

SAN CLEMENTE AQUATICS

THE DEEP DIVE NEWSLETTER

VOLUME 1, ISSUE 4

SCA SWIMMERS GO FROM THE POOL TO OPEN WATERS

September 12th found us at Lake Mission Viejo competing in an 800 yard race. The competition was fierce with many Nadadores, a handful of CMAC swimmers and a smattering of others. **Devon McKeen** finished 5th and **Chase Matheson** came in 2nd place in the 11/12 year age group. **Mitch Anderson** finished 8th in the 13/14 age group.



L to R: Chase Matheson, Mitch Anderson, Devon McKeen, Coach Sandy



SCA's Devon McKeen at the starting line



GROUP UPDATES

ARTICLE BY
COACH JASON

CALENDAR

FOLLOW US



The following week, on September 18th, **Sebastien de Fabrique** represented SCAT at the Western Zone Open Water Championship event in Lake Las Vegas! Sebastien had an impressive 16th place finish in the 16 & Under division and 31st overall 5k swim (that is 3.1 miles for us Americans).



Sebastien de Fabrique practicing in Dana Point

“Congratulations are in order for all those dipping their toes into lakes and oceans!”

The very next week, SCAT Alumnus, **Ian Kos**, placed first as a solo swimmer in the 10 mile open water La Jolla relays event. Congratulations are in order for those all dipping their toes into lakes and oceans! ~ *Coach Sandy*



Alumni Ian Kos with Coach Sandy

SENIOR 2 GROUP

Hello!

The Senior 2 Group has been hard at work building on their successful summer season! First order of business is to welcome two new additions to our group for this season. Freshman **Kael Becker** and Sophomore **Marin Priddy** have both been outstanding teammates and are working hard toward improving. Thank you to Kael and Marin for joining us and being positive influences on our group! The focus for the Senior 2 Group has been to get back into top fitness levels as we work through the beginning “endurance phase” of our season. For most Senior 2 Group swimmers, we have been participating in the 6th Annual Race Series, hosted by Southern California Swimming! The tagline for the Race Series is to “Race Your Way into Shape”! Competing in Tri-Meets over three separate Sunday’s, the Race Series culminates on November 21st with a one-day Championship Meet for those who finish in the top 24 in any given event. We have several swimmers currently placed in the top 24, with one more weekend of racing to earn their spot in the Championship Meet!

Congratulations to the following swimmers for their participation and performance in the Race Series: **Kael Becker, Sebastien de Fabrique, Zoe de Fabrique, Halia Fleming, Lana Gallimore, Maya Gallimore, Jacqueline Gruber, Kate Loo, Noah Sech, Devon Stoner, Megan Toal, and Neva Phillips** (participating from the Platinum Group) Good luck making the Championship!



*L TO R: MEGAN TOAL, MAYA GALLIMORE,
JACQUELINE GRUBER, LANA GALLIMORE*

The daily practice routine also continues to take shape as we have recently added more weights to our dryland programming as well as circuits and test sets to our in-water programming. Additionally, Coach Jonny and I have been conducting the first round of individual goal setting meetings and we look forward to revisiting swimmer’s goals in round two of our meetings.

The remainder of the Fall season will be busy! We have swimmers scheduled to race at Winter Junior Nationals in Austin Texas, Sectionals in Long Beach and Winter Age Group Champs at our home pool here in beautiful San Clemente! Hopefully the December weather will be kind to us and cater to plenty of fast swims.

As always, I continue to be impressed and proud with this group of swimmers! Keep up the great work and Stay Strong!

~ Coach Jason

GOLD AND PLATINUM GROUP

Welcome to the first edition of the combined GOLD and PLATINUM GROUP newsletter article! What a nice group of kids we have. This Fall we split the 32 swimmers into two groups. This way we could cater to the needs of all the swimmers more efficiently.

We began the season with a ton of technique development and now we are progressing into more conditioning and test sets. The kids are responding well, many are even surprising themselves by making previously unobtainable intervals.

Our team believes in emphasizing Individual Medley (IM) in practice! One of our focal points has been on getting the kids prepared technically for racing IM events, which in turn prepares them for all 4 strokes. Specifically, we have been working on open turns, flip turns, backstroke finishes, under-waters, and drill progressions for each stroke.

August marked our first break from swimming since the pandemic started. Most swimmers had not competed since last July, as a result, our first competition of the year in Irvine back in September was a great wakeup call! All the swimmers were like deer in headlights! (HE! HE!), which is completely typical for a first swim meet of the season. After the swim meet, it was the perfect time for swimmers and coaches to self-reflect and consider where we are in our development! We reviewed the disqualifications, the slow starts and turns, and any other technical aspects we could. In two short weeks, these two groups turned it around and swam their little hearts out last week in our home meet, showing great adjustments and much faster times.

