

SCSC NEWS

We Dream.

We Train.

We Achieve.

We are SCSC.

Our Mission: **To inspire athletes to pursue excellence through the sport of swimming.**

Note from our Head Coach, Kevin Zacher

Hi SCSC Swimmers and Families!

Welcome to a new competitive swimming year! We are coming off a successful summer that saw the program take a big step forward. Our goal is to continue that momentum into the fall season.

With the start of fall training, we have many new families in the program and many swimmers trying competitive swimming for the first time. My message this fall is directed to our new swimming families...but is also a good reminder for those of you more seasoned SCSC families.

WHY HAVE YOUR CHILDREN IN COMPETITIVE SWIMMING?

- Lifelong Health and Fitness: learning to swim well can be a lifelong skill that can help people stay healthy and fit throughout life; swimming is an activity that exercises all the muscles in the body, something that can be done as children become adults.
- Building friendships: learning dedication, commitment, and discipline, etc.
- Enjoyment and Fun: your kids will make friendships and enjoy coming to the pool each day; the process of working hard toward their goals and having success (self-improvement) can be motivating and fun.
- Life Skills: Swimming teaches important life skills that can be applied to all areas of life and will benefit swimmers as they grow and mature: dedication, commitment, and discipline; time management, goal setting, and teamwork; learning to overcome obstacles and challenges; these are all skills and characteristics that are important to success in all areas of life.

Continued on the next page...



SCSC Team Goals:

- 1st place Team at Far Westerns**
- Top 3 Team at Junior Nationals**
- USA Swimming Gold Medal Club**



WHY CHOOSE SCSC AS YOUR CHILD'S COMPETITIVE SWIMMING TEAM?

- **We are the best:** SCSC is recognized as one of the top competitive swimming programs in the United States. Our swimmers have achieved the highest levels of success; we have numerous swimmers graduate into university or college swimming programs every year at some of the most prestigious universities around the country.
- **Curriculum:** our coaching staff has developed a thorough curriculum that teaches the swimmers the skills necessary to be successful competitive swimmers; the swimmers flow through the curriculum and training levels at a pace appropriate with their growth and development.
- **Coaching Knowledge and Experience:** the SCSC coaching staff is well-experienced and knowledgeable about competitive swimming; our coaches are continually learning and growing, staying up to date with current trends and technical advantages; our coaches have over 150 years of combined coaching experience working with every level of swimmer, from novice/beginner to Olympic Champions.
- **Positive and Encouraging Environment:** at SCSC, we pride ourselves on providing a positive environment for training and competition; we want the swimmers to enjoy being at the pool, having positive interactions with coaches and teammates; the coaches foster improvement with stroke correction, feedback, and encouragement.

As your swimmers embark on their competitive swimming journey, **remember that each swimmer is unique. Everyone will learn, progress and improve at a different pace.**

There are no "short cuts". It takes time and effort to improve. Having an enjoyment of the sport has a huge impact on development... when you love something, you want to do it to the best of your ability. Allow your swimmer to have fun swimming...as best as you can, avoid putting pressure on your child in terms of results or times or "winning"; those things are out of our control. Foster a love for the sport and a dedication to attending practices as often as possible. If you do those things, the improvement will come. Success (improvement) will foster more enjoyment and fun.

Let's have a great season!!

GO SCSC!!



Need to reach Julie?
jcorrigan@santaclaraswimclub.org

Tips & Info

FROM THE OFFICE



Fall Service Hours
 Sept 1- Dec 31



Service hours are for
 ALL families

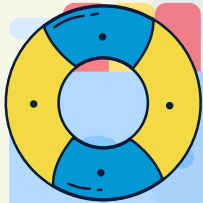


SCSC will renew all USA
 Swimming memberships due
 by December 31, 2025



Caps will be delivered at
 practice. Registration shirts will
 be ordered in 2-4 weeks

www.members.santaclaraswimclub.org



**INTERESTED IN BECOMING A
*Lifeguard?***

Email Pamela for information on taking a
FREE lifeguard certification class this fall.
pamelae@santaclaraswimclub.org



Santa Clara Swim Club - PARENTS

We are excited to have your family as part of our
 team and look forward to getting to know you. GO
 SCSC!

gomotionapp.com

**Parent Orientation
 MEETING**

**WEDNESDAY, SEPT 24TH
 7:30 PM**

ZOOM LINK WILL BE SENT OUT THE WEEK
 OF THE MEETING.

