

SCSC NEWS

We Dream | We Train | We Achieve

Upcoming Events

- Oct 7 City of Santa Clara Parade of Champions
- Oct 7-8 CBA Meet @ San Jose
- Oct 21 SuperLeague Meet #2 @ Clovis
- Oct 21-22 Senior Open @ Moraga
- SCSC vs DART @ ISC
- Nov 10-12 Folsom Senior Classic @ Folsom, CA
- Nov 17-19 CBA Meet @ Salinas
- Nov 18-19 Senior Open @ Concord
- Dec 1-3 Holiday Classic @ Portland, OR
- Dec 1-3 Winter Age Group Champs @ Moraga
- Dec 6-10 Winter Junior Nationals @ Westmont, IL
- Dec 8-10 Senior 2 T/F @ ISC
- Dec 8-11 Zone 1 South Winter Champs @ Morgan Hill
- Dec 16 Swim-A-Thon
- Dec 23-27 Holiday Break – NO PRACTICE



Note from Coach Kevin

Hi SCSC Families!

We are well into the 2023 Fall Season! Coming off of a turbulent, but successful summer, I am excited about the future of SCSC!

During the summer competition season, we had our first 2024 Olympic Trials qualifier in Mia Su! We have a number of other swimmers who are close and hope to earn a chance to compete at the Olympic Trials in Indianapolis in June 2024. This is an exciting year for swimming in the lead up to the Olympic Trials and the Olympic Games in Paris.

As a team, we had strong showings at the Age Group Championships, Far Westerns, Futures and Junior Nationals. We continue to have more swimmers qualifying for higher levels of competition, raising the bar each season.

**Continued on page 2*



SwimOutlet Santa Clara Team Store & Arena

SCSC is a team first. When we go to meets, we want our presence to be felt and seen. We want our competitors to notice that we are united and together!

To this end, we need to look like a team. Every swimmer on SCSC is required to have a TEAM SUIT. Every team member should also plan to get SCSC warm-ups. If you like having a parka for colder weather, purchase the SCSC team parka. Likewise, get your SCSC team backpack to use as your swim bag.

All swimmers on SCSC will be given two team shirts and a swim cap each fall to start the season. Part of the annual registration fee goes towards these items.

Other apparel and training gear can be purchased through our team dealer, SwimOutlet. We have a team store through SwimOutlet.com: <https://www.swimoutlet.com/collections/santaclara>

Set up an account (make sure it is linked to the Santa Clara Team Store). Being a member of SCSC will allow you to receive discounted or free shipping, discounts on suits and other products and notification of special offers.

SCSC also gets a small return on each purchase through our team

Also during the summer, we had to overcome the challenge presented to us when the ISC went down for a maintenance issue for 4 months. It wasn't easy having to drive a much further distance for training time...but we came through the adversity well and the swimmers performed at a high level.

With the ISC continuing to age, the SCSC staff, board and a committee of parents are working hard on both short-term and long-term access to pools. This is an important endeavor for the future of SCSC. We welcome this of you who bring expertise or important relationships in this effort to join this committee. This may be one of the most important efforts in our club's history. We ask for your help and support.

As we continue into the fall season, meets will start to ramp up quickly. Make sure your child has their team gear to wear at all the meets we attend. A TEAM SUIT is required for all SCSC swimmers. Go to our SwimOutlet Team Store to get a team suit and other apparel and training gear.

Each swimmer will receive two SCSC team shirts (royal blue and yellow) along with a team cap as part of the annual registration/renewal with the club. We will begin giving those things out in October.

Let's have a great year! GO SCSC!!



HOW TO SET GOALS FOR SUCCESS

Featuring Tere Zacher • terederbez@hotmail.com

"If you don't know where you are going, you will never get there".

It's true that the first step to achieve something, is knowing what is it that we want to achieve. That's why setting goals is important. Goals help us to know where to point our efforts towards, they help to keep us motivated when things get tough; they help us track the progress, and, they also help clarify expectations.

Most people set goals. But then, when they don't achieve them, they feel like a "failure" or they just don't understand why they didn't get there. Most of the time the issue resides in the HOW. How the goal was set. If goals are not set in the right way, instead of helping us, they can actually get in the way of our progress.

If you are trying to set goals for yourself, or if you are a parent trying to help your child set and achieve goals, here are some steps that may help:

**Continued on page 3*

1) Write them down

Sounds obvious but when we write our goals down we are making a COMMITMENT with ourselves. It's like signing a contract; it makes it real.

