

SCSC NEWS

We Dream

We Train

We Achieve

We are SCSC

NOTE FROM OUR HEAD COACH, KEVIN ZACHER

We are coming off an exciting and successful short course season. SCSC had swimmers competing well at all levels, swimmers winning individual and relay titles at Age Group Champs, Far Westerns and the high school championship meets. We also saw swimmers breaking legendary SCSC team records. There is a lot to be proud of.

THIS SUCCESS HAPPENS WHEN WE TRUST THE PROCESS.

- **WHEN WE TRUST OUR COACHES TO DO WHAT IS BEST FOR THE SWIMMERS.**
- **WHEN WE HELP THE SWIMMERS SHOW UP TO PRACTICE EVERY DAY.**
- **WHEN WE ALLOW THE SWIMMERS TO LEARN, GROW AND MATURE AT THE APPROPRIATE PACE FOR THEM INDIVIDUALLY.**
- **WHEN WE SIT BACK AND ADMIRE THESE AMAZING YOUNG ATHLETES AND CELEBRATE THEM FOR THEIR EFFORT AND FOCUS.**

As a parent, it is often challenging to sit by the side and let our kids move through an activity independently. We want what is best for them...we think we know what is best for them.

We want them to be successful and advance quickly.

WHAT WE DON'T REALIZE IS THAT IN DOING SO, WE ARE ADDING PRESSURE TO OUR CHILDREN. WE OFTEN GET IN THE WAY OF THE PROCESS.

Rushing our children through any activity can create challenges down the road. They may miss crucial parts of development (often things unrelated to speed or ability). They won't learn that there are steps involved in achieving mastery of their activity.



In this issue..

- Swimmers Toolbox
- Want to be a Champion?
- Beyond the Pool Deck
- Top Performances

And much more...



Continued on the next page...

I have been involved with swimming for quite some time. I have been fortunate to coach and develop some amazing swimmers and people... Olympic Medalists, National Champions, NCAA Champions. Those that were the most successful had the following qualities:

OWNERSHIP:

they were the drivers of their bus. These swimmers made it a priority to get to practice every day. They didn't rely on their parents to wake them up. They didn't find reasons to miss practice sessions. They managed their time and schoolwork so they could put their full effort and focus into training when at the pool. As much as we want to help our swimmers find success...we can't do it for them. It has to come from within themselves.

FUN:

these athletes loved swimming. They embraced the challenges. They loved competing and learning how to get better. They had a great attitude about hard work.

TEAMWORK:

the best swimmers I have coached wanted to help their teammates be their best as well. They would encourage others in hard training sessions. They would give feedback in things they saw their teammates doing that could be improved. These swimmers relished having competition in training...others who would push and challenge them during workouts.

PATIENCE:

swimmers at the highest level understand the time and effort it takes to get to the pinnacle. It doesn't happen overnight. There are periods of frustration and disappointment. They know that "it" will happen if they keep showing up and working hard. One bad practice or race is not the end of the world. It is something to learn from and move on. Success is an accumulation of hard work and learning. Those who are patient and trust the process will find success.

The question becomes...as a parent, what can I do to help?

First and foremost, **love your child**. Reinforce the things they do to have success rather than the results they have. For example...praise their effort and dedication and going to practice. If we reinforce the positive characteristics they employ, they are more likely to continue to do them. On the other hand, if we praise our kids for winning a race or achieving a time, we are teaching them to be focused on the result of their performance rather than the things it takes to achieve that result. And...what happens if/when they don't win the next time? Will they feel like they let you down? Will they lose their love or passion for the sport?

As a parent, you should support your child. Help them get to practices and meets. Make sure they have good food and snacks available to them. Remind them to drink water and stay hydrated. Help them get a good night's sleep. Help them take ownership of their sport and let them know you are there to help and support them.

Let's have a great summer. Be your child's biggest supporter and allow them to learn and grow through the program.



From the SCSC Office

- Summer Service Hours: May-Aug
- Home meets:
 - International May 29-June 1
 - Far Westerns July 31-August 3
 - Block Party Meets TBD
- Please allow a week after service hours for them to be in the system...It's a manual process
- It's busy with meets this summer. If I don't get back to you, and it's time sensitive, please send me a gentle reminder.

