

# SOCAL Aquatics Newsletter

Tustin, CA  
Winter 2022

The Mission of SOCAL Aquatics is to create an environment that will enable every athlete to reach their potential; both in swimming and in life.

## INSIDE THIS ISSUE

- 1. A note from the Vice-President
- 2. SOCAL Faces in the Crowd
- 3. Coaches' Corner
- 4. SOCAL News
- 5. Nutrition & Goal Setting



# Note from the Vice-President

Happy New Year's Socal! Goodbye 2021...

Is it just me, or does saying goodbye to 2021 bring with it some mixed emotions? No doubt it was a really difficult and tumultuous year and I'm certainly not sad to see 2021 go. So many ups and downs to navigate, from Covid, to politics, to scandals, to supply chain problems, and inflation just to name a few. I'm glad to leave that all behind. But I do think we learned a lot, after all we made it through, and hopefully the experience made us a little wiser, a little kinder and a little closer to what matters most.

It certainly made me think about how much I appreciate and enjoy being part of the Socal family and about all the great friendships we have made over the years. Socal has given my daughter and our family so much, it made me think about what I could do to give back. But a little on that later.

In 2021, what was once old became something new as our swimmers found themselves competing once again. I found it strange not to be on deck but rather observing races from afar, masked up and huddled up with other parents against fences or in parking lots trying desperately to get a glimpse of our swimmers. Watching races over live streams and trying to figure out just which swimmer was yours... We learned again what it's like to host a home meet and that it takes a village.

As we venture into 2022, I'm optimistic. I'm optimistic that we will soon be leaving this period behind. Where uncertainty, irrationality and lock downs are a thing of the past. The Coaches and the Board have been hard at work to make the 2022 swim season as normal and successful as possible. Which brings me to the topic of our amazing Socal coaches.

Having been part of the Socal family for over 5 years, I was always impressed by the level of coaching. But over the past year, I've been able to witness much more closely the commitment, passion and professionalism our coaches embody and how much they care about each and every swimmer. Something large clubs just can't match. There's no doubt that the strength and dedication of our coaching staff was instrumental in Socal successfully emerging from this pandemic.

On a more personal note, several months ago I was asked if I could assist Socal as interim Vice President. I was humbled and grateful for opportunity. The timing was right and I had been considering what else I could do to assist the club, so with much excitement I accepted the offer. It's been a great experience working with such a professional and dedicated Board. One thing I quickly learned is how committed our Coaches and Board members are to ensuring a safe and positive growth environment for our swimmers. You know that Socal Mission statement on the home page? If you haven't read it yet, please do. I'm pleased to say that the Socal mission is considered in all Board actions and decisions.

Finally, I would like to extend a warm Socal welcome to all our new swim families. We are excited to meet you.

Looking forward to a great 2022 with Socal. There is no other place our family would rather be.

See you on deck!  
Michael

# Faces in the Crowd



# Faces in the Crowd



# Coach's Corner

## Platinum Group

PRACTICE MATTERS!

The Platinum group had a great winter championship season, and it's a direct reflection of the work done before the meet at practice.

The senior program can be described as a RACE PACE program. As the name suggests, we try to swim at the pace in practice, that we want to go to a championship meet. We do sets that are designed to duplicate the race and try to hit the times we want to go in the meet over and over again.

There is no better set to do this than the 16 x 50 @ .45 (failure set). The goal is for the kids to swim at the pace they want to go in their second, third, and fourth 50 in a 200 swim sixteen times with little rest in between. If they don't make the time, they get one 50 off and begin again. We started this set about five weeks before the winter championships. Most of the kids could only complete 8-10 '50s at pace. By the week before the meet, most swimmers could do 12-16 '50s at pace.

The times for all our 200's reflected this pace, with the 200 backstrokes being the best example. All of our 200 backstroke swimmers did best times and times that reflected their practice 50's. In addition to a lot of best times

this led to two girls going first and second at WAG and two swimmers at nationals making finals.

WORK WORKS! PRACTICE MATTERS!

Keep on swimming,

*Coach Pickell*

## Gold

"The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails."

