

The Monthly Splash

Aquazot Swim Club News August 2025

August Birthdays

Zot

Asher Chong
Callahan Espiritu
David Du

Azot

Alisa Lavrova
Ashton Kao
Ava Lam
Derek Zhu
Elizabeth Chu
Ethan Yao
Johanna Toney
Nathaniel Ling
Ryan Chu
Sophie He
Sophie Yu
Summer Williams
Vasilisa Shcherbakova

Senior

Anika Corpus
Carly Wahl
Diane Xu
Ender Lee
Holly Fishburn
Isla Stout
Kendra Alpert
Mubai Wu
Reece Nguyen
Samiyah Sadhal
Souhardyo Saha
Swarali Mate

Tyson Tran



Michelle Zhang - Belated June



Welcome to our new Aquazot families!

Beckett, Porter and the Zinn Family (Azot 3 and Senior 3)

Ethan and the Duan Family (Azot 1)

Kareem and the Zohny Family (Azot 1)

Kendra and the Alpert Family (Senior 1)

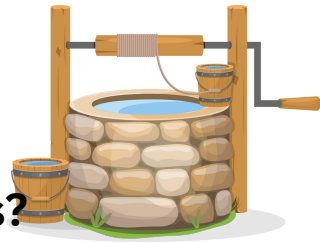
Luke and the Zipfel Family (Azot 1)

Ming and the Gong Family (Azot 2)

Xinyue and the Wang Family (Azot 1)

The Wellness Well with TC

How do you stay motivated despite setbacks?



Setbacks don't define you... how you respond does. Motivation comes in two ways: from the love of the sport and from the support of your teammates, your family, & your coaches.

When one runs low, lean on the other.

Remember: Every race & every practice is a chance to grow. Stay the course, use the setback as fuel, and turn it into a comeback.

Swimmers stay motivated through a blend of support (extrinsic) and passion (intrinsic). When they see setbacks as temporary, and their environment supports autonomy, competence, and relatedness, they're much more likely to push through.

Here are a few things to consider when staying motivated:

1. Personal Meaning (Intrinsic)

Progress toward your best performances.

Love of swimming.

Enjoying your teammates and the bonds you make.

2. Psychological Resilience

Growth mindset: seeing setbacks as feedforward rather than failure.

Reframe your goals and adjustment: resetting focus on process goals (stroke efficiency, splits) instead of just outcome goals (winning).

3. Social Connection

Teammates who provide belonging and accountability.

Supportive coach-athlete relationships that balance structure with encouragement.

4. Vision of the Future

Swimming in college, national team aspirations, Olympic dreams.

Using long-term goals to reframe short-term failures.

Thomas C. (T.C.) Valentine, MS, MB

Look who is getting better



RipTide “Last Chance” BB meet

7/11-12th

Age Group

Brieleigh Adams, Willow Adams, Bryce Alpert, Hoshi Aono, Levi Bouhbot, Daniel Cai, Anabelle Chairunas, Abraham Cheng, Ava Encheff, Charlise Fishburn, Sophia He, Ashton Kao, Hana Kasahara, Kevin Kubasik, Nicholas Kubasik, Steven Lau, Bada Lee, Bailey Luu, Ethan Luwiharto, Marucs Nguyen, Mason Nguyen, Reagan Nguyen, Liam Pennisi, Elyse Santos, Vasilisa Shcherbakova, Drew Stout, Yicheng Wang, Chloe Watson, Madeleine Wilson, Jordan Wu, Daniel Zhang

Seniors

Matthew Cai, Olivia Efimenko, Bode Encheff, Holly Fishburn, Emery Kanda, Nathaniel Lacson, Jackson Nguyen, Taryn Nguyen, Collin Pajer, Kellen Pizarro, Haylee Pramono, Summer Shaves, Taylor Thongintra, Eric Wang, Lucas Wang

