

San Clemente Aquatics Swim Team

THE DEEP DIVE QUARTERLY NEWSLETTER



Welcome to our Newsletter!

We strive to update you on coach and swimmer news.

Enjoy!

Sincerely,
Sarah Schneider,
BOD Chief Editor
Please submit news ideas to:

sarahwschneider@yahoo.com.



New Hire: Coach Jonny Dray

FUN FACT: Jonny can unicycle AND he sleeps upside down - say what?!? We are thrilled to have this experienced and vibrant coach on deck, check out our website for his full bio!

Summertime = Funtime at SCAT!

Summer is ramping up with lots of competitions and lots of opportunities to train from our youngest to our oldest.

Whether you swim competitively year round for SCAT or participate more casually, we are glad that we can offer a pathway for your kids' dreams. Some might like to make the Junior Guard tryout time and others might like to make the Olympic team someday. All dreams, big and small, are supported here at SCAT!

1

Coach Updates from our swim groups: Senior 2, Gold, Silver I & 2, Bronze and Senior 1/FitPrep. Hear what our coaches are saying about practices!

2

In the News! We will update you on our calendar of events including some dates for summer swim meets! Read our Board of Director's update!

3

Meet our Swimmers! We feature 4 swimmers who are leaders in and out of the pool! Meet our three Graduates and find out where they are headed!

I have been following the Olympic Trials for Swimming in Omaha the last few weeks and read the following statement on twitter:

“Andrew Wilson just gave hope to every overlooked high school swimmer who was passed by a D1 school. First D3 based swimmer to make an Olympic team. Never give up on your dreams no matter where they start!” - @Swimming @andrewwilson93.



Photo Credit: The Swimming Universe

This had me stop in my tracks as it resonated so much with me. It truly doesn't matter what town you come from or what high school you go to or even what college you go to (whether it is D1 or D3!)... the most important thing is to keep believing in yourself and working towards your goals. This summer take the time to watch the Tokyo Olympics with your swimmers. You never know, one of our SCAT swimmers watching this year, may find themselves competing someday in the future. Little dreams have a way of becoming big dreams which *every now and again* have a way of coming true...

Lastly, if your swimmers have been competing hard this year, they may *feel like this picture above: swimming in their sleep!* Hang in there, July is the culmination of our swim season and the club takes a well deserved two-week break from **August 2nd - August 15th**. Have a wonderful summer and on behalf of the Board of Director's, thank you for your support. Go SCA!

Sincerely, Sarah Schneider, VP Board of Director's and Chief Newsletter Editor

Five SCAT Swimmers speed their way to breaking club records (pictured on page one)

Timo Paisley: broke seven club records in the 17-18 age category. Short Course: 500 Free (4:29.50)*, 200 Free (1:39.34), 400 IM (4:01.22). Long Course: 400 Free (4:07.24)*, 1500 Free (16:17.71)*, 400 IM (4:42.19), 800 Free (8:35.51)*

Maddie Phillips: broke five club records in the 15-16 age category. Short Course: 50 BR (29.67)*, 100 BR (1:04.38)*. Long Course: 50 BR (34.24)*, 100 BR (1:13.25)*, 200 BR (2:41.08)*.

Maya Gallimore: broke four club records in the 15-16 age category. Short Course: 50 Butterfly (25.45), 50 Backstroke (28.39), 200 Backstroke (2:13.25). Long Course: 50 Butterfly (29.93)*

Grace DiGiovanni: broke one club record in the 7-8 age category. Short Course: 200 Free (2:50.08)

Zoe de Fabrique: broke one club record in the 11-12 age category. Short Course: 1650 Free (18:52.27)

(Note: * means Open Record Broken)



Senior 2 Group Update

by Coach Jason York



High School Season 2021 – By Jason York

In the swimming world, spring is known as “high school season”! Our swimmers love high school swimming because of the dual meet format and the camaraderie they have hanging out with their high school teammates. We have swimmers that represent a few different leagues and many different schools, but they are all San Clemente Aquatics Swimmers regardless of what school they represent.

