

SCSC NEWS

We Dream

We Train

We Achieve

We are SCSC

NOTE FROM OUR HEAD COACH, KEVIN ZACHER:

*Hi SCSC Families and Swimmers!
We have just completed the 2023-24 Short Course Season highlighted by SCSC winning the Far Westerns Boys, Girls and combined Team Titles!! This has been a goal of ours since I arrived in the fall of 2021. We have been steadily improving and rising up the rankings each season in the team race. It is a huge accomplishment for our swimmers and coaches to finish atop the team standings. Congratulations to all!*

During the past few months, SCSC has faced some challenges and adversity. With the International Swim Center closing indefinitely, we have had to secure pool time at several different pools, later in the evenings in some cases. While not ideal, our coaches have worked hard to ensure our culture, work ethic and attention to detail isn't compromised. The results speak for themselves. Despite the adversity we have faced as an organization, we continue to improve as a group. Our swimmers are getting faster and performing at high level. Thank you swimmers and parents for supporting the program and team. I truly believe SCSC does a great job of helping your children develop into success swimmers with strong character and perseverance. While not always easy, being able to handle challenges and work through obstacles is a great lesson in life. Our swimmers will be better having gone through these challenges and having success.

Continued on the next page...



"You never know how strong you are until being strong is the only choice we have"

***-Missy Franklin
5x Olympic Gold Medalist,
USA***

In this issue..

***-Swimmers Tool Box
-International Meet
-Top Performances
-Coaches Spotlight
And much more...***

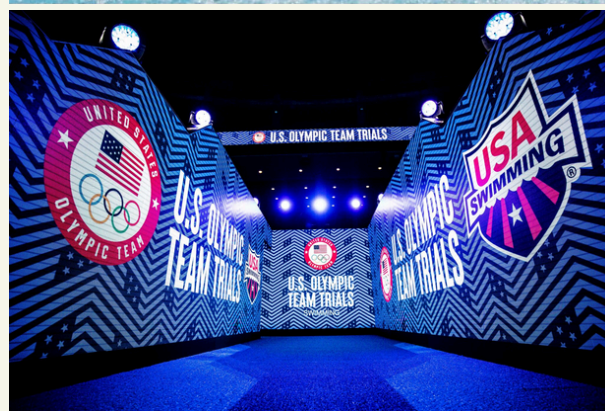
Continued...

As we head into the summer, long course season, we are entering a really exciting time in the swimming world. This summer will culminate with the 2024 Olympics in Paris. Swimming is one of the most popular sports in each Olympic cycle. There will be more visibility for the sport and interest in swimming will be at a high point.

The 2024 US Olympic Team Trials will take place in Indianapolis June 15-23. Trials is one of the most exciting meets that happens in the lead-up to the Olympic Games. SCSC currently has 2 swimmers (Mia Su and Shareef Elaydi) qualified to attend and several more that are on the cusp of earning a chance to compete for a spot on the Olympic Team. This is an exciting time for swimming and for SCSC!

Lastly, with the added attention and excitement around swimming, we want to leverage the added visibility of our sport to secure a long-term home for SCSC. We have formed the Santa Clara Aquatics Foundation along with the Santa Clara Aquamaids and Santa Clara Diving. The goal of the foundation is to raise money for a new state-of-the-art aquatics center in Santa Clara. If you are interested in helping our cause, please visit the website: santaclaraaquatics.org or reach out to Coach Kevin.

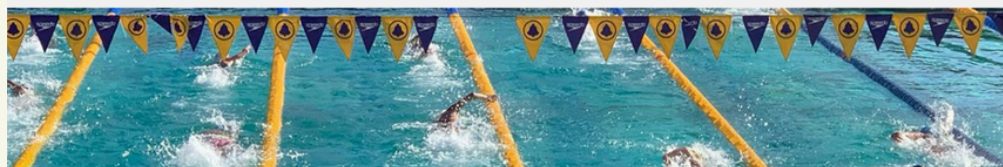
Let's have a great summer.
Go SCSC!!