WE WILL GO OVER THE WEBSITE, VOLUNTEER
 HOURS, MEETS, AND MORE.

**Parking - Be Good
 Neighbors!**

*Parking can be a problem. Here's how
 you can help:*

- Allow extra time
- Only park in parking spaces
- Don't block DRIVEWAYS, WALKWAYS or paths other cars and people travel through
- If someone asks you to move your car... MOVE IT!

Supporting Your Swimmer: Focusing on Growth, Not Just Gold

By Tere Derbez-Zacher M.A, M.Ed

Sports Psychology, Performance Enhancement, Life Coaching, Mental Health Coach -
terederbez@hotmail.com, www.terezacher.com

As parents, it's natural to want the best for your child — especially when they dedicate countless hours to a sport like swimming. The early mornings, rigorous training, swimming meets, and the overall commitment can lead us to place great emphasis on results: times, medals, podiums...but the true value of swimming extends far beyond a stopwatch or a trophy.

Before I proceed I want to ask three questions to parents:

- 1) Have you been a swimmer? (not a recreational swimmer, a COMPETITIVE SWIMMER that represented a competitive team)**
- 2) What do you truly want for your child? Is it success and accolades or is it for your child to be happy ?**
- 3) When you first enrolled your child in swim lessons...was it for him/her to drop time and win medals or was it because he/she enjoyed it and you saw the benefits of participating a sport like swimming (besides being water safe; the discipline, commitment, learning to work in a team setting, learning time management, following direction, learning from trial and error (failing and keep going), etc?**

I think most of us want to be great parents, and want what WE THINK is best for our child. Sometimes we forget that sometimes, what is best for your child is to face challenges, learn from disappointment and just keep trying until they find success. Most importantly, I don't think any parent in their sane judgment would like their child to be successful in terms of results (whether it is money, medals, degrees, job) at the cost of their own happiness, peace and self-worth.

Here's how you can be a positive force in your swimmer's journey, helping them grow not just as athletes, but as confident, healthy and well-rounded individuals.

Supporting Your Swimmer: Focusing on Growth, Not Just Gold

By Tere Derbez-Zacher

www.terezacher.com

If you have been a high end swimmer, then you understand that results don't come in a linear way (you don't drop time every meet or don't always win medals). You also probably know that as long as the swimmer is moving forward (whether it is by acquiring better technique, getting more endurance, etc) they are making progress... progress that eventually will lead to a better result (key word "eventually").

If you have not been a swimmer, most likely when you offer your child advice or correct them, as well-intentioned as that might be, you are talking from a point of ignorance. It's like not knowing how to do algebra and trying to teach it to your child. It is better to step back, not interfere and support your child in ways that you that will benefit them. Here are a few tips on how to do this:

1. Celebrate the Journey, Not Just the Destination

One of the most impactful things you can do as a parent is shift the focus from outcome goals (like winning a race) to performance and progress goals. Ask questions like:

- "Did you feel strong in your race today?"
- "What did you learn from that set?"
- "Do you feel like you're improving your turns or starts?"

This reinforces the idea that growth matters more than medals. Swimming is a sport of small, incremental gains — a sport where hard work might not always lead to immediate success, but will build up over time.

2. Prioritize Enjoyment

If your child is going to commit years to this sport, they need to love it. Enjoyment fuels motivation, resilience and longevity in swimming. Children who associate swimming with pressure and fear are more likely to burn out, quit early, or develop performance anxiety. Support them by encouraging a healthy, balanced attitude toward training and competition. Let swimming be a space where they can thrive, connect with teammates and find personal satisfaction in improvement — not just a place where they feel they must "prove" themselves.