CMAC Summer Sizzle

7/11-12th

Age Group

Mishael Bejoy, Violet Bian, Shaan Chenam, Aaron Cheng, Abraham Cheng, Alexander Du, Ava Encheff, Callahn Espiritu, Tuna Gurpinar, Yehia Hassan, Kyle Henry, Lucien Huang, Noah Huang, Ashton Kao, Alyson Lam, Steven Lau, Miranda Lee, Caleb Liu, Chloe Meraviglia, Ryan Meraviglia, Ari Mobasser, Noah Mobasser, Wesley Moh, Kellen Nguyen, Marcus Nguyen, Olivia Nguyen, Penelope Nguyen, Reagan Nguyen, Liam Pennisi, Julian Tang, Sophia Tsui, Berlin Ulep, Chloe Watson, Ju Kwan Wong, Elizabeth Wraith, Muxian Wu, Stephanie Wu, Ray Yu, Claire Zhan, Lambert Zhang, Mier Zhang, Shiman Zhang, Alfred Zhu, Jayden Zhang

Seniors

Emme Catanzano, Matthew Chiang, Anika Corpus, Alannah Dada, Bode Encheff, Andre Gao, Lucien Huang, Noah Huang, Toby Kao, Ender Lee, Shibli Luna, Joel Mathews, Kellen Nguyen, Olivia Nguyen, Taryn Nguyen, Isaac Paul, Gavin Rauth, Soujonnyo Saha, Niccolo Troccoli, Andy Wan, Naiyin Wang, Mubai Wu, Claire Zhan

SCS Elite Age Group Champs

7/17-19th

Age Group

Brieleigh Adams, Willow Adams, Hoshi Aono, Levi Bouhbot, Abraham Cheng, Ava Encheff, Aria Ergon, Arvin Fategh, Charlise Fishburn, Gui Friggi, Tuna Gurpinar, Sophia He, Ashton Kao, Hana Kasahara, Kevin Kubasik, Nicholas Kubasik, Albert Li, Oliver Liu, Bella Luu, Katherine McCrea, Wesley Moh, Mason Nguyen, Vasilisa Shcherbakova, Drew Stout, Julian Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Declan Wang, Yicheng Wang, Madeleine Wilson, Elizabeth Wraith, Stephanie Wu, Jasper Ye, Ray Yu, Lambert Zhang

Seniors

Matthew Cai, Karlie Choy, Bode Encheff, Nathaniel Lacson, Ethan Ma, Haylee Pramono, Summer Shaves, Maddy Szymanowski, Yolanda Ye

USA Swimming Futures

7/23-25th

Haylee Pramono, Summer Shaves, Maddy Szymanowski, Taylor Thongintra, Serena Ye

Summer Age Group Champs

7/24-27th

Age Group

Brieleigh Adams, Willow Adams, Bryce Alpert, Hoshi Aono, Owen Bao, Violet Bian, Levin Bouhbot, Weilin Chen, Zhuo Chen, Aaron Cheng, Abraham Cheng, Russell Choy, Elizabeth Chu, Ryan Chu, Eren Doker, Ava Encheff, Aria Ergon, Luke Fan, Arvin Fategh, Charlise Fishburn, Gui Friggi, Tuna Gurpinar, Sophia He, Austin Huang, Ashton Kao, Hana Kasahara, Bethany Kim, Nicholas Lacson, Steven Lau, Alisa Lavrova, Miranda Lee, Albert Li, Caleb Liu, Jacob Liu, Oliver Liu, Bailey Luu, Bella Luu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Ryan Meraviglia, Wesley Moh, Marcus Nguyen, Reagan Nguyen, Liam Pennisi, Elyse Santos, Vasilisa Shcherbakova, Drew Stout, Isla Stout, Julian Tang, Kristina Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Declan Wang, Summer Williams, Jordan Wu, Stephanie Wu, Jasper Ye, Ray Yu, Daniel Zhang, Lambert Zhang

Seniors

Taylor Alva, Austin Chen, Matthew Chiang, Karlie Choy, Madeline Dew, Olivia Efimenko, Bode Encheff, Kynsley Espiritu, Kareem Ezzat, Claire Fan, Holly Fishburn, Johanna Godfrey, Noah Huang, Raymond Jew, Toby Kao, Samuel Kiem, Zoey Lacson, Ethan Ma, Azam Masud, Taryn Nguyen, Collin Pajer, Isaac Paul, Olivia Paul, Kellen Pizarro, Marco Pablo Tirado, Niccolo Troccoli, Chase Valentine, Morgan Vu, Eric Wang, Lucas Wang, Naiyin Wang, Mubai Wu, Diane Xu, Yolanda Ye

Coaches Corner with Coach Matt



The New Season

Along with the start of the new school year, we also get the chance to get a fresh start on our swimming with a new short course season after a bit of an end of the summer break.