SANTA CLARA AQUATICS FOUNDATION

Santa Clara community endowed with world-class aquatic facilities and programs that promote well-being, vitality and excellence.

Join us to support building the new International Swim Center!



Upcoming Events:

April 28 Team Banquet

May 3-5 CCS Champs and CCS Walk-on

May 9-11 CIF Champs (high school)

May 17-19 QSS CBA Meet (LC)

May 24-26 SCSC International Meet

May 25-26 SCSC Intersquad Meet

June 1-2 Senior Open

Check out the links below



[2024 Winter-Spring Meet/Event Schedule](#)



[MAR 18-MAY 5 Practice Schedule](#)



[2024 LC Summer Meet/Event Schedule](#)



SWIMMERS TOOLBOX



Tips from former swimmers on how to help you succeed!

- ALWAYS PACK AN EXTRA APPLE SAUCE AND PROTEIN BAR IN CASE YOU GET HUNGRY!
- STAY WARM. ALWAYS HAVE A PARKA, SOCKS, BOOTS, AND HATS ON NO MATTER THE WEATHER! WARM BODY=MUSCLES READY TO WORK.
- BEFORE A MEET, MAKE SURE YOU GET TO BED EARLY SO YOU ARE CHARGED UP AND READY TO SWIM FAST! LET YOUR MIND RELAX...
- ALWAYS CARRY AN EXTRA SET OF SUIT, CAP, AND GOGGLES. YOU NEVER KNOW WHEN YOU OR YOUR TEAMMATE MAY NEED IT.
- WARM DOWN IS ONE OF THE MOST IMPORTANT PARTS OF BEING ABLE TO RACE FAST IN EVERY SINGLE EVENT. NEVER SKIP WARM DOWN! IF YOU THINK YOU DID ENOUGH... GO BACK AND DO ANOTHER 200.
- SWIM MEETS ARE YOUR STAGE TO PERFORM. THE TRAINING IS DONE, TIME TO SHOW EVERYONE WHAT YOU GOT! DON'T GET IN YOUR HEAD.. JUST HAVE FUN!

FOR THE PARENTS OF KIDS WHO ARE IN SPORTS:

Tere Zacher - Sports Psychologist & Mental Health Coach - terederbez@hotmail.com

When Kori (my daughter) was an artistic swimmer (synchronized swimmer), one of my friends asked "Why do you pay so much money for her to practice the sport?"

Well I have a confession to make, we didn't pay for Kori's synchro. Personally, I couldn't care less about the sport per-se, I knew there were no scholarships for college (very few) and that the chances to make a living out of that particular sport were very little.

So, if we were not paying for Artistic Swimming or for getting Kori into a professional career as an athlete, or to make the Olympic team, then, what were we paying for?—We paid for those moments when Kori became so tired she wanted to quit but didn't.

- We paid for those days when she came home from school and was "too tired" to go to the gym but went anyway.

- We paid for Kori to learn to be disciplined.

- We paid for Ko to learn to take care of her body.

- We paid for her to learn to work with others and to be a good team mate.

- We paid for our child to learn to deal with disappointment, when she didn't get that score she'd hoped for, but still had to work hard in the process.

- We paid for Kori to learn to make and accomplish goals.

- We paid for her to learn that it takes hours and hours and hours and hours of hard work and practice to create a champion, and that success does not happen overnight.

- We paid for the opportunity Kori had to make life-long friendships.

- We paid so that Ko can be in the pool instead of in front of a screen.

- We paid for the loyalty it teaches between her and the coaches and other team members...

...I could go on but, to be short, we didn't pay for Artistic swimming at all, we paid for the opportunities that the sport provides children with to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment!