3. Let the Coach Coach

As a parent, it can be tempting to offer technical advice or critiques after races, but this often leads to your child being confused, frustrated, or feeling "judged" from all sides. The parent-child relationship should be a safe space of unconditional support.

Let the coach be the expert in technique and strategy. Your role is to be the cheerleader, the encourager, and the source of emotional stability — especially when things don't go as hoped.

Supporting Your Swimmer: Focusing on Growth, Not Just Gold

By Tere Derbez-Zacher

www.terezacher.com

4. Understand the Bigger Picture

Swimming teaches far more than just how to race:

- **Discipline:** Waking up early, following a schedule, committing to long-term goals.
- **Resilience:** Learning to bounce back after a disappointing race or injury.
- **Time Management:** Balancing school, social life and training.
- **Teamwork:** Supporting teammates; learning to lead and follow.
- **Self-awareness:** Understanding one's body, emotions and limits.

These are lifelong skills that will benefit your child in school, relationships and future careers — regardless of whether they ever stand on an Olympic podium.

5. Focus on Long-Term Development

Swimmers develop at different rates — physically, mentally and emotionally. A child who dominates the 10 & under category may struggle later, while a late bloomer may one day surpass everyone. Early success does not guarantee long-term performance. By emphasizing personal improvement and fostering a love for the sport, you help set the foundation for lifelong involvement and success — whether that's at the college level, in masters swimming, or simply as someone who values health and movement.

6. Model a Healthy Perspective

Children pick up on what matters to you. If your post-race questions are only about results — **“Did you win?”** or **“What was your time?”** — they'll internalize that the outcome of a race is what matters most.

Instead, model questions that show you care about their experience:

- “Did you have fun?”
- “How did you feel about your swim?”
- “What are you proud of today?”

These subtle shifts go a long way in building confidence and self-worth based on effort and growth, not on results or achievements.

Final Thoughts: Be Their Anchor, Not Their Stopwatch

Swimming is a journey that mirrors life — full of ups and downs, effort and reward, patience and breakthroughs. Your role as a parent isn't to measure success by medals, but to support your child's development as a person.

Trust the process. Trust the coach. And most importantly, trust your child to find their own rhythm, joy and motivation in the water.

In the end, the best achievement they will carry with them isn't made of gold — it's the character they've built along the way.

MEET DAY 101

BY COACH ZACH

So you've figured out how to register for your (or your athlete's) first meet — Congratulations! Now what? What are the next steps, and what is expected of athletes, parents, and families?

This guide focuses on **Zone 1S Meets for SCSC swimmers**, but the information will be useful for most USA Swimming competitions.

Before the Meet:

- **Register wisely:** Work with your athlete's coach when selecting meets and events. The goal is progress, not overreaching too soon.
- **Prioritize practices:** Consistent attendance matters. The practice right before a meet is especially important for sharpening skills and confidence.
- **Fuel, hydrate, and sleep:** Maintain healthy habits before the meet, athletes should eat balanced meals, stay properly hydrated, and get consistent, high-quality sleep. (See previous editions of the Newsletter for more information)

During the Meet:

- **Arrive on time:** Upon arrival, athletes should check in at the check-in desk (if the meet requires it — most do). Tip: Many swimmers write their events on the back of the hands to keep track
- **Find your coach:** Athletes should report to their group's coach for warm-up instructions. Look for the SCSC Tents to find your coach!
- **Warm up & set up:** Swimmers get in the pool for warm-up; parents set up the team area with chairs, shade, and supplies.
- **Downtime before racing:** Between warm-ups and the start of competition, athletes should:
 - Eat small, light snacks and hydrate
 - Hydrate ([preferably water, see more on nutrition in our previous newsletters](#))
 - Change into tech suits (only if appropriate and approved by the coach)

Meet Day Packing List:

Be prepared for varying conditions. Adjust as needed for your family and athlete:

- **Shelter & seating:** Ez-Ups, chairs, or bleacher cushions for everyone attending
- **Snacks & water:** Light, simple foods work best (fruit, trail mix, cup noodles, PB&J. find more ideas in our previous editions)
- **Entertainment:** Non-electronic activities (books, board/card games, small art projects). Electronics such as videos or games can distort time perception, which can impact performance.
- **Clothing:** Dress as if you're going to the snow. Pools in Morgan Hill, Gilroy, Hollister, Salinas, Watsonville, and other Zone 1S areas can be freezing in the mornings — literally 32°F/0°C. Dress in layers to keep muscles warm and prevent discomfort. Don't forget boots, hats, gloves!
- **Swim gear:** Multiple towels, spare goggles, and an extra suit (changing into a dry suit between races helps in cold weather).
- **Team Spirit & Great Attitude:** Meets are long. Cheer your team on when finding extra time before your race! GO SCSC!

A Note For Parents:

Your role on meet day is different from the coaches', but equally important in helping your athlete have a positive experience.

- **Let coaches focus on coaching:** Our staff has years of experience guiding swimmers through races. Trust that we'll handle feedback and technical details so you can simply enjoy watching your child compete.
- **Be the cheerleader:** Athletes thrive when they know their parents are proud of their effort. Celebrate the small victories, the learning moments, and the fun of racing.
- **Support the team atmosphere:** From helping with set-up to volunteering, your presence and energy create the community spirit that makes swim meets special.
- **Model respect and positivity:** Treat swimmers, officials, and other families with kindness — it sets the tone for our athletes.
- **Keep perspective:** Meets are about growth, not perfection. Every race is a learning opportunity, and sometimes the best lessons come from challenges.
- **Follow meet guidelines:** Please be mindful of posted rules, including restrictions around filming behind the blocks, so events can run smoothly and fairly.

Pre Race Routine:

See next page for your own to print!

MEET DAY 101

ILLUSTRATED BY
COACH DASHA

Pre Race Routine:

TO DO LIST

1. Get your heat and lane assignment (usually posted alphabetically by event).
2. Check-In with your coach.
Share your heat/lane; go over race plan.
3. Warm up for the race. (Don't know it? Ask your coach).
4. RACE. IT'S GO TIME...
5. Warm down is crucial (before or after checking out with your coach, based on your coach).
6. Check-out with your coach for feedback.
7. Repeat for every event.



Important:

- If you have a short turnaround between events, adjust this sequence to avoid missing a race.
- Check out at the end. After all races, athletes must check out with their coach before leaving. This ensures the staff knows who has gone and allows for last-minute relay changes.

I GOT A DQ SLIP! WHAT DOES IT MEAN?

BY COACH ZACH

For many new swim families, the first time their athlete receives a DQ slip can be confusing — or even discouraging. We want to reassure you: disqualifications are a normal part of the learning process in competitive swimming. Every swimmer, even Olympians, has been disqualified at some point.

What is a DQ?

A DQ (disqualification) slip is written when an athlete violates stroke rules that are considered illegal in that stroke. The infraction is recorded by an official, passed through the head referee, entered into the meet computer, and then sent to the coach (and sometimes directly to the swimmer). Coaches typically use these slips to help athletes improve for their next meet.



DISQUALIFICATION REPORT

EVENT # _____ HEAT _____ LANE _____
 SWIMMER _____ TEAM _____

BUTTERFLY START _____ SWIM _____ TURN _____ FINISH _____
 KICK: ALTERNATING (1A) _____ BREAST (1B) _____ SCISSORS (1C) _____
 ARMS: NON-SIMULTANEOUS (1E) _____ UNDERWATER RECOVERY (1F) _____
 TOUCH: ONE HAND (1J) _____ NOT SEPARATED (1K) _____
 NON-SIMULTANEOUS (1L) _____ NO TOUCH (1M) _____
 NOT TOWARD THE BREAST OFF WALL (1N) _____
 HEAD DID NOT BREAK SURFACE BY 15M (1P) _____ RE-SUBMERGED (1R) _____
 OTHER (1T): _____