There were so many fantastic swims from all the swimmers. Here is a quick overview of what I thought of the meet:

- The future is bright for our 10 and under girls! Wow, do we have a strong group. WAG Relays here we come! New 10 and under boys are coming up fast and will be there soon!
- Great swims and great drops for our 11- and 12-year old's! A few girls dropped 20-30+ seconds in the 200 freestyle, 200 IM, and even 30 seconds in the 100 fly!
- 13 and 14 girls and boys also had a fantastic showing. Huge drops for the distance boys. All the challenging work is paying off!

~

As we get into the later part of the Fall, we are reminded that attendance is key to success. Things come up and we get busy during the Holidays. The most important weeks prior to a "Taper" or rest are the weeks leading up to that "taper." Those weeks will be falling around Thanksgiving.

We are looking forward to hosting Winter Age Group Champs (WAG's) here at our home pool on December 10-12! This meet is usually host to 1000+ swimmers. Our goal is to get as many of our own athletes as possible to qualify and participate. This means most kids will need to look at the time standards for their age group and try to qualify at the next swim meet at SOCAL (Tustin High School) November 13-14 (sign up ASAP).

I am so proud of our Gold & Platinum Group swimmers, keep up the great work!

~Coach Julie

GOLD AND PLATINUM GROUP



SILVER GROUP

Hello Parents and Swimmers!

At the end of the summer, I had high hopes for what our fall season would look like. And so far I have been blown away with the amount of progress each swimmer has made. For some, it has been a complete reworking of their stroke technique, for others a huge time drop in a race. Each swimmer is improving, and heading towards a fantastic future in this sport. I couldn't be more proud. With many new swimmers joining the Silver group, we took this time to refine not only our strokes, but our ability to read the clock and understand sets.

The silver group is a perfect place to begin learning what it means to function as a competitive team, and work together as athletes. At the beginning, we started with spending several practices dedicated to pushing off the wall correctly and efficiently, then nailing down the required 5 butterfly kicks before the breakout. From there we spent the next few weeks honing in on our technique and ability with all our strokes. Starting from the very basics and working our way to the more advanced parts of our strokes, each swimmer has demonstrated a deep understanding of all four strokes and what it takes to be proficient. I think it showed best from the time in between the September and October meets. At the NOVA meet, we had about 50% of our swimmers get DQ in some way. For the October meet, we had that number drop down significantly. But not only were our strokes legal, they were fast. Nearly every single swimmer dropped time in almost every race. I remember being so proud and constantly bragging to coach Sandy how amazing the swimmers looked and how fast they swam.

On top of all the technique work and the drills, these swimmers put in some work with our "work-hard Wednesdays" and "throw-up Thursdays." For example, the swimmers recently swam 8x100s on a two minute interval. For some, it was their first time ever doing something like this. Their goal became to make all 8 -100s and finish strong. For others, it was a familiar set, and their goal became to improve their average time from the previous times.

Across the board, I was amazed at the amount of focus and determination demonstrated in the pool. But what shocked me most was how much fun the new swimmers had! Swimming is a very difficult sport, and if you don't have the support of your teammates, it is miserable. This fear kept haunting me as we got closer and closer to the fall season. But when the day came, each and every new swimmer was welcomed with open arms. And I most clearly saw this when we did our "relay day" on 10/20-21. All the swimmers were cheering and supporting every single teammate. I might have had to walk away once or twice to save myself from the embarrassment of a few tears.

I couldn't be more proud of these amazing kids. It's not only their athletic ability, but their character, respect for one another, and the team culture they created. Thank you for being the amazing parents that you are and supporting and encouraging your swimmers progress. Thank you for being my awesome group of swimmers that continue to be a light and encouragement to everyone around them. Be warm and well fed. ~ Coach Dorian



Coach Dorian on deck with the Silver group

"I couldn't be more proud of these amazing kids. It's not only their athletic ability, but their character, respect for one another, and the team culture they created."

BRONZE GROUP

Congrats to all our Bronze groups for participating in their first swim meet ever!

The San Clemente Home meet was fun, exciting, and a great learning experience for all my Bronze swimmers. The coaches are proud of each of them for competing, getting best times, and in some cases winning their heat and earning a pumpkin!

We had a great turnout of 39 Bronze Group swimmers competing in various events such as the 25 free, 25 back, 25 breast, 25 butterfly, 50 free, 50 back, 50 breast, 50 butterfly, and even the 100 free-style over the two day weekend.



TIP OF THE MONTH

Parents: Stay Positive! Ask what your kids liked best about their meet and see if there is anything special, they want to improve. (Example: I want to improve on my finishes on my backstroke). A small improvement of a single skill can lead to big time improvements!

