



# SCSC NEWS

March 2015

## 2014 Season Recap & Club Information!

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*As the 2014-15 Short Course Season wraps up and Championship Season approaches we want to wish every SCSC swimmer, parent and family member the best of luck and many memorable swims! SCSC has had some amazing results from swimmers and the team as a whole in 2014. We have also had some exciting coaching changes which will allow for more growth from our swimmers. Thank you for all your support and volunteer hours, we couldn't keep this team so successful without you. We are excited to begin a new era of SCSC and see what it has in store for us!*

Our hard work as a team last year paid off. We have been recognized as the 11<sup>th</sup> best team in the country by USA

swimming. These results were remarkable as we were number 34 last year and we were able to move from a Silver Medal Club to a Gold Medal Club. USA Swimming's Pat Hogan states that the Club Excellence Program identifies clubs that execute strong, well-rounded age group programs. Every person who walks through the gate from a master's swimmer to a Learn to Swim child has helped to make this team great. Along with our swimmers, the great leadership from coaches and volunteer work by family members has helped propel SCSC to number 11 in the country. Great work everyone!

We are coming off a successful Winter season and approaching the equally successful Spring Season. Our team had some great finishes at Nationals and Junior Nationals. At Nationals Coach Eric Riss was our top finisher placing 3<sup>rd</sup> in the 200bk. With an amazing turn out for Junior Nationals, we were able to finish in 8<sup>th</sup> place overall as a team. Sandra Soe brought it home for the ladies placing 3<sup>RD</sup> in 500fr and 6<sup>th</sup> in 1650fr. The women's 800fr relay also took home an impressive 7<sup>th</sup> place finish. Aidan Burns and Michael Messner pulled off some outstanding swims coming off of Nationals. Burns placed 2<sup>nd</sup> in 200 and 500fr and 3<sup>rd</sup> in the 200IM. Meanwhile, Messner placed 4<sup>th</sup> in 500fr, 6<sup>th</sup> in 1650fr and 4<sup>th</sup> in the 400IM. The men's team not only placed 8<sup>th</sup> in the 200fr relay but also recorded a new Junior National record time in the 800fr relay. We also had three swimmers named to the Pacific Swimming All Star Team along with one coach. These swimmers exemplify the spirit and effectiveness of the SCSC program beginning with our age groupers and continuing through to our senior swimmers. Congratulations to all our amazing swimmers!

As we turn to the next quad (we think in four year increments that coincide with Olympic competition), we once again focus on the process that helped us achieve outstanding progressive results over the previous two. Our progression will continue as we refine and enhance our core principles:

**Teaching:** We are teachers first and coaches second.

**Environment:** We want our athletes' time here to be fun, include friends, and be intrinsically good for the athlete both physically and holistically.

**Communication:** We know the key to our success is consistent and clear communication with both families and athletes, and we constantly strive to improve in this area.

**Dryland:** We are committed to the benefits of dryland training and its positive effect on our posture, strength development, and flexibility.

**Strokes:** We are committed to long-term development which includes a focus on all strokes, IMs, and distance freestyle as a base to improvement.

*I hope this newsletter answers the questions that both new and returning families may have. If not, please call your coach or me, as I am always happy to help.*

**– John Bitter**



Girls Medley Relay at JRs  
Sarah, Sandra, Sophie, & Stefanie

## Department Profile: Pre-Competitive

The Developmental program here at Santa Clara Swim Club was started in 2002 and has for over a decade been at the forefront of the movement to create potential swimmers. We strive to find new and inventive ways to deliver a finished product to our competitive division of athletes who are not only successful in the water but in all aspects of their lives.

Under the careful supervision of Philip Steele this program has been taken to new heights as we streamline and find new ways to expand our program. As we look for ways to cement our place in the world of Developmental swimming, the program continues to grow. The team began with over 270 athletes which made us one of the largest precompetitive programs in the continental United States.

Our Developmental program is also the home of our White Bell 1 and 2 groups which feed into our competitive groups directly. In the past year we have moved a total of 100 athletes into the competitive groups. Every swimmer who is a part of the Developmental program is proud to wear the Santa Clara Bell and know that they are a part of history. Our Developmental program hopes to cement Santa Clara's place in the history of this movement.

## Welcome Coach Alejandro!

We all want to say welcome to the newest addition to our staff! Alejandro Contreras will be our new Gold Boys lead coach. He comes from Portland, Oregon where he coached at Dolphins Swim Team. Originally from Bogota, Columbia, he moved to the U.S. at the age of six to begin swimming in Oregon. He was mentored by Larry Leibowitz at Oregon State University and soon found a passion for coaching at Lake Oswego Swim Club. In 2011 he found his new home with the Dolphins Swim Team. Under his guidance he developed and grew their boys and girls 11-14 age group from being a top 5 state team to a winning team. The team now boasts multiple nationally ranked individuals as well as relays. His goal is to develop swimmers into complete athletes with a strong focus on power, agility and speed; both in and out of the water.