Schedule/Events/Criteria:



2025 Summer LC Event Schedule



SCSC Group Criteria



2025 Summer Practice Schedule

Need to reach Julie?

jcorrigan@santaclaraswimclub.org



ARENA USA
TEAM TERMS

Santa Clara Swim Club – 5/31/2027

arena is committed to delivering the world's best performance swim apparel and equipment to USA Club Swimming teams. The arena partnership program is designed to provide incentives to team sales that are funneled through the designated team retailer.

ENTIRE TEAM	15% OFF POWERSKIN ST 2.0 15% OFF R-EVO ONE 20% TEAM GEAR
AGE GROUP CHAMPS	25% OFF CARBON RACING 20% OFF ST 2.0 AND R-EVO
YMCA NATIONALS	30% OFF ARENA RACING
NCSA JUNIORS/SECTIONALS	35% OFF ARENA RACING
FUTURES	40% OFF CARBON RACING
US Nationals/JR Nationals	(1) ARENA RACING PROVIDED + 50% off additional

SCSC RECEIVES A DISCOUNT ON ARENA TECH SUITS!

Order directly by emailing **Tomas Mendez** at **SwimOutlet**.

Please let him know what your highest qualifying meet level is when emailing him.

(Click Tomas Mendez to get to his email contact)



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

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 may travel through
- If someone asks you to move your car...MOVE IT



SWIMMERS TOOLBOX



Tips and tricks from current National Team Swimmers

HOW DO YOU DEFINE BEING A CHAMPION, BOTH IN AND OUT OF THE POOL?

- A champion is someone who not only embraces their wins but, most importantly, learns from them. They retain humility and understand how to cope with failure. A champion isn't necessarily the fastest person. A champion isn't necessarily an Olympic gold medalist. A champion is someone who perseveres even when the world didn't believe in them, who went into every practice with a purpose and a goal, who supported their teammates through ups and downs, who swam because they wanted to not as an obligation. A champion isn't defined by their accomplishments but by the road they took to get there.
- Someone who strives to help themselves and other become better.
- Achieving what no one else can.

WHAT DOES "GRIT" MEAN TO YOU, AND CAN YOU SHARE AN EXAMPLE OF HOW YOU OR A TEAMMATE HAVE SHOWN GRIT IN SWIMMING?

- Grit is hard work and determination. People who exemplify grit always put in their 100%. There are two people who I think do that the most — Bobby and Violet. Both always work hard even when they are having a bad day or when sore and tired etc., and keep a positive mindset. Hence they both serve as role models for "grit".
- Grit is being able to recognize the difference between discomfort and pain. People who have hurt push through hard sets understanding that the discomfort is only temporary and serves to fulfill a greater goal. Grit also means having the right attitude in a set and viewing practice as an opportunity to improve rather than a place where you fail. Especially in distance sets, many teammates including myself show grit. Distance sets weren't made to be easy; they were made to push the limits of our endurance and speed and being able to make it through those sets and support our teammates in the process is a huge model representation of grit.



SWIMMERS TOOLBOX



Tips and tricks from current National Team Swimmers continued...

WHAT IS ONE MEMORABLE MOMENT FROM ONE OF YOUR RACES AND WHY DOES IT STANDS OUT TO YOU?

- When I got my winters cut at Folsom 2024 it was my last chance to get it and I had practically the whole team cheering for me and I had to go really fast on the last hundred and I breathed towards the coaches tent and I see Isabel and Mia jumping and screaming and going crazy and when I finished I got the time cut and it showed me just how much support I have.
- One of my most memorable experiences was finishing the mile after my ACL injury in Morgan Hill. I hadn't known I completely tore it yet but I knew something was wrong and that I had injured it. I went into the race with no expectations and that turned out in my favor. No expectations meant I was relaxed and I could really execute the form my body knew how to perform without stiffening up. I remember what I thought during the swim and this has really stuck with me but I remember thinking that I wouldn't even care what time I got when I touched the wall. I would care and be happy about the fact that the swim felt good and that no matter what I emphasized my form even when I got tired. I ended up with a time I was happy with too so that was a huge plus.

