

Monthly Newsletter

MILPITAS
AQUATIC CLUB



March-April 2025



Upcoming Meets and Events

April 26th: 10 & Under Championships
Sunnyvale, CA
Qualifiers only

**Upcoming
Meets**

Nutrition

**Birthday
Shoutouts**

**Swimmer of
the Month**

**Championship
Recap**

**Swimmer
Spotlight**

Club Records

Pre-Meet Meal

Before a swim meet, athletes should focus on eating a balanced meal that provides sustained energy, hydrates the body, and supports muscle function. A good pre-meet meal should be rich in complex carbohydrates, like whole grains, to fuel the body, moderate in lean protein for muscle repair, and include healthy fats. It's important to avoid heavy or greasy foods, as they can cause sluggishness. Ideally, the meal should be eaten 2-3 hours before the event to allow for digestion and optimal performance.

Apple Cinnamon Yogurt Overnight Oats

- 1/2 Cup rolled oats
- 1 teaspoon chia or ground flax seeds
- 1/2 teaspoon cinnamon
- 1/2 Cup plain yogurt of choice
- 1/2 Cup milk of choice
- 1 teaspoon vanilla extract
- 1/2 Cup apple, chopped into small pieces

Mix all ingredients into container of choice and let sit for at least 6 hours in fridge before enjoying!

Pre-Practice Snacks

The best pre-practice snacks for swimmers should provide quick and easily digestible energy, especially carbohydrates, along with a moderate amount of protein. Ideally, you want a snack that can fuel your workout without making you feel too full or sluggish. Here are some great options:

- Cottage Cheese with fruit
- Rice cakes with hummus or nut butter
- Chia seed pudding with fruit

(all snacks can be made with substitute ingredients of your choice)

Try to have your pre-practice snack about 30-60 minutes before your workout to give your body time to digest and absorb the nutrients!

Post-Practice Meals

After a swim practice, refueling properly is important to help your body recover, replenish energy stores, and repair muscles. The best post-practice meals for swimmers should focus on a balance of carbohydrates, protein, and healthy fats.

Chicken Hummus Wrap with Veggies

Ingredients:

- For the Chicken:
 - 1 chicken breast or protein of your choice
 - 1 tablespoon olive oil
 - Salt and pepper to taste
 - 1 teaspoon paprika
 - 1 teaspoon garlic powder
 - 1 teaspoon lemon juice
- For the Wrap:
 - 1 large whole wheat or spinach wrap (or your preferred wrap)
 - 2-3 tablespoons hummus
 - 1/2 cucumber, thinly sliced
 - 1/2 bell pepper (red, yellow, or orange), thinly sliced
 - 1/2 avocado, sliced
 - A handful of fresh spinach or lettuce

Season and cook chicken or substitute protein of your choice. Let Chicken or other protein rest and chop into fine strips. Spread generous amount of hummus on wrap and place chicken strips or other protein on to wrap along with bell pepper, avocado, spinach, and any other veggies. Fold together and enjoy!

APRIL BIRTHDAY SHOUTOUTS



RIYA, JAYDEN, ADRIAN, JAKE,
JANVI, EMILYA, SHRIYANS, HANBO, CHAU,
ELIJAH, OSCAR, EVA, ALENA, BRYAN,
NEFERTITI, IZZY, JASPER, PHILLIP, ADRIEL,
AVA, ANIKA, EMMA, FORREST, BRADY,
SERENE, NITHILAN, RYAN, KORA, CARSON,
PATRICK, COACH STELLA



SWIMMER OF THE MONTH

Jiarui Fu

Jiarui has spectacular practice attendance, he always comes to practice with a positive attitude ready to work, and has shown a remarkable level of leadership. Throughout championship season, in addition to his own stellar performances, Jiarui helped his teammates to success as well. He showed up early for relays to confirm when and how the relays would be set up. Even on the day when Jiarui unfortunately missed out on finals he was there early to help out his friends and cheering them on. Then as finals closed out and relays would come up Jiarui and the boys were always there on time behind the blocks. Congratulations to Jiarui on being swimmer of the month.



SWIMMER SPOTLIGHT



OSCAR HOLLER AND COACH TRAVIS
2ND PLACE IN BOYS 50 BREAST AT
ALTO ROCK THE BLOCKS MEET



ADRIENNE PARAS 3RD PLACE IN THE 50
FREE, 2ND PLACE IN THE 50 FLY



10&U GIRLS RELAY AT ALTO ROCK THE BLOCKS
AMBER ZHOU, REBECCA CAI, AVERY CHEN, EVA LI



13-14 BOYS AGC RELAY TEAM



11-12 BOYS AGC RELAY TEAM



10&U GIRLS AGC RELAY TEAM

Championship Season Recap

MAC CAPPED OFF AN INCREDIBLE CHAMPIONSHIP SEASON AT ALTO ROCK THE BLOCKS WITH A STUNNING 185 NEW BEST TIMES, SHOWCASING THE TEAM'S DEPTH AND MOMENTUM. THIS PERFORMANCE ADDED TO AN ALREADY IMPRESSIVE RUN, INCLUDING 117 BEST TIMES AT THE AGE GROUP CHAMPIONSHIPS AND 57 MORE AT FAR WESTERNS. IN TOTAL, MAC SWIMMERS CLOCKED 359 NEW PERSONAL BESTS ACROSS THE CHAMPIONSHIP SEASON—A TRUE TESTAMENT TO THEIR HARD WORK, DETERMINATION, AND TEAM SPIRIT!!

