

JULY 2020 | ISSUE NO. 6

SCSC MONTHLY



What's Inside

JULY 2020

GOODBYE, COACH MACKENZIE

We share a look back
at Coach Mackenzie's
time at SCSC



FOURTH OF JULY FUN

Sharing your
indoor/outdoor
Fourth of July escapades
with Us

SWIM TRIVIA 2020

Challenge your knowledge
of swimming history. No
cheating -answers will be
shared in next month's
issue!





Goodbye Coach Mackenzie!

As one of our favorite coaches, it's hard to say goodbye to Mackenzie. We sit down one last time to talk about her time at SCSC and her plans for the future. We will miss you!

Jerome: What age group will you be coaching in Mission Viejo?

Mackenzie: I'm leading a Senior Group, assisting some other Senior groups and some PreSenior level groups as well.

Jerome: Have you gotten a chance to meet any of the swimmers there yet?

Mackenzie: A bit. I was down there last week so I got to meet most of the staff down there and some of the kids but it's hard especially with social distancing to actually get to meet them.

Jerome: Yeah, I guess that's more of the stuff that you get to do on your first day. What are the coaches like down there?

Mackenzie: Honestly, it has a similar feel to Santa Clara, it's a mix of kind of older coaches and younger, heavily younger staff. They all seem to get along really well and seem to want to work hard, to be there for the kids and the rest of the staff.



Jerome: I'm noticing when I talk to coaches like Tom and Dave, and even John, they kind of have the old school attitude and approach to coaching. And just noticing some of the things that Logan is doing, that Travis is doing, Stephen is doing; it's a completely different approach to swimming. It's kind of exciting to see where swimming and coaching is going.

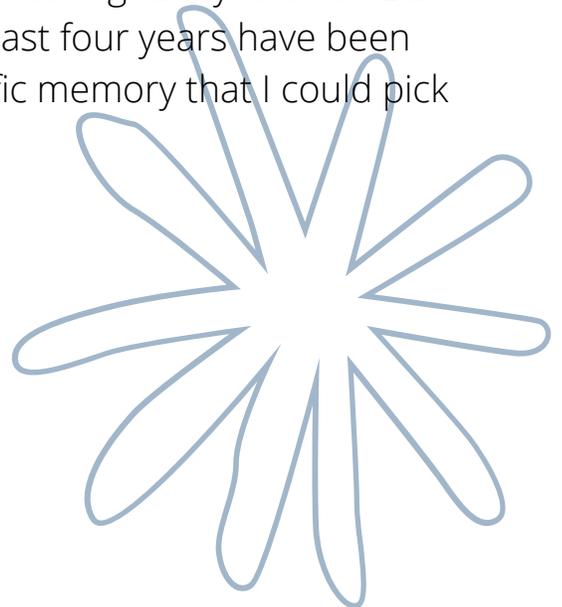
Mackenzie: Yeah it is. And I'm excited to work with different coaches, I mean I've learned a lot from the coaches at Santa Clara. Everyone does stuff differently so it's exciting to work with and learn from different coaches who have different ideas and philosophies.

Jerome: Is there anything you're really looking forward to in Orange County? Like hobbies and stuff like that.

Mackenzie: I'm excited to be a little bit closer to the beach and I'm hoping to learn how to surf. And I'm excited to find a new climbing gym down there, hopefully when everything's opened up again. I'm just excited for new experiences.

Jerome: Ok, switching gears. Favorite SCSC moment?

Mackenzie: I've had so many great memories at Santa Clara, both with the kids and the staff. I really enjoyed getting to travel with the Senior groups this year. I've loved getting to work with the little kids because they're always hilarious and silly, and you know, always have something funny to offer. But generally my experience at Santa Clara over the last four years have been really great. I don't even know if I have one specific memory that I could pick out or take away from those four years.



Jerome: I always think of the meets, well I don't know. Most of my memories are during practice but it's always during meets when you see kids get really emotional, you know, and uncomfortable and kind of look to you for guidance. And those are the times you can really lift them up and get them refocused on what they should be doing.

