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Featured Athlete/Coach Archives

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[Crow Canyon Sharks USA Team on the Rise!](#)

AT Special Feature:

OLYMPIC TRIALS, HERE WE COME!

Submitted by Matt Martinez

At the start of the New Year, 2008, many residents of the Bay Area were looking forward to the many important events that would take place. The Presidential Election, of course, is a huge deal. There's the recent success of the Golden State Warriors that has everyone abuzz, as well as the NFL Playoffs. But there is one event in 2008 that has some East Bay residents more excited than all the others combined. The 2008 Beijing Olympic Games are finally here, with swimming leading the list of the most anticipated sporting events.

Northern California has forever been one of the greatest areas in the United States for swimming. For years, the area has attracted the best athletes in the sport to train with the club teams and universities in the region. UC Berkley and Stanford University lay claim to be two of the most successful swimming programs in the country. Olympians **Matt Biondi, Anthony Ervin, Roque Santos, Natalie Coughlan, Duje Draganja, and Mary T. Meagher** all swam for the Golden Bears. Though not to be outdone, Stanford has their fair share of Olympic history. **Pablo Morales, Tom Wilkins, Kurt Grote, Jeff Rouse, Tara and Dana Kirk, Misty Hyman, Janet Evans, Jenny Thompson, and Summer Sanders** all once called Palo Alto home. Besides the many swimmers who either grew up or went to school in the Bay Area, there are also quite a few who came here just to train. **Gary Hall Jr., Tom Jager, and Mark Spitz** all have done some amount of training in Northern California.

[Tiburon Mile-Part 1](#)
[Gold in the Water-Book Review](#)
[Robert C. Placak The Man Behind "Tiburon Mile"](#)
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[Matt Martinez Matt Martinez ATOM Student Intern](#)
[14 & 680 14& Under Girls Take USC WP Championships](#)
[Aquanuts Shine](#)
[Four Teams Merge to Form 680 Drivers](#)
[14 & Under Girls JO Qual.Tournament](#)
[NCS Swimming Championships](#)
[Four WC AQUANUTS make 2008 Olympic Team](#)

Previous Featured Articles for 2006

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[Make a Difference for Dave Maddan](#)
[County Championships Part 1](#)
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[VSA Championships Part B](#)
[VSA Championships Part A](#)
[Rec Championships 7/29 and 7/30](#)

It seems that nearly every club team has had an Olympian, a current Olympic hopeful, or an Olympic Trial qualifier. Locally, there are five club teams who have/had someone who has qualified for the 2008 Olympic Trials. Below is a list of the teams along with the swimmers and the swimmers' high school and college.

Crow Canyon

Kirstyn Colonias (Junior at San Ramon)
 Shaila Yoder (Junior at Las Lomas)

Fog City Hammerheads

Ben Wildman-Tobriner (Lick-Wilmerding alum, Stanford alum)

Orinda Aquatics

Kim Vandenberg (Campolindo, UCLA alum)
 Tyler Angelo (Las Lomas alum, Notre Dame)
 Scott Lathrope (Campolindo alum, Stanford)
 Lauren Beadreau (Campolindo alum, Richmond)
 Heather White (Miramonte alum, UC Berkley)
 Zach Disbrow (Campolindo, West Point alum)

Terrapins Swim Team

Kasey Carlson (Sophomore at Las Lomas)
 John Dwelley (Liberty alum, Arizona State)
 Kate Dwelley (Liberty alum, Stanford)
 Colin Hanna (College Prep alum, Princeton)
 Sean Mahoney (De La Salle alum, West Virginia/UC Berkley)
 Laura Davis (Clayton Valley alum, Stanford alum)
 Julianne McLane (Carondelet alum, Auburn)
 Natalie Coughlan (Carondelet, UC Berkley alum)

Walnut Creek Aquabears

Tim Freeman (De La Salle High School, will attend UC

[Far Western LC Championships](#)
[Terrapins Qualify 10 for Nationals](#)
[Mitchell and Mom Inspire Heim-Bowen](#)
[2004 Olympic Gold Medalist Brendan Hansen](#)
[2006 NCS Championships](#)
[2006 BCS Championships](#)

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[Black Hawk Strikes Back at VSA Championship](#)
[Vista Diablo & Diablo Water Polo's Mason Kinnard](#)
[Gehringer Gators Go Gang Busters...](#)
[Michael Phelps at May's Stanford Grand Prix](#)
[NCS in Walnut Creek](#)
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[Cal-Stanford Women, Part 1](#)
[Olympian, Michael Phelps](#)
[Olympian, Ian Crocker](#)

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[Forrest White](#)
[Olympic Diver Kimiko Soldati-Part 2](#)
[Olympic Diver Kimiko Soldati-Part 1](#)
[DVC Men's Water Polo](#)
[Aquatic Times Hosts Bottomline Aquatic Clinic](#)
[Pacific Masters 2004 SC Champs](#)
[Natalie Coughlin in at NorCal in WC](#)
[Olympic Diver, Kimiko Hirai Soldati](#)
[Crow Canyon Coach Matt Struempf](#)
[Aquanut Show II](#)
[Aquanut Show I](#)
[County Championships II](#)
[County Championships I](#)
[VSA's Championships](#)

Berkley in the fall)
 Chris Horner (Cal State Bakersfield Alum)

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 I had the opportunity to talk with two of the Trials qualifiers:  
**Kasey Carlson and Tim Freeman**. Both are fantastic  
 breaststrokers who will compete for their USS teams as well  
 as their high schools this year.