BACKSTROKE START _____ SWIM _____ TURN _____ FINISH _____
 NO TOUCH AT TURN (2A) # _____
 PAST VERTICAL AT TURN: _____
 DELAY INITIATING ARM PULL (2b) _____ DELAY INITIATING TURN (2C) _____
 MULTIPLE STROKES (2d) _____
 TOES OVER LIP OF GUTTER AFTER THE START (2E) _____
 HEAD DID NOT BREAK SURFACE BY 15M (2F) _____ RE-SUBMERGED (2G) _____
 NOT ON BACK OFF WALL (2H) _____
 SHOULDERS PAST VERTICAL TOWARDS THE BREAST (2L) _____
 OTHER (2T): _____

BREASTSTROKE START _____ SWIM _____ TURN _____ FINISH _____
 KICK: ALTERNATING (3A) _____ BUTTERFLY (3B) _____ SCISSORS (3C) _____
 ARMS: PAST HIP LINE (3D) _____ NON-SIMULTANEOUS (3E) _____
 TWO STROKES UNDER (3F) _____ NOT IN SAME HORIZONTAL PLANE (3G) _____
 ELBOWS RECOVERED OVER WATER (3H) _____
 TOUCH: ONE HAND (3J) _____ NOT SEPARATED (3K) _____
 NON-SIMULTANEOUS (3L) _____ NO TOUCH (3M) _____
 NOT TOWARD THE BREAST OFF WALL (3N) _____
 CYCLE: KICK BEFORE PULL (3P) _____ HEAD NOT UP (3R) _____
 DOUBLE PULLS/KICKS (3S) _____
 OTHER (3T): _____

FREESTYLE
 NO TOUCH AT TURN (4A) # _____
 HEAD DID NOT BREAK SURFACE BY 15M (4B) _____ RE-SUBMERGED (4C) _____

INDIVIDUAL MEDLEY
 STROKE INFRACTION(S) (5A) # _____
 OUT OF SEQUENCE (5B) _____

RELAYS
 STROKE INFRACTION (6A-B) # _____ SWIMMER # _____
 EARLY TAKE OFF SWIMMER (6F-H) # _____
 CHANGED ORDER (6L): SWIMMER _____ STROKE _____
 OTHER (6T) _____

MISCELLANEOUS
 FALSE START (7A) _____ DECLARED FALSE START (7B) _____
 DID NOT FINISH (7C) _____ DELAY OF MEET (7D) _____
 OTHER (7T): _____

JUDGE: _____
 (print name clearly)

REFEREE: _____
 (print name clearly)

NOTIFIED: _____ SWIMMER _____ COACH _____

rev. (03/14)

ANATOMY OF A DQ SLIP:

Header, Event, heat, lane, swimmer's name, and team:

Always check this section — errors here sometimes allow a DQ to be overturned.

Stroke/Event Sections:

The sheet has sections for Butterfly, Backstroke, Breaststroke, Freestyle, Individual Medley, Relays, and Miscellaneous.

Violation Details:

Within each section, possible infractions are listed with boxes for officials to mark. The sheet also notes where the violation occurred — at the start, turn, swim, or finish.

Signatures:

After marking, the slip is signed by the official and passed along to the coach or athlete.

I GOT A DQ SLIP! WHAT DOES IT MEAN?

BY COACH ZACH

COMMON DQS TO KNOW

The USA Swimming rulebook is extensive, but these are the most common calls. Simultaneous means “at the same time.”

BUTTERFLY

KICK:

- Alternating kick
- Breaststroke kick
- Scissor kick
- Explanation: Both legs must move together in a dolphin kick.

ARMS:

- Non-simultaneous
- Underwater recovery
- Explanation: Arms must move together, and they must recover over the water.

TOUCH (TURNS/FINISHES):

- One hand
- Hands not separated
- Non-simultaneous
- No touch
- Explanation: Two hands must touch the wall at the same time, side by side (not stacked).

OTHER:

- Not toward breast off wall
- Head did not break at 15m
- Resubmerged after surfacing

BACKSTROKE

TURNS:

- Past vertical at turn (rolling to stomach incorrectly)
- Delay initiating arm pull or turn
- Multiple strokes on stomach before turning
- No touch on turn
- Explanation: Once you roll to your stomach, you must immediately begin your single freestyle arm stroke into the turn.