Tere Zacher



International Meet Memories

Written by Dave Meck

It is that time of year as we approach our International Invitational swim meet at the end of May. The SCSC International Invite was created by legendary SCSC founder George Haines. It brought together the world's best swimmers every summer to Santa Clara, California. The USA Swimming Pro Series is formatted after our International meet. During its proud history, the SCSC International Invitational was considered the "GrandDaddy of them all" of non Olympic Championship swimming competitions.

My very first memory of the International Swim Meet was seeing the meet on TV. It was televised every year on ABC's Wide World of Sports, which aired every Sunday. You may remember the opening scene with the saying "the Thrill of Victory and the Agony of Defeat". I was about 6 years old at the time and was swimming on my neighborhood Cabana Club swim team. It was so excited to see swimming on TV. **I remember my Mom telling me that the swim meet was taking place down the road in Santa Clara. How cool was that, a super fast swim meet that was on TV and was local. It certainly left a big impression on me.**

As an Age Group Swimmer at SCSC we would have our annual Car Wash fundraiser during International meet weekend at the corner of Kiely and Homestead Road (Current day Caffino). After washing cars all day, we would then go to watch the finals of the International meet. I remember getting autographs of all the swimmers and cheering for any SCSC Swimmer who made a final. We all had a blast and dreamed that some day that maybe we would be able to swim at this special swim meet.

As an Athlete / Swimmer, we loved the International Meet. Talking about home pool advantage, we were aware that there were Santa Clara citizens sitting in the stands who came to watch and support Santa Clara Swim Club swimmers. The International meet also gave the best awards of any swim meet. I remember the year we set the meet record in the 4 X 100 Free Relay. As meet champions we each received: a pair of Ray Ban sunglasses, an O'Neil Wet / Dry surf bag, a Gatorade Beach Towel, a Speedo Shirt, a box of 60 Power Bars and a Medal. Over the years I have won over 12 pairs of Ray Ban Sunglasses. The look on my brother's face at Christmas time when I gave him a pair of \$200 sunglasses I had won was priceless. All these years later, he still thinks I bought them for him.

As a coach, the International meet was the highlight of the summer. As meet host, we would always open our pool up to teams who arrived a few days early for the meet. It was so insightful to watch, talk, and engage other Coaches & Swimmers from around the world. When the meet was over, most teams would stay and do our SCSC workout on Monday morning before flying home. All coaches would talk, reflect, share ideas, during this time. **You would be surprised how many Top Level Coaches & Swimmers from around the world know to go to Stan's Doughnuts after a morning workout.**

Two years ago, we named the SCSC International Invitational the George Haines International Invitational. This ensures that George's memory, meet, and vision are preserved forever. With its foundation firmly in place, we look forward to building this meet back to a World Class Swimming Event. **Finally, this meet could not have been a success without the SCSC membership who every year dedicate themselves to providing a world class environment and experience to anyone who has traveled to our home and competed in this truly special swim meet. I tip my hat to you.**



Dave has a long history with SCSC starting as an age group swimmer from 1982-1992.

He represented SCSC at 12 National Championships and 1 Olympic Trials.

GO SCSC.

Coach Dave

SCSC Member 1982 - 1992 (Swimmer) SCSC Member 1995 - Present (Coach)

Words of the Month

During these monthly themes, coaches will discuss with their athlete groups what the words/themes mean and why they are important for personal growth. They will also talk to the swimmers about why these themes are valuable for being a member of SCSC. Furthermore, SCSC encourages parents to embrace these monthly character development themes and share them with the broader Santa Clara community. The overall goal is to foster well-rounded growth - both athletically and in terms of personal character - among the SCSC family. The monthly themes and discussions are a structured way to prioritize this character development alongside the athletic training.

Teamwork

May

Teamwork is defined as the collaborative effort of a group to achieve a common goal or to complete a task effectively and efficiently.

In sports, **teamwork** helps motivate people to play hard, train hard, and race hard!

