

The Monthly Splash

Aquazot Swim Club News March 2025

March Birthdays

Zot

Aiden Xie
Bailey Luu
Fiona Skurskaya
Luke Tsao
Marcus Chang
Mila Doker
Penelope Nguyen

Azot

Andrew Wang
Andy Wan
Bada Lee
Bradley Wang
Brycen Tsai
Caleb Liu
Ethan White
Faris Elshahed
Grady Yang
Ivena Pramono
Madeleine Szymanowski
Miranda Lee
Sarah Hahm
Yirong Du

Senior

Haylee Pramono
Joshua Godfrey
Niccolo Troccoli



Naaya Gandotra - February late addition

Welcome

Welcome to our new Aquazot families!

Aiden and the Xie Family (Zot 1)

Gabrielle and the Osiobe Family (Azot 3)

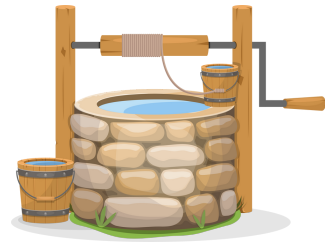
Mia, James and the Kelemen Family (Zot 1)

Jennifer and the Wang Family (Azot 1)

When coach starts saying another set
and there are 5 minutes left in practice



The Wellness Well with TC



Sport and mental toughness are transferrable skills in life.

Have you ever had a dream or a goal you wanted to achieve? Maybe to make a certain time standard or to qualify for your high school varsity swim team? Whatever your goal, swimming helps develop great habits, work ethic, and resilience.

In my experience, it requires great habits to achieve great results. What is the best way to build great habits, and in turn, become the best version of yourself? The good news is everyday you come to practice, work hard, and challenge yourself be the best you can be each day, you are developing important skills.

Here are some guidelines:

- Mental toughness carries over to other areas of life like business, relationships, and personal challenges, because it builds resilience, discipline, and a strong mindset.**
- Competition can create stress but will also help develop good stress coping habits.**
- You will develop time management skills & build confidence by overcoming mental challenges.**
- You will develop self-awareness & self-confidence.**
- You will automatically build Atomic Habits like focus, commitment, and a never-give-up attitude.**
- You will experience the growth mindset and learn from your setbacks.**
- You will view setbacks as positive and allow the universe to ask what is this showing you.**
- You will respond better to stress in work, family, and school.**

In summary, speak to people you respect and want to learn from. You will find there are many athletes who have swum your path before you. They turned their habits into daily practice and have become successful happy people.

You can do the same.

Keep it up.

You got this.

Look who is getting better



AZOT Home Meet 1/31-2/2

Age Group

Brieleigh Adams, Willow Adams, Bryce Alpert, Hoshi Aono, Jio Aono, Owen Bao, Levi Bouhbot, Boyan Cai, Anabelle Chairunas, Alex Chen, Evelyn Chen, Weilin Chen, Zhuo Chen, Shaan Chenam, Aaron Cheng, Abraham Chang, Juwon Choi, Katherine Chow, Russell Choy, Elizabeth Chu, Ryan Chu, Clara Cough, Alannah Dada, Mila Doker, Ava Encheff, Aria Ergan, Callahan Espiritu, Luke Fan, Charlise Fishburn, Grace Gimenez, Bryan Hu, Sarah Hahm, Sophia He, Kyle Henry, Austin Huang, Noah Huang, Sumire Kafrawi, Ashton Kao, Toby Kao, Hana Kasahara, Bethany Kim, Kevin Kubasik, Nicholas Kubasik, Nicholas Lacson, Ava Lam, Mia Lam, Steven Lau, Ara Lee, Miranda Lee, Albert Li, Chloe Li, Marcus Lin, Caleb Liu, Jacob Liu, Oliver Liu, Bailey Luu, Bella Luu, Alyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Mikhail Mar, Katherine McCrea, Chloe Meraviglia-Huang, Ryan Meraviglia-Huang, Ari Mobasser, Noah Mobasser, Wesley Moh, Kariss Nguyen, Kellen Nguyen, Mason Nguyen, Olivia Nguyen, Reagan Nguyen, Collin Pajer, Sumit Pandey, Liam Pennisi, Brannen Phan, Emmalyn Phan, Ivena Pramono, Elyse Santos, Vasilisa Shcherbakova, Drew Stout, Isla Stout, Madeleine Szymanowski, Alex Tang, Julian Tang, Kristina Tang, Kyle Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Berlin Ulep, Andy Wan, Andrew Wang, Joyce Wang, Kyle Wang, Yichen Wang, Chloe Watson, Summer Williams, Madeleine Wilson, Darren Wu, Jordan Wu, Stephanie Wu, Hannah Xin, Jeffrey Xin, Diane Xu, Bernie Yu, Grady Yang, Jasper Ye, Ray Yu, Claire Zhan, Lambert Zhang, Mier Zhang

