

The Monthly Splash

Aquazot Swim Club News May 2025

May Birthdays

Zot	Azot	Senior
Alex Chen	Asha Cook	Anthony Chen
Alyssa Luwiharto	Ava Encheff	Kirill Shcherbakov
Jingun Wang	Clara Cough	Kynsley Espiritu
Willow Rose Adams	Claire Zhan	
	Kariss Nguyen	
	Liam Pennisi	
	Louie Du	
	Mishael Bejoy	
	Sumire Kafrawi	
	Zhuo Chen	

Coach Melanie



BREAKING NEWS

Zot 3 Girls Break Multiple SCS Relay Records!

Huge congratulations to Willow Rose Adams, Aria Ergan, Alyssa Luwiharto, and Reagan Nguyen for breaking the Southern California Swimming (SCS) records in the 200 Yard Freestyle Relay (previously set in 1992) and 200 Yard Medley Relay (set in 1994)! They had some help from their teammates from Azot 2 and 3, who pushed them to go their fastest...it was an amazing team effort!



Just as impressively, Willow Rose Adams, Aria Ergan, Alyssa Luwiharto, and Summer Williams shattered the SCS records in the 200 Meter Medley Relay and 200 Meter Freestyle Relay, both of which also stood since 1992.

Each of these relay records is a remarkable accomplishment, and together they highlight the incredible talent and teamwork of the Zot 3 group from our Aquazot Swim Team—a record-breaking group of girls making waves across Southern California!

Welcome

Welcome to our new Aquazot families!
Isla and the Henderson Family (Zot 2)
Jenny and the Zheng Family (Senior 3)
Liv and the Nguyen Family (Zot 2)

Here's the plan.

- 1- You start out fast.
- 2- You finish faster.

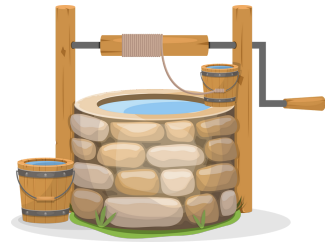


HIGH SCHOOL

Now that the High School season is over, let us recognize their efforts and season

School	Athlete	Final swims
Beckman High	Roger Chao	Personal best 100FR and 100BK league finals
Choate Rosemary	Jiashi Pan	Personal best 100BR league finals
Crean Lutheran	Ava Tran	Personal bset 50FR and 100BR OC champs
Irvine High	Andre Gao	6 th 200IM and 2 nd 100BK league finals
JSerra High	Emme Catanzano	3 rd 500FR and 8 th 100BK league finals
	Keira Catanzano	7 th 200FR and 7 th 100BR league finals
Laguna Beach High	Samiyah Sadhal	26 th 50FR, 20 th 100BK league finals
Mater Dei	Anika McKaela	1 st 100IM and 2 nd 50BR league finals
Newport Harbor	Kohl Tang	Best times 200IM and 100BR league finals
Northwood High	Morgan Vu	8 th 200IM and 8 th 100FL league finals, CIF 400FR relay
	Bokai Zhang	11 th 200FR and 11 th 100FR league finals
	Liam von Schonfeldt	12 th 50FR, 5 th 100BK league finals and 10 th CIF 100BK
Pacifica Christian	Ryan Ham	3 rd 200FR and 1 st 100 FL league finals, 4 th - CIF 200 IM, 3 rd CIF 500 Free
Portola High	Aliyah Fan	21 st 100FL State finals, 31 st 200 FR State finals
	Lucas Tang	10 th 200IM, 6 th 500FR league finals and 31 st 500FR CIF finals
Rancho Santa Margarita	Taylor Thongintra	3rd200IM, 2 nd 10BR league finals and 27 th 200IM State finals, 15 th 100BR state finals. Club record 15-16 boys 100BR
	Serena Ye	3 rd 200IM, 3 rd 100BK league finals and 33 rd 200 IM State finals, 17 th 200IM and 8 th 100BK CIF finals
Troy High	Lucas Wang	4 th 100BR league finals, 3 rd 200IM league finals
	Hanyu Huang	Best times 50FR, 100FL and 200IM league finals
University High	Kareena Bhakta	13 th 50FR and 12 th 500FR league finals
	Samuel Kiemmm	9 th 200FR, 5 th 500FR league finals and 26 th 500FR CIF finals
	Marco Pablo Tirado	8 th 200IM and 9 th 100FL league finals
	Cole Postma	4 th 100FL and 8 th 100BK league finals
	Chase Valetine	7 th 500FR and 10 th 100BR league finals
	Niayin Wang	Best times 100FR and 200IM league finals
	Liel Putra	1 st high school season, had an incredible season
	Madeline Dew	10 th 200IM and 4 th 100BR league finals, 31 st 200IM and 19 th 100BR CIF finals
	Niccolo Troccoli	13 th 100FL and 12 th 500FR leage finals
Woodbridge High	Joshua Rhee	18 th 100FL and 15 th 500FR league finals
	Eric Wang	19 th 200FR11 th 100FL league finals
	Austin Chen	4 th 500FR, 8 th 100BK league finals and 25 th 500FR, 32 nd 100BK CIF finals
	Jackson Nguyen	10 th 50FR and 15 th 100FR league finals
	Zoey Rodriguez	10 th 100BR league finals
	Alexis Chew	13 th 500FR league finals
	Kareem Ezzat	8 th 200FR and 7 th 100BK league finals
	Mona Ahara	5 th 200IM and 7 th 100BR league finals
	Holly Fishburn	2 nd 50FR and 4 th 100FL league finals, 23 rd 50FR, 28 th 100FL CIF finals
	Amy Wong	6 th 100FL and 6 th 500FR league finals

