

The Monthly Splash

Aquazot Swim Club News April 2025

April Birthdays

Zot

Ara Lee
Julian Kuo
Marcus Lin
Mila Wang
Reagan Nguyen
Victor Zhong
Yale Shen

Azot

Chloe Meraviglia
Deniz Ucar
Ethan Chen
Gabrielle Osiobe
Hyeong Joon Kim
Katherine McCrea
Kimi Lin
Sumit Pandey
Muxian Wu
Noah Huang
Oliver Liu
Owen Bao
Reese Williams
Tracy Jiang
Zayda Godfrey

Senior

Isabella Aryes de Castro
Joel Mathews
Keira Catazano
Maggie Mu
Marco Pablo Tirado
Matthew Cai
Samuel Kiemm
Sofia Leonardo

Coach Kaye



Welcome

Welcome to our new Aquazot families!
Nathaniel, Soline and the Ling Family (Zot 1 and 2)
Soujonnyo and the Saha Family (Senior 1)
David, Louie and the Du Family (Zot 1 and Azot 1)
Mila and the Wang Family (Zot 1)

YOU KNOW YOU'RE A SWIMMER

**YOU GET MORE EXCITED BUYING
NEW SUITS THAN NEW CLOTHES**

**YOU HAVE PERMANENT MARKER
ALL OVER YOUR ARMS ON MONDAY**

**YOU SPEND MORE TIME IN THE
WATER THAN ON DRY LAND**

**YOU HEAR 'KICK' IN
YOUR SLEEP**

**YOU ALWAYS KINDA
SMELL LIKE CHLORINE**

**WALKING UP AT 4AM IS
TOTALLY NORMAL**

**FAMILY WEEKENDS
REVOLVE AROUND
SWIM MEETS**

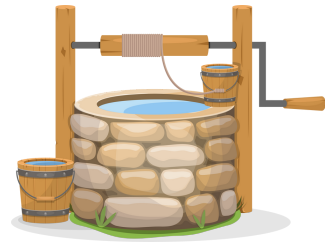
**'I HAD A SWIM MEET' CAN
ACTUALLY GET YOU OUT
OF SCHOOLWORK**

**YOUR SWIM BAG IS 2X
HEAVIER THAN YOUR
BOOK BAG**

**YOU KNOW 'IM'
DOESN'T MEAN
INSTANT MESSAGING**



The Wellness Well with TC



Swimmers, especially competitive swimmers, do not drop time every time they race. Training cycles, weather, short course, long course, rest, illness, life stress, and school stress contribute to performance. Progress can be measured in time but also by objectives you set for yourself.

Here are some ways to “balance your love of swimming with practical outcomes.”

1. Establish process goals, not just time drops.

- Coming to all practices, showing up early, and attending dry-land
- Improving underwaters, breakouts, and positive self-talk
- Put a penny in a bowl each time you achieve something swim related...it will add up!

2. Find the joy in swimming

- “Enjoy the feel of the water”
- “Enjoy the position your body takes in the water”
- “Enjoy the challenge of doing what is necessary to get better”

3. Peak Experience

- Remember the time when everything went right and how you felt
- Remember the confidence you get from challenging your goals

4. Celebrate Recognition

Stroke count, quality practice, and deliberately training (not just going through the motions)

- Positive feedback from teammates, parents and coaches
- Time drops are worth celebrating!

5. Reconnect back to the first time you fell in love with swimming:

- Connection with the water
- Competition
- Challenge
- Being a part of a team

Plateaus are ok if you are seeing progress in practices and are working on improving technique and making positive changes during practices.

At the end of the day, balancing your passion to swim with realistic expectations will help you. Think about all the things you have gained as a swimmer: resilience, discipline, and passion.

You got this!