*Effective **teamwork** means owning your responsibilities, staying accountable and doing what you say you are going to do.*

Teammate

June

Teammate is defined as being a fellow member of a team

Qualities of **GREAT teammate** include hard work, being supportive, positive, encouraging, leading by example, humble, engaged, having a willingness to learn, being a competitor, having fun and so much more!

SCSC TOP PERFORMANCES 2024

National Age Group Record

Long Course 13-14 Boys 200 IM - **2:03.73**

Shareef Elaydi

Pacific Swinming Records

Short Course 11-12 Girls 1000 FR - **10:23.37**

Aya Gillis-Pade

Short Course 11-12 Girls 1650 FR - **17:27.37**

Aya Gillis-Pade

Short Course 13-14 Boys 100 BR - **56.29**

Shareef Elaydi

Short Course 13-14 Boys 200 BR - **1:58.81**

Shareef Elaydi

Short Course 13-14 Boys 200 Fly - **1:45.06**

Shareef Elaydi

Long Course 13-14 Boys 200 FLY - **2:00.38**

Shareef Elaydi *Olympic Trials Qualifier*

Long Course 13-14 Boys 200 IM - **2:03.73**

Shareef Elaydi

Short Course 11-12 Mixed 200 Medley Relay - **1:49.45**

Helena Poon, Jesse Yuan, Alex Xu, Caroline Perkins

New SCSC Team Records

Short Course 11-12 Girls 500 FR - **5:03.03**

Aya Gillis-Pade

Short Course 11-12 Girls 1000 FR - **10:23.37**

Aya Gillis-Pade

Short Course 11-12 Girls 1650 FR - **17:27.37**

Aya Gillis-Pade

Short Course 13-14 Girls 400 IM - **4:18.64**

Isabel Wu

Short Course 13-14 Boys 400 IM - **4:23.34**

Dylan Zhou

Short Course 13-14 Boys 50 FR - **21.12**

Shareef Elaydi

SCSC TOP PERFORMANCES 2024

New SCSC Team Records

Short Course 13-14 Boys 100 FR - **45.62**

Shareef Elaydi

Short Course 13-14 Boys 100 Fly - **48.11**

Shareef Elaydi

Short Course 13-14 Boys 200 Fly - **1:45.06**

Shareef Elaydi

Short Course 13-14 Boys 100 BR - **56.29**

Shareef Elaydi

Short Course 13-14 Boys 200 BR - **1:58.81**

Shareef Elaydi

Short Course 13-14 Boys 200 IM - **1:48.80**

Shareef Elaydi

Short Course 13-14 Boys 400 IM - **3:50.95**

Shareef Elaydi

Short Course 17-18 & Open 400 IM - **4:15.65**

Eunice Lee

Long Course 11-12 Girls 200 BK - **2:25.95**

Aya Gillis-Pade

Long Course 13-14 Girls 50 FR - **26.81**

Alison Su

Long Course 13-14 Boys 50 FR - **24.21**

Shareef Elaydi

Long Course 13-14 Boys 100 FLY - **54.44**

Shareef Elaydi

Long Course 13-14 Boys 200 FLY - **2:00.38**

Shareef Elaydi *Olympic Trials Qualifier*

Long Course 13-14 Boys 200 IM - **2:03.73**

Shareef Elaydi

New SCSC Relay Records

Short Course 13-14 Boys 200 Medley Relay - **1:39.96**

Adien Zhou, Jesse Yuan, Alex Xu, Oleksandr Voloshyn

Short Course 11-12 Mixed 200 Medley Relay - **1:49.45**

Helena Poon, Jesse Yuan, Alex Xu, Caroline Perkins

SCSC TOP PERFORMANCES 2024

2024 Pacific Coast All-Stars, Los Angeles, CA

Aya Gillis-Pade, Caroline Perkins, Alex Xu, Bokun Zhao, Dylan Zhao,
Alison Su, Mia Su, Shareef Elaydi