What do we look forward to as we look at the new swim season ahead?

1. **New time standards.** Starting over with a clean slate opens a world of opportunities and excitement. Getting to set new seasonal bests and taking on new challenges.
2. **Aging up.** New age groups bring new opportunities. Those longer races in the next age group and enjoying the challenge it takes to complete them.
3. **New groups.** Whether you are a Zot moving to Azot, an Azot swimmer moving to a Senior group, or moving up through performance, new groups offer new opportunities: New coaches, different teammates to race with, a new practice schedule, and new skills and drills.
4. **New goals.** Taking time to reflect on the past season, working on what went well and refocusing on how to improve on what didn't go as planned.

All these things offer our athletes the chance to bring more excitement to their sport. It's a chance to reenergize and jump into the next phase of their growth. Take the time to find the new in your sport. Feel the joy in that newness and bring it to practice every day! Have a great new season!

Look who is ranking up!



RIPTIDE BB Meet

7-11/12th

Age Group

Brieleigh Adams – 200 Free SummerJO, **Hoshi Aono** – 400 Free Nat AAAA, **Danie Cai** – 100 Breast SpringJO, 50 Breast Nat AA, **Abraham Cheng** – 200 Free Nat A, **Sophia He** – 100 Breast Nat AAA, **Ashton Kao** – 200 Free JAG, **Hana Kasahara** – 50 Fly SummerJO, **Nicholas Kubasik** – 100 Back WAG, 400 IM JAG, **Steven Lau** – 100 Free JAG, **Bade Lee** – 100 Breast WAG, **Jacob Liu** – 100 Free JAG, **Bailey Luu** – 50 Free WAG, **Mason Nguyen** – 50 Back SpringJO, 50 Free JAG, **Liam Pennisi** – 50 Free JAG, **Elyse Santos** – 50 Back SummerJO, **Drew Stout** – 100 Breast JAG, 2000 Free SpringJO, 50 Breast JAG, **Yichen Wang** – 100 Back SpringJO, **Chloe Watson** – 50 Free JAG, **Madeleine Wilson** – 100 Fly JAG, 100 Free JAG, 50 Back Nat A, 50 Fl JAG, **Jordan Wu** – 200 Free JAG

Seniors

Matthew Cai – 100 Back SpringJO, **Bode Encheff** – 200 Free JAG, **Nathaniel Lacson** – 100 Breast JAG, 200 IM Nat AA, **Taryn Nguyen** – 400 IM Spring JO, **Collin Pajer** – 200 Free Nat A, **Kellen Pizarro** – 400 Free Nat AAA, **Haylee Pramono** – 400 Free Nat AAAA, **Taylor Thongintra** – 100 Fly JAG, **Lucas Wang** – 200 Free Nat A, 400 Free Nat A

CMAC Summer Sizzle

4/11-12th

Age Group

Violet Bian – 50 Fly JAG, **Aaron Cheng** – 100 Back WAG, 100 Breast JAG, 50 Back WAG, 50 Breast WAG, **Abraham Cheng** – 100 IM SpringJO, 50 Free JAG, 100 Back SpringJO, 100 Fly SpringJO, **Ava Encheff** – 50 Fly JAG, **Ashton Kao** – 50 Fly Nat A, 100 Fly Nat A, **Alyson Lam** – 50 Breast WAG, 50 Fly JAG, **Miranda Lee** – 50 Breast JAG, 50 Free JAG, **Caleb Liu** – 50 Back JAG, **Ryan Meraviglia** – 100 IM WAG, 50 Breast WAG, 50 Fl JAG, **Wesley Moh** – 50 Back SpringJO, 50 Breast Nat AAA, 50 Fly Nat AA, 50 Free SpringJO, 100 Breast Nat AA, **Marcus Nguyen** – 100 Back WAG, **Reagan Nguyen** – 50 Free WAG, **Liam Pennisi** – 100 Free WAG, 50 Free WAG, **Julian Tang** – 50 Back JAG, 50 Fly JAG, 50 Free WAG, 100 Back SpringJO, **Sophia Tsui** – 100 Free SpringJO, 50 Fly WAG, 50 Free SpringJO, 100 Back JAG, 100 Fly JAG, **Elizabeth Wraith** – 100 Fly SpringJO, 200 IM WAG, **Stephanie Wu** – 100 IM WAG, 50 Breast JAG, **Ray Yu** – 100 I Nat A, 50 Breast SpringJO, 100 Fly HAG, **Lambert Zhang** – 50 Breast Nat AAA, 50 Free Nat AA, **Michelle Zhang** – 50 Free SpringJO