OTHER:

- Toes over gutter on start
- Head did not break at 15m
- Resubmerged after surfacing (note: as of Sept 2025, resubmerging at the finish is legal, but this rule changes often)
- Not on back off wall
- Shoulders past vertical toward breast

BREASTSTROKE

KICK:

- Alternating kick
- Butterfly kick
- Scissor kick
- Explanation: Legs must perform a simultaneous circular/triangle motion.

ARMS:

- Past hipline
- Non-simultaneous
- Two strokes underwater
- Arms not in same horizontal plane
- Elbows recovered over water
- Explanation: Arms must stay in front of hips, move together, and recover under the water. Only one pulldown is allowed underwater.

TOUCH:

- One hand /Non-simultaneous
- Hands not separated/ No touch

CYCLE:

- Kick before pull
- Head not up
- Double pull/kick
- Explanation: Each stroke must follow a pull → kick pattern with the head rising every cycle.

FREESTYLE

TOUCH (TURNS/FINISHES):

- No touch at turn
- Head did not break at 15m
- Resubmerged after surfacing
- Interfering with another lane
- Pulling/pushing off the bottom or lane line

INDIVIDUAL MEDLEY

OTHER:

- Individual Medley
- Stroke infraction from one of the four strokes
- Out-of-sequence stroke order (must go Fly → Back → Breast → Free)

MISCELLANEOUS:

- False Start: Left the blocks early.
- Declared False Start: Athlete opted not to swim but avoided penalties for a missed event (usually at higher-level meets).
- Did Not Finish: Athlete started but did not complete the race.
- Delay of Meet: Athlete caused an unreasonable delay to the flow of competition.



USA SWIMMING TIME STANDARDS

By Coach Joey



Motivational Time Standards: (C/B/BB/A/AA/AAA/AAAA)

- **National benchmarks that rank athletes fastest times by Age Group, Gender, Stroke, and Distance.**
- **This allows athletes to properly set goals, track progress, and determine which meets to swim at.**
- **Motivational Time Standards are updated every 4 years. Each time standard corresponds to a percentage of athletes:**

The Break Down:

"C" Times: No Time/Below "B" Standard

"B" Times: Top 55%

"BB" Times: Top 35%

"A" Times: Top 15%

"AA" Times: Top 8%

"AAA" Times: Top 6%

"AAAA" Times: Top 2%



Championship Level Meets:

Local Level Meets:

Generally, the top Age Group Athletes will be able to compete at these meets. For most athletes, one of these two meets will be their first opportunity for a "Travel Meet". This is where athletes could be traveling with their team for the first time. Athletes are also able to compete for the "High Point" Award as the athlete who scores the highest point total for the meet.

- Age Group Championships - Far Westerns

National Level Meets:

Championship meet such as Sectionals through the Pro Swim Series typically have multiple sites to accommodate athletes in various parts of the country. Summer Junior Nationals is one of the only meets in this list that is in a single location.

- SECTIONALS - FUTURES - WINTER/SUMMER JUNIOR NATIONAL - PRO SWIM SERIES

Championship Meets, like Olympic Trials, World Champ Trials, US Nationals, are a bit different as they will typically be used to see which athletes will represent Team USA for either the National Team or Junior National Team. These meets consist of the top athletes around the country!

- US OPEN - OLYMPIC TRIALS



Pictured on the left:

Futures Qualifier (Michael Chuang, NAT)

JR National Qualifier (Enzo Balbuena, NAT)

Olympic Trials Qualifier (Shareef Elaydi, NAT)

GO SCSC!

Words of the Month

During these monthly themes, coaches will discuss with their groups what the words mean, why they matter for personal growth, and how they connect to being a member of SCSC. Parents are also encouraged to embrace and share these themes within the broader community. The goal is to foster well-rounded growth—both in athletic performance and personal character—by prioritizing character development alongside training.

Awareness

September

Awareness is the ability to notice and understand what is happening around you and within yourself. It means paying attention to your surroundings, thoughts, actions, and the consequences they bring.

