



We Dream We Train
We Achieve

Making Waves

SCSC QUARTERLY NEWSLETTER | WINTER 2014

2014



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FROM THE POOL DECK



Head Coach
John Bitter

A letter to SCSC parents and swimmers.

Parents please share this letter with your swimmer and help them understand the expectations and goals of the club in 2014. When we unite together under shared goals and vision SCSC is unstoppable!

The second half of the short course season has begun and I am extremely proud of all of the swimmers who competed at this year's Zone 1 South Championships. The enthusiasm each of you showed in your individual as well as the relays was quite infectious and the meet served as a great start for the rest of the season.

As we move into the second half of the short course season, I wanted to go over a few important things we as a team can do better and help us continue to improve in a positive direction. Our training expectations will progress, as the level of strength and fitness continues to improve. The technical aspects of the sport are things that we will address in each and every workout session. With all of this in mind and in an effort to maximize our effective training time, here is a list of things we would like your support in improving, so that we can create the best possible environment for excellence.

Please arrive at least 10 minutes prior to the start of practice. Practice start times are just that, the moment the athlete's feet hit the water.

It is not the arrival time. And while we understand some athletes cannot be here right at the moment of the start, please encourage your swimmers to quickly get in and out of the locker room once they do arrive. Socialize while getting ready, not instead of getting ready. All equipment needs to be gathered at the end of each workout and put away. Equipment left out is equipment that may be gone the next day. There is no guarantee that it will be picked up by the coaching staff.

Treat practice time as you would classroom time, after all there is a lot of teaching that happens in effective training. Paying attention increases the effectiveness of the training environment. Practice time is not play time, it is time to improve, so that each of our athletes can have fun swimming the best they can at swim meets.

Training is cumulative and happens in small bits of learning repeated over a long period of time. Training by definition occurs in a linear way, but performance does not always follow this pattern. Improvements build up over time and the body has to process and become comfortable with these stimuli before it will become a natural part of the individual's swimming. Sometimes athletes appear to plateau during periods of great learning, and then burst forward. Do not expect these bursts to be a trend from meet to meet, as they may take time to occur. Encourage your swimmer to keep working hard and stay focused at practice this is the primary factor in the rate of improvement. By attending workouts regularly and in consistent patterns, the athlete has a higher probability for improvement.

Without great effort, nothing great can happen. Just as the coaching staff encourages the swimmers to stretch their limits, to put the swimmer in situations that allow for this to happen, as parents please encourage your athlete to challenge themselves daily in and out of the water. Nothing can be done to improve as an athlete, if an athlete is unwilling to improve him or herself. Hard work = improvement.

Dryland is important. For certain age groups and training groups, we have introduced an extension dry-land program that we feel serves as an excellent compliment to what we are trying to accomplish in the water. Taking this seriously and working hard at it, only aids in the development of what we are trying to achieve in the water. Strength and stability are gained and improved through activities that are done during the dryland sessions offered. Also our dryland sessions are aimed at correcting weak points, while also making the strong areas even stronger.

Hidden training, the outside factors that you at home can help us and help influence an outcome in the pool. Proper amounts of sleep, nutrition, helping your athlete deal with the daily stressors they face, such as time management, ability to balance expectations without sacrificing results on either end are all hidden factors that contribute to the end result.

Last, but not least, respectful behavior is a must. As swimmers, as staff, and as a community, we must always be of a mindset to encourage, to be respectful to everyone involved in the program. The coaches, the swimmers, our parents, the facility, competitors, and even the philosophies used in our training regime demand and have earned this. Displaying disrespect in any of these areas again diminishes what the whole can achieve.

Our goal for 2014 is to be even better than what we were in 2013. This is not an easy task, but it is something that begins with creating and enforcing a great environment every day. The year has begun and it started with a bang, the next steps in this journey towards a successful end of the year are in our hands. Together we can and will make this a year of even greater achievement for us all.



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2014 Board of Directors

David Murray: President

Freddy Engineer: Vice-President

Lisa Farr: Secretary

Kim Hawk: Treasurer

Peter Nunan: Member At-Large

Arms Yongyuth: Member At-Large

James Owens: Member At-Large

Vrushli Raut: Member At-Large

John Bitter: Head Coach/CEO



Shannon Gomez:
Swim School Manager



Learn to Swim has added some new beginner classes. Please join us on Tuesdays and Thursdays at 5pm and/or Monday/Wednesdays at 4:30pm.

We look forward to teaching your child how to swim!



**Like us on our
Facebook page today!**

LTS Deck Supervisor Team

From Left to Right: Veronica Christie, Jessica Richardson, Pamela Bailey, Sam Brown, Jerome Ilagan, Ricky Espinoza.

Yellow Bell Swimmers of the Quarter

Yellow 1 - Zach Spence



What is your favorite workout set?

Pre meet warm up: 800 free, 200 kick/drill, 8x50's (IM order free after each)

What started you in swimming?

I started in the SC swim school and then kept moving up.