**-John Maxwell**

The mantra "Losers complain, Winners adapt" was stated early and often this Fall. The above quote takes this mindset a step further... leaders INITIATE ACTION. Some will complain about what it takes to be great, while others will expect greatness to happen to them. Those that take challenges head on and DO are the ones in the end that will have the most success. This isn't just "2 hours a session/6-8 sessions a week" concept, this is a 24/7 mindset. While a "return to normal" has been fully embraced, it doesn't come without its own challenges. Being back to a full-time swim schedule, full-time school schedule and all other extracurricular activities returning in full has required individuals to re-establish good time management skills and, at times, burn the candle at both ends. It is easy and understandable to get down on yourself in these moments or be so overwhelmed that you let the moment pass by. Here at SOCAL it is our goal to help you learn to adjust your sails and set your course for success. We had a tremendous winter championship season and with this continued mindset will take 2022 Head-On.

*Coach Frisk*



# AQUATICS

## Silver & Bronze Winter

This past Fall season saw lots of best times and a return to “normal” swimming culminating in the Winter Age Group Championships. We had break-out swimmers and lots of people meeting their goals that were laid out in August when we returned from our summer break. I am incredibly proud of how well we have competed and trained. Our highest scoring swimmer was Taylor Juarez with an incredible 44.49 second drop in the 1650 yard free finishing in 11th place overall. Way to go Taylor! WAG was a blast and we had so much fun going and showing off all the hard work you have put in. The coaches are looking forward to kicking off 2022 with even more energy!

Both Bronze and Silver have quite a few high school swimmers who will be going to compete with their teams in the coming months. The groups will feel smaller for a few months, and this is a great time for those 7th and 8th graders to take the lead in their lanes and also take a greater role in the quality of the workouts. I am excited to see some of you step into the spotlight and become leaders amongst your peers. One of the lessons from the Marines that has always stuck with me is: Lead from the front. Don't be afraid to fail as a leader, there are people behind you to catch you if you fail. Cheers to a great Fall season and a happy and healthy 2022!

*Coach Kyle & Coach Molly*





## Pre Senior 1

The fall and winter seasons allowed the Pre Senior 1 group to get back on track with post-pandemic-restriction training and racing. This culminated with a very successful Winter Age Group Invitational meet in San Clemente. PS1 had 15 athletes qualify for the meet in individual events, and when you include relay participation, that number topped 20 kids! Our Top-10 Individual finishers and Top 3 Relay Finishers can be found below:

Song, Eileen - 50 FR (2nd), 100 FR (1st), 200 FR (3rd), 50 BR (1st), 100 BR (2nd), 11-14 200 BR (7th)

Arnaiz, Maggie - 50 FR (4th), 100 FR (7th), 200 FR (7th)

Yang, Nicole - 100 FR (8th), 50 BR (4th), 100 BR (4th), 100 IM (4th), 200 IM (6th)

Ferrero, Payton - 100 FR (9th), 50 BA (9th), 50 FL (10th)

Ascari, Gillian - 500 FR (10th)

Lee, Elizabeth - 50 BA (6th), 50 FL (8th), 100 FL (5th), 100 IM (6th), 200 IM (7th)

Reimer, Trenton - 200 FR (8th), 500 FR (5th)

Maggie, Peyton, Gillian, Eileen - 200 FR Relay (2nd)

Maggie, Nicole, Gillian, Eileen - 400 FR Relay (3rd)

Eileen, Nicole, Elizabeth, Maggie - 200 Medley Relay (2nd), 400 Medley Relay (3rd)

Way to go, kids! While at the swim meet I had a chance to observe the 11-12 year olds on other teams and found that our kids stood from the rest. During warm-ups and in competition, our kids pushed off with perfect streamlines every time, no exceptions. And while most other kids would forget dolphin kicks off the wall, our kids always did them. I was very pleased to see this as it shows that our training and attention to detail is paying off.

Moving into 2022, I am looking forward to qualifying as many kids as possible for the Spring JO meet held during the second week of March. We will continue to train hard and focus on streamlines, dolphin kicking and mental toughness. It should be a great year and I'm excited for the possibilities that it brings!