Writing them means we have a place to go and read them when things get difficult and helps to monitor progress. It keeps you committed.

As a parent, we can help our children by taking them to buy a journal they like (it has to be of their like, it cannot be what we want them to have), and encourage them to write their goals down and share them with their coach. It is important to ask your child "Do you want to share your goal with me? It's okay if you don't" ... and not to be upset if they choose not to. Some of us like to keep our goals private. Another thing we can do is ask them "how can I help you in the quest for this goal?"

2) Set positive goals

Only use positive words and avoid any negative when writing (and speaking) about your goals (like "no", "don't" "don't want to...", etc). AVOID ABSOLUTES as well ("should", "have to", "must").

The mind is amazing but it doesn't take the negative statements. If we say "I don't want to breath on the first stroke" it may seem like a good goal, but the focus is on "breathing the first stroke". We have to tell the mind what we want it to do, so the best thing would be to say it like this: "I will hold my breath in the first stroke".

If you are a parent, notice if your child uses negative statements, and lovingly change their statement for a positive one (Avoid saying "don't say no" because you are doing exactly the same thing!)

3) Set Short, Medium and Long Term Goals

A Long Term goal is the addition of small short term goals (LT= ST+ST+ST)

While having a main goal for the whole season is important, it's hard to keep the motivation and focus when what we want is far away. A good way to help us track our progress and keep our focus and effort, is to break the long term goal into smaller goals that are more attainable and under our control.

Encourage your athlete to have a long term goal, but also a goal for the month, a goal for the week, and a goal for the day. A good way to do this is to write down all the things they need to work on in order to attain their bigger goal (what are the physical, technical, mindset, and tactical things they can improve on?).

I also encourage my athletes to write down the goal for the day (what they want to achieve in this practice) and to have it in sight (writing it on a paper attached to their water bottle for example), so they can see it during practice and having it as a reminder.

4) Set challenging yet realistic goals

It is very important to dream big. But it is also important to be realistic to where we are at right now. If I just swam a 50 free in 30 seconds, thinking that I will drop to 27 seconds in a few months may not be realistic. So it's important to set challenging, yet realistic goals for the season. If the goals are too easy, there won't really be a lot of motivation to work

hard. If the goals are too challenging, it can cause anxiety and fear causing motivation will drop. That's why it's also important to set goals that are under our control.

5) Set Controllable Goals

While it's important to have an outcome goal (place/time/result), we have to remember that these kinds of goals are not under our control. We set them so we know where our effort in practice is directed towards. But we have to remember to focus on the goals that are under our control and that, if we do them well, most likely will take us to get the outcome goal if the conditions are ideal for it to happen.

Process Goals are those that answer the questions: How am I going to get there? What do I need to work on specifically?...

Performance Goals are the ones that we set for competition (How am I going to do it when I am in that particular situation?)

6) Set your own goals

Sometimes we set goals based on what other people are doing, tell us we should do, or is trendy. Set goals that matter TO YOU (and if you are a parent make sure your child is the one who has the goal, and that it is his/her goal and not yours!). Even if other people tell you you should be doing something else

If something is important to us, we will find a way to make it happen. If I am going to do it because someone else told me I should, I may not put the same effort and caring into it.

7) Be Specific

The more specific the better. Don't say "I want to be faster" Faster than what?

It's better to say "I will get my 50 free time down to 'x' by doing 7 dolphin kicks off the wall, holding my breath, working on my tempo..."

8) Set Measurable Goals:

It is also important that our goals are measurable so we can track progress. While time is a great way to measure something, it's not always the best or most accurate way to measure progress. That's why being specific and setting progress goals is important. Saying "I will do 7 dolphin kicks off each wall" is a way to measure progress; I can start at 3 kicks and set my weekly goal to do 4 kicks. Once I get to 4 I can set my goal to 5, etc. And this is a way how I can see if I am becoming a better swimmer.

9) Be Flexible

Goals can change and readjust. Sometimes we plan and life gets in the way. It is important to set goals in a way that we know we can work towards them, even if it takes us longer than what we hoped for.

I encourage my athletes to set an outcome goal without a specific timeframe. For example, "the goal is to qualify for Nationals". If someone says "to qualify for nationals in the October meet" and that doesn't happen, they will be disappointed and feel like a failure. If the goal is to qualify for Nationals, then the short term goals should be working on the little things that will add up and end up helping you to qualify (tighter and faster streamlines, better turns...). And it makes the process less stressful!