2024 Pacific Swimming Distance Camp, Colorado Springs, CO

Anna Chuang, Violet Rutter

2024 Pacific Swimming Zone All-Stars, Morgan Hill, CA

Savanna Alise, Hana Avnur Eliana Chui, Raphael Hsu, Annabelle Jia,
Ethan Kang, Hope Moon, Max Nekrestyanov, Angela Poon, Amy Qian,
Phoenix Szolusha, Rubix Szolusha, Jayden Teoh, Sasha Voloshyn,
Amy Wang, Len Wordelman, Jesse Yuan, Hanyu Zhang, Joanna
Zhang, Melissa Zhao, Coach Victory

2024 Spring Age Group Championships , Hollister, CA

Aya Gillis-Pade: 12 Year Old High Point Winner

Violet Rutter: 13 Year Old High Point Winner

Combined Team Score: 1st

Girls Team Score: 1st

Boys Team Score: 1st

2024 Short Course Far Westerns, Pleasanton, CA

Aya Gillis-Pade: 11-12 Year Old High Point Winner

Combined Team Score: 1st

Girls Team Score: 1st

Boys Team Score: 1st

2024 Pacific Swimming 10&Under Championship, Sunnyvale, CA

Evelyn Mosendz: 6 & Under High Point Winner

Ellie Wang: 7 Year Old High Point Winner

Rubix Szolusha: 8 Year Old High Point Winner

Anay Datar & Jeffery Sun: 9 Year Old High Point Winners

Amy Wang: 10 Year Old High Point Winner

Girls Team Score: 1st

Boys Team Score: 1st

CONGRATULATIONS, SCSC!



Coaches Spotlight featuring...

Nikita Denisyako



What is your favorite meet that you have been to this year?

2024 Spring Age Group Championships in Hollister in March. The overall team effort was tremendous!

What is your favorite event to compete in?

I enjoyed competing at international meets in outdoor pools. One of my favorite events was the European Junior Championships in Hungary in 2005 and in Spain in 2006.

What were your favorite races to swim?

My favorite race was the 200 IM in long course pools and any backstroke races in short course pools

Interesting facts from Coach Nikita:

I was born in a country that no longer exists, and I don't have a favorite color, food, or drink

Advice for Swimmers...

Do what you love, and love what you do!



What is your favorite part of coaching for SCSC?

Santa Clara Swim Club is a special place for me. Every day I step on deck, I feel like I am home. Being surrounded by talented and knowledgeable coaches is a great source of enjoyment and personal growth for me. A supportive coaching team helps me stay motivated to improve and strive for excellence! I enjoy coaching because of the positive impact it has on athletes' lives and the satisfaction of contributing to their development and success. I am continually grateful for the families we have at the SCSC!

SCSC SwimOutlet Team Store



SCSC is team first. When we attend meets, we want our presence and strength to be seen and felt. Even outside of the pool deck, SCSC is known to many across the world. Simply wearing SCSC attire in and out of the pool is a great honor!

We want to make sure our competitors know who they are facing, and for them to know that our team strives for success day in and day out.

To look like the strong team that we are, every swimmer needs to have a Team Suit. Staying warm and ready for racing with pride can be with the Team Warm-ups. One of the best pieces of attire every swimmer can rock no matter the weather is a Team Parka!

As our SCSC family grows, each new member will be receiving a team cap to jumpstart their hard work, pride, and recognition in the pool.

Other apparel and training gear can be purchased through our team dealer, SwimOutlet. We have a team store through SwimOutlet.com:

<https://www.swimoutlet.com/collections/santaclara>

Set up an account (make sure it is linked to the Santa Clara Team Store). Being a member of SCSC will allow you to receive discounted or free shipping, discounts on suits and other products and notification of special offers.

SCSC also gets a small return on each purchase through our team which then is used for the team.

