

SAN CLEMENTE AQUATICS

THE DEEP DIVE NEWSLETTER

VOLUME 2, ISSUE 2

BRONZE GROUP MAKING A SPLASH!

Bronze Group has been on a roll heading into Summer 2022 after a strong showing in practice and at meets over the last few months! We have had a big wave of March move-ups, leaving the Activity Pool with a little more room but no less spirit!



Cont'd on next page



IN THIS ISSUE

COACH UPDATES &
SUMMER SCHEDULE



SUMMER SWIM LEAGUE
JUNE 6-JULY 28TH
SC Barracudas Home

The biggest accomplishment Bronze Group has achieved is their improved aerobic capacity through our mid-practice challenge sets! In just a few short months, our Bronze Group athletes have gone from just one or two 100-yard freestyle efforts to a full 12 minute/500 yard swim with fins! From a coaching perspective, what excites me the most is the change in our swimmers' attitudes. When challenge sets first began in February, swimmers were not shy in expressing their unhappiness, but now I sometimes hear cheers when I announce it's time for challenge sets. The most recent 500 with fins was actually proposed by swimmer Hugh Tatala, likely inspired by his Silver Group sibling. Audrey Bucho, Bennett Koyfman, Wyatt Whisner, and Clemmie Rubinoff have also proposed increasingly challenging sets. And we can't forget Cort Trask, who always tries to sneak in an extra 50 or 100 at the end!

We have been very impressed by the swimmers' willingness to take on these difficult sets, and the hard work has paid off! The increased fitness has allowed our Bronze swimmers to work on technical aspects of their other strokes. We've seen a huge improvement in their strength and endurance for butterfly and backstroke, with many swimmers entering difficult events for meets.

Over the summer, our goal is to improve our technical ability and reduce the number of disqualifications at meets. We have already had several swimmers begin to master flip turns (Alex and Luca Gill, Lexi Pope, and Saylor Dahl, to name a few) and dives (Juliahna Barr and Autumn Montag). As the weather heats up, we will be doing more diving practice and skill work so that swimmers are prepared for our swim meets. We highly encourage all of our Bronze swimmers to enter as many meets as possible so that they can get more racing experience.



BRONZE GROUP CONQUERING THE TOUGH BUTTERFLY SET!

Parents, do not blink! It happens so fast! If the kids continue to remain consistent, the technical aspects of their strokes will suddenly fall into place, you just never know when it will "click." We were treated to a big group of Bronze Group swimmers who showed up at Santa Margarita High School to compete recently, some for the first time. It was fun to see them putting their technical skills to the test and racing multiple laps. Congratulations to Bailey & Jack Armbruster, Kat Brunnick, Lucas & Michael Camacho and Tristan Farida, Wally Peters, Archer & Reve Sieling - Squires, and Syllas York. The best part is that we know what lies ahead for them and it is going to be impressive! We are so proud of all the gains our Bronze Group has made, and are looking forward to the summer!

~ Coach Eve & Coach Jason

SWIM SUPERSTARS



MY FAVORITE STROKE IS THE BREASTSTROKE AND I LOVE MAKING FRIENDS AT SWIM!

~Lucas Camacho



I love to practice dives during swim practice!

~Ariana Adams



My favorite stroke is freestyle and I love to stay warm after a swim!

~ Jack Armbruster



My favorite stroke is backstroke and I love wearing fins and racing at swim meets!

~ Kat Brunnick

SENIOR 2 GROUP

A NOTE FROM HEAD COACH JASON

A Swimmer's Two Training Grounds

"Confidence accompanies the prepared." - Usher

Yes, the R&B superstar Usher said that and I quoted him. My wife and I used to love watching *The Voice* and this statement stood out to me as something I always say as a coach. One night Usher made it very clear to one of the contestants that confidence on the stage is something earned, not guaranteed. In other words, one must put in the hours to perform at a high level. Yes, it's true that some have natural talents and abilities which afford them greater performances with ease compared to the rest of the population. But even then, if these same gifted individuals want to perform at a high level consistently, year in and year out, they have to put in some legitimate hard work.

