

The Monthly Splash

Aquazot Swim Club News July 2025

July Birthdays

Zot	Azot	Senior
Pelqiao Tang	Aaron Cheng	Alexis Chew
	Austin Huang	Amy Wong
	Bella Luu	Bode Encheff
	Breiliegh Kay Adams	Bokai Zhang
	Hana Kasahara	Claire Lin
	Jordan Wu	Isaac Paul
	Juwon Choi	Jackson Nguyen
	Kellen Nguyen	Joshua Rhee
	Kevin Kubasik	Kareem Ezzat
	Luke Fan	Leah Wong
	Kyle Henry	Oliviia Efimenko
	Yiyan Gan	Zoey Rodriguez

Coach Sloane



Welcome

Welcome to our new Aquazot families!

Tayden and the Zhang Family (Zot 1)

Mchael and the Zakharyan Family (Senior 3)

Jaina and the Godara Family (Azot 3)

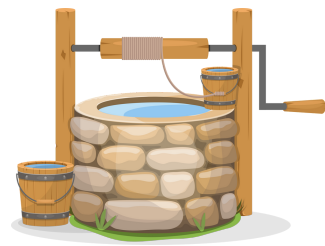
Tuna and the Gurpinar Family (Azot 3)

Words no swimmer wants to hear after practice

**"We have food
at home"**



The Wellness Well with TC



Long Course Season Reflection Journal-

When the end of the long course season comes, each swimmer must face it. It is important to look at each season as an opportunity to gain more knowledge. The more you know about your swimming, the better you will perform and don't forget you have excellent Aquazot coaches to help you reach your goals.

Make a list of your proudest moments:

- A race I gave everything I had:
- A technical skill I improved:
- A moment I made a sacrifice to get what I wanted:
- A practice I showed up to even when I was tired or doubting myself:

Then, in your journal, write your reflections:

- “This season taught me that I’m capable of more than I realized when...”
- “One big thing I’ll take into next season is...”
- “Even in my hardest moment, I kept going by...”
- “I’ll remember when someone told me... because it reminded me that...”
- “The numbers only tell part of the story, but I’m proud of...”
- “Next season isn’t about being perfect — it’s about being ready, open, and determined. I’m aiming for...”
- “This season gave me... and I’m thankful for it”
- “I was able to go to practice, compete, and be a part of a team”

Next season, you can read how much progress you have made. This is the beginning of your confidence registry. You will put grains of rice in a bowl of confidence and at the end of a season you will have a full cup!

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

Look who is getting better



2025 EAST Last Ditch Meet 6/7-8th

Age Group

Willow Adams, Owen Bao, Shaan Chenam, Aria Ergan, Charlise Fishburn, Sophia He, Marcus Lin, Caleb Liu, Bailey Luu, Bella Luu, Chloe Huang, Olivia Nguyen, Sophia Tsui

Seniors

Holly Fishburn, Emery Gleeson, Souhardyo Saha

CA TST B min LC meet 6/7-8th

Age Group

Bryce Alpert, Hailey Alpert, Violet Bian, Anabella Chariunas, Zhuo Chen, Aaron Cheng, Abraham Cheng, Katherine Chow, Clara Cough, Ava Encheff, Luke Fan, Yehia Hassan, Kyle Henry, Noah Huang, Ashton Kao, Hyeong Kim, Kevin Kubasik, Nicholas Kubasik, Alyson Lam, Steven Lam, Ara Lee, Bada Lee, Aldo Li, Chloe Li, Oliver Liu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Ari Mobasser, Marcus Nguyen, Mason Nguyen, Liam Pennisi, Emmaly Phan, Andy Wan, Jordan Wu, Stephanie Wu, Claire Zhan, Daniel Zhang, Mier Zhang

Seniors

Taylor Alva, Matthew Chiang, Bode Encheff, Kynsley Espiritu, Raymond Jew, Jade Lee, Shibli Luna, Maggie Mu, Jackson Nguyen, Isaac Paul, Olivia Paul, Gavin Raugh, Summer Shaves, Maddy Szymanowski, Zara Torres, Niccolo Troccoli, Eric Wang, Lucas Wang, Mubai Wu, Serena Ye