Look who is getting better



2025 Speedo Sectionals 2/27-3/2 Age Group

Maddy Szymanowski

Seniors

Austin Chen, Kareem Ezzat, Aliyah Fan, Ryan Ham, Raymond Jew, Samuel Kiem, Maggie Mu, Jackson Nguyen, Isaac Paul, Olivia Paul, Haylee Pramono, Summer Shaves, Lucas Tang, Taylor Thongintra, Marco Pablo Tirado, Chase Valentine, Serena Ye

EVO OC Age Group Meet 3/8-9th Age Group

Brieleigh Adams, Willow Adams, Bryce Alpert, Hailey Alpert, Iio Aono, Daniel Cai, Anabelle Chairunas, Brady Chang, Maxwell Chang, Alex Chen, Weilin Chen, Shaan Chenam, Aaron Cheng, Abraham Cheng, Juwon Choi, Katherine Chow, Elizabeth Chu, Ryan Chu, Clara Cough, Alannah Dada, Maya Dihel, Mila Doker, Yirong Du, Aria Ergon, Callahan Espiritu, Guilherme Friggi, Haymen Godara, Bryan Hu, Kyle Henry, Lucien Huang, Elinor Jin, Ian Jin, Sumire Kafrawi, Toby Kao, Hana Kasahara, Hyeong Kim, Nicholas Kubasik, Alyson Lam, Ava Lam, Mia Lam, Elise Lao, Emma Lao, Steven Lau, Alisa Lavrova, Huynh Le, Ara Lee, Bada Lee, Miranda Lee, Albert Li, Chloe Li, Michelle Li, Vicky Li, Caleb Liu, Jacob Liu, Oliver Liu, Jimmy Liu, Bailey Luu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Katherine McCrea, Chloe Meraviglia-Huang, Ryan Meraviglia-Huang, Ari Mobasseri, Noah Mobasseri, Wesley Moh, Kellen Nguyen, Olivia Nguyen, Reagan Nguyen, Gabrielle Osiobe, Collin Pajer, Liam Pennisi, Brannen Phan, Emmalyn Phan, Vasilisa Posashenko, Ivena Pramono, Elyse Santos, Yale Shen, Fiona Skurskaya, Sofia Stozza, Alex Tang, Kyle Tang, Sophia Tsui, Deniz Ucar, David Wang, Joyce Wang, Kyle Wang, Mia Wang, Yicheng Wang, Chloe Watson, Eva Weisberg, Reese Williams, Summer Williams, Madeleine Wilson, Elizabeth Wraith, Darren Wu, Jordan Wu, Muxian Wu, Stephanie Wu, Diane Xu, Grady Yang, Ray Yu, Sophie Yu, Claire Zhan, Abigail Zhang, Mier Zhang, Derek Zhu

Seniors

Anika Corpus, Matthew Cai, Mikaela Chien, Bradyen Chow, Cayden Chung, Kynsley Espiritu, Claire Fan, Kendall Gray, Nathaniel Lacson, Zoey Lacson, Jade Lee, Azam Masud, Maggie Mu, Trayn Nguyen, Gavin Rauth, Kohl Tang, Morgan Vu, Jaelle White, Carter Wilson, Mubai Wu, Yolande Ye, Gabriel Zalvan, Bokai Zhang

Spring Age Group Champs 3/13-16th Age Group

Brieleigh Adams, Hoshi Aono, Jio Aono, Owen Bao, Levi Bouhbot, Daniel Cai, Russell Choy, Ryan Chu, Ava Encheff, Aria Ergon, Guilherme Friggi, Luke Fan, Arvin Fategh, Charlise Fishburn, Sarah Hahm, Sophia He, Kyle Henry, Lucien Huang, Noah Huang, Sumire Kafrawi, Hana Kasahara, Kevin Kubasik, Nicholas Kubasik, Nicholas Lacson, Steven Lau, Albert Li, Chloe Li, Caleb Liu, Bella Luu, Katherine McCrea, Kellen Nguyen, Gabrielle Osiobe, Sumit Pandey, Vasilisa Shcherbakova, Drew Stout, Isla Stout, Tina Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Andru Wang, Kyle Wang, Madeleine Wilson, Elizabeth Wraith, Jordan Wu, Serena Ye, Ray Yu, Claire Zhan, Lambert Zhang, Michelle Zhang

Seniors

Matthew Cai, Matthew Chiang, Mikaela Chien, Karlie Choy, Olivia Efimenko, Bode Encheff, Kynsley Espiritu, Raymond Jew, Ryan Kuo, Nathaniel Lacson, Ethan Ma, Taryn Nguyen, Kellen Pizzaro, Haylee Pramono, Summer Shaves, Liam von Schonfeldt, Yolanda Ye

Coaches Corner with Coach Matt



Poor breath control can destroy a swimmer's technique and efficiency, especially at the end of a race. It isn't a lack of willpower or even a need for oxygen that causes an athlete to pop up right off the wall or gasp for air inside the flags.