I always tell our swimmers that 1) you need to earn the right to swim fast and 2) you need to have your mind right when you step up on the blocks. In other words, fast swims don't happen by accident. You need to prepare and sacrifice to achieve them. Yet, you will not see the fruit of your hard work (in terms of performance) unless you can put it together when it matters on race day. First place is not given to the hardest worker. It's not given to the swimmer who can swim the fastest in practice. First place is given to the person who can get their hand on the wall first. And learning how to do that takes skill; it takes practice. Chances are you'll probably be placing your hand on the wall in places eighth through second many, many times before learning how to place it on the wall first.

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So for now on, I want you to think of your swimming training as taking place in two training grounds: 1) practice and 2) meets (your second “practice”). I think swimmers (and coaches, me being one of them) do themselves a disservice by thinking of practices as homework and meets as tests. In one sense it’s true but if you make meets too much of a test, it’s easy to forget that you’re still participating in the learning process of how to perform to the best of your ability. For instance, Michael Phelps and his coach were well aware that their primary goal was to win 8 gold medals at the 2008 games almost ten years before it happened. They saw the two Olympics leading up to 2008 as the training grounds for putting together the greatest swimming performance in history. Can you imagine using the Olympic Games as a training ground? Phelps and Bowman could. And they did. And look what happened in 2008. Truly, in that case confidence did accompany the prepared. So now, go do the same. Prepare yourself with the mindset to learn in both of your training grounds: practice and meets. By the time you get to your Championship Meets, your performance will be second nature!

~ Coach Jason



SENIOR 2 GROUP WITH OLYMPIAN JASON LEZAK

“Prepare yourself with the mindset to learn in both of your training grounds: practice and meets.”

~

SENIOR 1 / FIT PREP

Phew the seasonal wild west of swimming is coming to an end. This is the 12-week spring season of high school swimming. With the extra rest between swim sets and a decrease in yardage, our taper is bringing out smiling energized kids, yikes!

After a quick break, the high schoolers will return to Senior 1 or remain in Senior 2 preparing for JAGs. League finals for San Clemente high school will swim at El Toro High School, and San Juan Hills competes at Capo Valley High School. Championship CIF Finals will bring kids together from San Clemente to Santa Barbara. The southern section has 565 high schools. We compete in Division 1; the most competitive of the section and some say the State. These meets bring the competitive hoopla that is centered on the team and not the individual, we celebrate team standings over the individual swimmer. Although, Finn Thomas is a backstroker, as Jack Martinez is a 50 yd sprinter, if coaches determine that their favored event will score in the consolation event. Yet they will score high in the dreaded 500 freestyle. The 500 it is. Sorry Jack. These meets will be observed by USA Swimming officials so our tapered fast times will count moving into our next season.

We have 5 Senior 1 swimmers graduating this year. Psi Padhya, Kanai Padhya, Brenna Benham, Anisten Arnette and Charlette Sale. They have all had an impact on our younger fit prep and senior 1 swimmers and they will be missed, but they will forever be connected to this team and our team will impact their future endeavors in aquatic activities.

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*Coach Sandy with 2 graduating seniors
(L to R) Kanai and Psi Padhya*

"We have 5 Senior One swimmers graduating this year. Psi Padhya, Kanai Padhya, Brenna Benham, Anisten Arnette and Charlette Sale. They have all had an impact on our younger Fit Prep and Senior1 swimmers and they will be missed, but they will forever be connected to this team and our team will impact their future endeavors in aquatic activities."

~

Parents of middle schoolers; high school swimming is an activity to look forward to. The team is supportive of each other, the coaches strive to bring order to a diverse group of kids who have joined from surf team, water polo teams, or just from a whim. Yet our kids from SCAT consistently show that we are a step ahead in swimming temperament, competitiveness, and technique driven fast swimming

Current Senior 1 swimmers have been busy competing at meets testing out new events and getting better at pacing the longer events. Aidan Siemieniec competed in Fullerton Long Course Meet; he earned 12 points for SCAT and is getting faster with each meet. Natalie Deyhimy, Camryn Sherer, Aidan Siemieniec, Declan Keenan stepped up and represent us well at the Golden West Meet. The highlight is Declan dropping over a minute in the 1000, Natalie dropping 6 seconds in the 100 free. Wow!

