



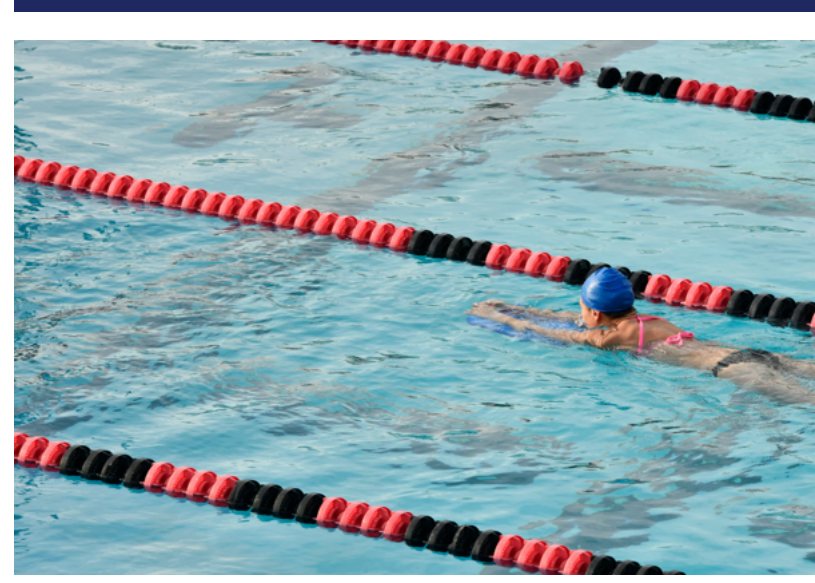
Tuesday, June 23, 2026



Thank You for Celebrating 36 Years of the RBAC

Thank you to everyone who joined us last Tuesday to celebrate the RBAC's 36th birthday! As we dive into summer, we're grateful for the community that keeps our mission thriving. If you're able, consider supporting the RBAC with a seasonal gift to help us continue strengthening lives through water.

[Give Today!](#)



Tired of Doom Scrolling? Start Lap Swimming!

Whether you're building endurance, training for a goal, or enjoying a swim, our lanes are open and ready for you. Start your day strong, by jumping in for a swim today!

[Learn More](#)



Become a swim instructor!

Make a difference while doing something meaningful! Become a swim instructor at RBAC and help swimmers build confidence, develop lifelong water safety skills, and achieve their goals in the pool. Join a supportive team, gain valuable experience, and make a lasting impact!

[Apply Here!](#)



RBAC Diver Spotlight: Emma Wirtz

9 year old RBAC diver **Emma Wirtz** is making waves this season, earning top finishes at regional meets and qualifying for the **AAU Diving National Championships**. Known for her fearless mindset, Emma continues to impress with her focus, joy, and determination.

Great work Emma, and go Rose Bowl!

[Read More Here!](#)

RBAC Alumni Spotlight: Carolyn Stern



"Becoming the best teammate possible starts with how you respond to challenges."

We caught up with RBAC alum **Carolyn Stern** to reflect on her transition to Division I water polo, the lessons that shaped her, and the mindset required to compete at the highest level.

Carolyn grew up in the RBAC program before moving on to a top Division I water polo program as a goalkeeper. She shared that the biggest shift from high school to college was the jump in **physicality, speed, and strategy**, especially facing shots that were "stronger, faster, and more accurate" than anything she had seen before. Competing with older, more experienced athletes pushed her to train "harder and smarter" every day.

Reflecting on her time at RBWPC, Carolyn said her coaches, especially Adam Roth, played a major role in preparing her for the mental side of the game. His advice to **"be a goldfish"** stayed with her through college, let go of the last play, reset, and move forward. She shared that this mindset became essential in high pressure moments that determine wins, losses, and even championships.

Her advice to younger athletes is to **enjoy the journey** and stay connected to the love of the sport. She encourages players to watch high-level games, study collegiate athletes, and bring those lessons back to their own training. She also emphasized the importance of defense, noting that "defense wins championships" and is one of the best ways to stand out to college coaches.

Carolyn credits water polo with shaping her discipline, resilience, and ability to stay composed under pressure, qualities that helped her excel academically and continue to guide her in her professional life today. She shared that the sport taught her how to work as part of a team, manage demanding schedules, and push herself to be her best in every environment.

RBAC is proud to celebrate Carolyn's journey and the lasting impact of the community where it all began.

If you've enjoyed your experience, please feel free to leave on a review on Yelp!

[Leave a Yelp Review!](#)

THINGS TO KNOW BEFORE YOU VISIT

- **To ensure a smooth experience, please create an RBAC account so your registrations, purchases and waivers can be kept in one convenient place.**
- Priority use for Family bathroom #7 in the Therapy Pool is for Therapy Pool users.
- Schedule and lane availability are subject to change without notice. Lanes may be moved for programs up to 20 minutes prior to starting.

Make waves year-round. Support water safety, fitness and youth programs with a gift today.

[GIVE NOW](#)

RBAC | www.rosebowlaquatics.org



The Rose Bowl Aquatics Center is a 501(c)(3) nonprofit organization. Tax ID 95-3994788.

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