WHAT ROLE DO YOUR TEAMMATES PLAY IN YOUR SUCCESS, AND HOW DO YOU CREATE A POSITIVE TEAM ATMOSPHERE?

- My teammates are one of the main reasons I show up to practice. Building strong bonds with them, especially with the guys, creates a better team atmosphere.
- Having supportive teammates makes practice more enjoyable and something to look forward to every day.
- I love how positive our team is. It motivates me to keep pushing, try new things, and feel cheered on even when practice gets tough. I return that positivity because it helps everyone stay encouraged and reminds us that, no matter how challenging the practice is, we can tackle it together as a team.

WANT TO BE A CHAMPION?

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

Sports Psychology, Performance Enhancement, Life Coaching, Mental Health Coach -
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We all want to win. We all want to be the best. So why is it that only very few get to the highest level, while many others don't regardless of how much talent or potential they have? The answer is simple. Some people have a Champion's Mentality and some people have a Winning Mentality. If you have a Winning Mentality, you are focused only on results, not on what you need to do in order to get those results. A Champion Mentality, on the other side, is doing whatever it takes to achieve your goal, to be the best that you can be. Most important of all, a champion is someone who, every time they fail and get knocked down, gets right back up and goes back to work. You don't need to be the best in order to be a champion, you need to become the best you that you can possibly be.

So, if you truly want to be a Champion, follow these simple steps and you will be on your way:

1) Champions do not allow themselves to be stopped by intimidation; their self-belief and determination is too strong. *They immediately replace negative thoughts with positive self-talk. They control their thoughts and emotional state under pressure. Champions love to train, improve and achieve.*

2) Champions refuse to quit. They might sometimes lose, but they don't quit. If a champion slips up, they realize they are human, pick themselves up, and move forward, but they don't quit. A champion might make a lot of mistakes, but they don't quit. *It is ok to be discouraged, it is not ok to quit.* You might not always win, but that is life and we are all just human. *As long as you always learn from your mistakes, refuse to quit and never stop moving forward, then you cannot truly fail.* Champions either win or learn. The truth is that all heroes feel fear, but they don't allow that fear to stop them. Champions cannot accept not trying, and they do not allow the heat of the moment to make them lose composure.

3) Champions don't have to be told to get to work, they don't waiver from their commitment, they don't lose sight of their goal. When it's time to do the work, they work; when it's time to perform, they perform. Champions stop at nothing to get the result and achieve their goals. *A champion remains calm under pressure and overcomes adversity.* A champion is so incredibly hungry to create their vision that pushing themselves out of their comfort zone becomes part of their everyday training.

4) Champions are intensely driven and will do whatever it takes to reach their goals. They do more than what is expected of them. They are the first ones to get to the pool and attend all practices. They push themselves without having to wait for their coaches to tell them to do it

WANT TO BE A CHAMPION?

By Tere Derbez-Zacher

www.terezacher.com

And they take responsibility for their performance, for working on their technique, for waking up on time, for taking care of their equipment. They don't expect others to do that for them. They don't blame others, but instead ask themselves what they could have done better.

5) Champions focus on what they can control. They are not worried about what others do or how others swim. *They don't listen to negative comments from others, and they keep positive self-talk and a positive mindset all the time.*

6) Champions focus on the process. On being better every day at practice. Champions are not content with good; they find an extra gear to become the best that they can be, and they are great teammates, pushing everyone to be better. *They embrace competition* because they know having someone fast next to them will only make them faster as well.

7) Champions demonstrate grit, they have tenacity, they tenaciously work hard towards their goals, maintaining their enthusiasm and work ethic for years, even when experiencing failures, adversities, and plateaus. *Champions know how to deal with adversity, they stay focused and optimistic when faced with an obstacle. They're resilient and persistent, they demonstrate perseverance* when having to overcome an obstacle. Discouragement doesn't derail their efforts, they simply develop new strategies to continue moving forward and achieve their goals. Rather than succumb to failure, they adjust their approach and continue to pursue their goal.

8) A champion doesn't view obstacles as problems; they see opportunities to improve, situations to resolve, and they get on with it.

9) Champions know that success is not defined by a result, but in their pursuit to become the best version of themselves. To them, nothing is good enough except their very best, and they know that no matter the outcome, their very best is good enough.