*Coach Ben and Coach Pristine*

## Pre-Senior 2

What an amazing Fall quarter we had! This has been quite the year of transition and we are happy to be back on deck doing what we love. This season we amped up workouts by adding 2x 90min sessions a week. This has vastly transformed our groups ability to train longer, and sustain repetition improving our stroke mechanics. We are seeing lots of progress on skills, endurance and bridging the gap to help athletes transition into the next group when appropriate.

Our SOCAL home meet was a smashing success for us with over 80+ new times swim and a slew of existing time drops. The best way to measure our training success is by continuously competing, trying new events and challenging ourselves in the pool at swim meets. It was a great event and so much fun for those who swam.

Coach Molly and I are looking forward to the rest of winter and spring as we bulk up our meet schedule. Helping these athletes work towards their goals is our greatest joy, and we look forward to a splashing success at our next home meet!

*Coach Alex*

## Black 1

Hello Parents and Swimmers!

We had a fantastic taste of higher-level competition at the WAG meet this past December. The Black 1 group sent a team of 7 individual swimmers, and 6 more relay swimmers. Not bad for having just a handful of swim meets to qualify! With more swim meets on the horizon, I'm hoping we get even more qualifiers for the Spring JO meet in March.

With that being said, our main focus leading up to this will be racing at practice daily. Whether it be 25s all out or a 500 for time, the goal is to be able to get ahead of your competitor and stay ahead. Being consistent is the only way to get the results you want! We have quite a few swim meets

coming up in the next few months before JOs, so make sure you get ready for those by coming to practice daily and swim in as many meets as possible!

*Coach Pristine*

## Black 2

Happy New Year!

Wow! What a fantastic past season! Many swimmers dropped times, and many received legal times. Quite a few swimmers are legal in all 4 strokes.

I am so proud to be coaching such a kind group of 9-10-year-olds.

At the November meet at Tustin, one of Black 2 swimmers, William Spangler, demonstrated kindness towards another swimmer by offering his goggles for their race. His actions reflect this SOCAL group's compassion towards their peers and dignity towards competitors. Let's continue to reinforce these core values as we head into 2022.

Our 2022 goals are to continue swimming legally in all 4 strokes, precisely fine-tuning our stroke technique and pace. For freestyle and backstroke, consistently flip-turning on every wall. For breaststroke and butterfly, two-hand touches for the open turn and two-hand touches for finishes. Finally, let's strive to be consistent with a positive attitude and practice attendance to achieve these goals.

Looking forward to a great year,

*Coach Jenni*





## **Minnows**

The Minnows group has been working hard this past fall and winter season on improving their stroke techniques. Their last swim meet was the SOCAL meet in November and we had many great swims. I was very happy that so many of our swimmers attended this meet and proud to see all of them achieve best times. Hard work pays off! I'm looking forward to all their new accomplishments in 2022.

Our goal as coaches is to make sure your child succeeds and has a positive experience in the sport. Here are some ways parents can help;

- 1) Try to attend all practices or the most possible and show up on time.
- 2) Support your swimmer and encourage them.
- 3) Make sure your child is always prepared for practice.
- 4) Communicate with the coach if things are not going well or if you have any questions.

*Coach Jenny*

## **Sea turtles**

Happy New Year Sea Turtle families,

Sea Turtles have been working diligently to achieve their swim goals in the pool and it definitely shows! Especially at our last SOCAL meet with the most time drops of the season! Sea Turtles know how to work hard and play hard. A big thank you to all the families who helped with our Best Times Pizza Party!

Our goals this year as Sea Turtles are to become legal in all 4 strokes and continue to work on stroke techniques. To reach these goals, please come to as many practices as possible. Also, please make sure to come to practice ready with the correct equipment (goggles, cap, kickboard, fins).

This past season was fantastic. Let's keep the momentum going, and we will definitely reach our goals! I am so proud to coach this amazing group. Their smiling faces and passion for swim make my day everyday.