What is your favorite food?

Steak with chopped tomatoes on top.

What do you like to do in your spare time?

Listen to music, read, edit videos and eat.

What do you like best about swimming?

Going to meets and getting faster times.

What are your goals for the future?

Swim in the Olympics and move to Hawaii.

Yellow 2—Katelyn Tran

What is your favorite workout set?

The IM sets.

What started you in swimming?

My parents took me to swimming class when I was a 4 year old. At first, my swimming teacher said that I did not swim and kept walking in the water. Now I'm 6 1/2 years old and love to swim!

What is your favorite food?

Wonton noodle soup

What do you like to do in your spare time?

I like to play outdoors, ride my bike, and draw.

What do you like best about swimming?

I like best when my coaches teach me new things. I also love to go to meets to get medals and ribbons so my coaches and my family can be proud of me.

What are your goals for the future? I went with my family to Colorado Springs Olympics training center last summer. I want to swim faster everyday so I can be there in 10 years when I am 16 years old.



Yellow 2 - Justin Nguyen



What is your favorite workout set?

3 x 25 Fly

What started you in swimming?

I became interested after watching my sister.

What is your favorite food?

Macaroni and cheese.

What do you like to do in your spare time?

I like to play video games.

What do you like best about swimming?

It makes me feel strong

What are your goals for the future? Get to JO's.



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DEVELOPMENTAL AND MASTERS NEWS



Developmental Program Manager

[Phillip Steele](#)

2014 Meet Schedule

DATE	MEET
FEB. 8-9	MORGAN HILL C/B/A+
FEB 28 th -MAR 2 nd	OSPREY C/B/A+
MAR. 8-9	WEST COAST C/B/A+
MAR. 29-30	VALLEY SPLASH C/B/A+
MAY. 31 - JUNE 1ST	OSPREY C/B/A+
JUNE 27-29	VALLEY SPLASH C/B/A+
AUG 30 - SEPT 1	MORGAN HILL AGE GROUP OPEN

UPDATE

As we go into a new year the Developmental staff is committed to making this program the best it can be, with this in mind I am pleased to announce a few exciting changes to our current program.

- Parents will be receiving weekly email updates with pertinent information regarding our program and what is going on that week, such as practice changes, or reminders for upcoming events
- I am also very happy to announce that we will have a new White group hire, Coach Kevin Owens. Kevin has swam for Santa Clara for many years and is excited to take a fresh approach to coaching our White group and motivating them to train and push themselves within the sport of swimming.
- We also will be adding Saturday morning workouts as one of the practice options for the White JR and White SR groups.
Please remember that in order to perform in these groups you must come to at least three practices a week and compete in two meets per year.



Adult Fitness Program Manager

[Gary Mitchell](#)

Remember to Mark your Calendar for the
**2014 U.S. Masters Swimming
Spring National Championship
May 1-4th, 2014**



Masters Swimmers and parents this is a great opportunity to compete close to home. Registration should be available on the USMS.org website around Feb.1.

2014 Valentines Affair

**UNIVERSITY OF SAN FRANCISCO MASTERS
2014 VALENTINE'S AFFAIR- MIXED**

Sanctioned by Pacific Masters Swimming Inc. for USMS Inc., Sanction # 384-S006
Short Course Yards

Sunday, February 9, 2014

**University of San Francisco, Koret Recreation Center
2130 Fulton St., San Francisco, CA 94117**

Warm-up from 8:00 a.m. to 8:45 a.m. Meet will start at 9:00 a.m.

[PLEASE SIGN UP FOR THE EVENT HERE.](#)



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Women's Water Polo

Santa Clara Swim Club

Our Mission

Our Mission is to develop a national competitive and sustainable water polo program at Santa Clara Swim Club (SCSC) based on discipline, fundamentals and hard work.



Looking for an Identity of Their Own

Our first session is off to a great start! We started our program with 20+ enthusiastic athletes and continuing to gain interest within the community. We have athletes stretching from Fremont to Morgan Hill and continue to gain interest within the community. I am excited to be coaching a tremendous group of athletes, who are hard working and determined to become world-class individuals. Our group has competed in 3 local tournaments, 17 games (as of January 26). Our athletes have demonstrated hard work, determination and focus with every opportunity presented.

SCSC Water Polo brings a fresh athletic venue to the existing world-class swim organization founded in 1951. This water polo program will provide a competitive environment embraced by the coaching staff, young athletes, and parents. This new club provides yet another opportunity to extend team excellence within the community of Santa Clara.

Announcements

- 02/01 Local Tournament 18& Under
- 02/12 Travel Tournament 18&Under Saanich, BC
- 03/01 Spring Session Start First Practice Start
- 03/01 Spring Clinics Start ISC & Greenmeadow
- 03/02 Cal Cup Tournament Regional Qualifiers



Water Polo Manager
Jonathan Muir

Coaches: Jonathan Muir

Email: jonmuir@santaclaraswimclub.org

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