We'll be going back to basics as we get new and returning swimmers. Any swimmer in our group bring a friend, it's best before the lanes fill.

~Coach Sandy

**MARK YOUR
CALENDAR!**

SWIM-A-THON

FRIDAY, MAY 20TH

MORE INFORMATION AND TO DONATE

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THANK YOU!

PLATINUM GROUP

Aloha everyone! With Spring training in full swing there is so much to celebrate since our last newsletter. Some milestones to mention is our trip to Las Vegas for the All Star Festival where some of our Platinum (and Gold) swimmers had the chance to mingle, meet and compete with other top finishers from CA and NV in individual and relay events. It was a huge success for everyone who attended and both super fun and fast! I'm looking forward to next year!

Following Las Vegas was ISCA at MVN where we saw several outstanding performances. Some that stood out were Ava Calvin's 2 second drop in each of her three 100 yard events, Alli Cooper's .5 second drop in the 50Ba (she is close to swimming it in under 30 seconds!) and Neva Phillips and Chase Matheson both set some PBs and team records. Neva's standout performance was in the 100BR almost hitting Sectional time standard with a time of 1:08.84 which was a 3 second drop from her previous best and she swam that time unrested. This was also the first time we saw Neva get truly aggressive which is exciting and promising to see. Chase wins the Most Time Dropped Award with a combined drop of 26 seconds over the weekend.



Saturday morning dryland trail run with the Platinum and Senior Groups

For those who did not meet their expectations, it was a learning lesson. Every meet, race, or practice where we 'fail' is an opportunity to get even better. Once we step out of our disappointment we can re-watch our performance in our mind and be honest about what we can do better. When we can do that, we are well on our way of making a comeback.

Several weeks later we headed to Spring JOs where we placed 3rd in the Girls Small Team Division and 4th in the combined Small Team Division.

I'd like to shine the light on Sydney Hawfield who is very deserving of our recognition. From January to Spring JOs I saw Sydney step up her every single day at practice and her incredible work ethic showed. This was a breakthrough meet for Sydney but you would never know because she is so humble. Sydney is always positive and encouraging and carries the torch of team spirit with her wherever she goes. In the 200 and 500 Free Sydney dropped 2.14 and 9.76 seconds respectively and in finals dropped another 1.5 seconds and 2.1 seconds, respectively. She is also one of the best team mates you could ask for.

A huge praise to those swimmers who came for relays, helping us as a team reach our small team division awards: Ethan Chao, Lucas Munoz, Aiden Root, and Chase Matheson; Allie Cooper, Sydney Hawfield, Devon McKeen, Mia Rigg (who also dropped .3s in her 50Fr) and Neva Phillips. It was really awesome to see these swimmers step up on those blocks and race for something larger than themselves and come home with some personal best times because of it. Noticeable relay swims were Mia Rigg and Aiden Root - let's see some more of your inner beast mode at practice!

Mia will be moving to Hawai'i this summer and you, Mia, will be missed dearly. You will always be a part of the San Clemente Family and while we are sad to see you move, we are so excited for the new life and amazing experiences that you will have while there. And we are glad to have another month with you before we say see you later!

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T-Street Team Bonding: Macy Armbruster (L) and Neva Phillips



Mia Rigg (L) and Aoa Calvin

Coming off of JOs we took a step back in our intensity to focus on skills and technical development. As a group we sat down and identified turns and starts as the two skills we want to prioritize and to be recognized for when we compete – we will be spending focused time each week on these skills. We have added the much loved Tempo Trainers to help us develop a better sense for the relationship between stroke tempo, distance per stroke and speed. I have ordered a rolling TV stand that we will use for video analysis weekly. Video analysis is so helpful and I am eager to start using it! *Thank you to the Hawfield's for supplying the TV and to Danielle Vancura and Michael Asay for offering.*

I have also built some kickout floats with more coming. These are 3' long PVC pipes covered with foam that we can screw to the lane lines. They mark where the swimmer must breakout, forcing them to develop their underwaters. We have also developed a large whiteboard chart with a sticker system for us to track our individual performance progress that will continue to serve us as we train.



