

Making Waves



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Did you know that swimming became an Olympic sport in 1890.

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From the Pool Deck — Head Coach John Bitter



Swimming is a platform that allows the individual to discover who and what they are. It is a sport of high discipline, high skill, and high fitness. It is also a sport, much like life, that requires perseverance. One of our goals as a swim program is to provide opportunity and a level of training that allows our swimmers to discover just how successful they can be in the water. In order to do this we must help create in them an attitude that will not allow for anything less than excellence.

To achieve this level of excellence we rely on our parents, mentors, coaches and peers to help us succeed. Every decision, every effort, every thought and dream we have helps us to paint the journey we desire for ourselves. Within our sport there are a few that are born with the God given ability to "feel" the water. For most swimmers, the ones that must work for every inch of water moved, we work to develop an attitude in them that will not allow for anything less than their dream. Thus they learn to demand excellence.

Many of you have been a part of this club for years. You have seen the changes, the growth, the level of learning that has happened and the dreams that have come true. This is a club of motivated discerning swimmers, parents and coaches, each contributing to the success and hiccups that happen each day. The success of our program moving forward will come from growth in the understanding that we are all part of a team. Each of us has a role and we should all look to the level of excellence that we strive for in our own swimming and life to grow our team. Swimmers swim individually, but teammates support and come together as one for relays and sportsmanship. Parents support their swimmer, the club, the message that is being promoted by the staff and the vision for the club. The coaches do their best to create sound training plans that recognize each of the swimmers within their group, while also motivating and encouraging all the swimmers together as one. They strive to build trust between the coach and swimmer in all hopes of creating an individual who believes in endless possibilities.

It is not an easy task, but one that we all share in. What we see for tomorrow began yesterday. From what we have seen over the past year, brings excitement for what will occur tomorrow.

"Excellence is not a skill. It is an attitude.

Ralph Marsten

You cannot put a limit on anything.

The more you dream, the farther you get.

Michael Phelps

Have a great quote you want to share with your fellow teammates or swimmers. [Send it here](#) and you may see it in our next newsletter.

Swim-A-Thon

Saturday, May 7, 2011

Goal: \$15,000



This year's Swim-A-Thon will swim all groups at the International Swim Center. National and Gold swimmers will start at 6:30am and swim during their normal practice time. All other groups will swim from 8am-10am except Jr Bells are 9-10am. Kids

will swim based on their groups and coaches recommendations somewhere between 100-200 laps. We will have snacks for the kids and coffee for the parents. We will need parents to be lap counters and cheerleaders so plan to stay to support

your swimmers. There will be a DJ and food on deck. Prizes will be awarded to our top fundraising individuals and teams. [Click here for more information.](#)

Want to learn the latest news @SCSC go to our [Parent's Corner](#)

Neharika Makam ~~~~ JB Swimmer Highlight

Neha is in the Junior Bell 2 group. She has impressed her coaches by her willingness to work and readiness to listen. She tries her best to master the drills and strokes and takes initiative by staying late and asking her coaches ways that she can improve. She is very considerate and helpful to her teammates. Neha took some time out of her practice to answer some questions so we could get to know her better.



What is your favorite workout set? 100IM's

What started you in swimming? Exercise and encouragement from my parents.

What is your favorite food? Cheese pizza and vegetarian chalupas.

What do you do in your free time (besides swimming)? I like to act and sing so I often make up songs, skits or plays.

What do you like best about swimming? Water makes me happy. Breastroke, because its my favorite stroke.

What are your goals for the future? Learn to do breastroke better (point my toes). Be a main character in a play or skit at school. I would like to be a leader in school, and in life now and in the future. I would also like to be teacher or engineer.



Being a Good Teammate — Coach Dave Meck

What makes a good teammate? Being a good teammate has nothing to do with the level of swimming we reach, a good teammate is unselfish, a team player, and kind and loyal to his teammates.

In practice, a good teammate will lend their spare cap, goggles, or paddles to someone that needs them. He will encourage his teammates during a hard set and acknowledge a breakthrough workout with a high five. A good teammate respects other swimmers personal gear and returns any gear borrowed at the end of practice with a big Thank You!