The Wellness Well with TC



A club swim team can be like a family

For a swim-athlete, it offers a ton of advantages. “Power in numbers” speaks to the strength, motivation, and resources that come from being part of a group. This includes spending time together, travelling, going through hard practices, and gaining confidence while achieving challenging goals.

Being on a swim team means more than just competing in the pool — it’s about being part of a committed, hardworking group that pushes each other to grow, both as athletes and as people.

Here is what it can mean:

Commitment & Discipline-Early morning practices, weekend meets, dryland workouts — it requires time, energy, and the willingness to sacrifice comfort for progress.

Team Identity-You represent your club, your teammates, and yourself. Every practice, every race, you’re contributing to something bigger.

Making memories- team dinners, inside jokes, breakthroughs, and PRs — these are the things you remember years later.

Balancing Academics & Athletics- Being on the team means learning time management.

Swimmers often become some of the most focused and disciplined students.

Support & Camaraderie- Even though swimming is an individual sport, club teams function as a family. Teammates cheer each other on, train side by side, and celebrate victories together.

Personal Growth-You learn to handle pressure, bounce back from failure, celebrate small wins, and push past limits — in and out of the water.

Nothing can replace this support system. A swim team builds identity and confidence, which gives swimmers purpose. This sense of belonging makes swimmers feel like they are part of something bigger than themselves. Shared success and failures teach life lessons. Ultimately, you will develop lifelong friendships, experience personal growth, learn time management, leadership and communication skills that will help you in life.

It is a gift that keeps giving and the cost is your commitment.

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

Look who is getting better



SMOC 4/10-11th

Age Group

Katherine McCrea

Seniors

Olivia Efimenko, Ethan Ma, Paul Isaac, Summer Shaves, Maddy Szymanowski

SCAT Double Block Party 4/26-27th

Age Group

Brieleigh Adams, Willow Rose Adams, Bryce Alpert, Hoshi Aono, Jio Aono, Suebin Baek, Violet Baek, Levi Bouhbot, Daniel Cai, Anabelle Chairnus, Brady Chang, Alex Chen, Ethan Chen, Evelyn Chen, Melody Chen, Zhuo Chen, Aaron Cheng, Juwon Choi, Katherine Chow, Elizabeth Chu, Eran Doker, Yirong Du, Aria Ergan, Callahan Espiritu, Gui Friggi, Arvin Fategh, Bryan Hu, Sophia He, Kyle Nenry, Austin Huang, Lucien Huagn, Noah Huang, Elinor Jin, Ian Jin, Sumire Kafrawi, Ashton Kao, Hana Kasahara, Hyeong Kim, Kevin Kubasik, Nicholas Kubasik, Julian Kao, Lucas Li, Alyson Lam, Ava Lam, Mia Lam, Steven Lau, Alisa Lavora, Miranda Lee, Albert Li, Aldo Li, Chloe Li, Michelle Li, Vicky Li, Marcus Li, Angela Liu, Caleb Liu, Jacob Liu, Oliver Liu, Jimmy Lu, Bailey Luu, Bella Luu, Lyssa Luwiharto, Ethan Luwiharto, Jenna Mak, Katherine McCrea, Chloe Meraviglia, Ryan Meraviglia, Ari Mobasseri, Gabrielle Osiobe, Liam Pennisi, Emmalyn Phan, Yale Shen, Drew Stout, Isla Stout, Alex Tang, Julian Tang, Kristina Tang, Kyle Tang, Johanna Toney, Sophia Tsui, Deniz Ucar, Berline Ulep, Andy Wan, Andrew Wang, Bradley Wang, Yicheng Wang, Chloe Watson, Eva Weisberg, Summer Williams, Madeleine Wilson, Jordan Wu, Muxian Wu, Brian Xiang, Hannah Xin, Jeffery Xin, Diane Xu, Bernie Yu, Grady Yang, Jasper Ye, Ray Yu, Sophie Yu, Claire Zhan, Abigail Zhang, Daniel Zhang, Jayden Zhang, Lambert Zhang, Mier Zhang, Derek Zhu