Coming off the cancellation of the 2020 high school season, our kids were excited for the opportunity to participate in high school sports, and they certainly performed as if they were hungry for the competition. For three swimmers, the 2021 season marked the end of the line, as **Timo Paisley**, **Spencer Herbert**, and **Kelsie Yamano** all wrapped up their high school swimming careers and will look to take their talents to college.

Timo stood out from the crowd as he earned a 1st and 2nd place at his League Champs in the 500 (4:32.11) and 200 Freestyle (1:39.34) respectively. **Timo** went on to compete in the 500 Freestyle, earning a CIF Division 2 second place finish with a time of 4:29.50. At the same league meet, **Spencer** proceeded to get faster and faster at every dual meet he attended, culminating in a 4th place and 7th place finish in the 100 Breast (1:00.27) and the 50 Free (22.54), respectively. Meanwhile, **Kelsey** completed an illustrious

swimming (and cross country) career, by competing in the 100 Fly, earning 6th place accolades with a time of 1:05.05!

Our Juniors made us proud as well and were led by **Maya Gallimore** who won both the 50 Free and 100 Fly at her league meet with times of 23.71 in the 50 and 56.51 in the Fly. **Maya** went on to compete in Division 1 CIF finishing with an impressive 7th and 16th in the 50 Free and 100 Fly, respectively. Also at their league champs, **Layla Lloyd** took on the grueling distance events and earned a 6th place in the 200 Free with a time of 1:58.28 and 5th place in the 500 Free with a time of 5:26.30. Like Lloyd, **Zach Roeber** took on the same distance events finishing with an impressive 1:48.79 (200 Free) and 4:55.73 (500 Free), each good for 6th place.





Senior 2 Group Update

by Coach Jason York



Photo: Maddie Phillips

The Sophomore contingency, our biggest of the team, was in full force, with 10 swimmers swimming lights out! **Charlie Bowman** had a brief high school season where he improved both his 200 IM and his 100 Breast enroute to making the Championship Finals in both events at his CIF champs meet. **Halia Fleming** continues her ascension into the top ranks of swimming as she continues to drop time every swim meet. **Halia** had a 5th place finish in the 200 Free (1:55.29) and a 3rd place finish in the 100 Fly (58.63). **Nathaniel Fong** steadily improved his events by placing 12th in the 200 IM (2:07.51) and 13th in the 100 Free (52.01). **Jaden Kopp** had a sensational league meet competing in the 50 Free (7th – 24.63) and the 100 Back (4th – 57.91) and earned the right to compete at CIF Division 2 in the same events earning 13th and 9th in the 50 Free (24.73) and 100 Back (58.50) respectively. Continuing the trend of dropping time, **Kate Loo** competed in the 200 IM and the 100 Fly, earning a 4th place finish in the 200 IM (2:09.32) and 2nd in the 100 Fly (58.53) at her league meet, but also was invited to CIF Division 1 in the 200 IM, where she dropped even more time earning a 13th place finish with a 2:09.06. **Wyatt Miller** earned a 3rd and 7th in the 100 Fly and 100 back with times of 52.12 and 55.35 respectively and was invited to compete in CIF Division 2 Champs in the 100 Fly, finishing

10th with a new best time of 51.98. **Maddie Phillips** swimming in the 200 IM (2:03.66) and the 100 Breast (1:04.65) finished 2nd and 1st and was invited to participate in the CIF Division 1 champs in both events, where she finished 7th in the 200 IM (2:05.28) and making the podium with a 3rd place finish in the 100 Breast (1:03.99). Up and comer, **Noah Sech**, finished 2nd in the 200 IM with a time of 1:55.43, and 3rd in the 500 Free with a time of 4:39.14, good enough for

an invite to the CIF Division 2 champs in both events, where he earned an 11th and 9th in the 200 IM (1:56.02) and 500 Free (4:42.38). **Harrison Shupe** had a great league meet with finishes of 4th in the 100 Fly (52.28) and 6th in the 100 Free (49.64), the first, a good enough time to earn a spot in finals at the CIF Division 2 Champs, where he earned a 16th place finish in the 100 Fly with a time of 53.61. **Megan Toal** had some impressive drops, especially considering she was not far removed from an ankle injury. She earned a 2nd place finish in the 200 IM (2:14.61) and a 6th place finish in the 100 Breast (1:12.26) at her league meet.