At a swim meet a good teammate will cheer his fellow swimmers on during their race. He will stick around and lap count for the distance swimmers. He swims his best times on all relays and does not blame or point the finger at the teammate with the slowest split. He will have kind words to say after a good or bad race.

A good teammate also carries over to outside the swimming pool. You may be old enough to drive and pick up those on your team that do not have a ride. You might help another teammate with their studies if you excel in a subject that they have a hard time grasping. You will recognize and acknowledge a Santa Clara teammate at non Santa Clara Swim Club events.

A good teammate is a good person. To this day I still have Santa Clara Swim Club teammates that I consider teammates for life. The experiences, adventures, and challenges we shared at SCSC have made an imprint on me that will last a lifetime.

Be a great Teammate—GO SCSC!

Have you checked your volunteer hours lately... [Click here!](#)

The first recorded swim meet was held in Japan.

What's New at the Swim School?

Do you want to sign up for swim lessons but don't want to make a 10 week commitment this summer?

SCSC Swim School will have intensive two week sessions all summer long. Sessions will run from June 6—August 15 in two week groups.

Classes will run between 11 am—1 pm in 30 minute time slots.

These classes will be held at the Forest Park Cabana Club located at 2911 Pruneridge Avenue 1.2 miles from the International Swim School.



Masters Update— Coach Steve Hurko



The weather is warming up and the sun is setting later. Masters has opened enrollment for the Spring months and all groups are now accepting applicants of all abilities.

The SCSC Masters program works closely with many triathlon groups including TRIBE,

Team in Training, Team ASHA, and the Silicon Valley Triathlon Club. With the popular 29th annual Wildflower triathlon fast approaching, many athletes are getting ready for the big competition hosted at Lake San Antonio.

Most of our triathletes come to train here with hopes of improving their Freestyle as triathlons

are swam using the freestyle stroke. Our swimmers find that workout diversification through stroke work (Butterfly, Backstroke and Breastroke) is advantageous to their training ,working different muscle groups that they have not yet engaged.

Through help from our coaching staff and a little encouragement is working the other strokes they engage in more creative workouts thus building strength and endurance that repetitive freestyle sets cannot accomplish.

If triathlons aren't your, "cup of tea" check out our other groups catering to different levels of training, ability and fitness.

Come try us out today free of charge and see for yourself! For more information [Click here!](#)

Coach Highlight - Meet Coach LUBA

Luba coaches our Blue Bell girls. She recently took time out from her busy schedule to answer some questions so you could get to know her better.

How long have you been with SCSC?

10 years

What is your favorite hobby besides swimming?

Hiking and Yoga

What strokes do you swim?

Fly and IM

What is your favorite memory from SCSC?

A big bonus I received from Dick Jochum

What is the biggest difference in swimming since you started?

There is not a big difference only some turns and fast skin suits.

What is the hardest set you have ever given?

6-400IM

broken

descend from 1 to 6 to get the best swim to the last one.

What is your favorite food?

The Russian stuffed cabbage



A Blue Whale's belly button is about 8 inches wide.

SCSC Refuel - A Healthy Workout Dinner

Pizza Skewers

This simple and fun recipe is a twist on every kid's favorite, Pizza! Below are just some suggestions for your skewers but feel free to get adventurous, try ham, pineapple, artichoke hearts, cherry tomatoes and/or olives.

Serves: 4 Prep Time: 10-15 min. Cooking Time: 15 min.

Ingredients:

1 cup sliced pepperoni	1 club sliced Italian sausage
1/2 French loaf bread cut into 1 inch cubes	
1/2 green pepper cut into bite-sized pieces	
1/2 cup halved mushrooms	1 cup zucchini slices
1/4 club Italian dressing	1/4 cup shredded mozzarella
1 cup spaghetti sauce, warmed	

Directions: Preheat oven to 350 degrees F. Thread meat, bread and veggies onto skewer. Arrange in a single layer on a baking sheet and brush with Italian dressing. Sprinkle with cheese and bake for 15 minutes until heated through and cheese is melted. Serve with warm spaghetti sauce for dipping.