Seniors

Taylor Alva, Isabella Ayres de Castro, Roger Caho, Austin Chen, Alexis Chew, Mikael Chien, Karlie Choy, Olivia Efminenko, Bode Echeff, Kynsley Espiritu, Kareem Ezzat, Claire Fan, Johanna Godfrey, Joshua Godfrey, Kendall Gray, Raymond Jew, Samuel Kiem, Ryan Kuo, Zoey Lacson, Jade Lee, Azam Masud, Maggie Mu, Jackson Nguyen, Taryn Nguyen, Isaac Paul, Olivia Paul, Kellen Pizarro, Haylee Pramono, Sydney Santos, Summer Shaves, Kohl Tang, Lucas Tang, Taylor Thongintra, Niccolo Troccoli, Liam von Schonfeldt, Morgan Vu, Steven Vu, Eric Wang, Lucas Wang, Naiyin Wang, Amy Wong, Mubai Wu, Serena Ye, Yolanda Ye, Bokai Zhang

Desert Classic 2/14-16th

Age Group

Brieleigh Adams, Willow Adams, Aaron Cheng, Abraham Cheng, Ava Encheff, Arvin Fategh, Kyle Henry, Mia Lam, Jenna Mak, Katherine McCrea, Chloe Meraviglia-Huang, Ryan Meraviglia-Huang, Marcus Nguyen, Mason Nguyen, Olivia Nguyen, Collin Pajer, Elyse Santos, Vasilisa Shcherbakova, Berlin Ulep, Kyle Wang, Yicheng Wang, Claire Zhan

Seniors

Bode Encheff, Jade Lee, Sydney Santos, Eric Wang

Best of the Rest 2/22-23rd

Age Group

Brieleigh Adams, Willow Adams, Andrei Agrawal, Bryce Alpert, Violet Bian, Anabelle Chairunas, Maxwell Chang, Melody Chen, Nolan Chen, Zhuo Chen, Shaan Chenam, Aaron Cheng, Asher Chong, Madison Chong, Asha Cook, Lana Cook, Adler Cough, Clara Cough, Alannah Dada, Yirong Du, Faris Elshahed, Talia Elshahed, Aria Ergan, Callahan Espiritu, Grace Gimenez, Bryan Hu, Austin Huang, Noah Huang, Jude Kassem, ZienAldin Kassem, Nicholas Kubasik, Julian Kuo, Alisa Lavrova, Aldo Li, Jimm Lu, Bailey Luu, Alyssa Luwiharto, Ari Mobasser, Noah Mobasser, Reagan Nguyen, Liam Pennisi, Vasilisa Posashenko, Ivena Pramono, Yale Shen, Charlotte Skurskaya, Kyle Tang, Berlin Ulep, Andy Wang, Bradley Wang, David Wang, Jingrun Wang, Chloe Watson, Eva Weisberg, Reese Williams, Summer Williams, Ho Kwan Wong, Elizabeth Wraith, Darren Wu, Mixian Wu, Hannah Xin, Jeffrey Xin, Diane Xu, Claire Zhan, Mier Zhang, Shiman Zhang

Seniors

Zoey Lacson, Shibli Luna, Samiyah Sadhal, Zara Torres, Mubai Wu

Coaches Corner with Coach Matt



Why Great Athletes Do Hard Things

Athletes are often celebrated for their extraordinary feats of strength, skill, and endurance, but the true value of their achievements goes beyond the visible accomplishments. At the heart of every athletic success lies a commitment to doing the hard thing, the challenge that separates the great from the good, the peak from the plateau. Whether it's pushing through physical limits, overcoming adversity, or simply embracing the grind of daily training, athletes willingly take on challenges that most would shy away from. But why do they choose to do the hardest thing?

Passion and Purpose Drive Athletes

For many athletes, the motivation to pursue hard things begins with passion. Whether it's an innate love for sport or the desire to prove oneself, passion serves as the driving force behind their determination. This passion makes the grueling hours of training, the sacrifices, and even the failures worthwhile. When athletes commit to their sport, they don't just do it for the accolades; they do it because it aligns with their sense of purpose. Overcoming the hard things becomes part of the journey toward achieving greatness and the satisfaction that comes with mastering one's craft.