Mackenzie: I love meets because I feel like it's a way for us to get to know kids, especially with the sizes of our groups, it's a way for us to get to know kids on a different level that we otherwise wouldn't. Even when I had twenty-something kids at a meet it was still so much more impactful than just seeing them on a daily basis. It's just a different experience. Like you said, they're under a different level of stress at a meet and it comes up in different ways for each kid. And getting to see that and learning how they deal with that stress and helping them kind of cope with that is one of my favorite things about swimming. Just getting to be there for them in a different way than we are just at practices.



Jerome: Any hard lessons through coaching that you'll take with you?

Mackenzie: I think one of the biggest takeaways that I have is that hard work is never a bad thing. Whether it's in the context of kids in the water or me as a coach, I feel like I've worked really hard at Santa Clara for the last four years. I've taken on a lot of extra work. And I feel far more prepared than I would if I was content just being on deck. But it's a lesson that applies to our kids too, the way they show up in practice or school is what's going to prepare them for what comes next. Santa Clara has a different culture than a lot of other clubs. The expectation is that you work really hard and take on a lot of extra things and so I feel like that's prepared me in a lot of ways for a different club. To be able to walk in knowing that that's already how I experienced working for Santa Clara.

Jerome: What will you miss most about SCSC?

Mackenzie: The people. The kids, the parents, the staff at Santa Clara have been phenomenal. I've known Mark for 20 years, he was my coach when I was a kid and I've now worked with him for four years and so I'm definitely going to miss him and all the rest of the coaches that I've gotten to work with over the last four years. I've formed friendships with both staff and parents that I don't think will go away after I leave and I'm definitely going to miss all the kids. This year getting to work with the PreSenior kids was awesome because that whole group right now is the first group of kids that I've had when I got to Santa Clara. So I've got to repeat with them and get to work with them again and I'm going to miss the people the most, for sure.

Jerome: I'm really glad that you said that. It does feel good to see a kid that's really rough and then see them again in a more senior group. You kind of see like, "oh you're still the same kid but you have a lot more things you can do in the water now".

Mackenzie: Some of them are a lot more talkative than they were at 10 and some of them are, you know, sillier and wittier than they were four years ago. That's fun to see some of that personality come out more or kind of evolve as they get older.

Jerome: Do you want to say anything to your SCSC swimmers?

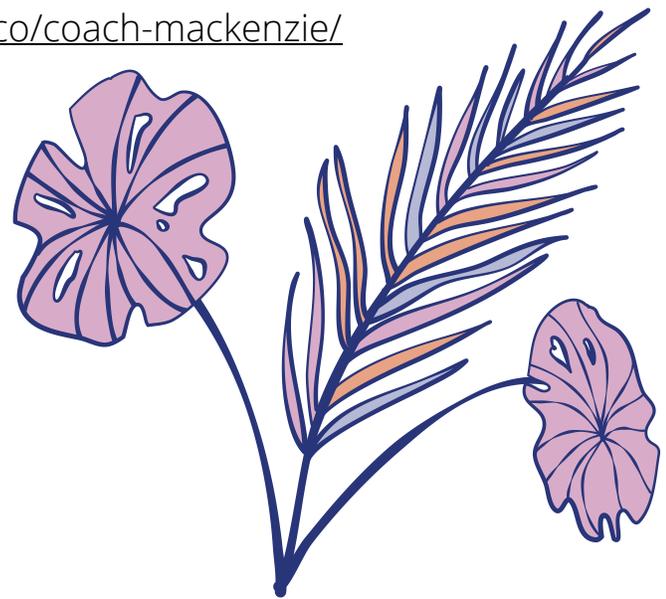
Mackenzie: The kids, the parents, the staff at Santa Clara have all been important to me over the last four years. And I hope that the kids understand that it's of course not personal or a reflection of them. Rather it's time for a change in my life and that I have loved working with them and I'm going to miss them a whole lot but I'm so thankful for the time that I've gotten to spend with them and getting to coach them. Because I feel like I've learned probably more than they have. I've learned more about myself, and about coaching, and dealing with people over the last four years than I taught to the kids so I'm incredibly thankful.

Jerome: One thing I noticed about your style of coaching is you don't let them get away with anything.

