

NOVEMBER 2020 | ISSUE NO. 10

SCSC MONTHLY



What's Inside

NOVEMBER 2020

STATE OF THE UNION

Coach Mark's vision for next season & beyond



NOVEMBER TIME TRIALS

A few pictures from last weekend



THANKSGIVING WITH OUR COACHES

Hear from SCSC's very own on what they love about the holiday



40 National Top 20 Rankings in USA

2 Individual #1 rankings in USA

2 National Age Group Relay records

6 Pacific Records

Pacific Swimming Age Group Coach
of the Year (2014, 2019)

Proudest Coaching Moment: Coaching SCSC Paralympian Joe Wise in addition to six Paralympic athletes holding four world records and more than 20 American records.

Interim Head Coach Mark Taliaferro has been an anchor for Santa Clara Swim Club throughout this pandemic. He shares his take on SCSC's history, our current state of affairs, and the future of the swim club.

Looking Back

In 2011 the Gold group was organized into two groups, Gold Boys and Gold Girls. Unfortunately there was no framework in place to group swimmers with similar skill sets together. "They were very large and very unrefined. There weren't very many ways to develop skills," and the group was unmanageable for two coaches to realistically connect with every single athlete.

It was the same for Yellow Bell, the group had no divisions and it was one large group known as Yellow Bell. With this old system in place it was difficult for swimmers to progress from one group to the next.

Following the boom in enrollment the club experienced five years earlier, a huge restructuring of Gold and Yellow Bell was made to rebalance the surge. More coaches were added to manage the numbers and the two groups received a major facelift, refining both programs and setting clear goals for themselves.

Avoiding the Burnout

Because of the high-level athletes that come out of the Yellow Bell program, many families make the mistake of over-competing. "There's this different mindset coming out of the 11-12 year old swimmer that is, 'I'm going to swim fast every weekend.' I don't know how you're going to sustain that in 11-12 year old swimming. There's got to be some sort of balance, there's got to be some sort of monitoring of the amount of competition that our athletes are pursuing."

In terms of educating our parents, we want them to understand the transition into our Pre-Senior and Senior groups. "At the Senior level, our coaches are only asking athletes to swim fast at three or four [major] meets."

Athlete Development Model

The USA Swimming athlete development model includes four core values: competence, character, confidence, and connection.

Each of these values is organized into six different levels, each one building upon the last. It's goal is to properly develop athletes into well-rounded citizens.

For Pre-Senior and Senior athletes Coach Mark seeks to adapt the athlete development model to our swim program in order to minimize burnout and foster healthy expectations of what an age appropriate progress curve will look like for each group.

How we'll get there

In order to scale skill development and sound fundamentals seen at the Yellow Bell level he plans to invest more resources into the Pre-Senior and Senior groups. This means better organization throughout the groups, using the athlete development model with clearly defined goals, and smaller, more manageable coach-to-swimmer ratios.

For Milpitas, Coach Mark is planning an evaluation of all groups now that the site has aligned its groups with the main site at ISC.

This is to ensure consistency throughout the program, collaboration among coaches, a focus on developing each swimmer, and accountability for the standards required of each group.

Nothing in sports is perfect but replicating the success achieved by the restructuring of the Gold group during the 2012-2013 season, we can create a more cohesive flow from Yellow all the way through Senior level swimming. Let's take a step back from heavy competition and balance that with a strong investment in our athletes's long term development as we move toward the future.



NOVEMBER

TIME

TRIAL





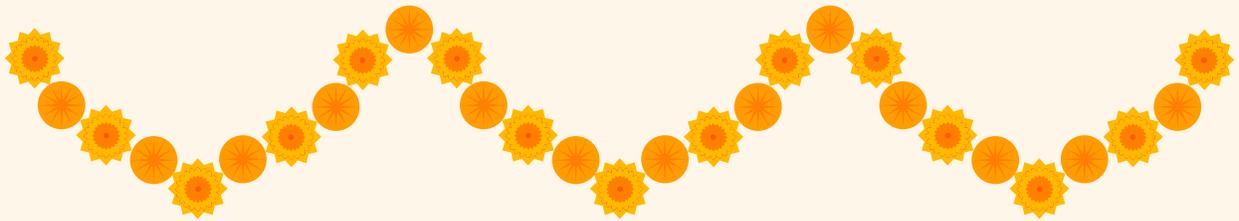




NOTICE
The following information is for your information.
Please read the information carefully.
Thank you for your cooperation.

WARNING: NO LIFEBOARD ON DUTY
NO RUNNING
Please SHOWER
before ENTERING POOL





The most common memory I have growing up a swimmer at Thanksgiving was how amazed my family was at how much I could eat. The fact that I swam five miles that morning played a big part in my appetite.

COACH DAVE

When I was little, every Thanksgiving I always watched the Macy's Thanksgiving Day Parade on TV with my dad. I looked forward to it every year.

Now that he has passed away, I still watch it and I feel his presence with me.

STELLA

**coach
victory**

[no comment ...]

Coach Tony

**SEEING FAMILY
AND FRIENDS,
OPEN DOOR
POLICY ON
HELPING THOSE
IN NEED, A LOT
OF FOOD**

T O M W I L C O X

*On Thanksgiving morning, playing mud
football at a local park with family and
friends.*

FAVORITE SIDE DISH

Stuffing covered with gravy

COACH STEPHEN

**MY MOM WOULD MAKE
FOUR DIFFERENT KINDS
OF PIE SO THE HARDEST
DECISION WAS WHICH
ONE YOU WERE GOING TO
EAT FIRST.**

Coach Kyler

Thanksgiving Day here in Moldova is really just another day. Everyone goes to work as usual and only those with internet lives know about the Macy's Day Parade.

Many dishes prepare to try. Turkey with stuffing of course, potatoes and mushroom gravy, green bean casserole, carrots, currants made to look like cranberries.

Well after all that food there was nothing else to do but have desert. Several pumpkin pies, cheese cakes, and cup cakes were available for tasting. We finished the evening with few friendly board games.

COACH SVETA

Thanksgiving is a great day to give thanks and the tradition of going around the table and sharing the things that you are thankful for is the best.

And PS, it feels really good to say what you're thankful for. Don't wait for the holiday and instead, make this a nightly tradition.

COACH LUBA

COACH JEROME

Making turkey soup with the leftover turkey
on Thanksgiving Weekend

Spending it
with my
favorite
Aunt

COACH ALANA

Works Cited

Athlete Development Model, <https://www.usaswimming.org/coaches/popular-resources/athlete-development-model>