Seniors

Taylor Alva, Matthew Cai, Emme Catanzano, Austin Chen, Matthew Chiang, Raymond Chow, Karlie Choy, Alannah Dada, Olivia Efimenko, Kynsley Espiritu, Claire Fan, Johanna Godfrey, Ryan Ham, Raymond Jew, Toby Kao, Samuel Kiem, Ryan Kuo, Zoey Lacson, Jade Lee, Shibi Luna, Azam Masud, Maggie Mu, Jackson Nguyen, Kellen Pizarro, Joshua Rhee, Joshua Richardson, Soujonnyo Saha, Maddy Szymanowski, Kohl Tang, Lucas Tang, Steven Vu, Eric Wang, Naiyin Wang, Jaelle White, Mubai Wu, Yolanda Ye, Bokai Zhang

Coaches Corner with Coach Matt



Why Swimming All Four Strokes Makes You a Better Athlete

Swimming is one of the most complete and demanding sports, engaging nearly every muscle group and testing cardiovascular endurance, strength, and coordination. While many swimmers specialize in one or two strokes, those who train and compete in all four strokes—freestyle, backstroke, breaststroke, and butterfly—often develop into stronger, more versatile athletes. Mastering all four strokes not only improves swimming performance but also builds a more balanced, injury-resistant, and mentally tough athlete.

One of the primary benefits of swimming all four strokes is balanced muscle development. Each stroke emphasizes different muscle groups and movement patterns. Freestyle and backstroke rely heavily on shoulder rotation and core engagement, while butterfly and breaststroke require powerful undulation, hip drive, and timing. By training all four, swimmers strengthen their entire body more evenly, reducing the risk of muscular imbalances that can lead to overuse injuries. For instance, exclusively training freestyle may lead to shoulder strain, whereas incorporating backstroke and breaststroke helps activate opposing muscle groups, promoting joint stability and long-term shoulder health.

Technical variety also enhances neuromuscular coordination. Each stroke demands different motor patterns, breathing rhythms, and body positions. Freestyle and backstroke are continuous, rhythm-based strokes, while butterfly and breaststroke are more timing-dependent, with defined recovery and propulsion phases. Switching between strokes sharpens a swimmer's body awareness and adaptability, improving overall coordination and kinesthetic intelligence. This kind of cross-training within the pool can help athletes respond better under pressure, especially in races where transitions between strokes are required, such as the individual medley. Training all four strokes also improves cardiovascular fitness more effectively. Because each stroke uses muscles in slightly different ways, the heart and lungs must adapt to various demands. Butterfly, for example, is particularly intense and can elevate heart rate quickly, while breaststroke challenges swimmers with its slower tempo and emphasis on glide. This variety pushes the cardiovascular system in diverse ways, building a more efficient and resilient engine for endurance and recovery.

Athletes who swim all four strokes are also more versatile in competition. Coaches value swimmers who can step into multiple events and relay roles, giving teams more strategic options. Competing in the individual medley or medley relays requires proficiency in every stroke and showcases an athlete's all-around ability, often setting them apart at the club, high school, or collegiate level. This versatility is not just an asset to the team—it often leads to greater opportunities for individual growth and recognition.

Moreover, swimming all four strokes builds mental toughness and discipline. Each stroke has its own unique challenges, from the physical intensity of butterfly to the strict timing demands of breaststroke. Learning to master each stroke requires patience, attention to detail, and a strong work ethic. These qualities translate to better focus and resilience, not just in the pool but in all areas of life and sport.

So, swimming all four strokes creates a well-rounded athlete. It fosters physical balance, technical versatility, mental strength, and competitive flexibility. For swimmers looking to reach their full potential, mastering all four strokes isn't just an option—it's a strategic advantage.

Look who is ranking up!