Santa Clara 44th International Swim Meet June 16th—June 19th, 2011 George Haines International Swim Center

The 44th International Swim Meet is just around the corner and is the last stop of the 7 Grand Prix Swim Meet Series throughout the USA which awards the top swimmer of the series a \$20,000 purse.

This meet is our signature event. This forum is our opportunity to show off our club to the rest of the world. It is expected that all parents participate in this event. Each family with a swimmer in White Bell or higher has mandatory volunteer hours at the International Meet.

We are also in need of help with donations, committee chairs, marketing, pre-event set up, and housing athletes for the event.

Please refer to our website for more information on the meet and how you can get involved.

Masters Swimmer Highlight: Erik Perkins

What is your favorite workout set? Longer sets are my favorite but, I can do that on my own. I like to come to Masters to mix it up and keep it interesting. I tend to like variable speed drills mixed in with some stroke work.

What started you in swimming? I was getting fat, so I signed up for Team in Training to do an Olympic Triathlon (Lavaman in Hawaii). Since then I have done several triathlons including Ironman Coeur d'Alene

What is your favorite food? Tough to beat a good slice of pizza and a Sam Adams Octoberfest

What to do you do in your free time (besides swimming)? When I am not swimming, biking, or running I ride my motorcycle, play with my dogs, hike and watch my Red Sox (although that has been a bit tough this year.)

What do you like best about swimming? It is a great fully body workout in a short amount of time. I don't feel beat up after it. The open water swim events, catfish swims, are so laid back and friendly.

What are your goals for the future? This year I am trying to cross the Death Ride off of my "to do" list. I think my next big event after that, probably sometime in 2012 will be the bridge to bridge.



Developmental Update- Coach Ana

Pre-Competitive

We are pleased to announce that after completing our Pre-Competitive Winter 2011 session we have moved 38 new swimmers into the competitive group Jr Bell. Congratulations and welcome to the Santa Clara Competitive team.

As we move forward and start our Pre-Competitive Spring session, we want to expose our little swimmers to a swim meet. We are preparing to set up a small swim meet at the end of the Spring Session for all of our swimmers to participate.

We need parent volunteers to make this happen. We will need timers, desk workers, and help rounding up the kids for the events. We will be sending out emails towards the end of the session to see if we can rally enough parent support to make this event happen for your child.

Jr Bell News

We have come a long way from where we started. We have been able to reduce the size of our group and focus on every child's development. We continue to move swimmers to higher groups.

I want to thank all the parents for your patience and dedication through this process and for your understanding with the parking situation at Harker.

Moving forward we have posted on the website a new calendar with the swim meets that we recommend your child attends. Please remember that it is mandatory for every parent to volunteer one hour of their time at the Swim meet to be a timer if your child is attending.



The first person to swim a 1:00 in the 100 Free was SF Olympic Club swimmer J. Scott Leary in 1905.

Ben Franklin invented swim fins.

Santa Clara Swim Club

2625 Patricia Drive
Santa Clara CA 95050
Phone: 408-246-5055
Fax: 408-246-5055
Email: Office Manager

Check us out on the web at
www.santaclaraswimclub.org

We Dream...We Train...We Achieve

Upcoming Meets:

4/30: 10&u Champs @ Morgan Hill
4/30-5/1: Stanford Invite (qualifiers only)
5/14-15: SLUG C/B/A+ @ Santa Cruz
5/19: Deadline to enter Monterey/Age Group Open
5/20-21: CCS Champs @ SCSC (high school)
5/22: SCSC Walk-On @ SCSC

Coming in May...New Parent Orientations will be offered every other month starting Tuesday, May 17th. We want to help make your transition into the Santa Clara Swim Club a pleasant one. Orientation is not mandatory however we encourage all parents/guardians to attend. RSVP for the May session [here](#). If you are not able to attend you can download our 2011-2012 handbook [here](#).

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