Coach Mykaela

# SOCAL Safe Sport Update & Calendar

Hello SOCAL Families! I wanted to introduce myself, Karin Kashima, as SOCAL's new Safe Sport Coordinator. Julie Snider had been SOCAL's founding Safe Sport Coordinator and her shoes are definitely hard to fill. However, I am looking forward to the opportunity to take on the position. As the Safe Sport Coordinator, please feel free to contact me with any Safe Sport concerns, issues, or questions. I just wanted to start out with a little background information on Safe Sport and USA Swimming and how it is such an important part of SOCAL Aquatics.

USA Swimming Safe Sport program was launched in 2010, with one major goal, to prevent abuse. Since that time, it has grown significantly into a program with more training and education, resources, policy implementation, and collaboration with other organizations such as the US Center for SafeSport. With the continued commitment to safeguard athletes, it also has required all clubs to implement policy such as the Minor Athlete Abuse Prevention Policy (MAAPP) and has incentivized clubs with programs such as the Safe Sport Club Recognition program (SSRP).

SOCAL Aquatics was proud to announce being a Safe Sport Recognized Club in February 2021. And recently, SOCAL was highlighted in USA Swimming news with an article on SOCAL's commitment and prioritizing Safe Sport to create SOCAL's positive team culture. Not only is SOCAL committed to providing a safe environment free from abuse, but it goes beyond in working towards creating an atmosphere that is positive and supportive for swimmers. As Julie Snider, SOCAL's original Safe Sport Club Coordinator stated, "Intention is always the betterment of the team and to keep kids safe," said Snider. "We want to help prepare these swimmers to be their best in the pool, but also out of the pool in life." Thank you to Julie Snider for laying the Safe Sport foundation for SOCAL and integrating it into our positive team culture!

Please check out the article here:

<https://www.usaswimming.org/news/2021/11/17/socal-implements-safe-sport-into-positive-team-culture>

And again, reach out to me with any Safe Sport concerns or questions. Karin Kashima at Safesport @socalaquatics.com/949-395-2809.

## Safe Sport Champion

Congratulations Joey Kling as the Safe Sport Champion for this quarter. Coach Steve chose him because "Joey has been working hard to be more inclusive with the older group. Has really become a leader both in and out of the pool."



## UPCOMING MEETS & EVENTS

February 11-13: SCS Sr. Development Meet (TBD)

March 3-6: Spring Sections-Carlsbad

March 5-6: Blue/Red Long Course Meet

March 10-13: Junior Olympics (Ramada)

March 19-20: East Red/White



# Congratulations Coaches Ben & Pristine!



# The Hungry Swimmer: Chia Seed Parfait

## By Jorie Caneta

If you haven't tried chia seeds before, here's your sign. Chia seed pudding is a journey and a destination!! When chia seeds are mixed with any liquid it forms a thick pudding with a sweet and nutty taste. Just on appearance, chia seeds appear insignificant but these little guys are a nutritional powerhouse. Chia seeds are rich in protein and fiber. In fact, just one tablespoon of chia seeds provides 2.3 g of protein and 5 g of fiber! These seeds are a complete protein which means that it provides all the essential amino acids that the body needs to make proteins and repair muscle. Chia seeds are also a great source of omega-3 fatty acids which helps to reduce inflammation. This parfait is high in protein and anti-inflammatory ingredients, which is perfect as a post-workout snack.

If you've never had chia seeds before, the texture may be strange at first. But trust me the experience is worth it because the combination of the chia layer, rich yogurt, and sweetness of blueberries and granola is delicious. Here's how to make it:

### Ingredients:

- 2 Cups of milk or milk alternative
- $\frac{3}{4}$  cup chia seeds
- 1 tbsp vanilla extract
- Low fat plain greek yogurt
- Blueberries (or other fav fruit!)
- Granola of choice

### To make:

1. Combine the chia seeds, milk, and vanilla extract in a sealed container.

Place the mixture in the refrigerator overnight to allow time for the mixture to thicken to pudding like consistency.

2. The following morning once the mixture has thickened to a gel-like consistency, add 3 tbsp of chia seed pudding into a cup, build the next layer by adding 3 tbsp of Greek yogurt, add a layer of blueberries, then a sprinkle of granola, and repeat all the layers one more time!
3. Last and most importantly, enjoy!