Rounding out the high school season was our youngest athletes, who did not disappoint. **Makenna Wilson** earned a 1st and 2nd place finish in the Junior Varsity division of the highly competitive Trinity League, where she earned best times in the 200 IM (2:12.16) and 100 Fly (1:00.09) respectively. **Lana Gallimore** proved she is all “fast twitch” by finishing 4th and 3rd in the 50 Free (25.43) and the 100 Free (55.84) and finally, **Sebastien de Fabrique** earned best times in both his 200 Free (1:49.15 – 7th) and 500 Free (4:50.32 – 5th). Sebastien was one spot away from making it to CIF Division 2 Championship but made us all proud by attending as an alternate and supporting his teammates.



Photo: Makenna Wilson, Will Schneider, Jaden Kopp

The high school season is a time that brings the best performances out of our swimmers. Everybody experienced 100% best times during the season, and they got better in their sport. The key now is to continue to build on these efforts in a consistent manner. I can't wait to see what the next few years brings to San Clemente Aquatic swimmers!



Gold Group Update

by Coach Julie de Fabrique



Welcome again to the Gold Group. A lot has happened since our last newsletter! It has been not only exciting with things opening up, but fun! The group is getting back to almost the pre-covid amount of time together, and are finally getting some dryland exercise going. Yay!

All year I look forward to the summer season, as I love it! This is the biggest moment to see these kids grow and mature. We test their limits with harder workouts, but now with the extra time, we keep working on those little details.

This summer we welcomed into the group **Wren Collins, Bode Lloyd, Taryn Mckeen, Maddyn Ortiz** from Silver 1 group and **Merek Maziarz** from Silver 2! They all jumped right into the mix and are fitting right in.

Swim meets are happening! As I share the many success of our

swimmers, I may forget or leave someone out. I am apologizing now if I do, as I always try to rotate through to make sure everyone gets a chance to be recognized.

Swim meets are such great learning moments for the kids, as well as us coaches. It is one thing to break down each piece of a stroke, turn, or underwater in practice, but another when the intensity is up and it is time to get up and go. Sometimes the light switch works for the kids and other times it doesn't and we go back to work on the little details again.

We'll just start off with the Mother's Day meet we had against SoCal! It seems so long ago... There were kids who tried new events for the first time and succeeded at them too! We had a crew try the 1650 for the first time. It was a positive experience that has led to 2 of them turning around and just swam it again last weekend.

At Costa Mesa 2 weeks ago, we had some fast swims! The rumor on the street is that it was a ton of fun for swimmers and parents! Kids walked away with best times and even ribbon awards! Our new 13 year old girls, **Macie Armbruster** and **Rylee Kervick** both stepped to the plate in the older age group and made some time drops. **Ethan Chao** stood out of the crowd with his 14 second drop in the 200 IM and 3 second drop in his 100 free.





Gold Group Update

by Coach Julie de Fabrique



This past weekend I was able to be at the Summer Invite and it was the first time I have really gotten a chance to sit down and watch these kids race. San Clemente Aquatics definitely shined! Lots of top 3 places were made and it was fun to see!

Summer Invite Highlights:

-**Chase Matheson** definitely gets the swimmer of the meet for gold group! Time drops here are huge with his 2:02 200 free and 5:29 500 free! Watch out for his butterfly too! Being good at distance, I see many 200 butterfly events in his future!