I hope this helps. And remember: "Setting goals is the first step in turning the invisible into the visible."

Please send your questions or comments to terederbez@hotmail.com I'll be glad to help

SCSC TOP PERFORMERS!!

SCSC TEAM RECORDS— Individual

Alison Su	13-14 Girls	50 Free	26.82	SuperLeague Finals
		100 Free	57.91	Far Westerns
Mia Su	13-14 Girls	100 Breast	1:11.20	Junior Nationals
		200 Breast*	2:31.01	Age Group Champs
		*Open Girls Record		
Shareef Elaydi	13-14 Boys	50 Free	24.59	Age Group Champs
		100 Free	53.28	SuperLeague Finals
		100 Breast [^]	1:04.93	Junior Nationals
		200 Breast [^]	2:23.74	Age Group Champs
		100 Fly [^]	54.73	Junior Nationals
		200 Fly [^]	2:03.03	Far Westerns
		200 IM	2:06.79	Junior Nationals
		400 IM	4:35.39	NOVA JACS
		[^] PACSWIM Record		
Davina Huang	15-16 Girls	200 Fly*	2:14.79	Futures
		*Open Girls Record		
Eunice Lee	15-16 Girls	200 IM	2:16.57	Junior Nationals
		400 IM	4:51.50	Junior Nationals
Enzo Balbuena	15-16 Boys	100 Back	58.67	Futures

NATIONAL AGE GROUP RANKINGS — TOP 10 in USA!!

Helena Poon	11-12 Girls	1500m Free (10th)
Aiden Zhou	11-12 Boys	50y Back (3rd); 100y Back (9th); 200y Back (5th)
Jesse Yuan	11-12 Boys	50m Breast (10th); 100m Breast (8th); 200m Breast (8th)
Zen Hyodo	11-12 Boys	100y Breast (6th)
Isabel Wu	11-12 Girls	200y Back (10th); 200y Fly (7th); 200y IM (7th); 400y IM (6th)
	13-14 Girls	200m Fly (8th)
Mia Su	13-14 Girls	100y Breast (6th); 200y Breast (2nd)
	13-14 Girls	100M Breast (4th); 200m Breast (1st)
Shareef Elaydi	13-14 Boys	200y Fly (6th)
	13-14 Boys	100m Free (10th); 100 Breast (3rd); 200m Breast (8th); 100m Fly (1st) ; 200m Fly (1st) ; 200m IM (2nd); 400m IM (5th)

SCSC TOP PERFORMERS!!

SCSC TEAM RECORDS— Relay

11-12 Boys	200 Free Relay	1:51.26	Far Westerns
	Alex Xu, Tony Huang, Alex Lo, Bokun Zhao		
	400 Medley Relay	4:33.56	Far Westerns
	Bokun Zhao, Jesse Yuan, Tony Huang, Alex Xu		
13-14 Girls	200 Free Relay	1:50.59	Age Group Champs
	Alison Su, Angela Poon, Violet Rutter, Isabel Wu		
	400 Free Relay	3:58.99	Far Westerns
	Alison Su, Angela Poon, Maya Avnur, Isabel Wu		
	200 Medley Relay	2:01.42	Age Group Champs
	Alison Su, Mia Su, Isabel Wu, Angela Poon		
13-14 Boys	200 Free Relay	1:41.60	Age Group Champs
	Shareef Elaydi, Hayden Floyd, Thi Rai, Aiden Zhou		
	400 Free Relay	3:47.66	Age Group Champs
	Shareef Elaydi, Hayden Floyd, Thi Rai, Aiden Zhou		
	200 Medley Relay	1:52.61	Far Westerns
	Aiden Zhou, Thi Rai, Shareef Elaydi, Josh Parkes		
	400 Medley Relay	4:10.75	Far Westerns
	Thi Rai, Zen Hyodo, Shareef Elaydi, Josh Parkes		
Open Boys	200 Medley Relay	1:47.72	Junior Nationals
	Enzo Balbuena, Tianyou Zhang, Shareef Elaydi, Sean Su		