SMOC 4/10-11th

Age Group

Katherine McCrea - 50 Free Nat AAAA

Seniors

Oliviia Efimenko - 200 Back Nat A, **Ethan Ma** - 100 Breast Spring JO, 200 IM Spring JO, **Paul Isaac** - 400 Free Nat AAAA, 50 Free Nat AAA, **Summer Shaves** - 200 Breast Nat AAA, 200 Free Nat AAA, 200 IM Nat AAAA, 50 Free Nat AAA, **Maddy Szymanowski** - 100 Breast Nat AAAA, 200 Breast Nat AAAA

SCAT Double Block Party 4/26-27th

Age Group

Abraham Cheng - 100 Breast JAG, 100 Free WAG, 50 Breast WAG, 50 Fly JAG, **Albert Li** - 100 Free JAG, 50 Breast JAG, 50 Free JAG, **Aria Ergon** - 100 Free JAG, 50 Back WAG, 50 Breast JAG, 50 Fly WAG, 100 Back JAG, 50 Free JAG, **Arvin Fategh** - 50 Breast JAG, **Ashton Kao** - 200 IM Nat AAAA, b - 100 Breast JAG, 50 Back WAG, 50 Fly JAG, 50 Free JAG, **Bailey Luu** - 100 Breast WAG, 50 Fly WAG, **Bella Luu** - 50 Breast JAG, 50 Free Spring JO, **Brieleigh Adams** - 200 Free JAG, 200 IM Summer JO, **Claire Zhan** - 100 Back JAG, 100 Breast JAG, 50 Back WAG, 50 Breast JAG, 50 Fly JAG, **Daniel Cai** - 200 Free JAG, **Daniel Zhang** - 50 Back JAG, **Deniz Ucar** - 200 Free JAG, 50 Free Spring JO, **Drew Stout** - 50 Back Summer JO, **Emmalyn Phan** - 100 Breast WAG, 100 Free JAG, 50 Fly WAG, 50 Free WAG, **Eren Doker** - 100 Breast JAG, **Gui Friggi** - 100 Back Spring JO, 100 Breast Nat AAA, 100 Fly Spring JO, 200 Free JAG, 200 IM Nat AAA, **Hoshi Aono** - 100 Back Nat AAA, 100 Fly Nat AAA, 100 Free Nat AAA, 200 IM Nat AAAA, 50 Free Nat AAA, **Isla Stout** - 50 Back Nat AAA, 50 Free Nat AAA, **Jio Aono** - 200 Free JAG, 200 IM Nat AAA, 50 Free Nat A, **Jordan Wu** - 100 Back WAG, 100 Free JAG, 50 Back JAG, 50 Breast WAG, **Katherine Chow** - 100 Back JAG, 100 Fly JAG, 100 Free WAG, 50 Fly WAG, **Katherine McCrea** - 400 IM JAG, 50 Fly Spring JO, **Kevin Kubasik** - 100 Back Nat AAA, 100 Breast Spring JO, 200 Free Nat AAA, 50 Breast Nat A, **Lambert Zhang** - 100 Free JAG, 200 Free Spring JO, 50 Breast Nat AAA, 50 Fly Nat AA, 50 Free Nat AA, **Levi Bouhbot** - 200 Free Nat AAA, 50 Free Nat AAA, **Madeleine Wilson** - 100 Breast Summer JO, 200 IM Summer JO, 50 Back WAG, **Miranda Lee** - 100 Back JAG, **Nicholas Kubasik** - 200 Fly Nat A, 200 Free JAG, 50 Breast WAG, **Noah Huang** - 50 Free JAG, **Oliver Liu** - 100 Breast JAG, 50 Breast WAG, **Jasper Ye** - 100 Back Spring JO, 100 Fly Spring JO, 200 IM Nat AAA, 50 Back JAG, **Ray Yu** - 100 Back Spring JO, 100 Breast JAG, 200 Free JAG, 50 Breast JAG, 50 Fly JAG, **Ryan Chu** - 100 Free Spring JO, **Ryan Meraviglia** - 100 Back WAG, **Sophia He** - 100 Back JAG, 100 Free Nat AAA, 50 Free Nat AA, **Sophia Tsui** - 100 Back JAG, 100 Free JAG, 50 Breast JAG, 50 Free JAG, **Sumire Kafrawi** - 100 Back JAG, 50 Fly WAG, 50 Free JAG, **Weilin Chen** - 50 Breast WAG, **Willow Rose Adams** - 100 Free JAG, 50 Back WAG, 50 Breast JAG, **Yicheng Wang** - 100 Back JAG, 100 Breast JAG, 100 Free WAG, 50 Breast JAG, 50 Fly JAG, **Zhuo Chen** - 100 Breast Spring JO, 50 Breast WAG

