



CV Aquatics Quarterly Newsletter

IN THIS ISSUE

[Donate to the Snack Bar](#)

[Coaching Staff](#)

[Senior Spotlight](#)

[Alumni Relay](#)

[Boys Waterpolo Season Recap](#)

[UCLA Game](#)

[Girl's Water Polo Schedule](#)

Issue: # 4

Fall/Winter Edition 2009/2010



QUICK LINKS

www.cvhsaquatics.com

www.waterpoloplanet.com

www.usawaterpolo.org

JOIN OUR LIST

[Join Our Mailing List!](#)

[Donate to the Snack Bar](#)



Dear Friends and Family of CV Aquatics,

Please forward this Newsletter to anyone who you think would be interested in CV Aquatics and encourage them to join our mailing list. We'd especially like to increase our circulation to our Alumni. Thank you for your support!

Quarterly Quote: **"Amateurs practice a skill until they can do it right. Professionals practice until they can't do it wrong."**~ Anon

Best,

Kirk

The snack bar always needs donations: bottled water, Gatorade, hot dogs, hot dog buns, tortillas, shredded cheese, pasta salad, fruit salad, individually wrapped baked goods and any other healthy snacks. Thanks~

Special "Thank You" to our Sponsors

Gold
Aberdeen
Management Co.,
Inc.
-Madeline Reinoso

Silver

The Bertram Family
 The Chi Family
 The Dilbeck Family
 The Gregg Family
 The Taylor Family

Bronze

The Catalfamo Family
 The Gilles Family
 The Griffin Family
 The Lockwood Family
 The Shahnazarian Family
 The Veselich Family

Friends & Families

Jordan Adajar and Family
 Ryan Assaf and Family
 Rusty Blakey and Family
 Samuel Clark and Family
 Sean Currie and Family
 Alan Dearman and Family
 Spencer Duke and Family
 Nicholas Granier and Family
 Caroline Hales and Family

Zach & Ben Horton and Family
 Adrienne Ingalla and Family
 Kelly Kessen and Family
 Daniella Khatchetourian and Family
 Tanner Kober and Family
 Alex Lee and Family
 Johnny Malmrose and Family
 Manual Martinez and Family

Senior Spotlight by Jan T. Sakonju and Pete Loprocio

Senior Spotlight- Daniel Olson



Daniel has become a fantastic representative of our aquatics program and Crescenta Valley high school. He excels at both water polo and swimming. In his four years with the program he has shown his true character. He has a great attitude, is a hard worker, gets along with all of his teammates, is disciplined, and caring. When you see him he'll ask how your day is going and he really wants to know how you are doing. He is well liked by his team mates and by his fellow students. Actually, when another student was at a La Canada football game she overheard their students commenting on what a great guy Daniel Olson was.

Daniel was a key player for our perimeter offense. With a quick, fast and accurate outside shot Daniel was able to punish teams who dropped off the perimeter to double team our hole sets. He learned to work with other perimeter players to exploit these defenses where each player would share scoring opportunities to make it very difficult for teams to adjust to our offense. As a sprinter Daniel was able to gain possession of the ball many times.

He is a passionate competitor and each year has put forth an exceptional effort to excel in swimming. In both individual events and relays Daniel has continued to improve as a sprint freestyler. His excitement and dedication is an inspiration for both the coaching staff and teammates. Daniel looks forward to a rewarding senior season on swim team.

Daniel represented our school this summer when he was selected to join the Discovery Channel's pilot program to travel to China to learn its history and culture. While there Daniel learned martial arts, meditation, and cooking while visiting exclusive archaeological spots along the Great Wall, the Olympic Bird's Nest and Water Cube.

He's a great guy and a great teammate.

Senior Spotlight- Julia Warden

Robbie Menke and Family
Sofronia Munoz and Family
Daniel Olson & Family

James Porcell and Family
Bassel Takidin and Family
Rebecca Tjoelker and Family
Zosha Wiktor and Family
Stephen Woo and Family
!

Our Coaching Staff



Andrew Kang, Class of '98
JV Boys Water Polo

sikstring@gmail.com



Adam Kantor
JV Girls Swim

akantor@oxy.edu



Travis Kappen, Class of '01
JV Boys Water Polo

traviskappen@yahoo.com



This issues' senior spotlight is on Julia Warden. Julia began her aquatics career At CV as a freshmen and continues to flourish. Julia began her junior year as a role player on the water polo team and finished in grand fashion as a member of the swim teams' CIF qualifying freestyle relays. This year as a senior, Julia hopes to keep the momentum going and make a huge impact! Selected as a co-captain of the 09/10 water polo team (see above), Julia has become an instrumental piece in a team attempting to recapture the Pacific League championship. Julia adds speed, strength, and her offensive prowess this year to a team which has been ranked #4 in the CIF preseason polls. We wish Julia and the rest of the 09/10 team much success.