Swimmers that competed in the meet (Top 8 finishes are in parenthesis):

Andie Actis (5th 25 yard free), **Noah Alexander**, **Mia Aloe**, **Bailey Armbruster**, **Jack Armbruster**, **Bennett Butler**, **Liv Caldwell**, **Addison Carroll**, **Landon Carroll**, **Bronte Collins**, **Kai Debuzna**, **Neko Frayer** (8th 50 back), **Clayton Forse**, **Bryce Gangi**, **Crew Granum**, **Blake Ingersoll**, **Juliet Janis**, **Beau Kendrick**, **Bennett Koyfman** (3rd 25 breast), **Christian LaRiva**, **Gray Lewis**, **Tanner Matheson**, **Shelby McDaniel** (4th 25 free, 6th 25 back), **Autumn Montag**, **Porter Montag**, **Lyla Moorhead**, **Marlo Nykolaychuk** (5th 50 back), **Jack Oldham** (7th 50 back), **Landon Panagetopulos**, **Kailey Paulk**, **Cruz Perez** (8th 25 back), **Clementine Rubinoff**, **Sawyer Scott**, **Archer Sieling-Squires**, **Noah Sieling-Squires**, **Marcel Spies**, **Hugh Tataala** (7th 25 fly, 8th 100 free), **Ivy Vital**, **Wyatt Whisner**, **Marsh White**, **Capri Wilson**, **Thomas Wilverding**, **Penelope Yalamanchi**, **Preston Yalamanchi**, and **Sylas York**.

I also wanted to send a BIG “Thank You” to all our parents for making the swim meet a successful and enjoyable event for the kids.

I was most proud of the fact that many of our swimmers overcame their fear of racing certain events and in fact, got out of the water and stated they loved it! I was thrilled when swimmers came to me and said they wanted to do that again! Everyone in the Bronze group had fun and raced their hearts out!

Our next steps for practices are to continue to build on our stroke technique, starts, turns, and making all competitive strokes legal. We will work on conditioning to improve endurance. Most importantly, we will do our best to make every Bronze Group practice fun and productive. Thank you again to our parents for your continued support of your child’s participation in this great sport of swimming. ~ Coach Sara

SENIOR 1 / FIT PREP

Senior One and Fit Prep Group absolutely rocks. Not only from stellar results at our home meet, but the comradery of our group at workouts and meets creates a fun environment. Thanks for having your kids swim!

A fundamental goal for Senior 1 and FitPrep group is preparing for competitive high school swimming and in turn, straight into Lifeguard tryouts. Swimming pays dividends early, as we grow kids for pool and open water lifeguarding candidacies - **CONGRATULATIONS to Tyler Brophy** who is in the next training session for lifeguarding at San Clemente Aquatic Center.

Another option is lending skills learned to teach swim lessons. **CONGRATULATIONS to Josie Burke** who is now instructing for KISS. One of my key mottos is "Save a life, learn to swim". Thank you Josie and Tyler for stepping up.

High school swim team tryouts are next month. There are three groups at the high school, A B and C. The basic requirement for group C is 10 X 100s on 2:00, the group is primarily freshman. Faster intervals will place swimmers in A (10 x 100's 1:15) or B group (10 x 100's on 1:30). Those swimmers in Senior 2 group will continue to work out with Coach Jason and typically provide the foundation and prowess for CIF championship qualifications. This holds true across all high schools and club swim teams.

Come the end of February, we will encourage all 16 and older swimmers to try out for California State Park Lifeguard services as well as the City of San Clemente. I have experience in both departments and will converse with all those interested in testing. ~ *Coach Sandy*

"Come the end of February, we will encourage all 16 and older swimmers to try out for California State Park Lifeguard services as well as the City of San Clemente. I have experience in both departments and will converse with all those interested in testing."

DRYLAND CONDITIONING 101 / 201

Greetings from the dry part of the deck! Those of us in the dryland crew have been in the crisp fall air. With changing of seasons comes the changing of training seasons. As the senior group moves into their next season of dryland training we are excited to share that we have added dryland as an additional demand of the platinum group.

Platinum is in their first phase of dryland and becoming acquainted with strength & conditioning language, movements, form and equipment as well as building somatic awareness, which is always an entertaining process. The Senior 2 group has moved beyond these basic skills and movements and have taken on greater training loads and more complex movements, which the Platinum group is working towards. Our daily activities include a warmup, stretches, abdominal exercises and whole-body movements.

After a heavy training week last week with lots of racing, both groups have taken a small step back to give some attention to our shoulders, joints, and flexibility without sacrificing core strength. We are currently holding dryland for both groups on the pool deck - to utilize more equipment and the training environment by the poolside. This week we have started to incorporate bands into our warm-up to give our shoulders and supporting muscles some love – increasing our range of motion, building structural support and recruiting rotator cuff muscles that are often neglected and cast into the shadows of the larger 'swimmers' muscles'.