-**Jesse Toal** took a 23 second drop in the 500! Plus, he just swam at that race in April where he dropped 36 seconds! His other events weren't too shabby either, as he dropped 5 seconds in his 200 Free.

-**Zoe de Fabrique** continues to charge in the distance. Her first time swimming the 1650 Free was in our May meet where she broke a team record from 1999. This weekend she dropped another 28 seconds!

-**Sydney Hawfield** just keeps plugging along! Her hard work ethic is definitely paying off as every time she dives in the water she is improving not only her strokes, but her times. Big milestone of the weekend was her



breaking 6:00 in the 500 free! 5:59!

-**Emmett Kopp** is the tall talent! Dividing his time between baseball and swim has been challenging, but he continues to dominate when he races. His first place finish in the 100 back is putting him closer and closer to getting to the sub 1:00 mark!

-**The Mckeen sisters (Devon and Taryn)** are going to get known for their IM efforts! Devon took a 14 second drop in the 200 IM and Taryn dropped 6 seconds in the 100 IM! Way to go girls!



Silver 1 Group Update

by Coach Dorian Johnson



Hello Swimmers and Parents!

It's finally summertime! A time of BBQs, sunburns, pool parties, late night adventures, epic surf sessions, fast swimming, and spending time with family and friends. When asked about their favorite part of practice, across the board all swimmers said they enjoyed the little games and moments they share with their teammates.

These athletes are so incredible, and so silly. They always find ways to have a little fun, even in the hard sets or the tough moments. Whether that be splashing us coaches (which is always nice in the summer), counting down the seconds until we

start as loud as they can, or starting a "cap-less revolution" in which everyone goes without a swim cap for the day, these amazing swimmers create the most fun environment around. Everyone wants to be a part of it.

The best way to illustrate that is with our new swimmers. In June, we had nine new swimmers join us from the bronze group (*Easton Calvin, Myah Hall, Sawyer Juncaj, Zane Morgan, Ben Payne, Maverick Pipp, Logan Schneider, Tres Tufts, and Maverick Whisner*). These "newbies" instantly felt the fun and high spirits that our group brings to the pool. In the 3 weeks they've been here, they fit right in with the positivity and hard-working ethic. So let me just say, welcome!





Silver 1 Group Update

by Coach Dorian Johnson



This summer the focus for us is swimming **fast**. Our technical work has greatly improved, and our strokes are not only legal but are exceptional. While the swim meet schedule is still uncertain, whatever meets we can go to we will, and we are going to win.

An awesome thing to supplement swimming is Junior Guards. Many of our swimmers have been spending hours at the beach, learning ocean safety and water skills. While for some it does take away our pool time together, the strength and conditioning training they are receiving is making the swimmers much stronger, and therefore faster. Once the JG sessions wrap up, I am super excited to see how much stronger and faster these guys have become.

Lastly, I just want to say how proud I am of these swimmers. The time drops are amazing, but I am really amazed by their attitude and work ethic. Always smiling, always willing to push themselves

to the next level, and always positive. Honestly I'm a little blown away, and I am learning a thing or two about being positive from them! Parents, know that your child is an amazing person who works hard, plays harder, and is always smiling.

Be warm and well fed,
Coach Dorian





Silver 2 Group Update

by Coach Jonny Dray



Welcome to Summer in San Clemente everyone! I am thrilled to announce and celebrate the many hours of hard work, dedication and fun we have been having in the pool and on the deck since April. It has been a joy to watch the swimmers of Silver 2 grow and improve in many ways in and out of the pool in just a few months and we, the coaches, are looking forward to what is in store for the summer.

When I first arrived here to work with the Silver 2 group, I took a few weeks to really observe and note what things we needed to work on. Over the past few months we have been really focusing on things like head and body alignment/posture in all four strokes, streamline push-offs, turns, dives, and practice etiquette (using the clock correctly

for intervals and swimming in lanes with structure). More specifically, our major focuses for each stroke have been things like: pressing the chest/lifting the hips in butterfly as well as stroke timing. For backstroke we have focused on head position (neutral), kicking from the hips, and counting our strokes into the wall so we can turn smoothly and push-off in streamline. For freestyle we have emphasized head position, breathing with one goggle in the water and one goggle out of the water, full body rotation, and fully pulling back to the thigh. Breaststroke has been all about timing and correct kick technique.

