

The Monthly Splash

Aquazot Swim Club News September 2025

September Birthdays

Zot

Aiden Zhao

Ivy Wei

Lana Cook

Azot

Bernie Yu

Bryce Alpert

Charlie Chen

Derek Gong

Elyse Santos

Eren Doker

Eunhoo Lee

Kristina Tang

Levi Bouhbot

Monica Le

Russell Choy

Wesley Moh

Senior

Gui Falleiros

Haobo Zhang

Jiajun Chen

Kareena Bhakta

Lucas Wang

Mason Nguyen

Mona Ahara

Nicholas Kubasik

Olivia Paul

Serena Ye

Summer Shaves

William Tolstukhin



Welcome

Welcome to our new Aquazot families!

Zot

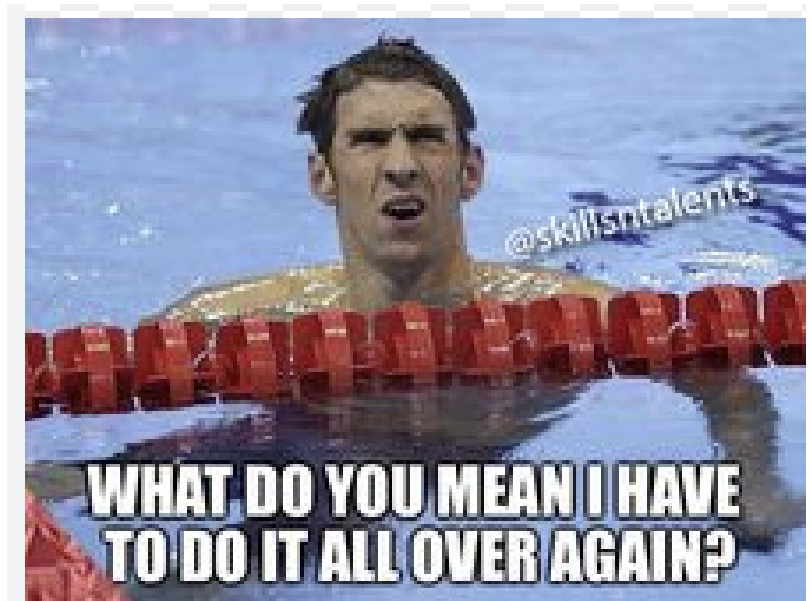
Moly and the Song Family
Aibhlin and the O'Connor
Riku and the Kasahara Family
Preston and the Chek Family
Sophia and the Du Family
Liwei and the Luo Family
Aiden and the Zhao Family

Azot

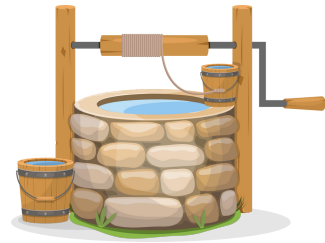
Kevin and the Hu Family
Miles and the Yu Family
Jackson and the Mai Family
Haowen and the Zhang Family
Nicholas and the Farnag Family
Anna and the Wang Family
Lily and the Ghafourian Family
Brian and the Bian Family
Brandon and the Wong Family
Muhammad and the Ahmed Family

Senior

Swarali and the Mate Family
Haobo and the Zhang Family
Nashan and the Brown Family
Piper and the Kiem Family
Hannah and the Groysman Family
Anna and the Zubkova Family
Sara and the Luna Family
George and the Knox-Vega Family



The Wellness Well with TC



Are you coachable?

If you are truly open to learning, feedback, and applying that feedback you will see greater improvement. As young swimmers develop, one way to learn is to take risks and sometimes fail. Viewing failure as a clear message of an opportunity to grow is an attitude most elite athletes have in common. Olympic swimmers learn everyday about training, racing, and recovery. The good news is, if you are coachable, so can you. For a swimmer, coaches might see these things as examples of coachable behavior:

Mindset

Open to feedback and to listen to what the coach says even if it's criticism, and not taking it personally.

Be growth-oriented and believe that every practice, set, or race is an opportunity to improve.

Be resilient and accept bad swims as learning opportunities.

Communication

Ask questions and clarify instructions if something is confusing.

Encourage coaches feedback by making eye contact, nodding, and responding when the coach speaks.

Training behavior

Give your best effort even if you are having a bad day.

Be intentional in practice, even in the small drills. Coaches notice details.

Be deliberate with your training, don't just show up.

Always arrive early to practice; on time is late.

Character

Treat coaches, teammates, officials, and opponents with respect.

Be team-oriented and encourage teammates and keep a positive environment.

Be accountable and own your mistakes without excuses.

Remember, to be the best version of yourself, being coachable will help your journey.

Good Luck

Coaches Corner with Coach Matt



Comfort Zone

Everyone has favorites.....Favorite food, favorite shoes and favorite “whatever”, but why should we step out of that zone?