10) Champions are confident, and their confidence is based on actual evidence. *They expect to succeed because they work so hard every day at practice.* They are working on their technique, endurance, speed, and mindset every day, every yard, every moment. *They have a great work ethic, and that helps to boost their confidence.*

WANT TO BE A CHAMPION?

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11) Champions get results, not by coasting on their talent, but by spending hours working on their craft and improving their skills. Natural talent is given and only goes so far; skill, however, is earned by taking responsibility and doing the work. *Champions don't reach their potential by coasting on their talent and doing the minimum amount of work required.* They take charge and do whatever is necessary to reach their goal.

12) Champions don't expect to be congratulated or told well done for doing their job; they do it because that is what is expected to achieve success. Everybody knows that the champion is in charge; their success speaks for itself, as does their work ethic. *Champions don't need to be nudged to get to work, they don't need to be told what to do; they just do it.*

13) A loser essentially eats whatever they want; a competitor watches what they eat but cheats fairly often; a winner eats clean most of the time; a champion is as meticulous about their nutrition as they are their training. A competitor might win the game if given the opportunity, but **a champion creates the opportunity and chases it relentlessly.** A champion doesn't need to be pushed or need a pep talk to stay motivated, though most others often do. *When everyone else has had enough and decides to quit, champions keep going and push themselves harder.* They focus, get into flow state, in the zone and press on. When everyone else on the team panics and hits the emergency button, they all look to the champion for help and advice.

NOW ASK YOURSELF:

Are you arriving early for training, or always running late? Are you planning and preparing for your training, or just winging it? Are you going the extra mile required to become great? You can either act like a champion and take the path less travelled, or you can remain comfortable and take the path of least resistance. Win the day, take advantage of the opportunities that each day brings, to be the best athlete that you can be. Excellence can only be achieved today, right now, not later, not tomorrow, because tomorrow never comes. The present moment, today, is the only chance that you have to win the day and begin achieving success. How are you getting better today? What will you achieve today? How are you taking one step closer towards your goal right now?

*When you wake up, ask yourself, 'How will I be a champion today?' **A champion turns up on time and mind ready to work every day, so that they can consistently make progress and improve. Champions do what others don't, so that tomorrow they can accomplish what others can't.***

BEYOND THE POOL DECK

AT SANTA CLARA SWIM CLUB, THE PURSUIT OF EXCELLENCE EXTENDS FAR BEYOND THE LANE LINES. BEYOND THE POOL DECK CELEBRATES THE UNIQUE TALENTS, ACHIEVEMENTS, AND PASSIONS OUR SWIMMERS PURSUE OUTSIDE OF SWIMMING — IN ACADEMICS, LEADERSHIP, THE ARTS, AND THEIR COMMUNITIES. THIS SPOTLIGHT HONORS THE WELL-ROUNDED INDIVIDUALS THEY ARE BECOMING AND THE MEANINGFUL IMPACT THEY MAKE BEYOND THE POOL.



2025 World Archery Youth Championships /
Jr. Pan Am Games U.S. Team Trials

Archery

- Ranked 9th nationally in USA Archery U15 Indoor Division (2025)
- Ranked 2nd in California U15 (2024) based on combined indoor/outdoor competition points
- Holding 4 California state records



Cello

1ST PLACE WINNER

- 2025 New Year's Music Competition, Charleston International Music Competition ([Performance Link](#))
- International Music Talent Competition, American Protégé (Selected to perform at Carnegie Hall in May 2025)

2ND PLACE WINNER

- 2025 Silicon Valley Music Competition

3RD PLACE WINNER

- ENKOR International Music Competition
- String Category – 2024 OPUS Music Competition (California State Award)



BEYOND THE POOL DECK



TINA JIN



PRE-SENIOR 3



2 billion people globally don't have access to clean drinking water--lack of access to clean water causes more deaths than the number of fatalities of natural disasters and conflicts combined! Passionate about STEM and helping others, I conducted a research project, developing a 100% natural, easily accessible water filtration method made with animal bone. I am honored to be featured on CBS News, Forbes, The Kelly Clarkson Show, and more.