✨ chef's kiss ✨

This recipe makes enough for a work week's worth of chia parfaits for an on-the-go breakfast or post workout snack! I love this recipe because you can switch up the fruit throughout the week for extra variety.



# 3 Ways Swimmers Can Manage Distractions on Race Day by by Olivier Poirier-Leroy

A huge part of success in the water is the ability to not get distracted.

On race day, the process of swimming your best is relatively simple:

1. Show up to the pool
2. Warm-up properly
3. Step up to the blocks
4. Give a 100% effort in the water
5. Smash PB

The process is simple.

But in reality, there is an avalanche of distractions, both internal and external, that are flowing your way.

External distractions come from the environment around you. Stuff like: competitors smack-talking, crowd noise, the piercing whistles from a swim coach cheering on their swimmer.

And then there are the internal distractions, which are harder to manage. Things like fears, worries, and overthinking.

Distractions include:

- A swimmer in the heat before you smashes the state record, surprising you and giving you a sudden shot of doubt and uncertainty.
- You worry that your swim at finals will go poorly because you didn't feel that great in the water during prelims.
- The pool is super busy during warm-up, making you doubt your race readiness because you didn't do your usual warm-up.
- A super-fast competitor shows up at the last minute and will be swimming in the lane next to you.
- The announcer completely butchers your name as the finalists' names are being read out.
- You worry that your parents will be mad if you don't swim a personal best time.
- A competitor tells you how easy they went in the morning heat to make you think how much faster they are going to go at finals.

The more we focus on distractions instead of executing that "simple" race plan, the more anxious we get, the more tired we feel, and the less attention we are paying to performance cues that will help us swim our best.

# Goal Setting Tips Continued

While there are a lot of different ways you can keep yourself dialed in and manage distractions, here are three of my favorites.

## 1. BUILD A PLAN FOR SUCCESS ON RACE DAY.

What routines and habits do you have on race day?

Often swimmers will get side-tracked by distractions when they show up on the pool deck without a clear plan for their mindset and swimming.

Instead of purposefully going through the steps they need to be successful, they are reacting to what is happening around them, and allowing their mindset and focus to be dictated by the performance of others and the environment.

Build a plan for race day.

- What are you going to do when you get to the pool?
- How do you want your stroke to feel on the first lap of your big race?
- What's your [pre-race routine](#)?
- What kind of self-talk are you going to use to keep you centered and focused?
- What's the self-talk you are going to use **when you catch yourself distracted by the performance of others?**

When you have a plan for race day, a couple of powerful things happen.

You feel the rising tide of confidence from executing each step of your plan to the best of your ability.

And it gives you something controllable that you can focus on that keeps distractions at bay.

## 2. "BE WATER, MY FRIEND."

The good news about distractions is that they are an equal-opportunity force.

Every swimmer on the pool deck is experiencing the same thoughts, worries, lapses in focus and concentration.

Adversity, surprises, and distractions happen to us all.

Goggles leak. Competitors shine. [Coaches drop us from the relay.](#)

But the swimmer who is able to push through and succeed in the face of pressure and distractions is the one who handles distractions properly.

Have a disciplined approach to your preparation and game plan, but don't be so anchored to them that the slightest deviation causes your concentration and confidence to implode.

## 3. PAY ATTENTION TO YOUR SENSES.

When you manage your senses, you manage distractions.

Ever notice how some swimmers have a completely blank look on their faces behind the blocks?

You can see that they are amped up by the body movements—arms swinging, legs pumping, fidgeting—but they are staring off into the distance, doing that thousand-yard stare.

This is a way of keeping their focus where they want it.

Instead of looking around and getting overwhelmed by what's happening around them—the crowd, other swimmers, your coach pacing nervously up and down the pool deck—they are locked down into their own thoughts.

The same effect can be accomplished with music.

[Listening to music before our race](#), both in the hours leading up to the start of the race and standing behind the blocks as our heat approaches, keeps our thoughts and focus from running away.

If you find yourself getting distracted or overwhelmed, take control of your senses.

Pick a visual anchor to look at while you are waiting for your event. Put together a playlist that helps you stay within your positive self-talk and thoughts.

# Congratulations Seniors!



**SENIOR** **CLASS OF**   
**2022**