Mackenzie: Yes. I think it's important for kids to know that they are capable. And holding them to very high standards allows them to see that. Kids are sometimes smarter than we give them credit for and helping them learn both that they're capable and that hard work is not something to shy away from is an important lesson and I think that holding kids to high standards teaches both of those things.

Thank you so much for being an inspiration and for being part of this team, we're not going to forget it.

Yellow Bell put together a tribute video for Coach Mackenzie. To view the video follow the link here <https://www.tribute.co/coach-mackenzie/>



BY JENNIFER YOO

SWIMMING WORLD
MAGAZINE

NINE TYPES

of competitors found on deck at swim meets

1. The Lone Wolf



This swimmer is not much of a talker. They always seem to be in the corner by themselves, listening to music. It's hard to tell if they're trying to hype themselves up or plotting world domination, because their expression is constantly intense. No matter what is happening on deck, this swimmer always has at least one headphone in.

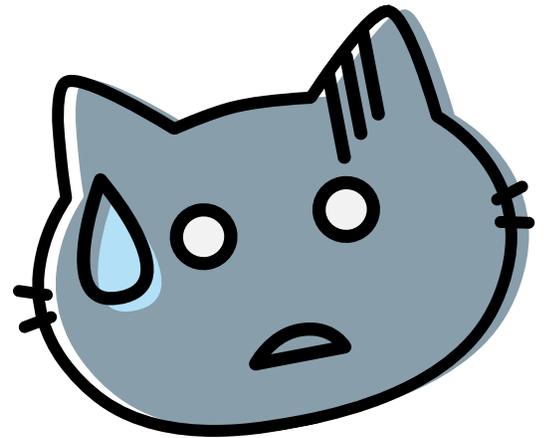
TWO The Hype Man

This swimmer is the exact opposite of the lone wolf, as they are always right in the middle of the action. Due to the grand gestures and loud cheers that they use to motivate their teammates, they're easy to spot on pool deck.

Even if their race is quickly approaching, you can always count on them to provide encouragement or count for a distance race. It's a mystery how they have so much energy for everyone on top of their own races, but their role as the team's cheerleader never goes unnoticed.