We have put a heavy emphasis on body position in all strokes. Staying low to the water, breathing with one goggle in and one out for freestyle, leading our breath in butterfly with our chin and not our chest, keeping our head back in backstroke, and staying streamline after our breath in breaststroke and returning to a streamline position before completing our kick. We are focusing on developing a demolishing kick, continuing to develop our aerobic base and starting to mix in more and more speed work as we move toward JAGs and JOs. There is a quote I love that I feel holds true in almost anything and it comes from high school basketball coach Tim Notke, “Hard work beats talent when talent doesn’t work hard.” I pulled this quote I’ve read before from TeamUSA.org. And it is true...no matter how genetically talented you are, putting in 100% effort everyday, that consistent and purposeful action, is what getting your best time and winning versus getting untouched and missing your mark comes down to.

To all swimmers and those reading this, let us not let our inner fire smolder. In the Platinum group we have identified teamwork as the #1 priority for our group - the building block from which all of our individual and group success will stem from. Like wolves we are always stronger in numbers – hence why we have relays – let us use this as motivation to continue to lift each other up everyday whether our teammate is having a stellar practice, a stellar meet, or finds themselves in the darkness of doubt...let us be the light for each of our teammates, regardless of their performance or stage of progress. Be the leader, the positive uplifter, and always be the hardest worker in the room.

Turning the spotlight to Ava Calvin and Mitch Anderson who are deserving of this newsletter's Team Spirit Award. These individuals are consistent in their leadership in and out of the pool, showing up on deck with a smile on their face (only when Mitch shows up under his invisible cloak is his smile hidden), encouraging teammates often, and staying positive regardless of circumstance. In many ways they carry the team forward and keep us aligned with our vision and values.

I'd also like to celebrate Macie Armbruster, Jesse Toal, and Lucas Munoz who deserve the Never Give In Award. This award is to celebrate an individual who has spent an incredible amount of time without faltering in their dedication and patience, to the mastering of a new skill. Macie who just recently made a major breakthrough in her dive, Jesse who has been making strides in his freestyle pull timing, and Lucas for putting extra attention into his aggressiveness and sprints and it is gratifying to see their efforts pay off through skill acquisition. Congrats! Rylee Kervick deserves recognition both for being a fantastic teammate and also for seeking physical therapy to help heal an injury which she also swam through! We are proud of you Rylee for taking care of yourself and it is paying off!

Now that we have identified Teamwork and Team Spirit as our #1 priority, this section of the newsletter is dedicated to celebrating those who have demonstrated recent technical growth and also increased work ethic. As their teammates, you are accountable for keeping them lifted, excited, and motivated to continue to excel and thrive. These standouts are Miles Barren, Jesse Toal, Ethan Chao, Allie Cooper, Merek Maziarz and Matthew Nye, all of which have kicked it up in practice—so much so that I and their teammates have noticed.

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R TO L: Coach Jonny, Lucas Munoz, Sydney Hawfield, Neva Phillips



L to R: Chase Matheson, Mathew Nye, Merek Maziarz

I am incredibly excited to see the fruits of our labor continue to show themselves in our training and meet performances. We often look to competitions to measure our progress as this is generally where we aim to meet our goals that we set weeks, months, or years prior. While our goals are a strong impetus for getting psyched and motivated to train, ultimately, it is the process that creates such enormous and emotional energy behind our celebrations no matter how small our successes. It is the process of consistent and purposeful action, the many sacrifices we make and the early mornings and late nights we witness as we strive for excellence in the pursuit of our goals that brings us deep gratification. There are few lifestyles that are as healthy as a swimmer's and fewer that are as rigorous and challenging. Yet, the gratification we receive from pouring our body, mind and spirit into such goals and lifestyle is beyond words—and unknowable if you have never swam. Every individual on our team deserves immense praise and respect for pursuing one of the hardest and most mentally challenging sports that exists. As coaches, athletes, and people who have gone through this path to different degrees, our hearts go out to all of our athletes. You got this. Keep going! May the flow be with(in) you.

~Coach Jonny

COACH JONNY'S DRYLAND NEWS

- For the Senior group we have been focusing on core development and basic strength development on deck.
- We have been utilizing our gymnast rings for things like body-weight pushups, rows, tri-cep extensions and have been developing our arms with the pullup bar as well as our legs with squats and step ups.
- The Senior group has also started to run on Saturdays with Platinum on the trails and both groups are running on other days of the week to build and maintain our aerobic fitness and muscular endurance. I am excited to see how our strength development pays off at Leagues and CIF! Go Seniors!