The Mental Toughness to Embrace Challenges

Doing the hard thing is often as mental as it is physical. Training to be an athlete isn't just about swimming laps; it's about mental resilience. Athletes develop a mindset that enables them to persevere when things are tough. This mental toughness isn't built overnight. It's a byproduct of repeatedly facing challenges, falling, and getting back up. For athletes, the "hard thing" isn't just a task; it's an opportunity for growth. Through consistent effort, they build the ability to stay focused, push through pain, and perform under pressure—skills that are crucial in both sport and life.

The Pursuit of Excellence

At the highest levels of sport, mediocrity isn't an option. Athletes know that to be the best, they must continually push themselves beyond their comfort zone. Mediocre performance won't cut it in the competitive arena. Doing hard things is essential for the pursuit of excellence. Whether it's swimming in the cold or rain rehabbing an injury, or making personal sacrifices in social and family life, athletes know that excellence demands a commitment to doing what others are unwilling to do. It's this relentless drive to improve, to be better than yesterday, that sets them apart.

Overcoming Fear and Uncertainty

Athletes often face situations that push them into the unknown—whether it's the uncertainty of an upcoming race, the fear of failure, or the physical limits of their own bodies. The willingness to take on these fears is what makes athletes stand out. It's a conscious decision to face the challenge head-on, despite the uncertainty or fear of failure. In doing so, they not only achieve personal victories but also inspire others to take on their own challenges in life.

The Reward of Personal Growth

Finally, athletes understand that the hard things lead to growth—both as a competitor and as a person. It's adversity, struggle, and the triumphs over challenges that shape their character. The pain endured in training and the sacrifices made along the way build resilience, determination, and humility. Through it all, athletes come to understand that the process, not just the outcome, is where the true reward lies. It's in doing the hard thing that they discover who they are and what they're truly capable of achieving.

Athletes do the hard thing not because it's easy, but because it's an essential part of their journey toward greatness. The passion, mental toughness, pursuit of excellence, and personal growth they experience in the process shape not only their athletic careers but their lives as well. It is through their willingness to face challenges head-on that they achieve things most could only dream of—and inspire us all to take on our own hard things.

Look who is ranking up!