NATIONAL AGE GROUP RECORDS— Relay

13-14 Mixed	200 Free Relay	1:42.91	SuperLeague Finals
	Isabel Wu, Alison Su, Aiden Zhou, Shareef Elaydi		
	400 Free Relay	3:44.45	SuperLeague Finals
	Shareef Elaydi, Aiden Zhou, Isabel Wu, Alison Su		
	200 Medley Relay	1:54.81	SuperLeague Finals
	Aiden Zhou, Shareef Elaydi, Isabel Wu, Alison Su		
	400 Medley Relay	4:09.21	SuperLeague Finals
	Aiden Zhou, Mia Su, Shareef Elaydi, Alison Su		

USA SWIMMING NATIONAL SELECT CAMP

Davina Huang & Mia Su Oct 6-9, USOP Olympic Training Center, Colorado Springs, CO

PACIFIC SWIMMING OUTSTANDING SWIMMERS

Isabel Wu	13 Year-old Girls	Shareef Elaydi	13 Year-old Boys
Mia Su	14 Year-old Girls	Eunice Lee	16 Year-old Girls



- The hip movement / core tension does two things: (1) provides stability for the leg motion and (2) makes sure the kick moves the swimmer forward (as opposed to up or down).
- Many swimmers move the hips back too much because that's their focus. Too much hip movement prevents the legs from catching and whipping as much water as possible.
- Upper body movement varies among the best kickers. Sometimes it can help a swimmer get the legs and hips right. A swimmer can definitely bend the upper body forward too much, which is often caused by lifting the hips up too much to set up the kick.

The 5th Stroke

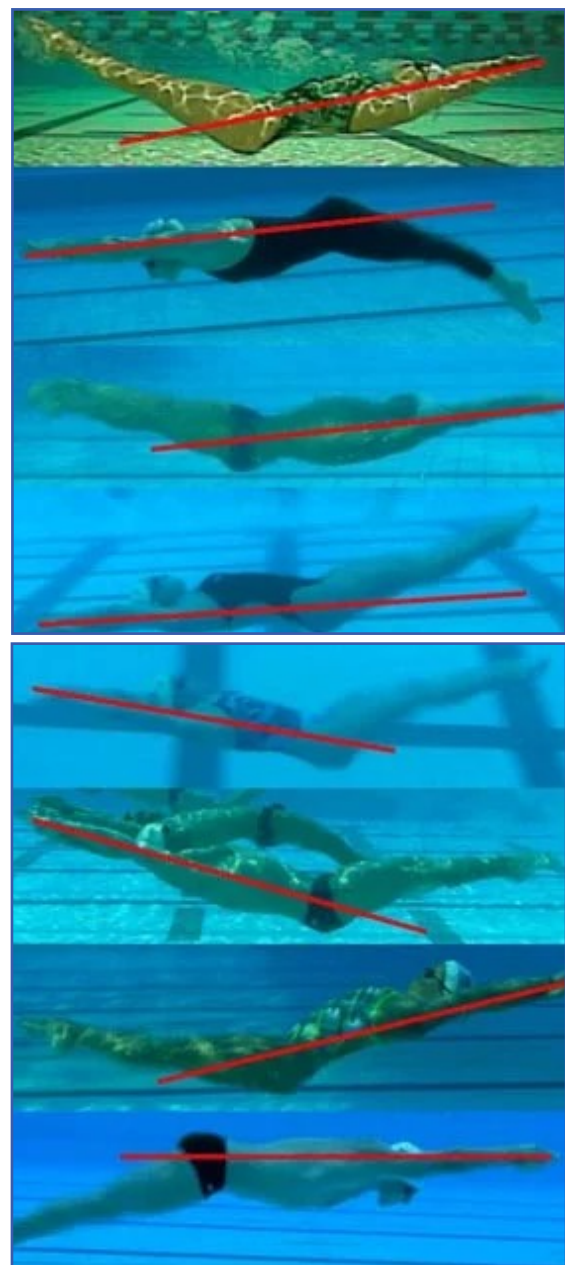
One of the most important skills, especially in short course swimming is the underwater dolphin kick. It is so important that many have called it the 5th stroke.

In short course, the underwater dolphin kick can account for up to 60% of a race (15m off each wall). If your underwater dolphin kick is well developed, you want to maximize the use of this skill.

In training the 5th stroke, as with anything else, you need to learn how to do it well and also how to be able to use it throughout an entire race (100 or 200 yards)...that is up to 8 walls!!

More and more swimmers around the country (and world) are using the dolphin kick as a huge weapon in races. What are the key technique points to have the best dolphin kick? Hip movement and leg motion (follow through) are the most important.

The images below show the position of the legs at the finish of the dolphin kick. The toes are in front of the body line.