GOLD GROUP

Welcome to this edition of the Gold Group News! The best part of my day is when I walk on deck and am greeted with big smiles and lots of energy from this group! I am fortunate to be coaching them, as they all are fantastic kids! Several of our Silver swimmers just moved up and are adjusting quickly. New friendships and challenges are being made. Best of all, it seems like everyone is having a blast getting to know one another!

I look back at my career as a coach and as a swimmer, and all the relationships that I have formed over the years because of this unique sport. Not only do I still talk to my high school and college teammates, but I even married someone I met on a pool deck at a swim meet!



Something that Jason Lezak said in his speech at our banquet dinner really stuck to me. It was about being apart of teams with other swimmers and no matter how much time goes by you were bonded doing something together that was special.

Two weeks ago, Karli Thuen, a former swimmer from our team stopped by for dinner. She was one of the top swimmers here and still holds team records. It had been probably 5 years since I had seen or spoken to Karli and it felt like yesterday where we left off. She is graduated, living on her own on the east coast, and making a wonderful life for herself. The group of swimmers that I had coached back then all still keep in contact. Every so often, Yann or I get an update from each of them.

I recently had a coach come up to me from another team and complement our age group program. This is not the first time I have had a coach come up in recent months. It is all in perception of what they see. As I see it too! We see friendships growing between the swimmers. A camaraderie between each of them, as they cheer for each other behind the blocks. They are like a bubble of energy,

“Something that Jason Lezak said in his speech at our banquet dinner really stuck to me. It was about being apart of teams with other swimmers and no matter how much time goes by you were bonded doing something together that was special.”

~

As we go through Spring and enter the Summer, this tends to be a time where we see a ton of growth and maturity. We will continue to build our relationships in our group, so no matter what goal each swimmer has, their teammates are there cheering them on. When we have fun, we swim fast, and these kids are having fun!



My goal as a coach is no matter what, have every swimmer feel that they have a positive relationship with the club, me as a coach, and other swimmers who train with them. Our GOLD group is doing just that. We are building relationships! We are: *"Building One Team Together!"*

~ Coach Julie

GOLD GROUP MEET HIGHLIGHTS

- **ISCA**—Swimmer of the team was Grace DiGiovanni! Grace was the highest scorer from our team where she was 1st, 2nd, or 3rd in every race she swam.
- **Spring JO's.**—Did someone say 10 and under relays? Yay! Wren Collins, Grace DiGiovanni, Leila Matheson, and Ashley Toal made us proud! Wren was our top scorer in our group for the girls and Phineas Keenan was a huge asset for the boys with his top times and high scoring!
- **Golden West**—Huge drops were made in the 200 events! Lila Anderson dropped 25 seconds in her 200 free, Jayden Erickson dropped 30 seconds in his 200 IM and another 32 in his 200 free and Clark Tatala dropped 35 in his 200 IM!

SILVER GROUP

Hello Parents and Swimmers! Let me start by saying how honored I am to be your coach. Being able to show up everyday to the smiling, energetic faces of these kids is truly a blessing. Their attitude is something that can't be trained or taught by a coach, it is something learned by example of amazing, loving parents.

The amount of hard work and dedication they put in the pool inspires everyone who sees it. I constantly have lap swimmers, with little to no affiliation to the team, come up to me and make remarks of how disciplined, enthusiastic, and hardworking these swimmers are. I couldn't be more proud. We have spent the last few months 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 is spending time honing in the finer details. Many laps of tedious drills focusing on seemingly small things would crush any lesser athlete, but these swimmers have risen to the challenge and have gone above and beyond!



Mondays/Tuesdays have always focused around a stroke progression. Starting at the basic form of the stroke, gradually adding in the different motions and aspects to make it more sophisticated and efficient, until we finally arrive at the finished product of a beautiful, powerful stroke. These days are often the most challenging mentally, due to the incredible amount of focus required. But, each week, I am amazed at the dedication and hard work they put in.