Kasey is a sophomore at Las Lomas High School in Walnut  
 Creek. She currently trains with the Terrapins Swim Team  
 under the guidance of Paul Stafford and Ray Mitchell.

*AT: What are your goals? Short term and long...*

*KC:* Well short term would be to keep training hard and get  
 ready for Olympic Trials this summer, my long term goals  
 are to keep training, find a good college, and maybe the  
 2012 Olympics.

*AT: What was your reaction when you got your trails cut?*

*KC:* I think I just turned 14 when I first got my cut in the 100  
 breast, and I was pretty excited. I also found out that I made  
 the National Junior team cut as well, so both were really  
 exciting.

*AT: Who is my main motivator in swimming and life?*

*KC:* In swimming, my mom, because she pushes me to do  
 my best, and my coach Paul because he pushes me to do  
 well and keeps me on track.

*AT: Are you excited for high school season/Las Lomas  
 chances at an NCS title?*

*KC:* YES! I won't be swimming much for high school up until  
 NCS, but I know we have a great team this year, and I came  
 so close to winning last year with Carondelet, but now I  
 think, no I know, that we're going to win.

[Caitlyn Gunn](#)  
[Tri-Valley Master Water Polo Team](#)  
[Forest Parks' Marco Brunamonti](#)  
[Crow Canyon Coaches](#)  
[WHO's Charlotte Brown](#)  
[Antioch Delta Skimmer, Emily Gonzales](#)  
[Bentley HS and WCAB Swimmer, Dash Rothberg](#)  
[Lamorinda Water Polo Coach, Boyd LaChance](#)  
[USA Swimmer, Jocelyn Phillips](#)  
[Local Artist Suzy Wear](#)  
[Coach Mike Bottom-Cal](#)  
[Josh Scott-Syracuse University](#)  
[Hannah Hair-Vista Diablo](#)  
[Billy Hayes-De La Salle](#)  
[Coach Mike Heaney-Walnut Creek Aquabears](#)  
[Chris Danesi-Terrapins](#)  
[McCall Dorr-Orinda Aquatics'](#)  
[Kelly Koch-Diablo Valley College](#)  
[Olympian Jeff Rouse](#)

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[Coaches From Around the League 4](#)  
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[Kelly McCabe-Diablo Valley College](#)  
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[Sean Peneyra-Vista Diablo](#)  
[Sam Craven-Vista Diablo](#)  
[Jocelyn Chang](#)  
[Ryan Wall](#)  
[Dewing Park 8&un Girls](#)  
[Jimmy Bailey-Diablo Valley College](#)  
[Blake Henderson](#)  
[Chelsea Allard](#)  
[Suzanne Heim-Bowen](#)

Another Olympic Trial qualifier, my good friend and teammate at De La Salle is Tim Freeman. Tim is a senior at De La Salle High School and will attend UC Berkley in the Fall. Aside from being a breaststroke phenom, he is also a very versatile swimmer who consistently posts fast times in all events. Tim trains with the Walnut Creek Aquabears under the direction of **Mike Heaney**.

*AT: Was it hard to choose a college?*

*TF: It was so hard!!! The worst thing about a recruiting trip is that every time you go on one, you come back with a million reasons why you should go to that particular school. What it really came down to was finding the right fit with the right team and the right program for me, and I found that at Cal. I really felt a connection with Dave Durden, the Cal coach, and felt that we would be able to work well together and that he would push me beyond my limits.*

*AT: Are you excited to train with Cal?*

*TF: Of course, it's CAL! I am so excited to start training with Cal and with Dave. Everything about their program makes me feel excited that I will be a part of that next year. I am so excited to have such a great group of breaststrokers that I will be training with at Cal, which will push me to train harder. I am also excited to start weight training with Nick Folker, who was formerly on the South African Olympic relay.*

*AT: What motivates you in swimming?*

*TF: I am motivated by my drive to continue to get stronger, better and faster in swimming. It is constantly humbling to be a swimmer, as I am very aware that you are only as good as your last swim, so you always feel the need to push yourself even harder than you think you can go.*

*AT: What are your goals for the future?*

*TF: My goal for the immediate future will be to make a*

Dave Boatwright  
Kate Dwelley  
Lauren Rogers

second swim at Trials. I also plan do well at Cal in my first year, staying on top of my classes and my training. I am obviously working towards qualifying for my first NCAA meet, and Dave and I both have set a goal of my making top 18 there as well next year.