SCS June AG invite 6/12-14th

Age Group

Breiliegh Adams, Willow Adams, Bryce Alpert, Hoshi Aono, Jio Aono, Owen Bao, Levi Bouhbot, Daniel Cai, Weilin Chen, Zhuo Chen, Abraham Cheng, Juwon Choi, Katherine Chow, Russell Choy, Elizabeth Chu, Ryan Chu, Eren Doker, Ava Encheff, Aria Ergan, Gui Friggi, Arvin Fategh, Charlise Fishburn, Sophia He, Kyle Henry, Austin Huang, Lucien Huang, Noah Huang, Sumire Kafrawi, Ashton Kao, Hana Kasahara, Bethany Kim, Kevin Kubasik, Nicholas Kubasik, Nicholas Lacson, Miranda Lee, Albert Li, Chloe Li, Caleb Liu, Jacob Liu, Oliver Liu, Bailey Luu, Bella Luu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Katherine McCrea, Ryan Meraviglia, Noah Mobasser, Wesley Moh, Mason Nguyen, Liam Pennisi, Elyse Santos, Vasilisa Shcherbakova, Drew Stout, Isla Stout, Julian Tang, Kristina Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Declan Wang, Kyle Wang, Yicheng Wang, Summer Williams, Elizabeth Wraith, Jordan Wu, Diane Wu, Yolanda Ye, Ray Yu, Daniel Zhang, Lambert Zhang, Mier Zhang

Seniors

Taylor Alva, Matthew Cai, Austin Chen, Matthew Chiang, Karlie Choy, Madeline Dew, Olivia Efimenko, Bode Encheff, Kynsley Espiritu, Kareem Ezzat, Claire Fan, Holly Fishburn, Johann Godfrey, Raymond Jew, Emery Kanda, Toby Kao, Nathaniel Lacson, Zoey Lacson, Azam Masud, Summer Mekerdichian, Maggie Mu, Collin Pajer, Isaac Paul, Olivia Paul, Kellen Pizzaro, Haylee Pramono, Joshua Rhee, Sydney Santos, Summer Shaves, Maddy Szymanowski, Lucas Tang, Taylor Thongintra, Marco Pablo Tirado, Chase Valentine, Morgan Vu, Andy Wan, Eric Wang, Lucas Wang, Mubai Wu, Serana Ye, Bokai Zhang, Liam von Schonfeldt

Coaches Corner with Coach Matt



Do you know your numbers?

There are many ways to track your improvement.

- 1. Race times are improving.**
- 2. Practice intervals are getting easier or faster.**
- 3. Practice effort is improving each session.**

But.....The best way is to track your numbers. What do we mean by that?

- 1. How many black lines does your streamline take you?**
- 2. How many strokes does it take to get from one black line to another?**
- 3. How many strokes do you take per lap (for each stroke)?**

These are great and immediate ways to track your effort. Once you know your baseline stats you can track each lap without having to wait until the set is over. If you are behind in your count, you know you are losing your grip on the water or your push off the wall wasn't as strong as it normally is. Getting that feedback "on the fly" so to speak allows you to make adjustments to your stroke. Making the next streamline just a little tighter, grabbing just a little bit more water per stroke to get back on track.

Alternately, if you are ahead of your numbers you know you are improving.

- 1. Further on your streamline means your legs are getting stronger, holding that streamline longer and your underwater kicks are getting more powerful.**
- 2. Fewer strokes per black line to black line means more distance per stroke (DPS). Holding more water throughout your pull and therefore less effort for the same time OR faster with the same effort.**
- 3. Fewer strokes per lap. Like the distance per black line your DPS is a key measure to your improvement. Knowing just how many strokes you want/need to take per lap can keep you to your plan when racing. Being able to time your turns to ensure a good push, lunge into the finish with the right amount of reach/extension means knowing exactly where you are.**

So, start counting.

Make it a game with yourself and see just how much better your training will be.