One thing I am always asking myself is, "How can we have FUN *and* improve technically and physically at the same time?" So my personal goal, as coach of the Silver 2 group, has been to make summer fun *and* improve on all levels!

Some things we have been integrating into practice are trying to catch tennis balls as swimmers jump and dive into the pool. I love this because it always ends with the kids emerging from the water laughing and smiling and also teaches them quick reaction skills and body awareness and coordination. We have been using fins a ton. Everyone loves fins--putting them on suddenly makes you a true fish! We use fins most for underwater work and let's admit, who doesn't love squirming through the water like a fish while looking at all your other friends doing the same thing as you! Twice a week we get out of the pool to work on our dives so we can socialize, enjoy the sunshine, and also work hard :) We will be incorporating more relays--the pinnacle of fun--as well. I had a few more tricks up the sleeve and will be incorporating more fun activities and drills as the summer unfolds.





Silver 2 Group Update

by Coach Jonny Dray



This summer we are heavily emphasizing turns (flip and open turns), streamlines, dives, underwater and body position in the water for all four strokes. Oh and always kick! We kick everyday and Coach Dorian and Alex and I are seeing improvement already.

Along with Coach Dorian's help, we hosted a beach day on June 12 (see picture below) which was an AWESOME time. We played lots of frisbee, had a cookout, surfed and swam in the ocean, and listened to music. Oh and of course, we topped the night off with some s'mores! We hope more of you decide to come for the next one! I am always open to fun ideas, so if you have one, tell me! I gave our group a chance to dye my hair pink by kicking underwater for 25 yards without breathing. 9/8 needed swimmers did it! Look for the pink haired coach on deck!

Congratulations to **Merek Maziarz** who has moved up to the Gold group! Merek has demonstrated excellent attendance, great technical form and a strong work ethic and has earned his new spot in Gold. Congratulations to **Kian Laule, Josh Greene, Natalie Deyhimy, Brody Hamilton, Averi Carter, Amelia Villarete, Ava Savasta** and **Declan Keenan** who have moved up to Senior 1! They too have demonstrated technical skill, dedication and work ethic needed to move up. It is my goal and hope to move everyone up and we are working hard as a team and individually to do so. And with moving some kids up comes some kids moving in!

Congratulations to **Nixon Sieling-Squires, Macin Root, Max McKee, Reed Miller** and **Owen Driggers** on moving up to Silver 2! Welcome!

Some recent notable swims: At the Costa Mesa June Meet **Matthew Nye** swam a 1:26.27 in his 100 IM and a 38.13 in his 50 Fly and 32.87 50 Fr! **Zoe Mulcahy** swam a 53.92 50 Fly, 37.94 50 Fr and a 1:42.20 100IM! **Declan Keenan** swam a 33.34 50 Fr and earned the team 3 points! **Vivi Quade** swam her 50 Fr in 37.03 seconds and 50 Breaststroke in 47.94! Woo! In the SCAT meet at home a few weekends before the Costa Mesa **Victoria Piwonka** swam her 100 Fr in 1:38.17 and 100 Back in 1:36.39. **Macie Jones** swam her 200 Fr in

3:28.11 and **Luke McKee** swam his 100 Fr in 1:35.51 and 100 Back in 1:46.38. Several of our swimmers were DQ'd mostly for turns and wall-related mistakes, another reason a big focus for our summer is turn work! If you got DQ it is OK - now we know what we need to work on to make you even faster!