Understanding the science behind that desperate desire to breathe can help develop effective training and help swimmers finish strong with great technique.

Dr. Josh White, leader of Practical Performance Physiology, shares key breath control insights that you can implement right away:

The science behind breath control:

The urge to breathe isn't caused by a lack of oxygen—it's triggered by carbon dioxide (CO₂) building up in the blood.

CO₂ is created through energy production and acid buffering. The body removes it via exhalation, so limiting breathing causes increased levels of CO₂ in both the lungs and the blood.

Building a tolerance to CO₂ reduces the desire to breathe, helping swimmers stay in control longer and execute stronger underwaters and finishes.

How To Apply This in Training:

Use frequent, short-to-moderate breath control bouts (e.g., kick counts off every wall). This consistently increased level of CO₂ is more effective at building tolerance.

Compliment this with breath control training during intense work when CO₂ builds up quickly and adaptation is most relevant to racing.

Avoid hyperventilation before breath control training. It lowers CO₂ levels, reducing effectiveness and potentially delaying the urge to breathe beyond safe limits.

Train Smarter, Race Faster

Incorporating CO₂ tolerance training into your workouts will help you dominate off the last wall, keep your head down at the finish, and win the race!

Look who is ranking up!



2025 Speedo Sectionals 2/27-3/2

Seniors

Jackson Nguyen – 100 Free JAG, **Kareem Ezzat** – 100 Back Nat AAA, **Lucas Tang** – 500 Free Nat AAA, **Olivia Paul** – 200 Breast Nat AAA, **Samual Kiem** – 200 Free Nat AAA, **Summer Shaves** – 100 Free Nat AAAA

EVO Age Group Meet 3/8-9th

Age Group

Alisa Lavrova – 100 Breast WAG, **Alyssa Luwiharto** – 50 Back JAG, **Brieleigh Adams** – 100 Free JAG, 200 Free WAG, 500 Free JAG, **Caleb Liu** – 100 IM Spring JO, 200 IM Spring JO, **Claire Zhan** – 100 Back Nat A, 100 Free WAG, **Daniel Cai** – 100 Back Spring JO, 50 Back Spring JO, **Deniz Ucar** – 50 Free Nat AAAA, **Diane Xu** – 100 Breast WAG, 100 IM WAG, 50 Breast WAG, **Elizabeth Wraith** – 50 Back Nat A, 100 Fly Nat A, 50 Back Nat A, 50 Breast Spring JO, 50 Fly Spring JO, **Gabrielle Osiobe** – 100 Back JAG, 100 Breast Spring JO, 100 Fly Spring JO, **Guilherme Friggi** – 50 Breast Nat AAA, 50 Fly Nat AAA, 50 Free JAG, **Hana Kasahara** – 100 Breast Nat AAA, 100 IM Nat AAA, **Jenna Mak** – 50 Back WAG, 50 Fly Summer JO, **Jio Aono** – 100 Fly Nat AA, **Jordan Wu** – 100 Fly WAG, 100 IM Spring JO, 50 Breast WAG, **Juwon Choi** – 200 IM JAG, 50 Breast Summer JO, **Katherine Chow** – 100 Back JAG, **Katherine McCre** – 500 Free Nat AAA, **Kyle Henry** – 100 Back JAG, **Kyle Wang** – 100 IM Nat A, 50 Free JAG, **Lucien Huang** – 100 Back Spring JO, **Madeleine Wilson** – 100 Breast Spring JO, 50 Back Nat A, **Marcus Nguyen** – 50 Fly WAG, **Michelle Zhang** – 100 Fly Nat A, **Nicholas Kubasik** – 50 Free JAG, **Ray Yu** – 200 IM Spring JO, **Reagan Nguyen** – 100 Free WAG, 100 IM WAG, **Ryan Chu** – 100 IM Nat AA, **Ryan Meraviglia-Huang** – 100 Back WAG, 50 Back JAG, **Sophia Tsui** – 100 Back JAG, 100 Free Summer JO, **Stephanie Wu** – 100 Back JAG, 100 Breast WAG, 50 Back Spring JO, **Summer Williams** – 50 Back JAG, **Toby Kao** – 100 Breast WAG, **Wesley Moh** – 100 Fly JAG, Willow Adams – 100 Back JAG, 100 Breast WAG, 50 Breast JAG