San Jose teen's water filter takes first prize at prestigious STEM contest (Watch here!)
Kelly Clarkson Meets 14-Year-Old Fighting Clean Water Crisis (Watch here!)

If you would like to be featured in the next edition, email your coaches your successes outside of the pool

We Dream • We Train • We Achieve

Why Failing Can Be Good for Athletes

Written by Coach Zach

We live in a success-driven society—especially here in Silicon Valley—where failure is often viewed as something to be avoided at all costs. Parents, coaches, teachers, and administrators frequently go out of their way to shield kids from failure. But here's the thing: that protective instinct, while well-intentioned, isn't always in the best interest of the young people in our care. This may sound countercultural, but as a coach, I actually want my athletes to fail.

Still with me? Good. Before you grab the pitchforks and torches, let me explain. Like any coach, I want my athletes to succeed—both in the pool and in life. But I also understand the value of failure. **To be clear, I'm not saying I want them to be failures—that's a mindset. I want them to experience failure—an event, a moment that helps them grow stronger.**

Why Do I Want My Athletes to Fail?

1. Failure Builds Resilience and Grit

Our word of the month for June is grit, and there's no better teacher of grit than failure. No one develops true resilience by succeeding all the time. Think about it: have you ever met someone who has always gotten everything they wanted? How would you describe them? Probably not as adaptable, humble, or mentally tough.

Life will throw challenges at all of us—layoffs, loss, setbacks. Athletes who have learned how to push through failure are better equipped to handle whatever life throws their way. It's the adversity in the middle of the story that makes the hero's journey worth following. Whether it's Han Solo frozen in carbonite, Bilbo facing down orcs, or Harry Potter battling Voldemort, every great story has a moment of setback—and every great character grows through it.

As Vince Lombardi said:

"It's not whether you get knocked down; it's whether you get back up."

2. Big Goals Require Risk—and Risk Includes Failure

If an athlete always hits their goals, the goals probably weren't big enough. Playing it safe guarantees success—but it also guarantees mediocrity.

Let's say one 17-18 year old average athlete sets a goal to swim a 50-yard free in under 5 minutes. They should achieve it easily. Another athlete aims for an Olympic Trial cut, falls short, but qualifies for Senior Nationals and gets recruited by a Division I school. Technically, the second athlete "failed"—but clearly, they are the better athlete.

I want my athletes to dream big, even if that means falling short.

NORMAN VINCENT PEALE

"Shoot for the moon. Even if you miss, you'll land among the stars."

3. Failure Teaches Decision-Making and Accountability

Learning how to make good decisions is a life skill—and like any skill, it takes practice. Teenagers are going to make mistakes, and that's okay. It's better for them to stumble now, with support and guidance, than to face real-world consequences alone in a college dorm room. Here's a simple example:

A teenage athlete has a 6 a.m. practice on Saturday. On Friday, they attend an event that ends at 10 p.m.—then stay out with friends until 2 a.m., with parental permission. The next morning, running on 3 hours of sleep, they drag themselves to practice (or miss it). What did they learn? Hopefully, how to better balance fun and responsibility next time.

If the parent had forced them home at 10 p.m., maybe they'd grumble about rules. If they'd been allowed to skip practice without consequence, they'd miss the lesson entirely. But when they experience the natural consequences of their choice—exhaustion, poor performance—they gain insight. They learn.

The average adult makes 35,000 decisions a day. Helping our kids practice decision-making now—even when it results in small, safe failures—prepares them for a future filled with bigger, more complex choices.

Final Thoughts

I challenge you to find a great person who hasn't faced adversity. I challenge you to find a champion who has never failed. I don't know any—and if they exist, they're the rare exception.

Just like Harry had Ron and Hermione, our athletes need community to overcome challenges and continue growing. But most of all, they need the space to fail—and the encouragement to get back up.

That's why I believe **failure is not just okay—it's essential.**

**–Coach Zach
GO SCSC!**



The Difference Between Long Course and Short Course

By Coach Dave Meck

IN LONG COURSE SWIMMING, THE POOL IS 50 METERS LONG, WHILE SHORT COURSE POOLS ARE 25 YARDS. SWIMMING ONE LENGTH IN A LONG COURSE POOL IS EQUIVALENT TO SWIMMING TWO LENGTHS PLUS AN ADDITIONAL FIVE YARDS IN A SHORT COURSE POOL, WITHOUT THE INTERRUPTION OF A WALL OR FLIP TURN.

