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Featured Athlete/Coach Archives

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**AT Special Feature:
 OLYMPIC TRIALS BOUND!**



Shaila Yoder (16), member of the Crow Canyon Sharks Swim Team, posted her first Olympic Trial cut in the 100 m Breast (1:12.44) on February 16 in Folsom, CA. at the NorCal Winter Invitational hosted by the Sierra Marlins Swim Team. (p. Coach Dan Cottam)

As Shaila put it, this is a very big milestone that means a lot to her! She has awesome family support (mom & dad sent us the great news) and encouraging, knowledgeable coaches who have, in a short time, despite obstacles, fielded an awesome USS team who are fast becoming a force to contend with.

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[Rec Championships 7/29 and 7/30](#)



Shaila wrote ATOM the following...

"My reaction when I got my Olympic trials cut? To be honest, I was shocked. I was just trying to get my Junior National cut. While I was swimming my race, I knew that I was going to get a best time. My stroke was dead on and I could hear both of my coaches rooting for me. For some reason, a swimmer can always pick out their coaches' yell when they are swimming.

I am so glad that Dan [Cottam] and Ethan [Hall] are my coaches. Even when we run into some road blocks, they always seem to find a way to have us break through. As of right now, we don't have a long course pool, and look at what I have accomplished. I was not even shaved or tapered for this meet. It was truly amazing! Being on the Sharks has really made me love swimming even more -- it is my life!

As for life after swimming, I possibly want to become either a psychologist or a photographer. As for colleges: University of Arizona or UCLA. I'm hoping that between my

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achievements at school and my awesome swims, the possibility of going to one of my "dream" colleges might be within my reach."



Crow Canyon Sharks Coach Dan Cottam had this to say about Shaila...

It was a sizzling performance, as Shaila was unrested/unshaved and we were just trying to post some fast long course times prior to sectionals. It was so gratifying to see her have this special swim, as it is a testament to hard, consistent work paying off over time. Look for more special things out of this young lady to come at the Sectional Championships next week in Mission Viejo, CA.

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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AT Features REC Assistant Coaches
Gehringer Gators Coaching Staff
Kelly McCabe-Diablo Valley College
Katy Erhardt-Diablo Valley College
Blake Henderson
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

Dave Boatwright
Kate Dwelley
Lauren Rogers