Pictured: Co-Captains Sofie Munoz (left) and Julia Warden (right)

Alumni Relay-Kirk Dilbeck



Pete Loporchio
Varsity Girls Water Polo
ploporchio@gusd.net



Rob Miller
Varsity Girls Swim
rmiller@gusd.net



Joe Ondrejcka
JV Girls Water Polo
josef.ondrejcka@hotmail.com



Jan T. Sakonju, Class of '89
Varsity Boys Water Polo
Varsity Boys Swim
jsakonju@gusd.net



CVHS Water Polo Team 1980 Roxanne is 3rd from left on the bottom row.

Name: Roxanne Hampton

Years that you attended CV: 1978-1980

Swimming or Water Polo: Both

Do you still participate in your sport(s), if so how: I have not swum in a very long time. It would be a site if I did get in the water.

What was your most memorable match/Meet: It has been so long ago I can't remember, but all the matches and Meets were always fun.

What was your most embarrassing moment: In water polo the sport can get very interesting under water. I must have been grabbed several times in some places that were embarrassing

Are you still in contact with Teammates/Coaches: I am sorry to say that I am not in contact with any teammate or coach, but would be great to see them again. I know lives are very busy and we have so few hours in the day.

Did your team have any memorable traditions: There again, so long ago I don't remember. But I seem to remember Spaghetti dinners.

What was most memorable about your coach: Coach Abshear was so great. Such a great personality to help all of us get thru workouts and made sure to great performances out of us as well.

Who was your favorite teammate and why: There were so many great people in both programs, but Robin Orfila was always great to hang out with

Did you have any nicknames from your team: Rocky

Did you go to college and if so where and did you continue in your sport:I attended and graduated from University of Redlands and did not continue swimming

How did your sport effect your life: Swimming and Water Polo gave me the ability to have a competitive edge on life. Number one is always the goal for everything that I do

Did/Do you have any other family members that are involved in Aquatics: Michele Hampton (who was featured in our 1st Alumni Relay and



Chris Sherman, Class of '05
JV Boys Water Polo
(Summer)

csherman@ucla.edu



Scott Thacker
Boys Novice Water Polo
JV Boys Swim
Diving

coachthacker@hotmail.com



Don Wright
Boys Varsity Water
Polodwrightdc@gmail.com

is pictured above 2nd from the left) and Craig Hampton

What do you do for a living: We own to Famous Historical Building in Downtown Los Angeles and we own a very Historical Home in Pasadena. So I manage those properties and having a lot of fun doing it.

Ok, time to brag, what was your biggest moment in Aquatics: Having set swim records @ CV and apparently some still stand

Any advice for our current Aquatic squad: Have fun and go for Gold



Pictured above Roxanne circa 1980 and below Roxanne and her husband today.

Boys Water Polo Season Recap

Varsity-2009 League Champions



Cap #	Name	Name	Goals	Steals	Attempts	Assists	Goalie Saves
1	Rane	Colvin	1	31	3	0	365
1A	Brandon	Morefield	0	1	0	0	19
2	Jordan	Adajar	4	4	6	1	
3	Chris	Veselich	37	23	53	12	
4	Daniel	Olson	30	32	61	23	
5	Brian	Hong	3	2	5	0	
6	Zach	Horton	6	5	19	6	
7	Tanner	Kober	12	15	36	27	
8	Michael	Chang	9	5	6	1	
9	Nick	Rapose	0	2	11	3	
10	Alan	Dearman	81	25	102	22	
11	Robby	Ruzicka	14	25	26	22	
12	Jack	Snyder	7	6	3	6	
13	Matt	Peters	70	26	74	33	
14	Martin	Rivera	32	26	62	7	
15	Andrew	Dejong	14	11	17	7	
16	Rusty	Blakey	2	3	3	0	
17	Shiraz	Arslanian	2	1	3	5	
18	Nick	Granier	1	1	4	1	
19	Bassel	Takidin	4	1	6	0	
20	Spencer	Duke	5	1	2	2	
21	Josh	Chi	4	5	14	5	