COACH TRAVIS ON CAYDEN CROSWHITE'S 500 FREE:

CAYDEN SHOWED A REMARKABLE ABILITY TO COMPETE THIS CHAMPIONSHIP SEASON. EARNING MANY TRIPS BACK TO FINALS THROUGHOUT AGC'S AND FAR WESTERNS HE DID A STUNNING JOB OF FIXING ANY MISTAKES IN HIS SECOND SWIM. CAYDEN'S 500 FREESTYLE PROGRESSION THROUGHOUT THIS CHAMPIONSHIP SEASON HAS TO BE APPRECIATED. HIS ENTRY TIME FOR AGC'S WAS 6:05.17, QUALIFYING FOR FINALS WITH A 6:05.10, HE THEN DROPPED ALMOST 2 SECONDS TO A 6:03.2. ALONE A GOOD PERFORMANCE, WITH POSSIBLY 2 MORE ATTEMPTS AT FAR WESTERNS CAYDEN REALLY SHOWED UP. TAKING IN THE INFORMATION FROM HIS MORNING SWIM, CAYDEN PUT TOGETHER A WELL STRUCTURED RACE DROPPING HIS TIME DOWN TO 5:58.77 FROM A 6:02.73 IN PRELIMS. CONGRATULATIONS TO CAYDEN ON A GREAT SEASON AND HIS MOVE UP TO GOLD 4.

AGE GROUP CHAMPIONSHIP RECAP

CONGRATS TO THE FOLLOWING MAC AGC FINALISTS

- EMMA LU (GOLD 4) 6 FINALS SWIMS
- BENJAMIN LEE (PREP 2) 5 FINALS SWIMS
- KATHRINE CHEN (PREP 2) 5 FINALS SWIMS
- ETHAN LOCKE (NAVY 4) 5 FINALS SWIMS
- CAYDEN CROSWHITE (NAVY 4) 4 FINALS SWIMS
- SIYA VERMA (GOLD 4) 2 FINALS SWIMS
- BRAIDEN BUCKELLEW (PREP 2) 2 FINALS SWIMS
- JEFFERY TAN (PREP 2) 2 FINALS SWIMS
- ADRIENNE PARAS (PREP 2) 1 FINALS SWIM
- LUCAS ZHOU (NAVY 4) 1 FINALS SWIM
- JIARUI FU (NAVY 4) 1 FINALS SWIM
- JONATHAN LIU (GOLD 4) 1 FINALS SWIM

FAR WESTERN RECAP

CONGRATS TO THE MAC FAR WESTERN SWIMMERS!

- YIMO LIU 15TH IN GIRLS 10UN 50 FREE
 - YIMO LIU 16TH IN GIRLS 10UN 100 FREE
 - YIMO LIU 7TH IN GIRLS 10UN 50 BREAST
 - YIMO LIU 6TH IN THE GIRLS 10UN 100 BREAST
 - YIMO LIU 10TH IN THE GIRLS 10UN 100 IM
 - EMMA LU 14TH IN THE GIRLS 11-12 200 BACK
 - CAYDEN CROSWHITE 12TH IN THE 10UN BOYS 200 FREE
 - CAYDEN CROSWHITE 10TH IN THE 10UN BOYS 500 FREE
 - CAYDEN CROSWHITE 9TH IN THE 10UN BOYS 50 BACK
 - ETHAN LOCKE 6TH IN THE 10UN BOYS 50 BACK
 - CAYDEN CROSWHITE 9TH IN THE 10UN BOYS 100 BACK
 - LUCAS ZHOU 11TH IN THE 10UN BOYS 100 BACK
 - ETHAN LOCKE 14TH IN THE 10UN BOYS 100 BACK
 - ETHAN LOCKE 16TH IN THE 10UN BOYS 50 FLY
 - CAYDEN CROSWHITE 9TH IN THE 10UN BOYS 100 FLY
 - JIARUI FU 10TH IN THE 10UN BOYS 100 FLY
 - ETHAN LOCKE 11TH IN THE 10UN BOYS 100 FLY
 - ETHAN LOCKE 12TH IN THE 10UN BOYS 100 IM
 - FORREST LIN 3RD IN THE 12-14 BOYS 100 BREAST
 - FORREST LIN 6TH IN THE 13-14 BOYS 200 BREAST
 - JAKE KO 13TH IN THE 13-14 BOYS 100 FLY
 - JAKE KO 8TH IN THE 13-14 BOYS 200 FLY
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