Seniors

Bode Encheff – 500 Free JAG, **Noah Huang** – 500 Free JAG, **Tody Kao** – 100 Breast JAG, 200 Breast SpringJO, 200 IM WAG, 50 Free Nat A, **Taryn Nguyen** – 100 Fly Nat AA, 100 Free Nat AA, 200 Breast SpringJO, **Isaac Paul** – 100 Fly JAG, **Niccolo Troccoli** – 100 Fly WAG, 100 Free WAG, 50 Free WAG, **Naiyin Wang** – 50 Free JAG, **Mubai Wu** – 100 Fly WAG, 200 Fly WAG, 50 Free WAG, **Claire Zhan** – 100 Back JAG, 100 Breast JAG, 200 Back WAG, 200 Breast WAG, 50 Free Nat A

SCS Elite A/G Champs

7/17-18th

Age Group

Willow Adams – 50 Back SpringJO, **Levi Bouhbot** – 200 Free Nat AAAA, 400 Free Nat AAAA, **Abraham Cheng** – 50 Free SpringJO, **Ava Encheff** – 50 Back SummerJO, **Gui Friggi** – 50 Free Nat AAAA, **Tuna Gurpinar** – 50 Free Spring JO, **Sophia He** – 100 Back JAG, 50 Breast JAG, **Ashton Kao** – 50 Breast SpringJO, 50 Free WAG, **Hana Kasahara** – 50 Breast JAG, **Kevin Kubasik** – 200 Free Nat AAAA, **Nicholas Kubasik** – 400 Free Nat AAA, **Albert Li** – 50 Fly Nat AA, **Bella Luu** – 100 Back Nat AA, **Katherine McCrea** – 200 Free Nat AAAA, 400 Free Nat AAAA, **Wesley Moh** – 50 Fly Nat AA, **Mason Nguyen** – 100 Back SpringJO, **Julain Tang** – 100 Free JAG, **Johanna Toney** – 50 Fly SummerJO, **Sophia Tsui** – 100 Free Nat AA, 200 Free SpringJO, 50 Fly WAG, **Deniz Ucar** – 200 Free JAG, 50 Back Nat AA, 50 Fly Nat AA, **Declan Wang** – 400 Free Nat AAA, **Yichen Wang** – 100 Fly SpringJO, 200 IM Nat AA, 50 Breast SpringJO, **Madeleine Wilson** – 50 Breast JAG, **Elizabeth Wraith** – 50 Fly Nat AAA, **Stephaine Wu** – 50 Breast JAG, **Jasper Ye** – 50 Back Nat AA, **Ray Yu** – 100 Free SpringJO, 50 Free Nat AA, **Lambert Zhang** – 50 Back Nat AA

Seniors

Matthew Cai – 100 Fly JAG, **Karlie Choy** – 200 IM SpringJO, **Bode Encheff** – 1500 SpringJO, **Nathaniel Lacson** – 200 Back Nat AAA, 200 Breast JAG, **Ethan Ma** – 100 Free JAG, 200 Free JAG, **Summer Shaves** – 200 Breast Nat AAAA, 100 Free Nat AAAA, **Maddy Szymanowski** – 100 Fly JAG