Look who is ranking up!



EAST Last Ditch Meet 6/7-8th Age Group

Willow Adams – 50 Back SpringJO, **Owen Bao** – 50 Back WAG, **Aria Ergan** – 100 Free Nat A, 100 IM Nat A, **Charlise Fishburn** – 100 Back SummerJO, **Sophia He** – 200 I Nat AAA, 50 free Nat AAA, **Caleb Liu** – 100 Back WAG, **Bailey Luu** – 100 IM WAG, 200 IM JAG, 50 Back WAG, **Bella Luu** – 200 IM WAG, **Sophia Tsui** – 100 IM Nat A, 50 Breast JAG

Seniors

Holly Fishburn – 200 Free Nat AA, 200 IM SummerJO, **Emery Gleeson** – 100 Free Nat A

TST B Min LC meet 6/7-8th Age Group

Zhuo Chen – 50 Free WAG, **Noah Huang** – 100 Free WAG, **Oliver Liu** – 50 Fly WAG, **Declan Wang** – 50 Breast Nat A, **Stephanie Wu** – WAG

Seniors

Kynsley Espiritu – 100 Free Nat A, **Toby Kao** – 200 IM JAG, **Maggie Mu** – 100 Back SpringJO, **Jackson Nguyen** – 100 Free JAG, **Summer Shaves** – 800 Free SpringJO, **Madeleine Szymanowski** – 400 Free JAG, **Nicolo Troccoli** – 50 Free Nat A, **Lucas Wang** – 100 Free Nat A

Junior Age Group Champs 6/12-14th Age Group

Jio Aono – 400 Free, 400 IM JAG, **Zhuo Chen** – 100 Free JAG, **Katherine Chow** – 100 Free SummerJO, **Russell Choy** – 100 Breast JAG, **Ryan Chu** – 100 Breast SpringJO, **Ava Encheff** – 800 Free Nat AA, **Aria Ergan** – 100 Free Nat AA, 50 Fly SpringJO, **Charlise Fishburn** – 100 Free SpringJO, 50 Back WAG, **Sophia He** – 200 IM Nat AAA, **Austin Huang** – 100 Breast Nat A, 50 Breast SpringJO, **Sumire Kafrawi** – 200 IM Nat A, 50 Free SpringJO, **Ashton Kao** – 100 Breast Nat AAAA, **Nicholas Kubasik** – 200 Free JAG, **Nicholas Lacson** – 200 Free JAG, 200 IM Nat AAAA, **Albert Li** – 100 Breast Nat AA, 50 Back Nat AAAA, **Jacob Liu** – 50 Back Nat A, **Bailey Luu** – 100 Breast Nat A, 50 Breast JAG, 50 Fly SpringJO, 100 Breast Nat AAA, **Bella Luu** – 100 Fly Nat AA, **Alyssa Luwiharto** – 100 Breast SpringJO, – 100 Back Nat A, **Noah Mobasseri** – 200 Free SummerJO, **Wesley Moh** – 200 IM JAG, **Vasilias Shcherbakova** – 100 Free Nat AA, **Drew Stout** – 100 Back SpringJO, **Kyle Tang** – 100 Breast WAG, **Sophia Tsui** – 100 Breast Nat A, 200 IM Nat A, **Deniz Ucar** – 100 Free SpringJO, **Delcan Wang** – 50 Fly Nat AA, **Kyle Wang** – 100 Free SpringJO, 50 Breast SpringJO, **Yicheng Wang** – 200 Free JAG, **Summer Williams** – 50 Free JAG, **Elizabeth Wraith** – 100 Free SummerJO, 50 Back SummerJO, 50 Breast JAG, **Jordan Wu** – 100 Breast JAG, 50 Back Nat AA, **Diane Xu** – 100 Breast Nat A, 50 Breast JAG, **Daniel Zhang** – 100 Free Nat A, **Mier Zhang** – 100 Breast Nat AAAA, 50 Breast JAG