Awareness in the pool means noticing what's going on around you and being mindful of your own actions. It includes how you swim, how you talk, and how you carry yourself, knowing that what you do in practice can affect your teammates and the overall environment of the group.

SCSC Community

October

The **SCSC Community** is built on dedication, passion, and hard work, helping swimmers pursue their highest potential—whether that means Olympic dreams or personal improvement. *More than just swimming fast, athletes learn life skills such as perseverance, goal-setting, accountability, and respect that carry far beyond the pool.* **The club fosters an inclusive culture** that values diversity, safety, and healthy competition, while celebrating achievements at every level. **With a proud legacy of excellence, SCSC continues to uphold its tradition of athletic success while preparing swimmers for the future.** Parents, coaches, and volunteers all work together to create a welcoming, resilient community that grows stronger through challenges and triumphs alike.



SCSC TOP PERFORMANCES 2025



New SCSC Team Records

LCM 10&U

Long Course 10&U Girls 50 Back - **34.00**

Irene Zhong

Long Course 10&U Girls 100 Back - **1:13.54**

Irene Zhong

LCM 13-14

Long Course 13-14 Girls 100 Back - **1:03.47**

Aya Gillis-Pade

Long Course 13-14 Girls 200 Back - **2:15.63**

Aya Gillis-Pade

LCM 15-16

Long Course 15-16 Girls 50 Free - **26.28**

Alison Su

Long Course 15-16 Girls 200 Breast - **2:28.82**

Mia Su

Long Course 15-16 Boys 50 Free - **23.35**

Aiden Zhou

Long Course 15-16 Boys 100 Breast - **1:01.90**

Shareef Elaydi

Long Course 17-18 Boys 100 Back - **57.65**

Enzo Balbuena

New SCSC Relay Records

Long Course 13-14 Girls 200 Medley Relay - **2:00.70**

Aya Gillis-Pade, Caroline Perkins, Abigail Yu, Katie Zhong

Long Course 13-14 Boys 400 Free Relay - **3:44.80**

Alex Xu, Haniel Baek, Jesse Yuan, Tony Huang

Long Course 13-14 Boys 400 Free Relay - **3:44.80**

Aya Gillis-Pade, Caroline Perkins, Abigail Yu, Katie Zhong

Congratulations, SCSC!

SCSC TOP PERFORMANCES 2025

New SCSC Relay Records

LCM OPEN

Long Course Open Girls 200 Medley Relay - **1:55.78**

Aya Gillis-Pade, Mia Su, Isabel Wu, Alison Su

Long Course Open Girls 400 Medley Relay - **4:09.76**

Aya Gillis-Pade, Mia Su, Isabel Wu, Alison Su

Long Course Open Girls 200 Free Relay - **1:46.81**

Alison Su, Isabel Wu, Aya Gillis-Pade, Violet Rutter

Long Course Open Boys 200 Medley Relay - **1:42.98**

Enzo Balbuena, Shareef Elaydi, Nick Sifferman, Aiden Zhou

Long Course Open Boys 200 Free Relay - **1:34.40**

Aiden Zhou, Tanay Gupta, Shareef Elaydi, Enzo Balbuena

This summer was an incredible season for SCSC! Multiple new team and relay records were broken, and Shareef Elaydi proudly represented the team at World Juniors in Romania.

*Several of our swimmers were selected for the USA Swimming Western Zone Select Camp, and SCSC was ranked the **#6 Age Group Team in the Nation!***

*The team also swept the **2025 Long Course Age Group Championship** and the **2025 Long Course Far Westerns**, winning Girls, Boys, and Combined titles at both meets. At the PacSwim Awards, we had our swimmers nominated and honored for their accomplishments. **Congratulations to every SCSC swimmer for an amazing summer season—we can't wait to carry this momentum into short course!***

Congratulations, 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.

