

# SCSC NEWS

We Dream | We Train | We Achieve

## Upcoming Events

- June 9-12 SCSC George Haines International Meet
- June 11-12 C/B/A Meet @ San Jose
- June 17 Splash Meet
- June 23-30 SR 3 & 4 Training Trip @ Fresno
- June 25-26 Senior Open @ Moraga
- June 25-26 C/B/A Meet @ San Jose
- June 30-July 3 Arena Grand Challenge @ Clovis
- July 8-10 Summer JO's @ Hollister
- July 15-17 SuperLeague LC Finals @ SCSC
- July 18 SCSC Beach Day @ Capitola (11:00am-4:00pm)
- July 23-24 Z1S Summer Champs
- July 27-30 USA Swimming Futures Champs @ SCSC
- July 28-31 Far Westerns @ Concord
- August 1-5 USA Swimming Junior Nationals @ Irvine
- August 8-21 TEAM BREAK



## Note from Coach Kevin

Hi SCSC Families!

Let me introduce you to our newsletter. We plan to publish this quarterly throughout the year. It will be a resource for swimmers and parents and will include information about the team, upcoming events, educational topics that will be helpful to swimmers growth and performance.

We are at the start of a new season; the summer or “long course” season. Due to the pandemic, many of our swimmers have not experienced a true long course season for at least two years. Let’s quickly go over the different seasons in competitive swimming.

In the competitive swimming world, USA Swimming (and most of the world) split the year into two seasons. Typically the fall/winter and early spring are considered the short course season. Competition (and most training) is done in short course yards (25 yard pool). Late spring and summer is considered the long course

## Dryland/Strength Training

Why is dryland training important for swimmers in the SCSC program? Why do we allocate training time to dryland work?

There are three main reasons dryland training is important: injury prevention/healthy body; coordination/athleticism; strength/power.

### Injury Prevention/Healthy Body

Swimming has a lot of repetitive motions which can lead to overuse injuries. Doing strength training mixes up the repetitive motions done in the pool and challenges the muscles to move differently. Strength training can target underdeveloped muscles (muscle imbalance) and relieves demand on those muscles that are more stressed in the water. Also, having stronger muscles can put less stress on the joint, tendon, and ligament areas. Some common areas swimmers work on land are the shoulders and back.

### Coordination/Athleticism

Athleticism is an important concept that all swimmers should master. This requires focus, coordination, balance, stability, etc. What you do on land carries into the water, so being a great athlete on land helps you become a great athlete in the water.

### Strength/Power

The last point of emphasis for dryland training is getting stronger and building power. A stronger athlete will be able to utilize that strength in the water and generate more power when swimming... leading to faster swimming. There is also a neurological benefit to gaining strength. When you strength train, your brain gets more efficient at alerting parts of your muscles to work hard. This is why you can get much stronger without any difference in the actual size of the muscle. The strength gains are through greater neurological efficiency, when the brain is essentially able to send "louder" messages to your muscles.

season and the majority of our meets (and training) are held in long course meters (50 meter pool). For reference, the Olympics are held in a long course pool.

At SCSC we cater our training to the season we are in. There are differences in competing in short course vs long course. In long course racing there are fewer turns, for example. In short course racing, a higher emphasis is placed on underwater dolphin kicking. These, among other nuances are things the coaches work on with the swimmers at the different points of the season.

SCSC is fortunate to have a pool that can be set up for training in both long course (50m) and short course (25y). Towards the end of the school year, we will transition and do most of our training at the International Swim Center in long course to prepare the swimmers for long course meets.

Most of the meets we attend this summer will be held in long course, including Junior Olympics, Far Westerns, Futures and Junior Nationals.

Below is a picture of the ISC set up in long course meters.





## Mental Training Tips

Featuring Tere Zacher • [terederbez@hotmail.com](mailto:terederbez@hotmail.com)

### MIND OVER MATTER

“Negative thoughts lead to a negative performance; the connection is as straight forward as that. The solution is to focus on the race. This means firstly to keep the concentration as unbroken as possible, and secondly to try to change any negative thoughts into positive ones” Sally Gunnell, Olympic Gold Medalist and World Champion Hurdler.

