

Coach's Corner

SCCA

February 2009

Santa Cruz County Aquatics (831) 429-SWIM

2009 Zone 1 Champs - A HUGE Success!

We had an AMAZING swim meet this past month in Santa Clara - with 18 swimmers achieving 100% Personal Best Times!

Our team now has:

14 Junior Olympic Qualifiers and 7 Far Western Qualifiers!

Thanks to ALL of SCCA's hard work, our team earned

**1st Place in our
Division!**

Congratulations Swimmers, and thank you Parents!

Keep up the Amazing Work!

~Coach Meredith

Swimmers with 100% Best Times:

Gracie Kew

Carmen Brereton

Kiersten McGuckin

Megan Tucker

Tori Roberts

Haley Rosenthal

Elana Sanford

Russell Meck

Chris Sellado

Alexis Krbec

Saige Manier

Savannah Wohlstattar

Brennan Atsatt

Keith Brayton

Charmille Junge

Caleb Terzich

Adam Brayton

Brian Schulze



Upcoming Dates:

Team Spirit Day 2/9

CAB Junior Trial & Final @ UCSC 2/14-2/16

NO PRACTICE Presidents Day! 2/16

San Jose C/B/A+ 2/21-2/22

Sectional Champs in Las Vegas 2/25-3/1

Spirited

Swimmers of the Month:

- Maiya McQueen
- Christie Frush
- Kristin Fauske
- Elizabeth Sprenkel

To get Swimmer Bios and pics, go to our website!

Simpkins Locker Room Update

As you may have noticed, the back locker room construction is now complete! There are new sinks, showers, and bathroom stalls.

Many swimmers and parents have been asking us if we are allowed to use the locker rooms now that they are

finished, and, unfortunately the answer is no. At this time, they are re-modeling the front locker rooms now, so the entire facility is depending on the rear bathrooms for use. We understand that this has been a long, cold time without showers or indoor changing, how-

ever we appreciate your patience as we cooperate with the Simpkins Staff.

In a few months, construction will be complete, and (hopefully) we will re-gain full use of the rear locker rooms!

We're on the web!
www.santacruzcountyaquatics.com

A Word from Coach Meredith:

429-SWIM ext. 2
coachmeriann@yahoo.com

Hey Swim Families!

Winter is coming to an end (yay!) and we need to start our spring planning!

Spring and Summer are very busy months for this sport, so let's make sure to stay organized with our meet entries and workout attendance!

This "newsletter" is a great way to stay current with upcoming swim meets and team events. You can also keep up with our busy team online!

www.santacruzcountyaquatics.com !!

One of my favorite things about our wonderful team is our Team Spirit!

With swimmers cheering for one another during workouts, doing school reports on our swim team, or taking the time to reach out to a fellow teammate, we are the most SPIRITED team in the Bay Area! It's no wonder this team feels more like a family than an after-school activity....we ARE family!

So keep smiling, keep swimming, and keep winning, SCCA, because you ROCK at it!

~Coach Meredith Rhodes

February Birthdays!

Kristin Fauske - 2/3

Izzy Chee - 2/6

Taylor Miller - 2/13

Jordan McQueen - 2/25

Elizabeth VonHaunalter-2/28

Coach Sophie Says:

429-SWIM ext. 5
sophie.mccollum@gmail.com

Hey Swimmers!

I would like to congratulate the Junior Silver swimmers who competed at our Zone 1 Championships - they had outstanding swims and spirited relays! Let's keep up the momentum of great racing into our next team meet, the San Jose C/B/A+ held at Gunderson High.

To me, the most important aspects of competitive swimming are the athlete's technique and mindset. I will continue to focus on the details of proper swim

"A Happy Swimmer is a FAST Swimmer!"

stroke with my group, and fully prepare them for their future swimming careers. With the right attitude, any swimmer can reach the top! So let's work on making those strokes even MORE beautiful, and keeping focused on our individual and team goals for the season.

Have a great month, SCCA, and I'll see you at practice!