SHORT COURSE

TURNS:

- MORE FREQUENT DUE TO SHORTER POOL LENGTH.
- EXAMPLE: 50-YARD EVENT HAS 1 TURN; 100-YARD EVENT HAS 3 TURNS.

UNDERWATER PHASES:

- UP TO 60% OF THE RACE CAN BE UNDERWATER.

BACKSTROKE STROKE COUNT:

- FLAGS ARE 5 YARDS OUT; FEWER STROKES ARE NEEDED INTO THE WALL.

TRAINING AND RACING STRATEGIES:

- FOCUS ON STRONG TURNS, POWERFUL UNDERWATERS, AND EXPLOSIVENESS.
- DISTANCE SWIMMERS MAINTAIN A MORE AGGRESSIVE PACE.

RACE EXECUTION:

- SUCCESS RELIES ON OPTIMIZING TURNS AND UNDERWATERS.

LONG COURSE

TURNS:

- FEWER TURNS DUE TO LONGER POOL LENGTH.
- EXAMPLE: 50-METER EVENT HAS 0 TURNS; 100-METER EVENT HAS 1

UNDERWATER PHASES:

- ONLY UP TO 30% OF THE RACE CAN BE UNDERWATER.

BACKSTROKE STROKE COUNT:

- FLAGS ARE 5 METERS OUT; TYPICALLY REQUIRES ONE MORE STROKE.

TRAINING AND RACING STRATEGIES:

- EMPHASIZE BUILDING EACH LENGTH BY THIRDS, GETTING FASTER EACH SEGMENT.
- AVOID OVER-EXERTING IN THE FIRST HALF TO MAINTAIN STAMINA AND FINISH STRONG.

RACE EXECUTION:

- KEY TO SUCCESS IS STRATEGIC PACING AND BUILDING SPEED TOWARDS THE FINISH.

IN SHORT COURSE SWIMMING, FOCUS ON GREAT WALLS, TURNS, AND UNDERWATER TECHNIQUES, ALONG WITH POWER AND EXPLOSIVENESS, IS CRUCIAL. DISTANCE SWIMMERS IN SHORT COURSES ADOPT A MORE AGGRESSIVE PACE COMPARED TO LONG COURSES. IN A 50-METER POOL, SUCCESS HINGES ON STRATEGICALLY BUILDING SPEED ACROSS EACH LENGTH, DIVIDING IT INTO THREE SECTIONS AND ACCELERATING IN EACH. SMART SWIMMERS WHO PACE THEMSELVES EFFECTIVELY FINISH STRONGEST, CONTRASTING WITH THOSE WHO START TOO FAST AND FADE HARD, FEELING EXHAUSTED BY THE END.



The State of College Swimming By Coach Joey



The future of college swimming is facing significant challenges due to the ever evolving landscape of college athletics, in particular with the implementation of the NCAA Settlement; this includes but is not limited to Roster Limits, NIL Compensation, Back Pay, and Revenue Sharing.

Key Issues and Challenges:

Financial Constraints:

- The NCAA Settlement requires schools to share revenue with their athletes. This has brought on budget cuts, reducing and or eliminating programs that are high-cost low low-revenue sports. This has led some schools to prioritize their focus to revenue-generating sports.

Roster Caps / Recruiting Challenges:

- The roster cap for each conference differs. Through the NCAA-House Settlement instructs schools to limit to 30 swimmers and divers per team. Though, there are programs that are implementing stricter limits.
- With NIL (Name, Image, and Likeness) compensation and the potential for athletes to seek transfers may impact recruiting challenges, which in return makes it harder for programs to keep athletes.

Opportunities and Potential Solutions:

Advocacy and Collaboration:

- The CSCAA (College Swimming & Diving Coaches Association) is actively advocating for the protection and expansion of collegiate programs and are working with athletic directors and policymakers to address the challenges the sport of swimming faces.

