



NEWS RELEASE

FOR IMMEDIATE RELEASE

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Boys & Girls Clubs of San Dieguito's Rancho San Dieguito Swim Team Wins the San Diego Junior Olympics Championship for the 3rd Consecutive Time!

Solana Beach, Calif. (March 5, 2014) – On Saturday, February 22nd, The Boys & Girls Clubs of San Dieguito's Rancho San Dieguito Swim Team won the San Diego Junior Olympics Championship for the third time in a row!

Course Junior Olympics, sponsored by San Diego-Imperial Swimming (SI), is an event held bi-yearly and is open to all SI swimmers that meet qualifying times. This time the event was held at Poway Community Swim Center Pool.

"Our swimmers did a phenomenal job and trained long hours to prepare for the event," said Joe Benjamin, Head Coach and Director of the Pardee Aquatics Center at the Boys & Girls Clubs of San Dieguito. "We were the most spirited and cohesive team at the meet, and as always, our team values shined through. Many team records were broken, many of our swimmers made it to finals, and everyone brought their best efforts and best attitudes. It is clear that we are sure to see a lot more success to come from the RSD Swim Team."

RSD swim team is comprised of a strong combination between athletes and coaches. Their success is also attributed to the endless support the team receives from the parents and families of the athletes. Even older swimmers who are also a part of the RSD Swim Team came to the event this past weekend to show support to the younger athletes and provide mentoring when needed.

Not only did RSD Swim Team take overall victory and blow out the competition with 3223.5 points, followed by North Coast Aquatics with 2799 points and Pacific Swim with 2509.5 points, but they also set new records at the event. Rebecca Madden, age 10, received the High Point Award for the Girls 10 & under category. She also broke the 36-year-old San Diego Imperial record in the 200 IM. The RSD boys also flourished during the meet. They broke the SI record for the fastest 800 freestyle relay.

If interested in learning more about the Pardee Aquatics Center or the RSD Swim Team, please visit the BGC San Dieguito website at www.bgcsandieguito.org or call (858) 755.9371.

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About the Pardee Aquatics Center

The Doug & Marianne Pardee Aquatics Center, located at our Harper Branch in Solana Beach, features two pools, spacious locker rooms, indoor and poolside showers, a fitness center, a snack bar, and other aquatic amenities for the competitive or recreational swimmer (youth and adult). The Pardee Aquatics Center is home to the nationally recognized Rancho San Dieguito Swim Team and Shores Youth Water Polo. Youth Swim Lessons are offered year-round.

About Boys & Girls Clubs of San Dieguito

The Boys & Girls Clubs of San Dieguito, founded in 1966, is a non-profit organization dedicated to providing positive activities to develop the education, health, self-esteem and character of youth. Today, the organization is one of the most successful Clubs in the country serving more than 21,000 youth in the San Dieguito community to include Carmel Valley, Del Mar, Encinitas and Solana Beach. Our various branches offer exceptional programs for youth to include:

- Personal development through six Core Program Areas
- Clean facilities with dedicated, caring staff members who provide a safe environment for youth
- Quality after-school programs and activities at affordable prices
- Diverse summer camps to fit the needs of all campers
- Innovative specialty programs in academics, music and arts, athletics, and healthy living

For more information on Boys & Girls Clubs of San Dieguito, please visit us at www.bgcsandieguito.org

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