Wednesday/Thursday is where these swimmers really shine. "Work Hard Wednesdays" and "Throw-Up Thursdays" push the swimmers to their limits. With hard sets or intense sprints, this is where the rubber meets the road. This is my favorite part of the week, not because of the test sets themselves, but from the amazement and satisfaction that comes from the swimmers realizing they just overcame a huge obstacle or swam way faster than they thought they could. You can see it in their eyes, and it is the best thing in the world. The best example of this is "500 Day." Most, if not all of the athletes were terrified of a 500, but were willing to give it a shot. They absolutely crushed it,

and somehow had enough energy left over to cheer on their teammates.

Fridays and Saturdays are what I call “skill days”. We slow down, and take some time working on a specific skill within swimming, whether that be turns, breakouts, starts, etc. These days are a ton of fun from the coach’s perspective, because I can visibly see progress being made. When the swimmer sets their heart and mind on getting the skill right, they always make significant progress. Being able to witness that is incredible

Outside of the pool, we got to spend some awesome time together. Silver 1 had a beach day full of fun games and lots of laughs. Silver 2 went to DEFY and dominated at dodgeball. Their energy, laughter, and comradery is contagious to everyone that witnesses it.

As we head into the summer and get ready for “championship season,” I am beyond excited to see what will happen. Every time I make what I would call a “reasonable estimate” of the outcome of our season, the swimmers manage to blow it out of the water! So I know this will be the best summer ever!



Silver 2 Group bonding outside the pool at Defy

Thank you for being the amazing parents that you are and supporting and encouraging your swimmers progress.

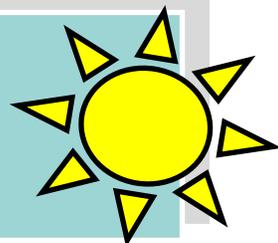
Thank you for being my awesome group of swimmers that continue to be a light and encouragement to everyone around them. Be warm and well fed.

~ Coach Dorian

“The amount of hard work and dedication they put in the pool inspires everyone who sees it. I constantly have lap swimmers, with little to no affiliation to the team, come up to me and make remarks of how disciplined, enthusiastic, and hardworking these swimmers are. I couldn’t be more proud.”

~

SUMMER SCHEDULE



Monday, June 6 – Saturday, July 30

Bronze Groups

Monday/Wednesday 3:30-4:30pm | 4:30-5:30pm | 5:30-6:30pm

Tuesday/Thursday 3:30-4:30pm | 4:30-5:30pm | 5:30-6:30pm

Silver 1 Group

Monday/Wednesday 4:30-5:45pm | Friday 3:30-4:30pm | Saturday 7-8:00am

Silver 2 Group

Tuesday/Thursday 4:30-5:45pm | Friday 4:30-5:30pm | Saturday 8-9:00am

Gold Group

Monday-Thursday 4:30-6:00pm | Friday 3:30-4:45pm | Saturday 7-9:00am

Platinum Group

Monday – Friday 7:30-9:30am | Saturday 7-9:00am

*Dryland = Tuesday/Thursday 9:45-10:45am | Saturday 9:15-10:15am

FitPrep Group

Monday/Wednesday 6-7:15pm | Friday 4:45-6:00pm

Senior 1 Group

Monday – Thursday 6-7:15pm | Friday 4:45-6:00pm

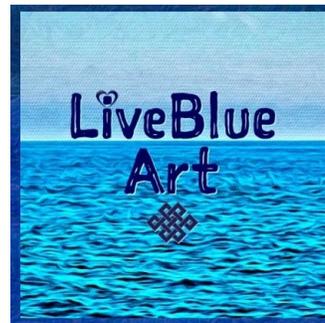
Senior 2 Group

Monday – Friday 7:30-9:30am | Saturday 7-9:00am

*Afternoons Tuesday/Thursday 5:45-7:15

***Dryland** Monday/Wednesday/Friday 9:45-10:45am | Saturday 9:15-10:15am

THANK YOU





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6. Select **San Clemente Aquatic Team Corporation** and you're ready to start shopping

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| Category | Amount | As of |
|---|------------------|------------------|
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| All US charities have received | \$306,872,769.49 | November 2021 |
| All worldwide charities have received | \$346,069,668.53 | November 2021 |

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