AZOT Home Meet 1/31-2/2nd Age Group

Albert Li - 200 IM Nat AA, **Andy Wan** - 500 Free Spring JO, **Aria Ergan** - 200 Free Nat A, **Austin Huang** - 50 Back JAG, 50 Free JAG, **Ava Encheff** - 100 Back JAG, 100 Fly Nat AAA, **Bella Luu** - 200 IM Nat AAA, 50 Back Nat AAA, **Bethany Kim** - 100 Free WAG, 200 IM WAG, **Boyan Cai** - 200 Breast Nat A, 50 Free JAG, **Brieleigh Adams** - 100 Free WAG, 200 Fly Nat A, 50 Free WAG, **Bryce Alpert** - 50 Fly Summer JO, 100 Fly Nat A, **Caleb Liu** - 50 Free Spring JO, **Charlise Fishburn** - 100 Back WAG, 50 Free JAG, **Chloe Li** - 100 IM WAG, 200 IM JAG, **Chloe Watson** - 500 Free WAG, **Claire Zhan** - 100 Breast Summer JO, 50 Back Nat A, **Darren Wu** - 100 Fly WAG, 50 Back Spring JO, **Deniz Ucar** - 200 Free Nat AAA, **Drew Stout** - 100 Free Nat A, 100 IM Spring JO, 200 IM Spring JO, 50 Back Spring JO, 50 Fly Summer JO, **Emmalyn Phan** - 100 Free WAG, 100 IM WAG, 50 Fly WAG, **Hana Kasahara** - 100 IM Nat AA, 200 Free JAG, 50 Breast JAG, **Hoshi Aono** - 50 Free Nat AA, **Isla Stout** - 100 Back Nat AAA, 100 Fly Nat AAA, **Jasper Ye** - 100 Fly Nat AA, 50 Free JAG, **Jenna Mak** - 100 Fly JAG, 100 IM WAG, **Jio Aono** - 100 IM Spring JO, **Jordan Wu** - 100 Back WAG, **Juwon Choi** - 1650 Free Nat A, 50 Back WAG, **Kariss Nguyen** - 50 Breast JAG, 50 Fly WAG, **Katherine Chow** - 100 IM WAG, 50 Back WAG, **Katherine McCrea** - 100 Back Spring JO, 100 Fly Spring JO, 200 IM Nat AAA, 50 Breast Nat AA, **Kellen Nguyen** - 100 Breast Spring JO, 50 Fly Nat A, **Kevin Kubasik** - 100 IM Nat AAA, 50 Breast Nat AA, **Kristina Tang** - 200 Free Nat AAA, 50 Breast Nat A, 500 Free JAG, **Kyle Henry** - 100 IM WAG, 200 Free WAG, 50 Back Summer JO, **Kyle Wang** - 50 Fly Spring JO, **Lambert Zhang** - 50 Back Spring JO, **Levi Bouhbot** - 100 Back Nat AAA, 100 Free Nat AAA, 50 Breast Nat A, **Liam Pennisi** - 50 Fly WAG, Luke Fan - 100 Fly JAG, 50 Free Spring JO, **Madeleine Szymanowski** - 200 Free Nat AAA, 50 Back Nat AA, **Mason Nguyen** - 50 Back Spring JO, 50 Fly JAG, 50 Free JAG, **Mier Zhang** - 100 Breast Nat AAA, 100 Free Summer JO, **Miranda Lee** - 100 Back JAG, **Nicholas Lacson** - 200 IM Nat AAAA, 50 Fly Nat AAAA, 50 Free JAG, **Noah Huang** - 200 Free Spring JO, 50 Back Nat AAA, 50 Free JAG, **Oliver Liu** - 50 Fly WAG, **Owen Bao** - 100 Breast Spring JO, 100 IM WAG, 200 Free Nat AA, **Ray Yu** - 50 Breast JAG, 100 Breast JAG, 50 Free Nat A, **Russell Choy** - 100 IM Spring JO, 50 Breast Spring JO, **Ryan Chu** - 200 IM JAG, 50 Breast Nat A, **Sarah Hahm** - 200 IM WAG, 50 Fly Nat AA, **Sophia He** - 100 IM Nat AAA, 50 Breast JAG, 500 Free Nat AAA, **Sophia Tsui** - 100 Breast WAG, 100 IM WAG, 50 Back Spring JO, **Stephanie Wu** - 50 Breast JAG, **Sumire Kafrawi** - 100 IM WAG, 200 IM Summer JO, 50 Back Spring JO, **Sumit Pandey** - 100 Back WAG, **Toby Kao** - 200 Breast JAG, **Vasilisa Shcherbakova** - 100 IM Spring JO, 50 Back Spring JO, 50 Breast JAG, 50 Fly Nat AA, 50 Free Spring JO, **Wesley Moh** - 200 Free WAG, **Willow Adams** - 100 Free JAG, 50 Back Summer JO, 200 Free JAG, 50 Free JAG, **Yicheng Wang** - 50 Breast JAG

Seniors

Azam Masud - 100 Fly Summer JO, 200 Free JAG, **Bokai Zhang** - 100 Free JAG, 200 IM Nat AA, 50 Free Nat AA, 500 Free Summer JO, **Haylee Pramono** - 200 Fly Nat AAA, 200 IM Nat AAAA, **Isaac Paul** - 200 IM Jag, **Jackson Nguyen** - 200 Free WAG, 50 Free Nat AAA, **Johanna Godfrey** - 100 Free WAG, 50 Free WAG, **Joshua Godfrey** - 200 Free WAG, **Kareem Ezzat** - 100 Fly WAG, 200 IM JAG, **Kendall Gray** - 200 IM WAG, **Kohl Tang** - 100 Free Nat A, 200 IM WAG, **Liam von Schonfeldt** - 100 Free Nat AAA, 200 Free JAG, **Maggie Mu** - 100 Breast Nat AAA, 200 Fly Nat AAA, **Mikael Chien** - 200 Free WAG, **Naiyin Wang** - 200 Breast Spring JO, **Niccolo Troccoli** - 200 IM WAG, **Oliviia Efimenko** - 50 Free Nat AA, **Raymond Jew** - 200 IM Nat AAA, **Ryan Kuo** - 200 Free Spring JO, 500 Free Spring JO, **Serena Ye** - 100 Breast Nat AA, **Taryn Nguyen** - 100 Fly Spring JO, 1000 Free Spring JO, 200 Fly Spring JO, 400 IM Spring JO, **Taylor Alva** - 200 Back WAG

Desert Classic 2/14-16th

Age Group

Abraham Cheng - 200 Free Summer JO, **Arvin Fategh** - 100 Fly Nat A, **Ava Encheff** - 50 Free Nat AAA, **Brieleigh Adams** - 100 IM WAG, **Claire Zhan** - 100 IM WAG, 200 Free WAG, 50 Breast WAG, 50 Free WAG, **Elyse Santos** - 100 Breast Summer JO, 100 IM WAG, 50 Back WAG, 50 Breast WAG, **Jenna Mak** - 100 Back JAG, **Katherine McCrea** - 200 Free Nat AAAA, **Kyle Henry** - 50 Free Summer JO, 100 Fly JAG, **Kyle Wang** - 100 Fly Nat A, 100 Free Nat A, 50 Back JAG, 50 Free JAG, **Mason Nguyen** - 100 Back Spring JO, **Vasilisa Shcherbakova** - 100 Back JAG, 200 Free JAG, 200 IM Spring JO, **Willow Adams** - 200 IM WAG