III

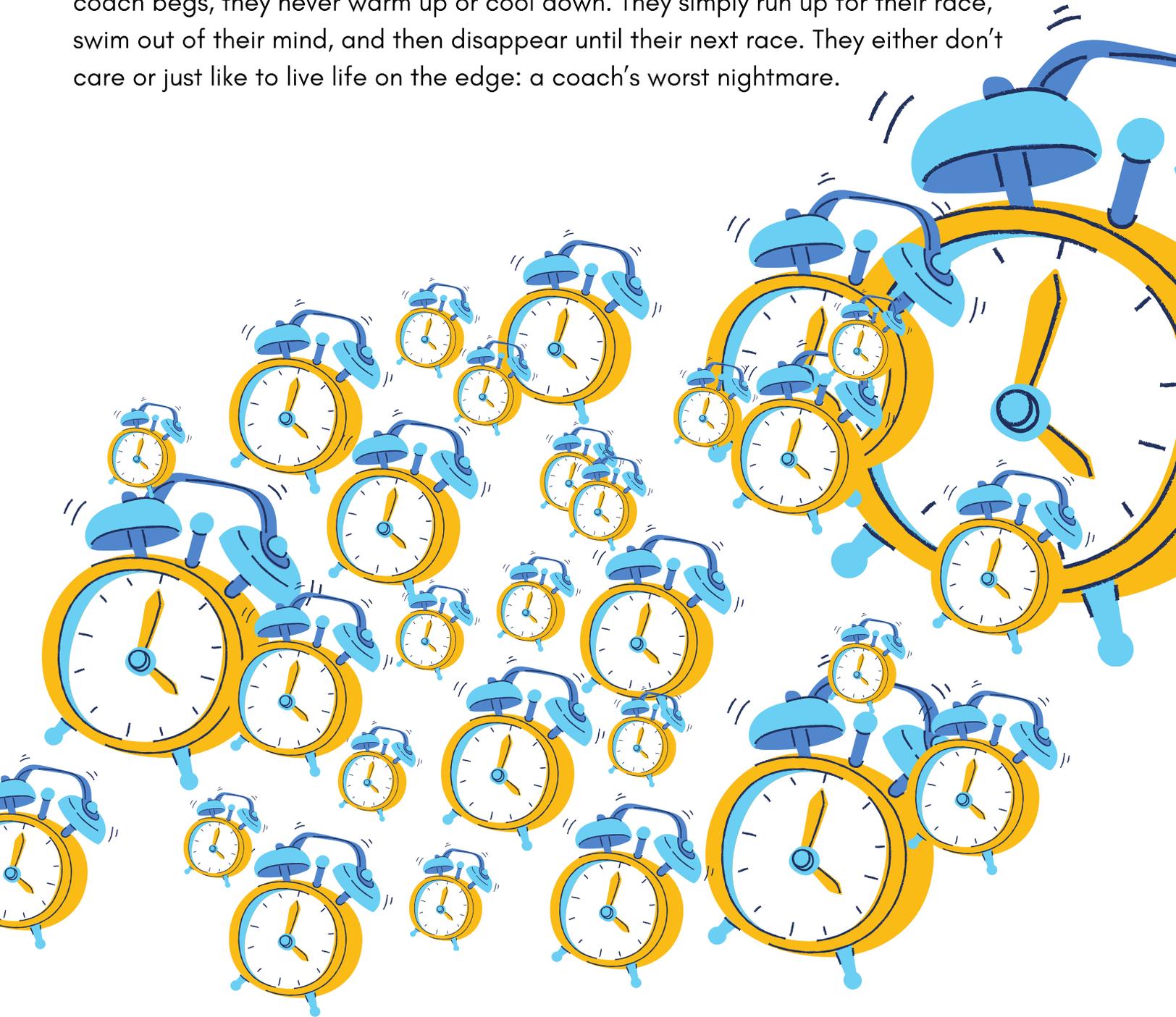
Nervous Nellie



Similar to the hype man/woman, this swimmer is also easy to spot on the pool deck. As they walk into the meet, their backpack is on the verge of exploding with extra caps, goggles, towels, and bathing suits. It's as if they are prepared for a swimming apocalypse. Even with all the extra padding that they bring, they show up behind the blocks way too early and simply sit or stand tensely with the look of terror written all over their face.

(FouR) The Procrastinator

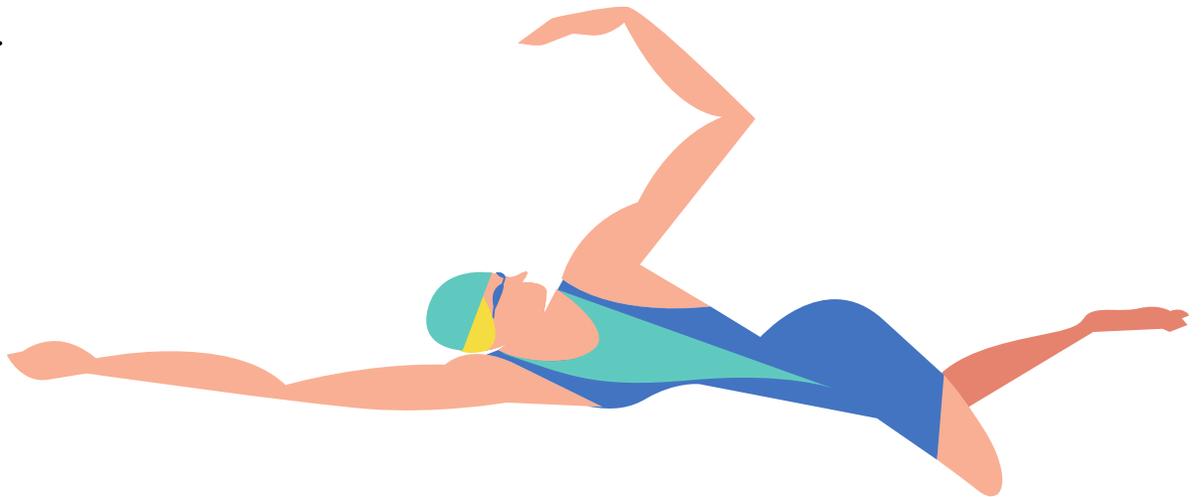
Opposite the nervous nellie/nell is the procrastinator. These swimmers tend to show up minutes if not seconds before the meet or race starts. Even though their coach begs, they never warm up or cool down. They simply run up for their race, swim out of their mind, and then disappear until their next race. They either don't care or just like to live life on the edge: a coach's worst nightmare.