Moving forward we will be emphasizing core strength in both groups. Seniors will begin adding more strength exercises taking advantage of the pullup bar, squat bar, kettlebells, step-ups and continuing to work with medicine balls. For Platinum, we will still work primarily with our body weight but will incorporate some equipment. My goal is for each swimmer to become proficient in the foundational movements before using (too much) weight if any.

Both groups will see an increase in load and demand in the next couple weeks and then a gradual drop for winter racing in December. I'd like to highlight the importance of three things here. 1) hydration - the cold air is drying both for your skin and your internal biology. If you are not hydrated during dryland or swimming you are not providing yourself adequate hydration to sustain a 3 hour workout. Bring water. 2) Snack - many of us are not bringing food from home, school, or other sports teams to practice and I can see it in our energy levels. Make sure you eat something before dryland. Your body starts to breakdown your own muscle and fat after 90 minutes! And 3) timeliness - you get out what you put in! Showing up on time boosts everyone's energy levels and gets us stoked for a great practice. ~ Coach Johnny

Mental Tip

It's easy to think big and look far ahead to where you are not yet.

Rather than get caught up in your thinking mind, which is so easy to do and a psychological function so over used, try to find that 4% improvement each day in your body - give your form a little extra attention around the edges, cleaning up your messy catch or sloppy transitions.

Whatever needs attention for your body to coordinate its movements synergistically, give yourself that attention.

Eventually you will look back and see that the proof is in the process, not the pudding.



FROM THE DESK OF COACH JASON

“I can’t make it to work out, I have too much homework”

Let me begin by expressing that the intent of this is NOT to say this excuse is illegitimate or unacceptable. There may be times when you may have to sacrifice workout occasionally, for your schoolwork. HOWEVER, I do not think it should happen often for one reason: workouts facilitate higher quality schoolwork.

Exercise and the Brain: Strenuous physical activity enables your brain to function optimally. This is not a marketing maneuver by someone who makes their living on giving exercise instruction. It is seriously true. Dr. John Ratey, clinical associate professor of psychiatry at Harvard University, explains in his book *Spark: The Revolutionary New Science of Exercise and the Brain*:

“To keep our brains at peak performance, our bodies need to work hard...[exercise] cues the building blocks of learning in the brain...unleashing a cascade of neurochemicals...physically bolstering the brain’s infrastructure.”

He continues:

“The neurons in the brain connect to one another through leaves on treelike branches, and exercise causes those branches to grow and bloom with new buds, thus enhancing brain function at a fundamental level...” (p.5)

“As it turns out,” Ratey explains, “moving our muscles produces proteins that travel through the bloodstream and into the brain” where they physically influence (in a positive way) the function of our brain, especially “our highest thought processes” (p.5).

As U.S. test scores plummet and our nation’s bodies deteriorate with obesity and poor nutrition, what seems to be the answer? Cut Physical Education programs and other physically active outlets, of course! Ratey laments “virtually no one recognizes” the connection that it is the “inactivity [which is] killing our brains...physically shriveling them” (p.4).

Summary:

The next time you are tempted to skip workout because you have a lot of homework, try shifting your mindset to, “I need to go to work out because I have a lot of homework.” Why? The more you need your mind to perform, the more you will need to prime it with exercise. That does not mean you have to feel guilty the next time you tell me you need to miss workout because of homework. Like I said, you might legitimately need to, and I will trust you and support you in your final decision. But be honest with yourself and your teammates before you make the decision. And the next time you think you might have to miss practice, try giving the latest research on exercise and the brain a try: go to work out, give it your all, and go home energized to have a highly productive homework session!

~ Coach Jason



SCA UPCOMING EVENTS

NOVEMBER 4-7	KEVIN PERRY 2021 LA MIRADA (SENIOR 2 GROUP ONLY)
NOVEMBER 13-14	BLUE/RED/WHITE SWIM MEET HOSTED BY SOCAL AQUATICS AT TUSTIN HIGH SCHOOL (OPEN TO EVERYONE)
DECEMBER 2	TEAM HOLIDAY PARTY 
DECEMBER 3-5	BLUE/RED/WHITE INVITATIONAL AT PORTOLA HIGH SCHOOL (OPEN TO EVERYONE)
DECEMBER 8-11	WINTER JUNIOR CHAMPIONSHIPS UNIVERSITY OF TEXAS, AUSTIN (INVITE ONLY)
DECEMBER 10-12	WINTER AGE CHAMPS (WAG) MEET AT SCA (INVITE ONLY)
DECEMBER 16-19	CA/NEVADA SECTIONAL GOLDEN WEST COLLEGE (INVITE ONLY)

* PLEASE CONTACT YOUR PRIMARY COACH TO DETERMINE YOUR SWIM MEET SCHEDULE