-Coach Sophie McCollum

Coach Caitlin's Words of Wisdom:

429-SWIM ext. 4
caitlin@fireflycoffee.com

Hey Guys, I am so excited that we have this great new communication outlet. I would like you all to know how hard the kids have been working this season! I am constantly amazed at how truly amazing these kids are. Everyday they teach me something new, and I am so grateful for it. This month at practice, I am going to be teaching the kids what it means to be part of a team. I think that being part of a team, is so important to growth, and

it has made me what I am today! So with that I will leave you with a quote.

"When a team outgrows individual performance, and learns team confidence, excellence becomes a reality."

-Joe Paterno

Have a great Month!

-Coach Caitlin Parker



***To submit an article or photo to "Coach's Corner", please email Coach Meredith.

SCCA Needs YOUR Help!

Ever think about being a crucial part to USA Swimming, SCCA, and Pacific Swimming all at once?

NOW YOU CAN!

We need more parents to become Stroke & Turn Judges, which are mandatory for our swim meet participation. Getting trained as a Stroke & Turn Official is easier than you think!

Please contact Tom Wolff (Leah, Maureen, and Jacob's dad) for information on training and signing up!

Thanks for helping our great team!

Tom Wolff - (831) 427-9776



Did you Know?

Did you know....that by ordering swimming equipment through our team website, our team receives 5% Cash Back on all purchases?

Here's how:

1 - Go to our website @ www.santacruzcountyaquatics.com

2 - Click on the banner at the top of the page, "Official Team Store"

3 - Shop away! You can buy swim suits, goggles, fins, kick boards, racing suits, pull buoys, and much more!

Pre-Comp

We are well into our 4th Session of Pre-Comp for the '08-'09 season!

Dates for this session are January 26-March 16, with NO PRACTICE on February 16 for President's Day.

Next session will begin on March 30th, and the cost is \$80 for the 7 week session.

Swimmers practice once a week on Mondays, from 5:15-6PM @ Simpkins Swim Center.

This program is the perfect stepping stone for young swimmers who might be interested in competitive swimming. Swimmers are taught the basics of all four competitive strokes, as well as race dives and turns.

Classes fill up VERY fast, so please sign up EARLY!

To sign up for the March 30th Pre Comp, please call Coach Meredith to reserve your spot!

Coach Meredith: (831) 359-8239.

Swim Joke of the Month:

What do a Swim Coach and a Dentist have in common?

To get the Answer, check our website under "News"!

Practice Schedule

Beginner: M-F 4-5PM @ Simpkins

Junior Silver: M-F 4-5:30PM @ Simpkins

Junior Gold: M 4-6PM @ Simpkins

T-F: 4-7PM @ Simpkins

Sat: 8-11AM @ Cabrillo

Senior: M/W/F: 5-6:30AM @ Cabrillo

M: 4-6PM @ Simpkins

T-F: 4-7PM @ Simpkins

Sat: 8-11AM @ Cabrillo

Pre-Comp: M: 5:15-6PM @ Simpkins

Members of the Board

President: Katie Wohlstattar - ekklub@comcast.net

Vice President/Meet Director: Judy Locke - zlockenest@aol.com

Head Coach/US Rep: Meredith Rhodes - coachmeriann@yahoo.com

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Recording Secretary: Laura Ryle - Lryledvm@redshift.com

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Member at Large: Jeannine McGuckin - mcguckinsix@hotmail.com

Member at Large: Bruce Copley - coplebru@mindspring.com



Coach's Corner



February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Happy B-day Kristin Fauskel!	4	5	6 Happy B-day Izzy Cheel!	7
8	9 Team Spirit Day!	10	11	12	13 Happy B-day Taylor Miller!	14 CAB Meet @ UCSC
15 CAB Meet @ UCSC	16 NO PRACTICE! CAB Meet @ UCSC	17	18	19	20	21 San Jose C/ B/A+ @ Gun- derson High
22 San Jose C/B/A+ @ Gunderson High	23	24	25 Sectionals in Vegas Happy B-day Jordan McQueen!	26 Sectionals in Vegas	27 Sectionals in Vegas	28 Sectionals in Vegas Happy B-day Elizabeth Von- Haunalter!