions that Soroptimist presented her the Violet Richardson Award with a check for \$500; and the Chamber of Commerce, a week later, awarded her Youth Volunteer of the Year, accompanied with \$250.

This week students wrap-up finals, and in another week, will be off for spring break.

In sports, Monday were their Sports Awards for basketball, soccer, and wrestling. Three teams won High School Academic All-League, which represents exemplary academic achievement. After prodding from Molly, Sam also admits to winning All-League Champion in wrestling for being the most improved. In swim, they beat Highlands, and are now looking forward to next Thursday's meet. AFS students will be headed to North Carolina for a 5-day trip shortly.



Kiara Agan and Samuele Franceschetti humbly speak of their awards. Sam is also the fastest swimmer on the high school team!



Fisher Lyon and Sophia Saldana look on as Coach Mahoney describes the plyometric dot drill.

Small Town, Big Vision

Dan Mahoney, assistant coach, embraces this role, where he can mentor and train coaches to become better coaches.

He is excited by the number of exemplary swimmers in Rio Vista, including Sophia Saldana, who will be one of the best to come out of Rio Vista.

Announcements

- Pres. Dan asks Pres. Elect Dave for a golf tournament report, to which Dave responds, "I'll have it this afternoon."
- With regards to our speaker program, Speaker Chair Hale advises that, "everything is fine."

Marble Draw

After a few anxious moments, Hector finally realizes that he has the winning ticket. He does not pull the marble, and the pot continues its growing ways.



Jon speaks glowingly of Rio Vista's swim program.

Dan recalls how he witnessed phenomenal swimmers in town that did not go on to swim collegiately—yet had the potential. He glowingly spoke of swimmers like Jimmy Bard, Steve Creed, Chris Lucas and Matt Lamothe. He realized that most kids that swam collegiately were swimming virtually all year, supplementing school teams with rec and outside teams like the Concord Terrapins.



Fisher Lyon executes the dot drill under the watchful eye of Coach Mahoney.

With changes in philosophy, he began developing collegiate-level swimmers. Jessica Morel, went on to break numerous records at San Diego; Caitlyn Kubli used her skills to play water polo at UOP; Justin swam for UOP; his daughter swam at UC Davis; and his son swam for UC Berkeley. They all broke records, and all shared the same work ethic—many hours in the pool. He tells all his athletes that records are meant to be broken.

Most impressive was that these 30 kids did not accomplish this with a modern pool and facilities like Dixon and River City (1,200 students)—but rather, in his 27' backyard pool. Yet, year-in and year-out, they would beat these schools. It was not until the Daily Republic ran an article, accompanied by a photo of all the kids crammed into his pool—that Hank Simonsen recognized a need, and began the Rio Vista Foundation for the purpose of building our modern swim facility.

Dan's son, Sean, went on to swim for UC Berkeley, and for a period, was ranked #1 in the world. Dan's coaching has become refined as he's learned from his son—who trained at Olympic training facilities—and from other coaches that developed world-class swimmers. Ray Mitchell, who coached Nathalie Coughlin, was instrumental in Dan's coaching practices, including: Coach every single kid; don't be in it for ego; kids are built to swim lots of yards (year around); and set high goals. He couples these principles with leading-edge training in plyometrics and other exercises which give kids the extra edge.

Dan says enthusiastically, "We have a good thing going. With continued support we can make big things happen for Rio Vista kids."

COMING ATTRACTIONS

DATE	SPEAKER/EVENT	PROGRAM CHAIR
March 23	John Krauskopf, Western Railroad Museum	Richard Burkhart
March 30	Amanda Jenni, Center for the Arts	Patrick Byron
April 4	Rotary Dictionary Distribution Day	Dr. Ted Schulz
April 4	Appreciation Night: 6:00 Social, 7:00 Dinner	Lee Williams
April 6	No Morning Meeting	
April 6	3-Club Evening Get Together @ Grand Island Vineyard	Ed Kingen
April 11	Dictionary Day: First Responders Teach Students	Dr. Ted Schulz
March 13	Kay Kelley-Human Trafficking	Tom Donnelly



Newsletter Staff

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