V

The Next Olympian

You know or have heard of them. There is always a buzz surrounding this swimmer about how they're seeded high and easily the fastest person at the meet. When you finally see or race them, you are completely star struck by their speed, technique, and ease in the water. They heftily sweep their races with incredible times that seem unattainable.





SIX The Social Butterfly

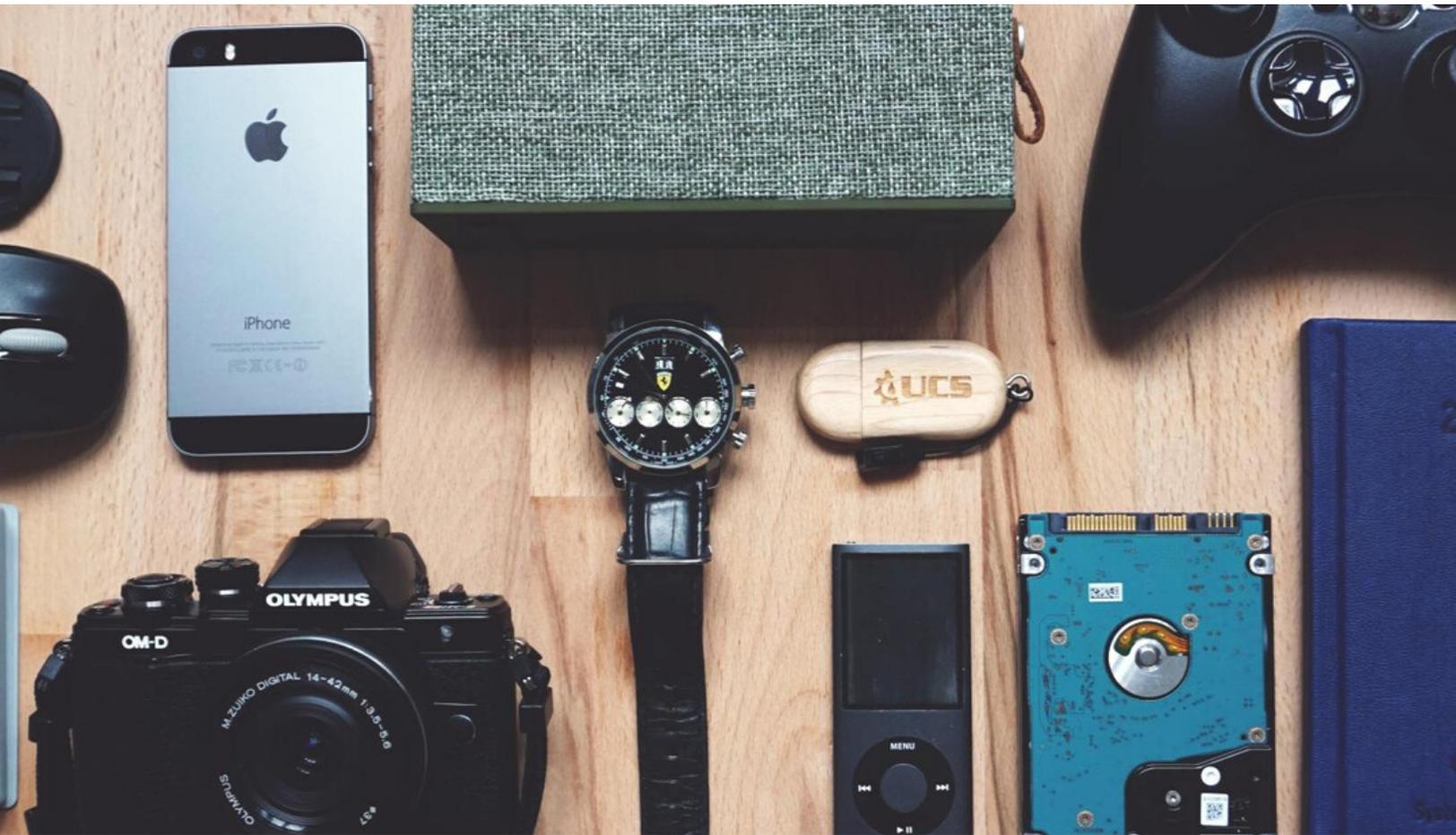
If you ever want to know about the next Olympian or the latest team drama, they're the ones to go to. Constantly surrounded by people, they can gossip for the entire meet about anything. They are less worried about what happens in the water and more about the people involved with the sport.