As swimmers we should step outside our comfort zone because growth, both physically and mentally happens in discomfort.

Here is why it’s important.

Improved Performance. Pushing past familiar limits whether in training intensity or trying new events leads to greater strength, endurance, and technique. Always staying in your comfort zone also can lead to plateaus in performance.

Mental Toughness. Swimming is as much mental as physical. Taking on new challenges builds mental toughness, resilience, focus, and confidence inside and outside the pool.

Adaptability. When swimmers take on unfamiliar challenges, they become more adaptable. This flexibility helps them stay calm and perform better under pressure when unexpected things happen in races (or in life).

Helps athletes grow. Staying in the comfort zone can lead to stagnation and make it harder to achieve their goals. Stepping outside this zone can re-kindle their motivation and passion for their sport.

In short, most growth happens when you are uncomfortable. If swimmers want to really improve and reach their full potential, stepping outside your comfort zone isn’t just helpful--it’s necessary!

Now a word from the Doctor



Push Through the Burn

You want to win the race so bad, and you can see the wall for the finish ahead. Your muscles burn and ache as you're reaching for the finish. Sometimes it comes down to which swimmer can push through the burn to get their hand on the wall first. After your race your muscles are sore and uncomfortable and usually it's the worst one to two days later.

Athletes are accustomed to muscle soreness. You know you worked hard, and you will be stronger as your muscles continue to grow. So how would you know if it's just discomfort or if you're having pain from an injury? The usual muscles soreness after a workout or race feels like a dull ache or tightness. You can help recover from the muscle soreness with hydration, stretching, and continuing to move your muscles actively to increase blood flow.

Pain from an injury will be more severe and sharp in sensation and may be more localized to one spot on your body. Also, pain can be persistent even when you are resting. If you are injured, you may notice the area of pain also has swelling or bruising. If you think you are having pain from an injury you should rest the area and apply ice. When there is swelling you should elevate that area of the body above the level of your heart. If the pain persists for more than 7-10 days (about 1 and a half weeks) you should consult with a healthcare professional. You should consult with a professional immediately if you have loss of sensation or function of the area.

Discomfort is familiar to athletes. The ones who can push through it are the most successful. However, you also must be wise and care for your injuries if you are having pain. Pain is your body's way of communicating that there is something wrong. Take care of your body. Learn how you can push through discomfort for strength but listen when it's telling you something is wrong.

Heidi Cough, MD

The Feed Zone with Janice Dada



Dinner-time,.....solved!

If you're a busy parent running to and from practice and all the other things (I know you are!), then I'll bet you'd love to simplify your dinner prep. Am I right? If so, check out my favorite sheet pan recipe below that can be prepped in advance to make it even more of a time-saver.

Sheet Pan Fajitas

This is a favorite meal for parents and kids alike. Kids often like how customizable it is, while parents love the limited clean up and the hands-free cooking.

To prep ahead, slice the chicken and veggies; measure out the spices. When you're ready to cook, just toss everything onto a parchment paper-lined sheet pan, mix, and cook. To simplify prep even further, you could opt to purchase pre-sliced chicken and veggies.

I like to double or even triple this recipe and turn the leftovers into fajita bowls with rice and beans and quesadillas to even further fast-track dinner over the next few days. For the protein source, you could opt for a mixture of chicken breast and thighs, sub steak or use tofu/tempeh.

If you like the speediness and easy clean up of this sheet pan recipe, you may want to try other sheet pan recipes. There are a ton online, so do a search and see what else you come up with!

If you make this one, let me know how it worked out.



Sheet Pan Fajitas

Hands-on time: 10 minutes

Total Time: 30 minutes

Serves ~4

Kitchen items needed: Parchment Paper, Sheet pan, 2 Knives (one for veggies, one for chicken), 2 Cutting boards (one for veggies, one for chicken), Measuring spoons and cups

Ingredients:

1 lb. boneless skinless chicken breasts or thighs
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
1 red onion, thinly sliced
1 tsp dried oregano
1 tsp garlic powder



1 tsp chili powder
½ tsp cumin
½ tsp paprika
1 tsp sea salt
1/3 cup avocado or other high heat oil
Corn or whole grain flour tortillas

Directions:

- 1) Preheat the oven to 400 degrees Fahrenheit.
- 2) Cover a rimmed baking sheet in parchment paper.
- 3) Cut chicken, peppers and onions into ½ inch strips (or to save time, purchase pre-cut)
- 4) Lay *everything* (chicken, peppers, onions, spices, oil) on the cookie sheet and mix it together with your hands.
- 5) Bake in the oven for about 25 minutes (or until chicken is fully cooked through).
- 6) Place the tortillas on oven rack for about 1 minute to warm up.
- 7) Serve: fill tortillas with chicken mixture. Option to add lettuce, salsa, guacamole, sour cream, pickled jalapenos, etc.

Recipe modified from *Gathered Table* (<https://www.gatheredtable.com/recipes/582628>)