SCS Summer Age Group Champs

7/24-27th

Age Group

Brieleigh Adams – 50 Breast JAG, 50 Fly Nat AA, 50 Free SpringJO, **Willow Adams** – 50 Breast WAG, **Violet Bian** – 50 Fly JAG, **Levi Bouhbot** – 100 Back Nat AAAA, 50 Breast Nat AA, **Zhuo Chen** – 100 Back SpringJO, 200 IM SpringJO, 50 Back SpringJO, 50 Fly SpringJO, **Russell Choy** – 100 Free SpringJO, 50 Breast Nat A, **Ryan Chu** – 50 Back JAG, 50 Breast WAG, **Eren Docker** – 50 Breast WAG, **Ava Encheff** – 100 Back JAG, 200 Free JAG, 400 Free Nat AA, 50 Free SummerJO, **Aria Ergan** – 100 Breast WAG, 100 Fly SpringJO, 200 IM SpringJO, 50 Breast JAG, **Luke Fan** – 100 Fly WAG, 50 Fly JAG, **Arvin Fategh** – 100 Fly Nat AA, 100 Free WAG, **Charlise Fishburn** – 100 Breast SpringJO, 50 Breast JAG, **Gui Friggi** – 100 Free SpringJO, **Tuna Gurpinar** – 50 Back Nat AA, **Sophia He** – 100 Fly Nat AAAA, 50 Fly Nat AAAA, **Austin Huang** – 50 Fly SpringJO, 50 Free SpringJO, **Ashton Kao** – 100 Free JAG, **Bethany Kim** – 100 Fly SpringJO, 200 IM JAG, 50 Back WAG, 50 Fly SpringJO, **Nicholas Lacson** – 100 Breast Nat AAA, 50 Breast Nat AAA, **Steven Lau** – 50 Bresat Nat AA, **Albert Li** – 100 Free Nat AAA, **Caleb Liu** – 50 Back JAG, 100 Fly SpringJO, 50 Free SpringJO, **Oliver Liu** – 100 Breast Nat AA, **Bailey Luu** – 100 Back JAG, **Bella Luu** – 50 Fly Nat AA, **Alyssa Luwiharto** – 100 Back JAG, 50 Bresat JAG, 50 Fly Nat AA, **Ethan Luwiharto** – 50 Fly SpringJO, **Jenna Mak** – 100 Back JAG, 50 Breast JAG, **Ryan Meraviglia** – 200 Free JAG, 50 Fly JAG, **Wesley Moh** – 50 Back Nat AA, 50 Free SpringJO, **Elyse Santos** – 50 Breast JAG, **Vasilisa Shcherbakova** – 100 Back JAG, 100 Breast SpringJO, 200 IM Nat AA, **Isla Stout** – 100 Flu SpringJO, **Julian Tang** – 200 Free JAG, **Kristina Tang** – 200 IM Nat AAA, 50 Back Nat AAA, **Johanna Toney** 200 IM SpringJO, 50 Breast JAG, **Sophia Tsui** – 50 Breast JAG, **Deniz Ucar** – 100 Fly SpringJO, **Declan Wang** – 50 Back Nat AAAA, **Jordan Wu** – 100 Fly Nat AAA, 100 Free Nat AAA, **Stephanie Wu** – 100 Back JAG, **Jasper Ye** – 100 Free Nat AAA, 200 Free JAG, **Daniel Zhang** – 100 Back SpringJO, 100 Fly Nat AA, 200 Free JAG, 50 Back SpringJO, **Lambert Zhang** – 100 Breast Nat AAAA