Senior

Austin Chen – 200 IM Nat AAA, 400 Free JAG, **Bode Encheff** – 400 Free Nat A, **Kynsley Espiritu** – 2000 IM WAG, **Kareem Ezzat** – 100 Fly JAG, **Claire Fan** – 200 Fly WAG, **Holly Fishburn** – 100 Breast WAG, **Raymond Jew** – 200 Fly SpringJO, 200 Free JAG, **Emery Gleeson** – 100 Breast SummerJO, **Ryan Kuo** – 200 IM Nat AAA, **Nathaniel Lacson** – 400 IM SpringJO, 100 Fly JAG, **Azam Masud** – 100 Breast SpringJO, **Kellen Pizarro** – 100 Back Nat A, **Summer Shaves** – 200 Fly Nat AAA, 100 Breast Nat AAAA, 200 Free Nat AAAA, **Madeleine Szymanowski** – 400 IM Nat AAA, 200 IM Nat AAA, **Kohl Tang** – 200 IM WAG, **Lucas Tang** – 800 Free Nat AAA, 200 IM Nat AAA, **Marco Pablo Tirado** – 100 Breast SummerJO, **Morgan Vu** – 200 Free Nat AA, **Eric Wang** – 50 Free JAG, **Lucas Wang** – 200 Back WAG, **Naiyin Wang** – 100 Free SummerJO, **Yolanda Ye** – 100 Fly WAG

Now a word from the Doctor



Hold that Breath

Your trusty swim coach tells you not to take a breath on your last stroke finishing into the wall.

They're right!

When you take a breath of air it takes about 10 seconds for that oxygen to actually reach the muscles in your body. First the oxygen from your lungs is absorbed by surrounding tiny blood vessels. Then your red blood cells carry that oxygen to your heart. Your heart pumps the blood with oxygen to your muscles where it is absorbed. If you are taking a breath right before you finish your race, that oxygen will not get to your muscles until you are already out of the water headed to the cool down lanes. Since many races can be won or lost by a hundredth of a second you will have an advantage if you can keep your head down in freestyle or butterfly without that last breath into the wall.

Ways you can improve your oxygen concentration before your race are to sit upright or stand with good posture. This helps to improve your chest expansion to create more volume for your lungs. You can do deep breathing with slow full inhales and exhales to maximize filling of your lungs with air. These deep breaths before your race will actually help store and deliver oxygen to your muscles during your race.

If you are competing in an indoor pool you may benefit from some outdoor breathing in between your races. Fresh air in an outside environment in general has higher oxygen levels compared to indoors. Also, the quality of the air is more pure outdoors compared to the indoor pool air which may contain byproducts from the chlorine (which you usually smell when you enter inside).

So the next time your coach tells you not to breathe in your last few strokes into your finish now you know why. They want you to win!

Heidi Cough, MD

Felgueiras, Fatima. Comprehensive assessment of the indoor air quality in a chlorinated Olympic-size swimming pool. Environment International. 136:105401. March 2020.

Bangsbo, J. Muscle Oxygen kinetics at onset of intense dynamic exercise in humans. Am J Physiol Regul Inter Comp Physiol. 2000 Sep ; 279(3).

The Feed Zone with Janice Dada



Balanced Breakfasts So Easy Your Swimmer Can Make It Themselves!

Early morning swim practice or race? Athletes need something loaded with energy-rich carbohydrates, moderate in protein, low in fat and packed with fluids. Here are some ideas that even your swimmer can do:

Waffle Sandwich:

Frozen Waffles with a light smear of nut/seed butter and topped with sliced banana and honey plus milk to drink

Smoothie:

Frozen Smoothie Pack (such as Trader Joe's Fruits & Greens Smoothie Blend) plus milk.

Toast:

2 pieces of toast spread with cream cheese and topped with jam and sliced bananas plus chocolate milk

Yogurt Bowl:

Yogurt of choice topped with granola and fruit + water to drink

Overnight Oats (make ahead):

Mix together rolled oats, chia seeds, milk of choice, cinnamon, vanilla, nut butter and honey the night before. In the morning, top with fruit and it's ready to go!



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