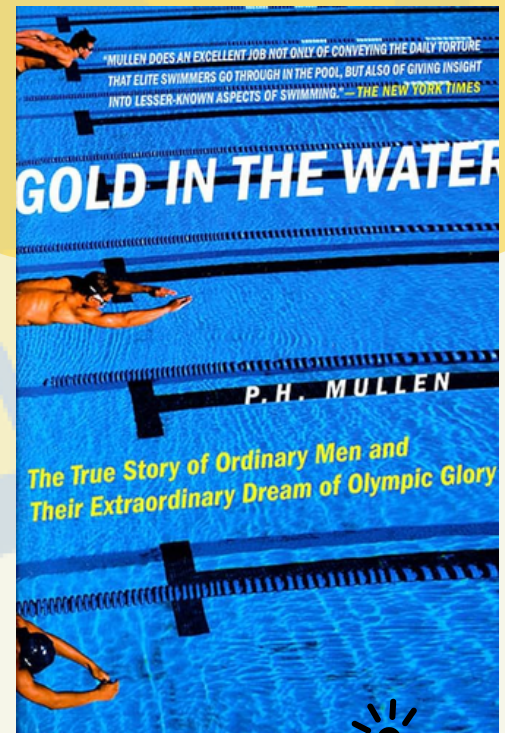
**CLICK HERE TO GET TO
THE TEAM STORE
WEBSITE.
GO SCSC!**



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.



SCSC Pomeroy Pool



**575 POMEROY AVE,
SANTA CLARA, CA 95051**



WATER AEROBICS



Looking for a fun and low-impact way to stay fit and healthy? Look no further than water aerobics!

Tuesdays and Thursdays: 11:15 AM - 12 PM
\$10 Drop in Fee
575 Pomeroy Ave. Santa Clara, CA 95051

Your First Class is Free!



575 Pomeroy is open year-round for swim lessons, community swim, lap swim, party rentals and Summer Camp!

Pool is heated to a very comfortable 86-88 degrees!

It is just \$10 per person to drop in during community swim or \$100/month for the whole family.



YEAR ROUND SWIM LESSONS

REGISTER TODAY:

WWW.SANTACLARASWIMCLUB.ORG

POOL IS HEATED TO 86 DEGREES OR WARMER

PRICING

Group Lessons (1 session per week): \$132 per month

Group Lessons (2 sessions per week): \$220 per month

Junior Bells Levels 1 & 2: \$200 per month

Private Lessons: \$275 per month

Special Abilities: \$200 per month

*Scholarships available to those who qualify



Contact Us

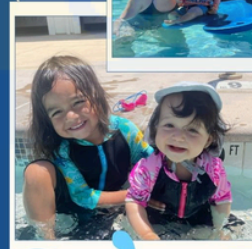
📞 408-246-5050

575 Pomeroy Ave. Santa Clara, CA 95051

PRESCHOOL SWIM HOUR

Every Thursday 9-10 AM

Free for 1 adult + 1 child ages 0-4 yrs



Bring your little one to splash and play in the shallow area of the pool and socialize with other young swimmers and families.

575 Pomeroy Ave.
Santa Clara, CA
95051



****SWIM DIAPERS ARE REQUIRED FOR ALL SWIMMERS WHO ARE NOT POTTY TRAINED****



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!

[YU ZIDI BECOMES YOUNGEST SWIMMER EVER TO REACH A FINAL. WIN A MEDAL AT WORLD CHAMPIONSHIPS - SWIMSWAM](#)

[SWIMMERS WHO OVERCAME TALL ODDS TO ACHIEVE THEIR DREAMS - SWM](#)

[LEDECKY'S LEGACY GROWS WITH SEVENTH WORLD TITLE IN SIGNATURE EVENT - USA SWIMMING](#)

[IRON SHARPENS IRON: INSIDE THE TRAINING RELATIONSHIP BETWEEN BOBBY FINKE AND KATIE LEDECKY - SWM](#)

[WHY I SWIM - SWIMSWAM](#)





"Simply the Best"
THIS IS SCSC.
WE ARE SCSC.

THANK YOU, ALL

WE DREAM.

WE TRAIN.

WE ACHIEVE.

WE ARE SCSC.