- While hip movement is important, the propulsion is definitely coming from the extension of the legs.
- The knees must bend and drive forward in order to set up the kick. From that, the legs then whip forward to a complete extension. This movement is powered by the quadriceps. Just like kicking a soccer ball or football.
- It should be a forward kick, meaning that the toes should be in front of the body at the finish of the kick. See images included.
- For the duration of the leg whip, the core should be tense and locked in. With this core tension, the hips move backwards in a controlled manner...like it's resisting the leg movement.

SCSC Monthly Themes

At SCSC, we believe that character development is just as important as athletic development. With that in mind, we will be implementing a word or theme of the month during the course of the year. During these months, the coaches will talk with their groups about what these words mean and why they are important in growth as a person. We will also discuss with the swimmers why these are important as a member of SCSC. We encourage our parents to embrace these themes as well and share with the greater Santa Clara community.

Below is a brief introduction of our first two themes: **Integrity** and **Respect**

<p>OCTOBER</p> <h1 style="text-align: center; color: #00008B;">INTEGRITY</h1> <div style="border: 1px solid #00008B; padding: 10px; margin: 10px auto; width: 80%;"> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">in·teg·ri·ty</p> <p style="margin: 0;">/in'tegritē/</p> <p>Noun</p> <ol style="list-style-type: none"> 1. The quality of being honest and having strong moral principles; moral uprightness. 2. The state of being whole and undivided: "territorial integrity". <p>Synonyms honesty - probity - entirety - rectitude - wholeness</p> </div> <p>Integrity means...</p> <ul style="list-style-type: none"> ...doing the right thing, even when no one is watching ...choosing courage over comfort ...choosing what is right over fun, fast, or easy ...choosing to practice our values rather than simply saying them ...having the ability to be truthful and trustworthy ...acting honestly and honorably ...being consistent with words and actions 	<p style="text-align: right;">NOVEMBER</p> <h1 style="text-align: center; color: #FFD700;">RESPECT</h1> <div style="border: 1px solid #FFD700; padding: 10px; margin: 10px auto; width: 80%; background-color: #ADD8E6;"> <p style="font-weight: bold; margin: 0;">re·spect</p> <p style="margin: 0;">/ri'spekt/ ◀</p> <p>Noun A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.</p> <p>Verb Admire (someone or something) deeply, as a result of their abilities, qualities, or achievements.</p> <p>Synonyms <i>noun.</i> regard - esteem - reverence - deference - consideration <i>verb.</i> honour - honor - esteem - regard - venerate - revere</p> </div> <p>Respect means...</p> <ul style="list-style-type: none"> ...treating others the way you want to be treated ...talking to others the way you want to be talked to ...showing high regard for self, others, and property ...caring about the the thoughts, feelings, beliefs, and rights of others ...show others and the environment around you that you care ...think and act positively towards others ...trusting each other ...being honest with each other
---	---

SWIM MEET PROTOCOL

When entering swim meets, it is important that you follow the direction of the coaching staff. There are several reasons behind our meet calendar.

First, it is important to understand the expectations from USA Swimming, Pacific Swimming and the meet host. When swimmers enter a meet, it puts in place several requirements for SCSC as an organization:

- 1) Swimmers are required to have a coach representative at any competition they attend (USA Swimming rule)
- 2) Pacific Swimming and meet hosts often require teams with swimmers entered in a meet to provide officials for the competition
- 3) Meet hosts require teams with swimmers entered in a meet to provide timers during the meet.

So, when we have families/swimmers enter meets that are not on our calendar, it puts added pressure and expectation on the organization to provide personnel to help at those meets. The calendar is already very busy and our coaches need to have time away from the pool for their own personal health and longevity in the sport.

Secondly, it isn't recommended to race more than once every three to four weeks. There are periods

of the season (Championship Season — December/ March/July) where swimmers may compete a little more often. Generally, going to a meet about once per month is adequate. Rationale:

- 1) Swimmers need time between meets to work on skills/technique/conditioning/etc between meets to see improvement...one week between meets isn't enough time for this work to take effect
- 2) Like coaches, swimmers (and families) need to have some balance and down time...going to meets too often can lead to burnout after so much time at the pool (for both swimmers and families)

Other Thoughts:

CHASING A TIMES: swimmer will grow and develop at their own pace. Improvement will come over time and may not match up with other children of similar age. This is ok. Parents...you do not want to get caught up in "chasing a time", entering many meets to try to qualify for a certain meet or event. This creates a lot of pressure on your child and sends the wrong message. Swimming is about personal growth and improvement... regardless of the level or "time standard" achieved. The times will come if you let the process happen naturally.