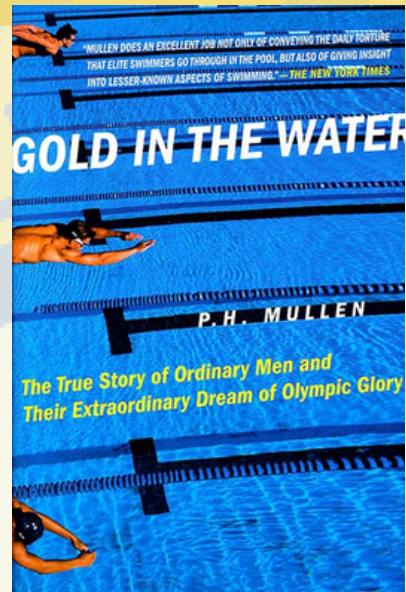
**CLICK HERE TO GET TO THE
TEAM STORE WEBSITE.
GO SCSC!**



GOLD IN THE WATER

I believe every SCSC swimmer, present and past, needs to read this book. Gold In The Water features the story of SCSC Swimmers such as Tom Wilkins, Kurt Grote, Sergey Mariniuk (Coach Luba's former Olympian '92,'96,'00), and their journey to the 2000 Australia Olympic Games.

Fast times, best times, slow times, injuries, successes and set backs; including events both in and out of the water mixed with the personalities, candor, complexities, goals of those involved make 'Gold in the Water' a must read for any swim fan and an inspiration for anyone seeking an elusive spot as a member of a future U.S. Olympic Swim Team.



Volunteer Opportunities

*International Swim Meet (Morgan Hill) Volunteering sign-up
OPEN NOW!*

*Far Western Championship (Morgan Hill) Volunteering
opportunity this summer!*

Check out the parent page for more info!

Parents Corner!

Info page

**Volunteering
Opportunities!**



Santa Clara Swim Club - PARENTS

Please click on the links for more information on cancelling or suspending your account or the membership agreement.

 gomotionapp.com

Killarney Farms Grand Opening!

We are so excited to have our brand new Swim School hub open this Summer! Killarney Farms is a great addition to our family here at SCSC. We are looking forward to having this pool as a way for us to come together as a team and be together. BBQs, pool parties, community, and pride are all that Killarney will be able to offer, and more. We are so excited about this addition to SCSC!

There is still some work left to do before we open up. If you are looking for volunteering hours, there is no better way than to be a part of bringing Killarney to life for your families. Sign up now to volunteer!



**Thank you ALL for making
this possible!**





Have you considered becoming an official?



What does a swim official do?

Admin Officials run the machine in the background. This is where the times from the computer and timers are reviewed and finalized. This is a team of officials that work with the timing system to help finalize times that our swimmers earn. This position tends to allow for flexibility to watch your child swim their events while being on deck with an added bonus of being indoors out of any inclement weather.

Stroke and Turn Officials are there to observe the swimmers and keep the meet fair. We are also there to help the swimmers by giving them the feedback that their swim is either legal or not. A DQ can be a hard pill to swallow for the swimmer, but it is a lesson best learned at early non-championship meets.

Why become a swim official?

I first became an official because it was a good way to satisfy my service hour requirements. What better way to do it than at the meet I was already at? But my reason has evolved into a chance to engage with my swimmer. I always dreamed of being a coach on my kid's sports teams, the way my dad was for me. But for this, I don't have the skill. Being an official is a way for me to engage and participate in a sport that she has chosen. It has become our shared hobby and has strengthened our bond.

Swim officials are its own community, with many officials becoming friends outside of swimming. There are endless challenges and levels to it. You can stay as a stroke and turn judge at CBA meets or you can strive to be a starter at the Olympics. Both are good and needed, but it all starts here.

Anyone can become an official, no prior swimming knowledge needed
If you are interested reach out to eperkins@santaclaraswimclub.org.

