



We Dream We Train
We Achieve

Making Waves

SCSC QUARTERLY NEWSLETTER | SUMMER 2012

Making Waves

Thank you to all of our volunteers and sponsors for making our 45th International Meet such a success!



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FROM THE POOL DECK



Head Coach
John Bitter

“One of the Club’s goals as a leader in USA Swimming and amateur sports is to support swimming and aquatic safety in all forms in our community”

We started this year with a mission to make an impact in our community by educating Santa Clara residents about water safety and involving ourselves with other organizations to promote healthy lifestyles for all ages. I would like to share with you some of the Club’s successes for this year.

Learn to Swim

The Learn to Swim program took this year to reach out to the youngest members of our community and teach them the importance of water safety. Partnering with Make a Splash and the Joshua Collingsworth Memorial Foundation we took the message of water safety and importance of learning to swim to local Preschool and Kindergarten classes. Our instructors read books and did fun activities with the kids to teach them the importance of being safe in and near any body of water. Learn to Swim also ramped up our scholarship program for 2011-2012 and provided financial assistance to deserving Santa Clara Families, giving over \$10000 in scholarship lessons.

Precompetitive

Looking for a home for our precompetitive program we had many options we chose to partner with Peterson Middle School and rescue their pool from closure. Our partnership allowed the school to keep the pool open for its students PE program. Additionally we donated lane lines, and flags for a safer swimming experience. We also donated pool covers allowing the school to save money on their energy cost.

Competitive Team

We renewed our partnership with Santa Clara High School this year with all rent monies given to the school going directly to their athletic programs. At the George Haines International Swim Center we have donated to the City of Santa Clara a 20k refurbishing our short course blocks, new showers for the men’s and woman’s locker rooms, and purchased an additional set of long course blocks to keep the cities pool looking good and up to date.

We look forward to your support and encourage you to join us as we bring our sport and enjoyment of aquatics to our community.

2012 Olympic Trial Recap

Congratulations to our Olympic Trial qualifiers who returned home from a week in Omaha, NE. SCSC took 8 swimmers to the meet this year: Charlotte Ruby, Sam Shimomura, Michael Nunan, Courtney Monsees, Matt Hurko, Ryan Hinshaw, Alex Wold and Russ Payne. Alex Wold was our highest ranking swimmer at this trials. He placed 9th in the 400 IM with a best time of 4:19.84, and finished 20th in the 200 IM with a best time of 2:03.28. We had lots of fast swimming and best times by our trials team and they all left Omaha with a great experience and already looing forward to 2016.

Congratulations to all of our Trial finishers.



COMPETITIVE NEWS



Director of Competitive
Swimming **Dave Meck**



Summer time has arrived at SCSC and the first half of 2012 has quickly flown by. We began the year with a first place finish at the Zone 1 South Championship. As the season rolled along we had our highest placing finish of 2nd place at the Short Course Far Western Championships. The month of May was highlighted by an inspirational talk by former SCSC great Tom Jager who brought with him his Olympic Gold Medals to show our athletes. At the CCS High School Meet, SCSC swimmers shined throughout the meet, with Sam Shimomura and Michael Nunan setting meet records. The SCSC Age Group Team successfully defended their Monterey Youth Cup Challenge over Memorial Day Weekend and just recently we ended with another successful International Meet hosted by SCSC.

I can't help but marvel how our membership bonds together at International Meet and puts on such a well organized event. The success of this meet is driven by all of our volunteers who dedicate themselves to being great hosts and making sure all the competitors and coaches are taken care of. It is a true reflection of Santa Clara Swim Club and our dedicated unique membership. The SCSC Coaching Staff thanks you, we could not run this meet without you.

We have moved to our summer schedule and are now deep into the very short Long Course Season. We schedule our practice time around the City of Santa Clara summer recreation hours of 11AM –5PM. Therefore on June 1st we had to switch over to the summer schedule. I know that this was a major inconvenience for many families who were still in school, thank you for your patience and understanding. It is very important to make it to practice as much as possible. The end of the season is only 5 weeks away for most SCSC swimmers, don't let it pass you by.

This summer is also an Olympic year with all eyes turning to London. Let's ride this Olympic wave with great swimmers as we prepare for the upcoming fall season. Go SCSC

COMPETITIVE COACH HIGHLIGHT

Courtney Monsees



What brought you to SCSC?

I began swimming at Santa Clara Swim Club when I was three years old in the teaching pool. My parents wanted me to do swim lessons for about a year for water safety, little did they know that it was just the beginning of a long dedicated 20 plus consecutive year relationship with the club.

What is your favorite thing about coaching?

When a swimmer shows valid effort in doing what is asked of them and in consequence, shows dramatic improvement. Also, I feed off of the excitement I get when a swimmer does something he or she didn't know they were capable of doing.

What is your swimming history?