Varsity Record overall 20 W - 9 L; League 9-0

JV-2009 League Champions



Cap #	Name	Name	Goals	Steals	Attempts	Assists	Goalie Saves
1	Martinez	Manny	0	2	0	1	81
1A	Lee	Trevor	0	0	0	0	3
2	Lee	Edwin	1				
3	Rostamian	Leo	3		9	2	
4	Dilbeck	Logan	2	2		1	
5	Trad	Yusef	42	4	8	1	
6	Suh	Jason	28	7	24	5	
7	Horton	Ben	2		1		
8	Gukasyan	Agassi	1	2	5		
9	Lee	Alex	21	9	13	8	
10	Shamnaza- tian	Vartan	2	4	4	2	
11	Currie	Sean	3	1	7	1	
12	Malmrose	Jonny	8	1	12		
13	Chang	Daniel	26	8	21	2	
14							
15	Ellis	Garrett	23	11	10	3	
16	Rothrock	Alex	3	2	2	1	

1	11-Sep	Santa Bar-	1	14
---	--------	------------	---	----

5	15-Sep	La Serna	8	10
---	--------	----------	---	----

8	30-Sep	Cerritos	5	6
9	2-Oct	Palos Verdes	2	23

12	3-Oct	Sunny Hills	7	8
----	-------	-------------	---	---

17	16-Oct	Ventura	2	14
18	17-Oct	Rio Mesa	7	8
19	17-Oct	Loyola	7	15

Frosh_Soph Season

Game	Date	Result	CV	Opponent	Opponent	Event/Location
1	9/15	L	5	7	La Serna	La Serna
2	9/30	L	3	9	Cerritos	PCC
3	10/3	W	11	5	Temple City	San Marino Tourney
4	10/3	L	9	13	Burroughs JV	San Marino Tourney
5	10/4	W	8	7	La Canada	San Marino Tourney
6	10/4	L	7	8	San Marino	San Marino Tourney
7	10/15	W	11	2	Glendale	CV
8	10/30	W	8	7	Burbank JV	Burbank
9	11/6	L	3	7	Damien	OC F/S Championship Tourney
10	11/6	W	6	0	El Dorado	OC F/S Championship Tourney
11	11/7	L	4	10	Yorba Linda JV	OC F/S Championship Tourney
12	11/7	L	2	13	Aliso Niguel	OC F/S Championship Tourney

Total	89	90
Average	6.8461538	6.92307692

Win	Losses
6	7

Congratulations to the boys for a terrific season!!!

UCLA Game by Scott Thacker



"On Sept 26th, the Frosh/Soph boy's water polo team attended UCLA's home opener against UCI. It was also the first game at UCLA's new \$14 million state-of-the-art Spieker Aquatic Center. The Bruins went on to beat the Anteaters 10 to 4. Perhaps the best

part of the night for the freshmen boys? Ice cream sandwiches at the famous Diddy Riese afterwards!"

Girl's Water Polo Schedule by Pete Loporchio

Varsity Water Polo (Girls) 2009-2010

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Saturday	Nov. 21	Blue vs. White Scrimmage	Crescenta Valley High School	9:00AM
S Tuesday	Nov. 24	Temple City High School	Crescenta Valley High School	3:15PM
Tuesday	Dec. 01	Bishop Alemany High School	Crescenta Valley High School	3:30PM
Thursday	Dec. 03	@ La Canada High School	La Canada High School	3:30PM
Wednesday	Dec. 09	* @ Pasadena High School	Pasadena High School	3:30PM
Thursday	Dec. 10	@ Los Altos Tourney	Los Altos Tourney	TBA
Friday	Dec. 11	@ Los Altos Tourney	Los Altos Tourney	TBA
Saturday	Dec. 12	@ Los Altos Tourney	Los Altos Tourney	TBA
Tuesday	Dec. 15	@ San Marino High School	San Marino High School	3:30PM
Wednesday	Dec. 16	* Glendale High School	Crescenta Valley High School	3:30PM
Thursday	Dec. 17	@ Ayala Tourney	Ayala Tourney	TBA
Friday	Dec. 18	@ Ayala Tourney	Ayala Tourney	TBA
Saturday	Dec. 19	@ Ayala Tourney	Ayala Tourney	TBA
Thursday	Jan. 07	* Burbank High School	Crescenta Valley High School	3:30PM
Wednesday	Jan. 13	* @ Burroughs High School	Burroughs High School	3:30PM
Thursday	Jan. 14	@ South Pasadena High School	South Pasadena High School	3:15PM
Friday	Jan. 15	@ La Serna High School	La Serna High School	3:30PM
Saturday	Jan. 16	@ Louisville High School (Louisville HS @Pierce College)	Louisville High School	10:00AM
Wednesday	Jan. 27	* @ Herbert Hoover High School	Herbert Hoover High School	3:30PM
Friday	Jan. 29	@ Oxnard Tourney	Oxnard Tourney	TBA
Saturday	Jan. 30	@ Oxnard Tourney	Oxnard Tourney	TBA
Wednesday	Feb. 03	* Arcadia High School	Crescenta Valley High School	3:30PM
Tuesday	Feb. 09	@ League Prelims @ Burbank HS	League Prelims @ Burbank HS	TBA
Thursday	Feb. 11	@ League Finals @ Burbank HS	League Finals @ Burbank HS	TBA
Tuesday	Feb. 16	CIF Playoffs- Wild Card round	Crescenta Valley High School	TBA
Thursday	Feb. 18	CIF Playoffs- Round 1	Crescenta Valley High School	TBA
Saturday	Feb. 20	@ CIF Playoffs-Quarterfinals	CIF Playoffs-Quarterfinals	TBA
Tuesday	Feb. 23	@ CIF Playoffs- Semi-finals	CIF Playoffs- Semi-finals	TBA
Thursday	Feb. 25	@ CIF Playoffs- Finals	CIF Playoffs- Finals	TBA