Bronze Group Update

by Coach Indy Minnich



I wanted to give a huge congratulations to all the swimmers in the Bronze group! These swimmers have come together with a common goal, to improve their technique and to learn new skills that will be valuable in their swimming careers. In the Bronze group, we focus on one main stroke per week, starting with the very basics and as they progress, we add on more complex skills such as flip turns and backstroke stroke counts!

Many of our younger swimmers have a great time seeing familiar faces from their schools or watching an older sibling achieve their goals. Having a fun time in the water while also developing skills makes the Bronze group a great place for new and young athletes who want to make friends and improve. At the end of every

practice we make time for something fun!

I am excited to see where these athletes take their skills in and out of the pool.





Senior 1/Fitprep Group Update

by Coach Sandy Kos



Yahoo! The end of June is here, we are well into SUMMER. We are a group of 47 kids strong! During practice, we are CHARGING after a 3000+ yd high intensity interval training workout. Our intervals are fast, varying speed to get us faster. *There is no Easy, it's Moderate, Fast, Faster, Fastest.* The group is now moving into more of a mid-distance cycle of training, opening performance for longer distance races. **The entire group should be looking forward to a swim meet to establish official times in our 'Swims' database.**

We are hoping the Seal Beach Rough Water, the Lake Mission Viejo

races and SoCal Red White and Blue meets open up SOON and we will have many signed up.

Besides enjoying chocolate milk for the best athletic recovery drink. A fun dinner conversation is calculating time intervals. If we swim 5 x 50's on a 1:10 interval leaving on the top, (that is :60 or the :00 depending on clock type) when would you leave for the second swim? Visualizing an analog clock to calculate when to leave makes interval training easier. The most difficult interval for Coach Sandy to add is the 1:25 interval. Try it, add 25 seconds to each swim in a 60 second domain. "Argh!" Now visualize the analog clock, "Awww", :00, :25, :50, :15, :40, :05, :30, :55, :20, :45, :10, :35 and back to :00. A :50 second interval is a piece of cake, sweep the analog clock hand back. :00, :50, :40, :30, :20 and so on. It also makes it easy to count 6 x 100 freestyles, we'll end on the :10. Try it, it's a skill that pays dividends beyond swimming as it helps our kids with spatial reasoning. Did you know as a group, that swimmers, along with cross country runners, consistently have the highest GPA?

Parents, are there any takers on being a group parent? A pizza social is on the top of the activity list, and I need volunteers! Please email me with your interest casadekos@gmail.com. Thank you!



*Mark your
Calendar!!*



*We are ready
Summer!!*

San Clemente Aquatics 2021 Dates to Remember

<p>Friday, July 9th</p>	<p>Senior and Fitprep Social! Detail to follow in an email from Coach Sandy. Mark you calendars for a fun Pizza and Ultimate Frisbee Party.</p>
<p>July 15th- July 18th</p>	<p>CA/NV Speedo Summer Sectional (Fullerton, CA). This is a proof of time meet, you must qualify to compete (see primary coach if you have questions). Entries due: Wednesday, June 30th.</p>
<p>July 22nd- July 25th</p>	<p>Summer Junior Olympics (Mission Viejo, CA). This is a proof of time meet, you must qualify in each event you swim (see primary coach with questions). Entries due: July 12th @ 5pm</p>
<p>July 28th- July 31st</p>	<p>Futures Championships (Santa Clarita, CA). This is a proof of time meet. You must qualify to swim in this meet (see primary coach with questions). Entries due: See Coach Jason</p>
<p>July 31st- Aug 1st</p>	<p>SoCal Aquatics Open Invitational (Santa Ana, CA). This is a Blue/Red/White swim meet. EVERYBODY IS QUALIFIED! This is the meet to participate in if you are not qualified in any of the above-mentioned competitions.</p>
<p>Aug 2nd- Aug 15th</p>	<p>Club-wide Recess. This will be a well deserved and much needed break for athletes, parents and coaches. Enjoy the rest! We will see you again August 16th. Happy Summer!</p>

Board of Director's Update

THANK YOU FOR YOUR SERVICE KEVIN YAMANO AND M.E. LLOYD

We are so grateful for the hard work and dedication of our parent volunteers. The work of Kevin Yamano and M.E. Lloyd on the Board of Director's cannot be over stated. They have tirelessly volunteered dozens and dozens of hours of their time in pursuit of the betterment of our swim club.