Seniors

Taylor Alva – 100 Breast JAG, 200 Back WAG, **Austin Chen** Nat AAA, **Matthew Chiang** – 50 Free Nat AAA, **Karlie Choy** – 100 Back WAG, 50 Free Nat AAA, **Olivia Efimenko** – 100 Back Nat AAA, 200 IM SpringJO, **Bode Encheff** – Nat AA, **Kynsley Espiritu** – 100 Back WAG, 100 Free JAG, **Kareem Ezzat** – 50 Free Nat AAA, **Claire Fan** – 100 Fly SummerJO, **Holly Fishburn** – 200 Free JAG, **Noah Huang** – 100 Fly JAG, **Raymond Jew** – 100 Free Nat AAA, **Toby Kao** – 400 Free JAG, 50 Free Nat A, **Zoey Lacson** – 100 Back WAG, 800 Free JAG, **Ethan Ma** – 200 IM Nat AAAA, **Azam Masud** – 100 Fly JAG, 200 Fly Nat AA, 200 Free Nat AA, 200 IM Nat AA, **Taryn Nguyen** – 50 Free JAG, **Collin Pajer** – 200 Breast JAG, **Kellen Pizarro** – 100 Fly JAG, **Marco Pablo Tirado** – 100 Fly Nat AAA, **Niccolo Troccoli** – 100 Back JAG, 100 Fly WAG, 100 Free JAG, **Eric Wang** – 200 Fly Nat AAA, **Lucas Wang** – 100 Breast Nat A, 400 IM Nat A, **Naiyin Wang** – 50 Free JAG, **Mubai Wu** – 100 Fly JAG, 200 Fly WAG, **Yolanda Ye** – 200 Back Nat AA, **Claire Zhan** – 200 Breast WAG, **Liam von Schonfeldt** – 200 IM JAG

Now a word from the Doctor



The DOMS

Yesterday you had a challenging practice. This morning you woke up and felt stiff and a bit sore.

You have DOMS.

Delayed onset muscle soreness (DOMS) is the soreness you feel in your muscles starting about a day after a hard practice and lasts for another one to two days. It's generally considered a sign that your muscles are growing stronger.

When you do a hard workout, you develop tiny microscopic tears in your muscles. Your body responds with inflammation that causes swelling and tenderness. The inflammation delivers more blood flow to your muscles and delivers nutrients to help them recover.

If you're sore the next day you can initially rest that muscle group but continue gentle movement throughout the day. It's important, however, not to lay still and you should actively recover by continuing to move throughout the day.

Stretching is important and massaging the muscles can help give you relief. When you exercise the next day you should focus on different muscle groups to allow the affected muscles to recover.

Applying ice to sore muscles can reduce inflammation while applying heat can improve blood flow and reduce inflammation.

You should focus on staying hydrated and consuming foods rich in proteins and carbohydrates to help your muscles recover.

Heidi Cough, MD

J Physiol. 2005 Apr 1;564(Pt 1):1. doi: 10.1113/jphysiol.2005.085514

Sports Med. 2003;33(2):145-64. doi: 10.2165/00007256-200333020-00005.

Schoenfeld, Brad J. MSc, CSCS, CSPS1; Contreras, Bret MA, CSCS2. Is Postexercise Muscle Soreness a Valid Indicator of Muscular Adaptations?. Strength and Conditioning Journal 35(5):p 16-21, October 2013. | DOI: 10.1519/SSC.0b013e3182a61820

The Feed Zone with Janice Dada



This month I'm sharing a fan favorite recipe. These energy balls are a perfect snack to make ahead and keep in the fridge for easy access after school, before swim practice or as a component of a balanced lunch. Let me know if you make some!



NO BAKE ENERGY BALLS

INGREDIENTS:

- 1 CUP NUT OR SEED BUTTER
- 2/3 CUP HONEY
- 2 TEASPOONS VANILLA EXTRACT
- 2 CUPS SHREDDED OLD-FASHIONED ROLLED OATS
- 2 CUPS SHREDDED UNSWEETENED COCONUT
- 1 CUP CHIA SEEDS
- 1/2 CUP MINI CHOCOLATE CHIPS OR 1/2 CUP DRIED CHERRIES



DIRECTIONS:

1. THOROUGHLY MIX THE NUT BUTTER, HONEY AND VANILLA EXTRACT TOGETHER.
2. ADD THE REMAINING INGREDIENTS TO THE BOWL AND MIX WELL.
3. USING AN ICE CREAM SCOOP OR MELON BALLER, PACK MIXTURE INTO THE SCOOP TO CREATE BITE-SIZED PIECES. ROLL INTO BALLS AND PLACE ON A BAKING SHEET LINING WITH PARCHMENT PAPER.
4. REFRIGERATE AND STORE IN AN AIRTIGHT CONTAINER.

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