Have you ever trained really well, slept really well, watched your nutrition before a race, only to come and have a so-so performance? If your answer is yes, and you are sure the performance had nothing to do with being sick, then maybe it's time to look at your mind and at what you are—consciously or not—thinking about before, during and even after the race.

In order to perform consistently, and to cope with the inevitable pressures arising from involvement in competitive sport, athletes must believe that they are capable of meeting the demands of the challenge before them. They must believe that they have trained sufficiently to perform at that level. And they must maintain this high level of self-belief throughout the competition period. In my job as a sports psychologist I have found that lack of self-confidence is the most common area in need of improvement in athletes of all ability levels. Even Olympic athletes experience self-doubt at times. So if this is a problem for you...don't worry, you are in good company.

One of the most important determinants of developing and maintaining confidence is what athletes say to themselves. This is called self-talk and it is through this type of thinking that confidence is either enhanced or diminished. If you have a mental self-image of positive characteristics (“I am resilient”), positive perceptions (“I have trained well every day” “I deserve to perform well”) and positive traits (“I have been able to keep up during my workouts”), then you will be more confident and will perform better. If negative characteristics, if negative characteristics, negative descriptions, doubt about ability or preparation creep in, confidence is bound to drop; and of course, performance suffers.

So...all this sounds great on paper, but, what can you really do about improving your confidence? First and most important:

practice, practice. Just as you wouldn't go and try to get a best time by swimming only once per week, you are more likely to get a stronger mind and to have more self confidence by practicing EVERY DAY. Here are some techniques that have proven effective:

#### 1—DEVELOPING A PERSONAL LIST OF POSITIVE AFFIRMATIONS:

It is a natural inclination to engage in negative thinking before and during competition, or to doubt personal ability. Creating a personalized list of positive self-statements is the first step towards overcoming this habit. Have it close to you and read it as often as you can. You can also record these statements and listen to them while you sleep. Some general sports affirmations are “I am strong”, “I can stay focused under pressure”, “I feel good about my ability”, “I like the challenge of competition”, “My training is going well”, etc.

#### 2—DEVELOP PERSONAL SPORT ACHIEVEMENT REMINDERS:

Keep an up-to-date list of affirmations relating to successful sporting achievements. It doesn't have to be a personal best, or something big you have achieved (which, of course, you can use as well), but sometimes it can be reminding yourself how you show up to each of your workouts; how you have trained despite being tired, or sick, or hungry, or sad; how you have finished something that was challenging to you (a long set, a race); how you stayed focused even when everything around you seemed chaotic. This list acts as a method of personal verification of performance, improvement, and worthiness.

#### 3—CHANGE YOUR SELF-TALK:

Analyze the content of your sport-related thinking and look for any negative thoughts you may have. Reframe these statements and replace them with positive ones. This makes sense, of course, but easier said than done. The key to successful reframing is first to acknowledge your negative thoughts, acknowledge that there is a real challenge in the situation, then attempt to think about the challenge from a different angle; secondly, try to have a replacement thought ready that has been practiced and rehearsed previously. Example: instead of thinking “I'm worried about dying during the race today” change it to “I'll be ok during the race as long as I keep focusing on one lap at a time and one stroke at a time”. Change a negative opening (“It is difficult for me...”) to a positive one (“It is a challenge for me...”)

#### 4—FOCUS ON GETTING THE BASICS RIGHT:

Don't expect absolute perfection every time you perform. Control the controllables...the stuff you can't control, well, you can't control it!

#### 5—REVIEW PERFORMANCE:

Learn from the negatives, then move on and remember the positives.

#### 6—BE A COPYCAT:

Model yourself on other successful, confident athletes who stay positive in pressure situations.

#### 7—ENJOY THE CHALLENGE OF TOUGH COMPETITION:

Grit your teeth and hang in there all the way to the bitter end. Enjoy the whole process and compete with a determined smile on your face!

