



Arden Hills Competitive USA Swim Team Athletes Made Great Strides During Summer 2009

*With 55 Year Tradition of Excellence in Aquatics,
Arden Hills Swim Team Continues to Excel & Break Records*

SACRAMENTO, Calif. (September 29, 2009) – Led by Arden Hills USA Swim Team Head Coach & Director of Aquatics Brian Nabeta, the talented group of USA Swim Team athletes training at Arden Hills Resort Club & Spa finished the summer of 2009 strong with accomplishments and memories to last a lifetime. After competing around the globe and in the greater Sacramento area, a few key highlights are outlined below.

World Championship Trials -- Indianapolis, IN

-Arden Hills swimmer and rising star **Katie Edwards** took 33rd in the 200 Meter Breast Stroke and 48th in the 100 Meter Breast Stroke during this prestigious national competition.

USA Swimming Junior National Championships -- Federal Way, WA

- Arden Hills swimmer **Nick Johnson** took 8th in the 1500 Meter Freestyle and 10th in both the 400 and the 800 Meter Freestyle competitions while teammates **Michael Franz** took 17th in the 800 Meter Freestyle, 50th in the 1500 Meter Freestyle and 69th in the 400 Meter Freestyle and **Riley Matranga** took 62nd in the 1500 Meter Freestyle.

Maccabiah Games -- Ramat Gan Stadium, Israel

Nine thousands athletes from all over the world competed in the Maccabiah games, including two swimmers from the Sacramento area that were part of the American delegation, both of whom trained at Arden Hills.

- Former Arden Hills swimmer **Scotty Korotkin** broke the Maccabiah Games and Israeli International Club Records when he earned a Gold Medal in the 1500 Meter Freestyle. He also earned a Gold Medal in the 400 Meter Freestyle and a Silver Medal in the 800 Meter Freestyle Relay. In addition, **Naomi Javanifard** earned one Gold Medal in the 400 Freestyle and four Silver Medals in the 100 Meter Butterfly, 100 Meter Freestyle, 50 Meter Freestyle and the 400 Meter Medley Relay.

Far Western Championships -- San Jose, CA

While the Arden Hills boys swimmers finished strong at the Far Western Championships, it was the girls who really made great strides this year.

- In the 9-10 year old girls category, **Megan Cloud** achieved an outstanding 1st Place in the 400 Meter Freestyle, 2nd in the 200 Meter Freestyle and 4th in the 100 Meter Butterfly as well as 7th in the 200 Meter Individual Medley. In addition, the 9-10 year old girls team took 4th in the 200 Meter Freestyle Relay.

- As a team, the 11-12 year old girls took 4th in the 200 Meter Medley Relay, 5th in the 400 Meter Freestyle Relay and 7th in the 400 Meter Medley Relay;

- As a team, the 13-14 year old girls from Arden Hills broke both the Far Western Championships and the Pacific Swimming Records when they took 1st Place in the 400 Meter Freestyle Relay. The team also took 4th in the 200 Meter Medley Relay and 6th in the 400 Meter Medley Relay. In addition, Arden Hills swimmer **Morgan McClure** took 3rd in the 200 Meter Freestyle and 7th in the 200 Meter Individual Medley and teammate **Mara Debnekoff** took 3rd in the 100 Meter Breast stroke.

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- As a team, the 15-18 year old girls took 7th in the 400 Meter Medley Relay and 8th in the 200 Meter Medley Relay. In addition, Arden Hills swimmers **Hailey Ferko** took 3rd in the 100 Meter Breast Stroke and **Paige Sellers** took 8th in the 200 Meter Breast Stroke.
- In the 17-18 year old girls category, Arden Hills swimmer **Anji Shakya** earned 2nd in both the 100 Meter Freestyle and 100 Meter Backstroke, 5th in the 50 Meter Freestyle and 6th in the 200 Meter Individual Medley. In addition, teammates **Alyx Vernon** finished 5th in the 400 Meter Individual Medley, 6th in the 400 Meter Freestyle and 8th in the 200 Meter Butterfly while **Emily Kane** finished 3rd in the 400 Individual Medley, 4th in the 200 Meter Butterfly, 5th in both the 100 Meter Breast Stroke and 200 Meter Breast Stroke and 7th in the 100 Meter Butterfly.

California/Nevada Sectional Championships -- Clovis, CA

- Girls highlights include Arden Hills swimmer **Katie Edwards** taking 8th in the 200 Meter Breast Stroke, 13th in the 100 Meter Breast Stroke and 19th in the 200 Meter Individual Medley while teammates **Anji Shakya** took 13th in the 100 Meter Backstroke and **Cynthia Tsay** took 6th in the 400 Freestyle Relay and the 400 Medley Relay, 12th in the 800 Freestyle Relay and 14th in the 50 Meter Freestyle.
- Boys highlights include Arden Hills swimmer **Michael Franz** taking 2nd in the 1500 Meter Freestyle, 5th in the 400 Meter Freestyle, 9th in the 800 Meter Freestyle and 19th in the 400 Meter Individual Medley and **Riley Matranga** took 23rd in the 400 Meter Individual Relay.

Sierra Nevada Junior Olympics -- Roseville, CA

- Arden Hills age group swimmers took an impressive 4th place out of more than 40 talented swim teams.

“With the summer championship season starting in early July, I was very proud of how the team held together and competed at their very best when it counted the most,” said Arden Hills USA Swim Team Head Coach & Director of Aquatics Brian Nabeta. “My coaching staff deserves praise for their commitment to furthering the development of these talented swimmers. In fact, we look forward to an even better 2009-2010 season.”

Open to all swimmers with athletes being placed according to skill level, Arden Hills has a year-round USA Swim Team that is recognized by USA Swimming as a Silver Medal team, one that is classified in the top 2% of all teams in the United States.

About Arden Hills Resort Club & Spa

For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service. Sound nutrition is the foundation of our wellness philosophy. Our award winning chefs specialize in natural, organic whole foods and are supported by a highly trained nutritional staff. Situated in the heart of California's capital, Arden Hills has been both world-renowned and treasured by locals throughout its colorful history. The wealth of services offered at Arden Hills are available to both members and to daily and overnight guests. Enter the resort and be prepared to be transformed on your way to a more fulfilling life of health and happiness. To explore and experience the wide range of wellness offerings available to everyone, visit www.ardenhills.net or call 916-482-6111.

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