Both Kevin and M.E. have completed their two year service commitment.

Kevin has been a member of our swim club for nine years, he and his wife organized our annual Holiday Party for many of those years amongst other volunteer work and Kevin has spent the last two years serving on our BOD as Secretary. While his SCAT swimmer Kelsey Yamano goes off to college next year, we will miss the Yamano family and wish them all of the best.



M.E. Lloyd and her five kids have been a significant fixture in our club for the last eight years. With kids in nearly every group the club offers, M.E. was always willing to lend a hand or offer her time. From helping at swim meets, to creating graphics, sweatshirts and t-shirts, to her recent service on the BOD, M.E. has been a steward of this club and her service will not be forgotten. We wish the Lloyd family all of the best in their new adventures in Northern California!



The Board of Director's will be electing new Director's in September. If you have been a member of our club for at least a year and are interested in serving a two-year term, please reference the "Call to Action," **email sent June 24th, 2021** or contact a nominating committee member, Coach Jason York, Casey Cooper, Stacy Shevel, or Delphi Sech.





Ethan Chow Gold Group

- Favorite practice? **I like getting up and racing off the blocks or doing relays.**
- Least favorite practice? **Butterfly drills!**
- Most improved in? **I have dropped a lot of time in many strokes. I have done this by working hard in practice.**
- Favorite race? **For sure the 100 Freestyle, because it's one of my fastest. It is my goal to get several JO cuts this summer.**
- What are you up to this summer? **I am taking a technology class where we make videos and anime.**



Mia Rigg Gold Group

- Favorite practice? **I like racing, especially 50's off the blocks.**
- Least favorite practice? **When the group has a set of multiple 200's and our test set of 10sX100's on the fastest time you can hold. That is hard!**
- Most improved in? **I have improved my freestyle the most and I'm working on building more stamina.**
- Favorite race? **The 50 butterfly! I have dropped two seconds in that race recently.**
- What are you up to this summer? **When I am not swimming I am at JiuJitsu, playing golf, going to Lifetime for yoga and dance, Surf Camp, JGs and robotic camp. Phew that is a lot!**

Zach Roeber '22



- Favorite practice? **I like pulling sets! I really “vibe” with it. It helps with form, strength and it cleans up my technical flaws.**
- Least favorite practice? **Distance main sets. They are mentally hard because you are in your own head space, unlike sprinters who have more time for interaction.**
- Most improved in? **I have developed a much stronger kick. I better understand the leadership role. I learned a lot from Timo, I want to be better at helping others improve.**
- Favorite race? **The 200 Free at League finals (I broke 1:50), everything came together, technique, underwater, etc.**
- What are you hoping to improve? **Mostly my endurance, much of which was lost during Covid shutdown. Also my speed!**

Halia Fleming '23



- Favorite practice? **I enjoy hanging out and talking to my friends prior to practice!**
- Least favorite practice? **Distance main sets. They are intimidating and less people to train with, which makes them hard.**
- Most improved in? **Racing! I now realize there is more strategy involved and I think about my races ahead of time and utilize visualization.**
- Favorite race? **The 200 Free at League Champs. I finally broke the 2 minute barrier (2:00), and after tapering ended up with a 1:55.**
- What are you hoping to improve? **I want to learn how to race my 500 Free better! Of course, I want to continue improving my technique in all strokes, so I can be a versatile swimmer.**



San Clemente Aquatics Swimmer Graduates



We are sending off three swimmers this year. SCAT is proud to announce the graduation of:

Kelsey Yamano - UC San Diego (Cross Country)

Timo Paisley - Florida Atlantic (Swimming)

Spencer Herbert - UC Irvine (Academics)