Please send your questions or comments to [terederbez@hotmail.com](mailto:terederbez@hotmail.com)

I'll be glad to help! 😊





- Keys to a fast flip turn:
  - Accelerate (Speed Up!!) into the turn
  - Tuck as tight or small as possible during summersault
  - Effectively use hands to help your body rotate quickly
  - Flip straight over the top and push-off on back in tight streamline
  - After pushing off, start rotation to front, start underwater kicking
- Links to videos on how to do a great flip turn:
  - <https://www.youtube.com/watch?v=Serj7U8EI2o>
  - [https://www.youtube.com/watch?v=oeg\\_PXoTVQE](https://www.youtube.com/watch?v=oeg_PXoTVQE)
  - <https://www.youtube.com/watch?v=bSUjOAbg8yc>
- Links to some videos from this past year's NCAA Champs!!
  - Men's 100 Free — 2022 NCAA Championships: <https://www.youtube.com/watch?v=LX276XDCTX8>
  - Women's 100 Free — 2022 NCAA Championships: <https://www.youtube.com/watch?v=IjhCRQqG-L8>

## Perfecting Flip Turns

Doing a proper flip turn is one of the easiest ways to drop time! By doing turns correctly, you may be able to shave a tenth or two (or three!) per turn. This doesn't seem like much... but it adds up! During a 500 Free, there are 19 turns...that could be a difference of up to 5 seconds improvement just by doing better turns!!

### CCS Championship Participants:

Yelin Tahk	500 Free (1st); 200 Free (2nd); 200 Free Relay; 400 Free Relay
Stephanie Sifferman	200 Free (1st); 100 Fly (3rd); 200 Free Relay; 400 Free Relay
Eunice Lee	200 IM (3rd); 100 Breast (11th); 200 Med Relay; 400 Free Relay
Kayla Wiekowski	500 Free (3rd); 200 IM (11th); 200 Free Relay; 400 Free Relay
Mia Tandingan	200 IM (4th); 100 Free (4th); 200 Medley Relay; 400 Free Relay
Abby Ninan	100 Fly (4th); 200 Free (8th); 200 Free Relay; 400 Free Relay
Davina Huang	100 Fly (5th); 200 IM (6th); 200 Medley Relay; 200 Free Relay
Aileen Zheng	100 Fly (6th); 100 Back (7th); 200 Free Relay; 400 Free Relay
Tianyou Zhang	100 Breast (6th); 200 Free (13th); 400 Free Relay
Jerry Chu	100 Breast (7th); 200 IM (10th)
Lina Wordelman	100 Fly (8th); 200 Free (10th); 200 Free Relay; 400 Free Relay
Zeynep Tokuz	100 Breast (12th); 200 IM (13th); 200 Med Relay; 400 Fr Relay
Mia Tokuz	50 Free (14th); 100 Free; 200 Medley Relay; 400 Free Relay
Gabi Nguyễn	100 Breast (15th); 200 IM; 200 Medley Relay; 400 Free Relay
Jeremy Flint	200 Free (15th); 100 Free
Jennifer Dick-Peddie	500 Free (16th)
Katy Hawk	100 Fly; 100 Free; 200 Free Relay; 400 Free Relay
Jay Ng	200 Free; 500 Free; 200 Free Relay; 400 Free Relay
Ariana Yeh	50 Free; 100 Fly; 200 Medley Relay; 200 Free Relay
Erika Correa	100 Fly; 200 Free; 400 Free Relay
Allison Yuan	50 Free; 200 Free Relay; 400 Free Relay
Pramath Doddaballapur	100 Back; 400 Free Relay
Lisa Hyodo	50 Free; 200 Medley Relay; 200 Free Relay
Nina Schuefele	100 Back; 200 Medley Relay
Meher Bhatnagar	200 IM; 100 Fly; 200 Medley Relay; 400 Free Relay
Purav Shah	50 Free; 200 Medley Relay; 200 Free Relay; 400 Free Relay
Sean Su	200 IM; 100 Back
Chris Buckallew	100 Back
Sophie Beisel	100 Fly
Gili Cohen	200 Medley Relay
Justin Nguyen	200 Free, 100 Fly
Sara Mohtajkhorassani	200 Medley Relay
Claire Bui	200 Medley Relay; 200 Free Relay
Kaile Itow	200 Medley Relay; 400 Free Relay
Caleb Mui	200 Medley Relay; 200 Free Relay; 400 Free Relay
Zane Sharif	200 Medley Relay; 200 Free Relay; 400 Free Relay
Aaron Muolic	200 Medley Relay; 200 Free Relay
<b>Maddy Weltchek</b>	200 IM; 100 Breast
<b>Shreeyans Sahu</b>	100 Back
<b>Julianne Yasana</b>	100 Back
<b>Kaytlyn Hui</b>	200 Medley Relay
<b>Jason Li</b>	200 Free Relay
<b>Ipsita Mandal</b>	400 Free Relay

### NCS Championship Participants:

Angela Quan	100 Fly (2nd); 200 IM (12th)
Aidan Ta	100 Breast (16th); 200 Medley Relay; 200 Free Relay
Megan Nguyen	200 Medley Relay; 200 Free Relay; 400 Free Relay



## High School Champs Recap

Congratulations to our high school swimmers!! We had a great showing at the CCS (& NCS) Champs. We also had a good number of SCSC swimmers compete at the overall CIF Championships!! Congrats to all the swimmers who competed!!