[CLICK HERE FOR MORE INFORMATION ON THE NEXT PACIFIC SWIMMING OFFICIALS CLINIC](#)

Explore other articles

Down below are links to other swimming relate articles. Interested in expanding your knowlegde or learning more? Explore below!

[Why I Swim - Swimswam](#)

[Atomic Motivation - SwimSwam](#)

[Youngest American to swim sub 25 in 50 free - Swimming World Magazine \(goal setting\)](#)

[The Swimming Way Of Life - SwimSwam](#)

[Freestyle 101: How to swim Freestyle faster - SwimSwam](#)



THANK YOU, ALL

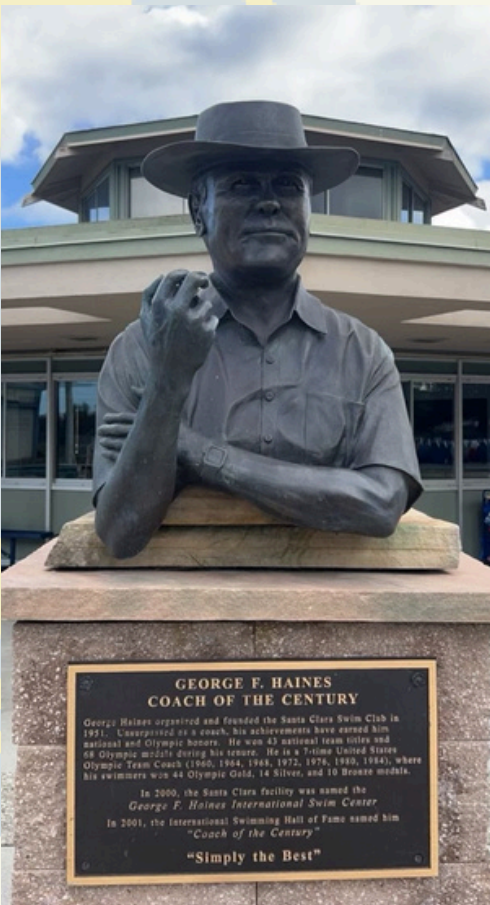
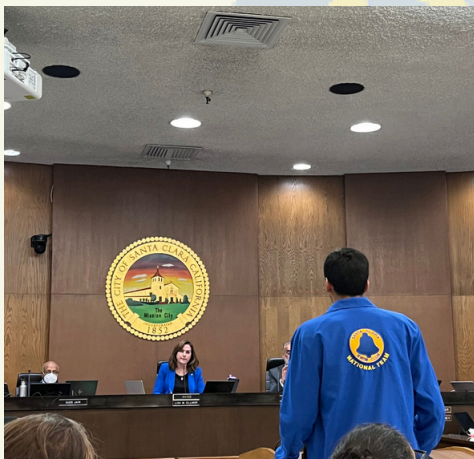
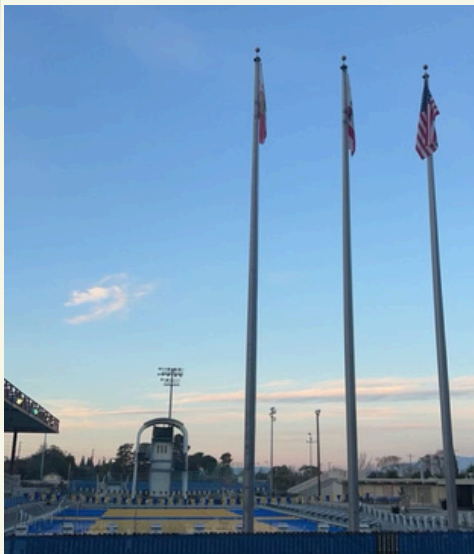
WE DREAM.

WE TRAIN.

WE ACHIEVE.

WE ARE SCSC.

Made by:
Coach Dasha
Coach Cali



"Simply the Best"

**THIS IS SCSC.
WE ARE SCSC.**