Seniors

Bode Endheff - 1650 Nat A, **Eric Wang** - 100 Breast WAG, **Sydney Santos** - 200 Breast Nat A

Best of the Rest 2/22-23rd

Age Group

Aria Ergan - 50 Free Summer JO, **Bailey Luu** - 50 Fly Summer JO, **Darren Wu** - 50 Breast WAG, **Nicholas Kubasik** - 200 Breast Nat A, **Reagan Nguyen** - 50 Fly WAG

Seniors

Zoey Lacson - 200 Fly WAG

Now a word from the Doctor



Hormonal Changes and Their Impact on Adolescent Swimmers

Adolescence is a critical period of development marked by significant physical, emotional, and hormonal changes. For young athletes, especially swimmers, these changes can influence performance, mood, recovery, and overall well-being. Hormones play a key role in growth, metabolism, and energy regulation, making it crucial for adolescent swimmers to manage them effectively. Exercise, particularly swimming, offers several benefits in regulating hormones, supporting physical development, and enhancing mental health.

How does exercise help in managing hormonal fluctuations?

- 1. Regulation of Cortisol Levels-** cortisol, commonly known as the stress hormone, is naturally released in response to physical stress or intense exercise. While some cortisol is necessary for recovery, chronic elevated levels of cortisol—often due to high-stress or mental strain—can negatively affect an athlete's performance and overall health. Elevated cortisol levels can interfere with the body's natural healing processes, weaken the immune system, and disrupt sleep patterns. Swimming provides an effective form of aerobic exercise that has been shown to help regulate cortisol production.
- 2. Improved Insulin Sensitivity -** Insulin is a hormone that regulates glucose levels, and when the body becomes less sensitive to insulin, it can result in increased fat storage and fatigue. Exercise helps improve insulin sensitivity, which in turn helps regulate energy levels. Swimming, which involves both aerobic and anaerobic activity, is particularly effective in promoting insulin sensitivity. This allows adolescent swimmers to utilize glucose more effectively for energy, ensuring they have the stamina to perform well during training sessions and competitions.
- 3. Balance of other Hormones (Estrogen, Progesterone, and Testosterone) -** Regular exercise, especially swimming, can help mitigate some of the negative effects of these hormonal fluctuations by promoting healthy hormone balance. Endurance training, like swimming, has been shown to help regulate estrogen and progesterone levels in female athletes, which can reduce symptoms such as mood swings, fatigue, and discomfort associated with the menstrual cycle. In male swimmers, consistent exercise supports muscle development and recovery, ensuring optimal performance despite the changing testosterone levels during puberty.

Swimming is a great benefit to maintain a healthy hormonal balance during puberty.

The Feed Zone with Janice Dada



Let's Get Scientific!

You likely know what protein is, but do you know about leucine? Protein is made up of 20 amino acids, one of which is called leucine. Ongoing research demonstrates the importance of high quality protein, and specifically points to the importance of leucine, for muscle protein synthesis. Leucine is a branched chain amino acid that's essential to muscle health. Not all proteins are created equal nutritionally because they don't all share the same amino acid profile.

In addition, for optimal muscle protein synthesis, protein intake should be spread throughout the day amongst all meals and snacks relatively evenly. So, rather than loading up on protein at one meal, it would be best if all meals have a source of high quality protein and leucine source.

So what foods contain both high quality protein and a great leucine source? Many foods of animal origin check both boxes, especially: Greek yogurt, chicken breast, beef, milk, eggs, and fish (esp. canned tuna).

Plant sources will have lower amounts of leucine, but the following foods are decent sources: soy, hemp seeds, black beans, lentils, firm tofu, peanut butter, and cooked oatmeal.

How does your protein spread look? Is there a meal of the day that's lower than others? If so, maybe you can pick a food from the lists above to add in. Keep in mind it's not better to load up on excess protein, but rather to include good, high quality sources with each meal and snack alongside the rest of the food groups (carbs, fats, fruits and veggies, dairy) to create a balanced plate.

**Courtesy of:
Janice Dada, MPH, RDN
SoCal Nutrition & Wellness
www.socalnw.com**