vii. The Picnic Packer

Either their parents or they pack enough food to feed the entire team. They are stocked with granola bars, Gatorade, and other goodies that they are always willing to share with their teammates. Swimmers flock to them throughout the meet, but their supply never dwindles. Even at away meets, they have a new batch of snacks for every day of the meet.



eight. **The Electronic God**



They have brought every electronic form of entertainment and its charger. The dangers of bringing electronics to a pool never seemed to have crossed their mind. Now that they are here, however, they take extra care of their toys and are extremely protective over them. They have set up camp next to the nearest outlet to play throughout the meet.

9. The Troublemaker

At every meet, there is one or a group of troublemakers. They either cannot get along with their teammates or cause some kind of disruption during the meet. As a result, their punishment is to stand next to their coach for a certain amount of time, depending on the severity of their crimes.

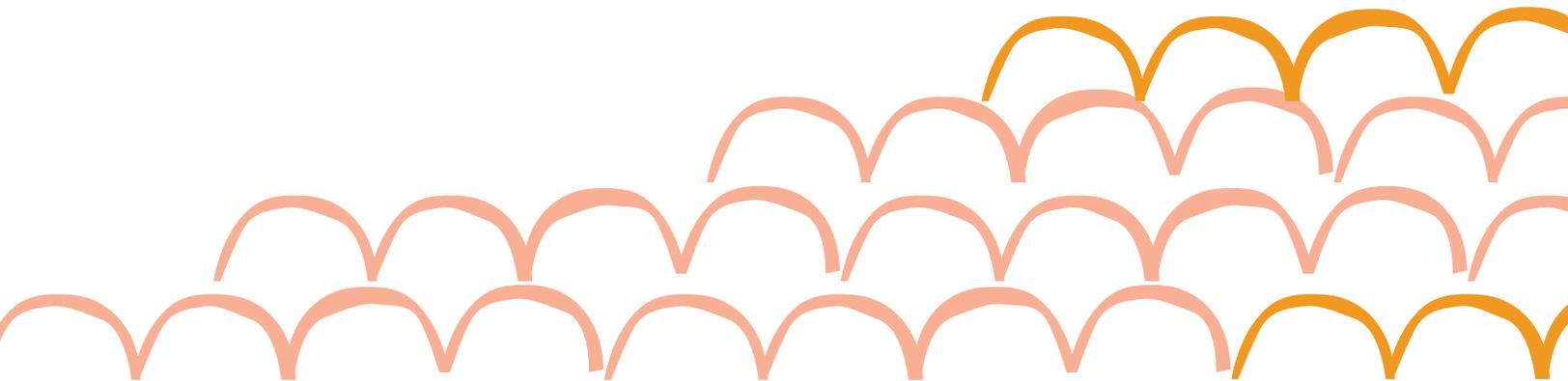


Fourth of July is **America's** big summer celebration. We want to know how you spent your holiday in light of social distancing restrictions.