Seniors

Bokai Zhang – 100 Breast Summer JO, 100 Fly Nat AA, **Claire Fan** – 100 Back JAG, 100 Fly JAG, **Claire Fan** – 100 Back JAG, 100 Fly JAG, **Kendall Gray** – 50 Free Spring JO, **Maggie Mu** – 100 Back Nat AA, **Matthew Cai** – 200 Breast Spring JO, **Morgan Wu** – 200 Free Summer JO, 50 Free WAG, **Nathaniel Lacson** – 100 Free Nat A, 400 IM Spring JO, **Ryan Kuo** – 100 Fly Nat A, 100 Free JAG, 50 Free JAG, **Taryn Nguyen** – 200 Breast Nat A, 200 Free JAG, **Zoe Lacson** – 400 IM WAG

SCS Spring Age Group Champs 3/13-16th

Age Group

Albert Li – 50 Fly Nat AAA, 500 Free Nat AAA, **Andrew Wang** – 100 Back WAG, 200 Free WAG, **Aria Ergen** – 50 Free Spring JO, **Ava Encheff** – 100 Back JAG, **Bella Luu** – 100 Back JAG, 100 Fly Nat AAAA, 50 Breast JAG, **Brieleigh Adams** – 100 Fly Spring JO, 50 Fly Spring JO, **Charlise Fishburn** – 100 Breast Nat AA, 50 Breast Nat AA, 50 Fly Spring JO, **Claire Zhan** – 50 Back Spring JO, **Deniz Ucar** – 50 Breast Nat AAA, **Drew Stout** – 100 IM Nat AA, 200 IM Nat AA, 50 Free Spring JO, 500 Free Spring JO, **Elizabeth Wraith** – 100 Breast Spring JO, 50 Breast Nat NAA, 50 Fly Nat AA, **Gabrielle Osiobe** – 100 Breast Nat AA, 100 Fly Nat AA, 50 Fly Nat AA, **Guilherme Friggi** – 100 Breast Nat AA, 100 Fly Nat AAA, 50 Breast Nat AAAA, **Hana Kasahara** – 200 IM Nat AAA, 50 Breast JAG, **Hoshi Aono** – 100 Back Nat AAA, 100 IM Nat AAA, 200 Free Nat AAA, **Isla Stout** – 50 Back Nat AAA, 50 Free JAG, **Johanna Toney** – 100 IM Nat AAA, **Jordan Wu** – 100 Free Nat AA, 50 Free JAG, **Katherine McCre** – 100 Fly Nat AAAA, 100 Free Nat AAAA, 200 IM Nat AAAA, 50 Free Nat AAAA, 500 Free Nat AAAA, **Kevin Kubasik** – 500 Free Nat AAA, **Kyle Henry** – 50 Fly Spring JO, **Kyle Wang** – 100 Fly Spring JO, **Lambert Zhang** – 100 Breast Nat AAA, 100 IM Nat AA, **Levi Bouhbot** – 100 IM Nat AAA, 200 Free Nat AAA, 50 Free Nat AAA, **Luke Fan** – 100 Fly Nat AAAA, 50 Fly Nat AA, 50 Free Nat AA, **Michelle Zhang** – 50 Breast Nat AAA, 500 Breast Nat AAA, **Nicholas Kubasik** – 50 Fly Nat AAA, 500 Free Nat AAA, **Nicholas Lacson** – 50 Back Nat AAA, 50 Free JAG, **Noah Huang** – 100 Fly Nat AAA, 200 IM Nat AAA, 50 Fly Nat AAAA, 50 Free JAG, **Owen Bao** – 100 Back nat AA, **Russell Choy** – 100 Back Nat A, 200 Free Spring JO, 50 Fly Spring JO, **Ryan Chu** – 200 IM Nat AA, **Serena Ye** – 100 Back Nat AAA, 100 Fly Nat AAA, **Sophia Tsui** – 100 Back JAG, **Sumire Kafrawi** – 50 Breast JAG, **Tina Tang** – 100 Fly Nat AAA, 50 Fly Nat AAA, **Vasilisa Shcherbakova** – 100 Back JAG, 100 IM Nat AA, 50 Breast JAG, 50 Fly Nat AAAA