### CIF FINALISTS:

Stephanie Sifferman	200 Free (4th)
Eunice Lee	200 IM (5th)
Angela Quan	100 Fly (7th)
Abby Ninan	100 Fly (8th)
Mia Tandingan	200 IM (16th)

**WE SINK OR SWIM  
TOGETHER  
DO THE RIGHT THING  
THE RIGHT WAY  
WORK HARD  
HAVE FUN  
BE RESPECTFUL  
COMMUNICATE  
WE ARE A  
TEAM**

No. 211410

**From the Office:**

If you use a credit card to pay dues, the 3% fee is passed on to the member. If you would like to avoid the fee going forward, you can set up your account for ACH payment with your bank account and routing number.

To set up ACH in your TU account, go to my account/account info/payment set-up and select add bank account. You will then input your bank account and routing number and select "use for fees associated with your account".

You must still keep a valid credit card on file as part of our membership agreement.

If you have questions regarding your account or billing, reach out to me at [CALvord@santaclaraswimclub.org](mailto:CALvord@santaclaraswimclub.org).

Thank you!



**SCSC Water Polo**

Summer water polo at Santa Clara Swim Club is in full swing! Come try out our boys and girls programs for one week FREE. You may find the summer [schedule](#) on the Santa Clara Swim Club website (under the Water Polo link). Feel free to email Head Coach Joanna Wilk at [waterpolo@santaclaraswimclub.org](mailto:waterpolo@santaclaraswimclub.org) if you have any questions.

SCSC Water Polo’s program is growing rapidly and is a great environment for all athletes to learn the sport as we have athletes of all ages and experience levels.

Our excellent coaching staff includes current Division 1 college water polo athletes as well as college coaches from Foothill Community College and Santa Clara University women’s water polo programs. Our coaching staff will teach your athlete how to fall in love with the sport and provide them with a competitive environment for the athletes to meet their individual and team goals.

Although SCSC water polo prides itself in competitive environment, our main goal is for the athletes to create friendship with their teammates that last them a lifetime. Come join us for a summer of fun!





## DAVE MECK

### ***What was your most favorite part of being part of SCSC?***

My favorite part of being an SCSC swimmer was having great teammates. The relationships you develop by training together, traveling, competing, being there for all the ups and downs make them "Teammates for Life." Also sharing a common goal, and having a blast doing it made it memorable. Finally being a member of SCSC made you feel proud, it meant something to be part of, and to carry on the excellence of SCSC.

### ***What is your favorite SCSC memory?***

I will always remember making top 8 finals at Nationals in Orlando FL (1986) in the 200 back when I was 16 years old.

Winning the 4 x 100 Free Relay at Nationals in Nashville TN (1991) with my teammates Tom Jager, Jason Miller, & Greg Schaffer. All of my roommates on travel trips and the experiences & conversations we shared.

### ***What are three words that are meaningful to you?***

- Impactful
- Rewarding
- Pride

### ***What was your most memorable set?***

I remember this for all the wrong reasons. It was insane, all Jay Fitzgerald swimmers will remember the torture.

20 x 400 @ 6:00 Long Course

5 Rounds

#1- Easy 400 Free

#2- Fast 400 IM

#3- Easy 400 Free

#4- Fast 400 Free

### ***What advice do you have for current SCSC swimmers?***

My advice would be that they are the next generation of SCSC swimmers. The torch has been passed on to them, may they represent SCSC with Pride, Respect, and Fast Swimming.



Coach Dave Meck





**SCSC**

***BeachDay***

**MONDAY, JULY 18  
CAPITOLA BEACH**

**RSVP THROUGH WEBSITE  
\$4 PER SWIMMER**