ENTERING A SWIM MEET: [follow this link to see instructions on how to enter a swim meet.](#)

Are you a Santa Clara Resident?

City of Santa Clara residents receive a 10% discount from the regular tuition prices. To apply for this discount, contact Julie: jcorrigan@santaclaraswimclub.org
**Discounts are not retroactive.*

Service Hours

Some companies will match any volunteer hours worked at SCSC. Make Santa Clara Swim Club your donation beneficiary and the club will receive a donation on your behalf.





Svetlana “Sveta” Cocol

Interesting Facts:

1. The year she began to coach at SCSC: 2010 (13 years!)
2. SCSC swimmers she works with: all levels (Pre-Comp to Pre-Senior & Masters)
3. Hobbies: hiking, swimming and traveling
4. Favorite part about SCSC: being a member of a one of a kind swim club with an amazing legacy and history.
5. Advice for current swimmers:
 - a. Always believe in yourself
 - b. Work harder than anyone you know.
 - c. When struggling or having doubts, remember the reason why you started swimming.
 - d. Do not be afraid of failure... it is your best teacher.
 - e. Trust in your coach, believe in your team!



BULLETIN BOARD

How to Become a Swim Official:

What does a swim official do?

Two paths to become an official

1. Stroke and Turn: Stroke and Turn officials are there to observe the swimmers and keep the meet fair. We are also there to help the swimmers by giving them the feedback that their swim is either legal or not. A DQ can be a hard pill to swallow for the swimmer, but it is a lesson best learned at early non-championship meets.
2. Admin Official: Admin Officials run the machine in the background. This is where the times from the computer and timers are reviewed and finalized. This is a team of officials that work with the timing system to help finalize times that our swimmers earn. This position tends to allow for flexibility to watch your child swim their events while being on deck with an added bonus of being indoors out of any inclement weather

Who can become a swim official?

Anyone! No prior swim knowledge is needed.

Why become a swim official?

I first became an official because it was a better way to satisfy my service hour requirements. What better way to do it than at the meet I was already at? But my reason has evolved into a chance to engage with my swimmer. I always dreamed of being a coach on my kid's sports teams, the way my dad was for me. But for this, I don't have the skill. Being an official is a way for me to engage and participate in a sport that she has chosen. It has become our shared hobby and has strengthened our bond.

Swim officials are its own community, with many officials becoming friends outside of swimming. There are endless challenges and levels to it. You can stay as a stroke and turn judge at CBA meets or you can strive to be a starter at the Olympics. Both are good and needed, but it all starts here.

If you are interested reach out to eperkins@santaclaraswimclub.org.

Keep your calendar clear for the [Swim Official Clinic](#) offered through Pacific Swimming.

SCSC IS HIRING!!

SCSC is looking for Year-Round Swim Instructors and Lifeguards! Great part-time job for your high schooler.

We provide all training and certification required.

Email Joe Javernick with questions or to apply: jjavernick@santaclaraswimclub.org

USA SWIMMING REGISTRATION

SCSC will be registering all RENEWING members for the 2023-24 swim year. Registration amounts will be billed to your TeamUnify account in November or December.

SCSC will also register non-athlete members (officials, board of directors, etc). If are currently in a position that requires a USA Swimming non-athlete membership, but plan to no longer serve in that role, let Julie know ASAP.

SCSC TEAM PICTURES — SAT, NOV 4

We will be taking team pictures on Saturday, November 4, 11:00am, during the Swim-A-Thon. We want ALL SCSC SWIMMERS to be in the picture. Swimmers can elect to take individual or small group pictures with siblings or friends after the team picture. More information will be sent out to members from the SCSC Office (Julie) including how to order your pictures.

City of Santa Clara Parade of Champions



SCSC participated in the annual City of Santa Clara Parade of Champions on Saturday, October 7. We marched with the Grand Marshal of the parade, Donna De Varona, an SCSC Olympian from the 1960s! Thank you to all those who came and marched with us!!

SCSC Swim-A-Thon—Sat, Dec 16

SCSC's annual Swim-A-Thon and Winter Carnival will be held on Sat, Dec 16. The fundraising period will open on October 16, with weekly prizes awarded each week leading up to the event. More details will be out soon!