## 10 FOODS SWIMMERS SHOULD BE EATING

6/17/2014

BY JILL CASTLE, MS, RDN

The mystery behind what to eat is never-ending, partly because miracle foods are constantly surfacing while other foods fall from grace. When it comes to the growing swimmer, what to eat is important for growth and development, and also for athletic performance. Many children and teens in today's world are missing out on calcium, vitamin D, fiber and potassium. Teens and athletes in general may be at greater risk of nutrient deficiencies if they skip breakfast, snack on nutrient-poor foods and use diets to control their weight.

Given this, here are 10 foods that will keep your nutrient intake high and your risk for deficiency low:

**Nuts:** All nuts are chock-full of healthy fats, fiber, protein, magnesium and vitamin E. Use them to top yogurt or cereal, or just grab a handful on the way to practice.

**Seeds:** Similar to nuts, seeds are full of fiber, healthy fats, magnesium and vitamin E. Eat them like you would nuts.

**Ready-to-eat cereals:** Cereal is fortified with nutrients such as folic acid, iron and vitamins A and E, making them a good source for these micronutrients. Have it for breakfast, snack, or dinner in a pinch, but beware of choosing cereal with too much sugar. Cereals with less than 8 or 9 grams of sugar per serving are best.

**100% orange juice:** Increasingly, you can find calcium and vitamin D- fortified OJ. Orange juice is naturally a good source of folic acid and vitamin C. Don't guzzle it though! Orange juice can be a significant source of calories when more than a cup and a half is consumed daily.

**Beans:** Magical indeed! Full of fiber, protein, iron, zinc and magnesium—find ways to fit beans into your weekly (or daily) diet. Roast them for a crunchy snack, top a salad or burrito, or throw them in with diced tomatoes for a hearty pasta dish.

**Low-fat cheese:** An easy snack or serve it mixed into casseroles, pasta and in sandwiches. Low-fat cheese is full of calcium, potassium, and protein.

**Low-fat yogurt:** "Nutrient-rich" is an understatement! Yogurt is a good source of calcium, vitamin D, potassium and protein. Go for Greek varieties if you are looking for extra protein. It's great as part of a meal, as a snack, or dessert.

**Low-fat milk or soymilk:** Dairy milk is a natural source of calcium, potassium, protein and vitamin D. If soymilk is your go-to, make sure it is fortified with calcium and vitamin D. Many athletes use flavored milk (chocolate milk) for a post-workout recovery drink.

**Dark-green leafy vegetables:** These veggies like kale, spinach and collard greens offer iron and calcium. Pair these veggies up with foods high in vitamin C, or serve with meat to maximize the absorption of iron from the vegetables.

**Orange fruits and vegetables:** Loaded with vitamins C, E, A, and potassium, these help your immune system stay healthy.

How many of these foods are you getting on a regular basis?

*Jill Castle, MS, RDN is a childhood nutrition expert and co-author of *Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School* ([www.fearlessfeeding.com](http://www.fearlessfeeding.com)). She is the creator of *Just The Right Byte* ([www.justtherightbyte.com](http://www.justtherightbyte.com)), and is working on her next book for young athletes, called *Eat, Compete & Grow*. She lives with her husband and four children in New Canaan, CT. Questions? Contact her at [Jill@JillCastle.com](mailto:Jill@JillCastle.com).*

## SPRING MEET SCHEDULE

March 14-15th	PLSSRII
March 20-21	Junior Olympics
March 24-28th	ISCA Juniors
April 9-12th	Far Westerns
April 15-18th	Mesa Grand Prix
April 18-19th	SCSC SrII
April 25th	10&Under Champs
May 9-10th	DACA C/B/A+
May 15-17th	CCS&CC S Walk-On
May 23-25th	SCSC & Mission Viejo Dual
May 23-25th	Monterey Age Group Open
May 29-31st	DACA C/B/A+

## UPCOMING EVENTS

Please refer to this section for postings of SCSC events! Please check with your coach or Division Leader for group and divisional events.

**Team Banquet** May 2015 TBA

**Team Intersquad Meet** May 2015 TBA



SCSC @ the Stanford v. Texas swim meet

## Contact Information

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## COACHING ASSIGNMENTS



Caitlyn, Nanette, Kelly, & Hailey at FW



Cheering on Sandra Soe at Junior Nationals



Coach Nicole talking with some Yellow Bells before their races

<b>GROUPE</b>	<b>COACHES</b>
White Bells	Kendall Owens Robin Amendt
Yellow 2	Mark Taliaferro, Nicole Pang, Shelbi Campbell, Sveta Cocol
Yellow 1	Mark Taliaferro, Nicole Pang, Shelbi Campbell, Sveta Cocol
Blue	Matt Sanspree, Patricia Laverty
Gold Girls	Luba Pohilenko Brett Frazier
Gold Boys	Alejandro Contreras Eric Ress
Performance Prep	Ricky Silva Brett Frazier Patricia Laverty
Senior	Michelle Kimutis
Performance Blue	Brad Meacham Matt Sanspree
Performance Yellow	Dave Meck
High Performance	John Bitter Allison Bebe Courtney Monsees