- Qualified for first Olympic Trials at age 14
- Olympic Trials qualifier in the 50 free, 100 free, 200 free, and 200 IM
- Competed in the Olympic Trials in 2004, 2008, and 2012
- 7 time CCS Champion (3 titles in the 200 free, 4 titles in the 500 free)
- Swimmer of the year 2006 and 2007
- Currently holds each record in each individual event at Leland High School
- 4 year NCAA qualifier
- 6 time All-American University of Georgia

What is your favorite quote?

"To make the team is going to be sweet; to fail is going to be very painful. Either way, the sun will come up the next day and life will go on. But those who strive, those who leave nothing on the table, those who will take the risk, will all be winners. Life is truly sweeter for those who truly live it. The world belongs, and will always belong, to the people who participate. Those who stand on the outside, who never risk, who never fail, cannot now, or will they ever, understand the beauty of each breath of life. So don't feel sorry for those who fail, feel sorry for the majority that never participate. They'll just never understand, let alone feel; all that life can and should be." -- Dick Jochums

What is your favorite food?

I crave chocolate at least three times a week. Dark, milk, white, chocolate with nuts, I enjoy any type of chocolate.

What do you want your swimmers to know about you?

That I know what I am talking about, I have grown up doing the same thing in the same pool with many of the same coaches. I have been through and understand that there are different struggles and frustrations with different ages and that swimming is not always fun. I want them to know that I am more than willing to talk and answer any questions that they might have.

PRE-COMPETITIVE NEWS



Pre-Competitive Coach
Ana Eppel

We just completed our "Spring Session Swim Meet". Each of our Pre-Competitive swimmers participated in 4 events and left the meet with ribbons and new goals for the Summer Session. We want to thank you all our parents that volunteered their time to make this event possible. As we move forward into the next quarter, we are determined to keep improving the program and supporting our swimmers as they transition into their new groups.

The Bronze and Junior Bell groups had an exciting spring. Our Jr Bells have started to actively participate in swim meets thus resulting in moving close to 40 swimmers into the White and Yellow Bell Groups. We are excited to see how the next levels will challenge and improve their skills. Our Bronze groups continue to grow and develop with 70 swimmers now in the program.

We are in the midst of parent orientation meetings at Peterson for all our new Bronze and Jr Bell parents. The Orientation meetings are a great place to get your answers to your questions. Orientations are every Monday at 4:15PM and every Tuesday at 6:00PM for 3 weeks. Our last scheduled orientation will be Tuesday, July 10th. We look forward to seeing all the parents at a meeting. If you are unable to attend the orientations, the information will be online after July 12th, 2012.



Swimmer of the Quarter: : Joshua Coutts

Joshua Coutts joined the Bronze group in February of 2012. Since joining this group he has improved tremendously and has shown a lot of talent. He is a dedicated, self motivated individual, who works hard and tries to improve on every level. He enjoys swimming as well as running and hopes that one day he will get an athletic scholarship.

About Me



- ★ My favorite workout sets are the IM Sets.
- ★ I started swimming because I lived on an island and was surrounded by water.
- ★ My favorite food is fish.
- ★ Besides swimming I also like to run.
- ★ What I like best about swimming is that it's a sport you can do all the time even if you are injured.

MASTERS NEWS



Director of Adult Swimming
Steve Hurko

Summer News

Summer is here and the heat is here to stay. Santa Clara Swim Club has a lot of programming to offer our swimmers of all ages. Don't let your child be the only one in the family enjoying ISC this summer. Santa Clara Masters members can choose from over 39 workouts per week, with workouts for the beginner, intermediate, and experienced swimmer. Our most popular day of the week for swim

parents is Saturday with our workout/ lap swim running from 9:30-11:00AM, which is parallel with the Yellow Bell workouts. As parents you go above and beyond for your kids, providing them with the best, why not take some time for yourself?

Upcoming Events

Upcoming Events

July 5-8 - USMS LCM

Championships, Omaha, NB

July 21 - TOC, Trans Tahoe Relay,
Lake Tahoe, CA

July 29 - CRUZ, Cruz Cruise, Santa
Cruz, CA

Planned Closures:

July 14th – Cabana Swim Meet

August 11th-19th – SCSC Planned
Closure

MASTER COACH/MEMBER HIGHLIGHT

Soren Thorvald

This quarter the Masters Program is highlighting coach Soren Thorvald. Soren currently coaches our Masters group 2 & 3 as well as our Bronze Level. As a coach he sets high expectations not only for himself but also his swimmers. Soren has done great things with each of the groups he works with, demanding the very best of his swimmers at all times.

Coach Soren joined the SCSC family back in the summer of 2009 after a career in the financial sector. When asked about the shift in occupation Soren says, "While I was still in the finance world, I needed something to take my mind of the spreadsheets and numbers so I returned to my old love of swimming. After realizing that coaching was much more fulfilling than finance I turned to full time coaching in 2011 and I have not looked back since."