Michaelsen Groen Family

Sonoma Lake





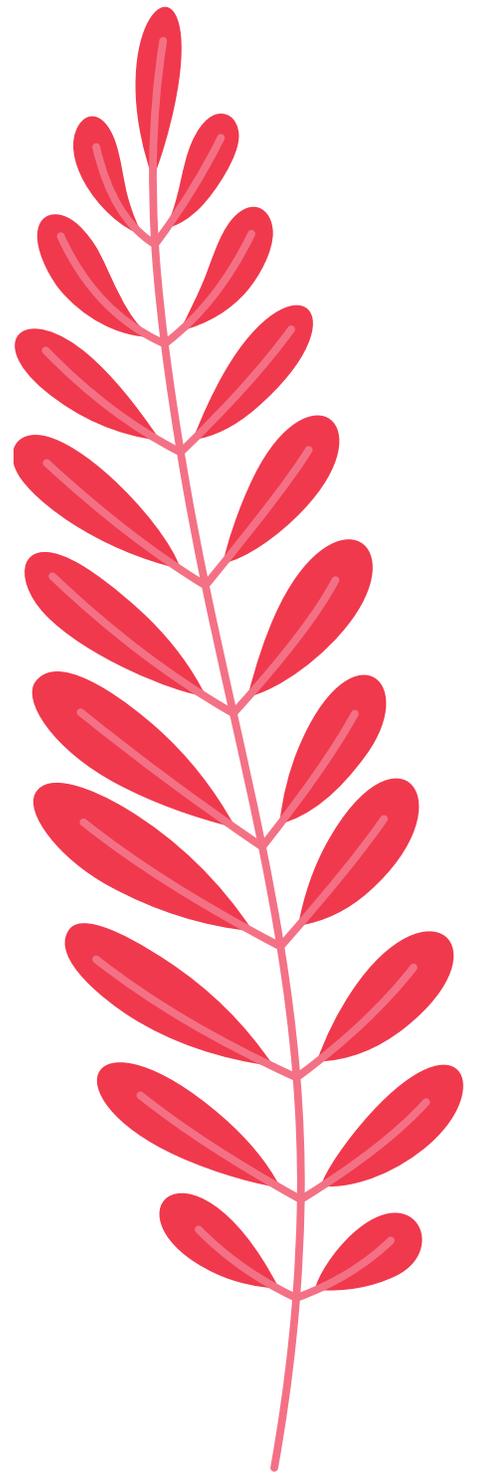


Bannikov Family

Lake McSwain

& Forestiere Underground Gardens







A photograph of two young men standing on a snowfield in a rocky mountain landscape. The man on the left is wearing a blue t-shirt with a logo, blue shorts, and a tan baseball cap. The man on the right is wearing a black and white t-shirt, black shorts, and a white sun hat with a face net. The background features large, light-colored boulders and some evergreen trees under a clear sky.

Ivan Zimine and family in
Arnold, CA

SWIM TRIVIA 2020

Answers will be shared in the August Issue

Who is the current USA Olympic head coach?

Who holds the most Gold Medals in the Women's 500 Free?

Which Olympian has participated in the most Men's Relays?

Who is the oldest athlete to be on the USA Olympic team?

Who has the most Olympic appearances by a female athlete?

What year did Women's Swimming get added to the Olympic Games?

Which was the first Olympic Games to use a 100m pool in competition?

During the first modern Olympic Games held in 1896, indoor pools were not a part of competitive swimming. Which natural body of water played host to the first Olympic swimmers?

Which freestyle event is only available to Women?

Which freestyle event is only available to Men?

Simone Manuel is tied for the World Record in the 100m Free (52.70). What country is the other athlete from?

Sara Sjostrom is the only Swede to hold a World Record at the Olympic Games. What event does she hold the record in?

When was the first year Santa Clara hosted International Meet?

Who was the first Olympian to compete in the International Meet?

Mark Spitz is arguably the most decorated SCSC swimmer, swimming at the 1968 Mexico City and 1972 Munich Olympic Games. How many gold medals does Spitz have?

Bobby Finke is the record holder in the 1650m freestyle. His time of 14:12.08 beats what two previous records?

Which is the biggest Division I college to cut their swim program because of COVID - 19?

Which Stanford swimmer won the 400IM (4:46.96) at the 2019 Junior National Championship?

Which female athlete holds the most Olympic gold medals for the United States?

Americans hold the most number of Olympic gold medals in what event?

HAPPY HUNTING!

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