Junior Varsity Water Polo (Girls) 2009-2010

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Saturday	Nov. 21	Blue vs. White Scrimmage	Crescenta Valley High School	10:00AM
§ Tuesday	Nov. 24	Temple City High School	Crescenta Valley High School	4:15PM
Tuesday	Dec. 01	Bishop Alemany High School	Crescenta Valley High School	4:30PM
Thursday	Dec. 03	@ La Canada High School	La Canada High School	4:30PM
Wednesday	Dec. 09	* @ Pasadena High School	Pasadena High School	4:30PM
Thursday	Dec. 10	@ San Marino Tourney	San Marino Tourney	TBA
Friday	Dec. 11	@ San Marino Tourney	San Marino Tourney	TBA
Saturday	Dec. 12	@ San Marino Tourney	San Marino Tourney	TBA
Tuesday	Dec. 15	@ San Marino High School	San Marino High School	4:30PM
Wednesday	Dec. 16	* Glendale High School	Crescenta Valley High School	4:30PM
Thursday	Dec. 17	@ Los Altos Tourney	Los Altos Tourney	TBA
Friday	Dec. 18	@ Los Altos Tourney	Los Altos Tourney	TBA
Saturday	Dec. 19	@ Los Altos Tourney	Los Altos Tourney	TBA
Thursday	Jan. 07	Burbank High School	Crescenta Valley High School	4:30PM
Wednesday	Jan. 13	* @ John Burroughs High School	John Burroughs High School	5:00PM
Thursday	Jan. 14	@ South Pasadena High School	South Pasadena High School	4:15PM
Friday	Jan. 15	@ La Serna High School	La Serna High School	4:30PM
Saturday	Jan. 16	@ Louisville High School	Louisville High School	11:00AM
Wednesday	Jan. 27	* @ Herbert Hoover High School	Herbert Hoover High School	4:30PM
Wednesday	Feb. 03	* Arcadia High School	Crescenta Valley High School	4:30PM
Tuesday	Feb. 09	@ League Prelims @ Burroughs HS	League Prelims @ Burroughs HS	TBA
Thursday	Feb. 11	@ League Finals @ Burroughs HS	League Finals @ Burroughs HS	TBA

Frosh/Soph Water Polo (Girls) 2009-2010

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Saturday	Nov. 21	Blue/White Scrimmage	Crescenta Valley High School	11:00AM
Thursday	Dec. 03	@ La Canada High School	La Canada High School	5:30PM
Thursday	Dec. 10	@ San Marino Tourney	San Marino Tourney	TBA
Friday	Dec. 11	@ San Marino Tourney	San Marino Tourney	TBA
Saturday	Dec. 12	@ San Marino Tourney	San Marino Tourney	TBA
Thursday	Dec. 17	@ Burbank Tourney	Burbank Tourney	TBA
Friday	Dec. 18	@ Burbank Tourney	Burbank Tourney	TBA
Saturday	Dec. 19	@ Burbank Tourney	Burbank Tourney	TBA
Saturday	Jan. 09	@ Westlake Tourney	Westlake Tourney	TBA
Friday	Jan. 15	@ La Serna High School	La Serna High School	5:30PM
Saturday	Jan. 16	@ Westlake Tourney	Westlake Tourney	TBA

If you'd like to make a donation to the Crescenta Valley Aquatics program please e-mail Mary Veselich [tmwmitw@alo.com] or me with the details. Thank you for supporting CV Aquatics. .

Sincerely,

Kirk Dilbeck
Dad of Logan who is a Sophomore

[Forward email](#)

 **SafeUnsubscribe**®

This email was sent to julie.jaross@ivescrow.com by cvhsaquatics@yahoo.com.

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe](#)™ | [Privacy Policy](#).

Email Marketing by



CV Aquatics | Crescenta Valley High School | 2900 Community Avenue | La Crescenta | CA | 91214