Soren, an avid triathlete began his swimming career back in Denmark at his neighborhood swim club and soon found his love for the water. As a distance swimmer his swimming career saw many milestones like age group and junior local, regional and was also a member of the

Junior National Champion in the 4X100 Medley relay. With distance swimming background Soren took to both participating in and coaching triathletes. His strong background and experience in the sport is a great resource to have with the Masters program as a large percentage of our Masters program are triathletes themselves.

To this day Soren's fondest memories of the club stem from the, "I got it!" moment, where the light bulbs turns on and the swimmer's eyes light up.



Did you know we offer special prices for Team in Training and other Triathlete groups.

Contact Steve Hurko for more information.



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RAGING WATERS 2012

TAKING SOME TIME



Volunteer Hours Reminder

Volunteer hours must be completed by the end of August.
Please contact Kim O'Brien if you need help today!



Sign up for our
Learn To Swim
Fall Signups
Begins
August 4th





Coach
John Mullen

Body Composition

By G. John Mullen founder of the [Center of Optimal Restoration](#), head strength coach at Santa Clara Swim Club, and creator the [Swimmer's Shoulder System](#).



Measuring body composition is mandatory for tracking fat loss. Many people use a typical scale to decide if they are losing fat, but a scale tells many lies. The scale is unable to differentiate body composition and often leads to many thinking they did not lose weight, when they actually lost fat mass, but gained muscle fat mass.

In my mind, there are two lines to reach when it comes to body fat percentage. If you're a slender man, then shoot for 12% to see a six-pack. If you're a larger male, shoot for 20%, which will decrease many health risks associated with obesity. If you're a female looking for the athletic build, shoot for 18%. Females striving for a healthy lifestyle and more junk in the trunk, strive for 25%

Another poorly used tool is the body mass index (BMI). This index uses body weight and height, but does not account for muscular mass or body size. I won't break down BMI because it NPR did a great review in the past, check out NPR's take on [10 reasons why the BMI is bogus](#).

The take home point is BMI uses bad science and math, so why are we judging Americans with this poor, inaccurate method. The reason is simplicity. However, life and fitness are not simple, therefore our methods to measuring and tracking body composition isn't simple.

Too often we want straight forward answers to a complex problem. When people often ask me what their ideal body weight is, and I have no clue the answer. I can tell them a healthy body weight, or a body weight where they'd look good naked, but this individual question is similar to the meaning of life, or the favorite child conundrum.

At COR we use body composition via body impedance. This scale is not the most accurate, but like other methods is consistent. If you're looking for an exact body composition, get a Dual Energy X-ray Absorptitometry (DEXA).

Tracking and keeping track of your body composition is essential. However, realize fluctuations do occur within a day, week, and month (especially women). Therefore, make sure you are monitoring and making the necessary adjustments to meet your body composition goals. Don't let the scale and BMI derail you from your path. Determine your ideal body composition and don't stop until you reach it! These isn't easy, but if you want the easy route get some liposuction and your BMI, but you'll like end up like the projected 42% of obese Americans by 2030!

Combine nutrition and exercise and get started today! COR offers [personal training](#), [boot camps](#), and [consulting](#). Make sure you're on the correct path for success.

Why Boot Camp?

In a recent boot camp session one of our clients described her history of low back pain before starting the camp. She told me she had chronic low back pain, yet performed yoga consistently. Since starting the camp, she has decreased her number of yoga sessions and increased her boot camp attendance. Now she has resolved her low back pain and is able to dead lift her own body weight.

Her improvements are likely three-fold:

1. **Yoga:** Decreasing yoga allowed her back to become stable. This boot camp client demonstrated a large range of motion and instability in the low back. Many yoga positions promote low back mobility; unfortunately, low back mobility is one of the few things correlated with low back pain! Don't get me wrong, a lot of stretches in yoga are healthy, especially to the hips and mid-back, but not all of them are gems. Also, I feel the concentration on breathing is the most beneficial aspect of yoga. Our stressful society chest and neck breathers which lead to neck, shoulder, and low back pain. It is very important to make sure you are diagrammatically breathing during core and mobility exercises. Lastly, Yoga is often improperly instructed in many fitness gyms, leading to excess stress and strain on the low back.
2. **Muscle Length:** Her low back pain resulted in poor tissue quality in the low back and hips. An important distinction is the difference between mobility and good tissue quality. This client could touch her toes, but a simple tennis ball to the quadratus lumborum and tennis fascia latae left her in tears. Remember muscle tissue quality, or as I simplify as muscle length, is important to maintain. Performing soft tissue mobilizations on a daily basis, help you find common 'problem' areas and allow you to ponder what is causing these 'problem' areas, and then adjust.
3. **Muscle Strength:** She also had poor core strength and low back stability. As discussed, she was highly mobile and demonstrated low back instability. Having large range of motion requires more stability at the joint. Low back stability was essential to giving her a stable spine for movement to prevent excessive stress and strain in the low back.

Her story is one of many who have found benefits with the [boot camp](#). Many people feel this program is a miracle exercise class, but it is just a science based, well-thought exercise class.

Optimize Life Everyday,

GJM