Broadcasting, Social Media, Attendance:

- Supporting our sport outside of championship-level meets. Media outlets have done a good job of highlighting our Championship meets but supporting local colleges at dual meets can be another opportunity to bring light to our sport. Social media platforms like [@kylesockwell](#), [@reykli](#), and [@theafish1](#) have brought different perspectives on promoting the sport of swimming through their channels.

No Bridges Burned:

- High School Athletes, when the time comes for your recruiting process, approach each program with humility, respect, and gratitude. **IT IS NOT DI OR BUST.** Every program and school is different, and you should find the school that best fits your needs and not that of another. Those programs that show true interest in your development as an athlete, a student, and most importantly, a person should be treated with respect. If there is anything that the past few years have shown us, it is that programs can get cut unexpectedly and can leave you hanging in the balance, scrambling for a new program. Do not let a burned bridge be the reason why you cannot find a new program.



GO SCSC!



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.

GRIT

June

Grit is having the courage and determination to keep pushing yourself, even when things get tough. It is about staying focused on your goals, overcoming challenges, and not giving up when things do not go your way.

In sports, having **grit** means showing up, giving your best effort especially when you are tired or things are going wrong. It is about bouncing back from failure, embracing hard work, and always pushing yourself to improve.

CHAMPION

July

A **champion** is someone who strives to be their best – not just by winning, but by showing good character, effort, and a positive attitude. It is about leading by example, lifting others up!

In sports, being A **champion** means showing up with heart, competing with integrity, and giving your all regardless of the outcome. A **champion** has discipline and the ability to take responsibility for their actions and to motivate themselves and their teammates towards success.

SCSC TOP PERFORMANCES 2025



Pacific Swimming Records

Short Course 15-16 Boys 100BR - **52.18**

Shareef Elaydi



New SCSC Team Records

**SCY 15-16
& OPEN**

Short Course 15-16 Girls 50 FR - **22.80**

Alison Su

Short Course 15-16 Boys 100BR - **52.18**

Shareef Elaydi

LCM 15-16

Long Course 15-16 Girls 50 FR - **26.34**

Alison Su

Here's a brief update on the outstanding performances since our last newsletter. We extend our heartfelt congratulations to all the athletes who showcased their talent during the high school season and those who represented Z1S or Pacific Swimming in various all-star competitions. Your dedication and hard work have truly paid off, and your achievements are a testament to your passion for the sport. Congratulations and good luck to all high school graduates as you embark on new adventures. We look forward to many more remarkable performances this summer. Keep striving for excellence!

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.

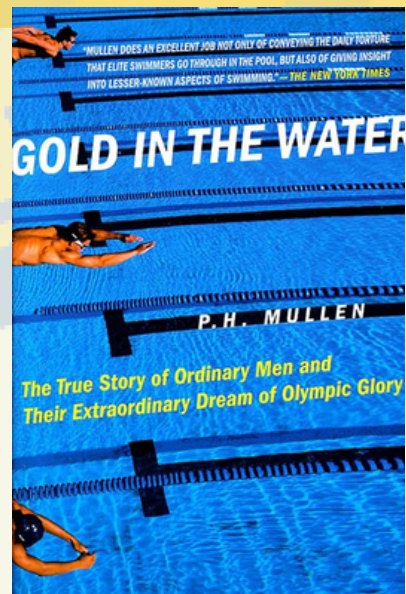
**CLICK HERE TO GET TO THE
TEAM STORE WEBSITE.
GO SCSC!**



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.





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!

- [5 BENEFITS OF COUNTING YOUR STROKES WHEN SWIMMING - SWIMSWAM](#)
- [IRON SHARPENS IRON: INSIDE THE TRAINING RELATIONSHIP BETWEEN BOBBY FINKE AND KATIE LEDECKY - SWM](#)
- [SWIMMING GAVE ME EVERYTHING — NOW, 8 TIPS FOR DEVELOPING SELF-CONFIDENCE FOR SWIMMERS - SWIMSWAM](#)
- [WHY SWIMMERS "CHOKE" ON RACE DAY - SWIMSWAM](#)
- [WHY I SWIM - SWIMSWAM](#)



THANK YOU, ALL

WE DREAM.

WE TRAIN.

WE ACHIEVE.

WE ARE SCSC.

Made by:
Coach Dasha
Coach Cali