Seniors

Bode Encheff – 1650 Free Spring JO, **Kellen Pizzaro** – 200 Breast Nat AAA, 200 Fly Nat AAA, 400 IM Nat AAA, 200 IM Nat AAA, 50 Free Spring JO, **Kynsley Espiritu** – 200 Breast Nat AA, 50 Free WAG, **Liam von Schonfeldt** – 200 Free Nat AAA, **Matthew Cai** – 1650 Free Nat AAA, **Mikaela Chien** – 200 Back Spring JO, **Olivia Efimenko** – 100 Fly Nat AA, **Raymond Jew** – 200 Fly Nat A, **Ryan Kuo** – 400 IM Nat AAA, 200 IM Nat AAA, **Summer Shaves** – 200 Fly Nat AAAA, 100 Breast Nat AAAA, 100 Fly Nat AAAA, 200 IM Nat AAAA, **Yolanda Ye** – 200 Breast Nat AA

March Correction

Ava Encheff – 500 Free Nat AAAA (Azot Home meet), 200 Free Nat AAAA (Desert Classic)

Now a word from the Doctor



Daylight savings and Swimming

Last month millions of people adjusted their clocks to Daylight Savings Time (DST), which is designed to maximize daylight hours. Although this shift seems minor, just adjusting the clock forward one hour, it can significantly affect the human body. Our human bodies have an internal biological clock in the hypothalamus, which regulates sleep, hormone production, body temperature and metabolism. This clock is synchronized with environmental clues like light and darkness. DST disrupts the alignment of our internal clock and forces the body to adapt to waking and sleeping at times not aligned with our body's rhythm. Sleep deprivation is one of the most immediate consequences as our bodies transition to a different schedule. The hormone melatonin, which signals sleepiness, is sensitive to light exposure; DST pushes daylight later into the evening and melatonin production is delayed causing a difficulty to initiate sleep.

How does DST affect competitive adolescent swimmers, who train rigorously balancing school and practice? Interestingly, increased sunlight exposure offers physiological and psychological advantages that can elevate a swimmer's performance. Sunlight exposure influences three key areas for athletes:

1. **Vitamin D production** – Vitamin D is nutrient essential for bone health, muscle function and immune responsiveness. Athletes with increased Vitamin D levels exhibit improved muscle strength and reduced injury rates.
2. **Improvement in mood and mental resilience**- Serotonin, a neurotransmitter linked to a feeling of well-being and focus, is elevated with a 20–30-minute increase in sunlight exposure, which reduces anxiety and sharpens concentration.
3. **Reinforcement of circadian rhythm stability**- Our swimmers are training early in the morning and late into the evening. These times can interfere with an adolescent's natural sleep pattern. Increased daylight exposure helps align a swimmer's internal clock with a training schedule and improves sleep quality. Better rest enhances muscle repair, reaction times and endurance.

The transition to DST may initially challenge the body, but its long-term-effects offer tangible benefits for adolescent swimmers.

The Feed Zone

with Janice Dada

As a busy swim parent, I just know you are going to love these blender pancakes as much as my family does! The perks? This recipe uses up over-ripe bananas, all ingredients are dumped and mixed in the blender so there's minimal mess, they taste great, and they offer a great start to a nutritionally balanced breakfast. My kids like them made with chocolate chips and then topped with peanut butter, blueberries and banana slices, a drizzle of maple syrup, and served with a glass of milk.

Blender Banana Oat Pancakes (modified from ambitious kitchen)

Ingredients:

2-3 medium-sized ripe bananas (best when they have lots of brown spots)
2 eggs
1/2 cup milk of choice
1 teaspoon vanilla extract
1 ½ cups old fashioned rolled oats
2 teaspoons baking powder
½ teaspoon ground cinnamon
¼ teaspoon salt
oil or butter for cooking



Optional add-ins: chocolate chips, blueberries, diced banana, pecans

Instructions:

1. Add all ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up.
2. Lightly coat a griddle with oil or butter and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
3. Flip each pancake and cook until golden brown on each side. If you find they are browning too quickly, lower the heat.
4. Wipe the pan and repeat until you've cooked all the batter.
5. Enjoy!

Courtesy of:

Janice Dada, MPH, RDN
SoCal Nutrition & Wellness
www.socalnw.com