Seniors

Austin Chen - 100 Back JAG, Azam Masud - 200 Free JAG, **Bokai Zhang** - 100 Back WAG, 100 Fly Summer JO, 100 Free JAG, 50 Free WAG, **Claire Fan** - 100 Fly WAG, **Jackson Nguyen** - 200 Free Nat A, **Johanna Godfrey** - 100 Free WAG, **Karlie Choy** - 100 Fly Spring JO, **Kellen Pizarro** - 100 Fly JAG, **Kohl Tang** - 100 Back WAG, 200 Back Nat AA, **Kynsley Espiritu** - 100 Free WAG, **Lucas Tang** - 100 Free WAG, 400 Free JAG, **Maddy Szymanowski** - 200 Free JAG, 200 IM Spring JO, 50 Free JAG, **Matthew Cai** - 100 Breast Spring JO, 100 Fly JAG, 200 IM Spring JO, 400 Free Nat AAA, 400 IM Nat AAA, 50 Free JAG, **Matthew Chiang** - 100 Fly JAG, 200 Back Nat AAA, **Naiyin Wang** - 50 Free WAG, **Oliviia Efimenko** - 100 Back Spring JO, 100 Fly Spring JO, 100 Free JAG, 200 IM WAG, 50 Free JAG, **Raymond Jew** - 200 IM Nat AAA, **Ryan Kuo** - 100 Back Spring JO, 100 Free Spring JO, 200 Back Nat AAA, 200 Free Spring JO, 50 Free JAG, **Samuel Kiem** - 200 IM JAG, **Zoey Lacons** - 1500 Free WAG

Now a word from the Doctor



Anyone Have an Ice Bucket? The Benefits of Cold-Water Immersion

The Ice Bucket Challenge, originally a viral campaign in 2014 to raise awareness and funds for amyotrophic lateral sclerosis (ALS), has seen a resurgence on TikTok in 2025, through the USC Speak Your Mind Challenge; Initiated by the University of South Carolina's MIND club to promote mental health awareness and support the nonprofit Active Minds, friends pour ice-cold water over participants' heads. Next, the participants nominate others to continue the trend, amplifying its reach on platforms like TikTok and Instagram. Beyond its social media impact, the challenge has sparked interest in the physiological effects of cold-water exposure, particularly for athletes like swimmers, who use cold water immersion (CWI) for recovery. The act of dousing with cold water mimics aspects of CWI, which is believed to aid recovery by reducing muscle soreness and inflammation, though its efficacy and mechanisms are still debated in scientific literature.

Cold water immersion is a common recovery strategy for swimmers, aimed at reducing delayed-onset muscle soreness (DOMS) and enhancing post-exercise recovery, though its benefits for muscle growth and long-term performance are controversial. Michael Phelps has incorporated ice baths into his routine to mitigate inflammation and accelerate recovery between swim sessions. Novak Djokovic uses CWI after tournaments to aid recovery. However, scientific research presents mixed findings. One study found CWI effective in reducing DOMS and aiding fatigue recovery after high-intensity exercise, particularly in running-based studies, but its impact on swimmers' sprint performance remains inconclusive. A limitation of CWI is after strength training, where one study demonstrated decreased muscle hypertrophy.

Benefits of CWI: Reduces DOMS, decreases inflammation, and may improve recovery for endurance-based activities.

Practical Application: Optimal CWI protocols suggest 5–10 minutes at 10–15°C (50–59 °F)

Cold Water Drinking: Anecdotally used to lower core temperature but lacks evidence for recovery benefits in swimmers.

Horgan, Benjamin G., et al. "Does Cold-Water Immersion After Strength Training Attenuate Training Adaptations? A Systematic Review with Meta-Analysis." *Sports Medicine*, vol. 53, no. 5, May 2023, pp. 1091–1105, doi:10.1007/s40279-022-01802-7.
Moore, Elisabeth, et al. "The Effect of Cold Water Immersion on Recovery and Exercise Performance: A Systematic Review and Meta-Analysis." *Frontiers in Sports and Active Living*, vol. 4, 2022, article 918793, doi:10.3389/fspor.2022.918793.

The Feed Zone with Janice Dada



Is your swimmer getting enough sleep?

In addition to nutrition and training, sleep plays an essential role in helping athletes achieve optimal performance. Unfortunately, student athletes often juggle a variety of commitments that can make it difficult to meet sleep needs.

The Sleep Foundation guidelines state that teens (ages 13-18 years) should be getting between 8 and 10 hours of sleep every night. School-age children (ages 6-12 years) need at least 9-12 hours.

Sleep needs vary according to the effort that has been exerted. Thus, most athletes will need more sleep after intense training or competition. It's still unknown whether athletes from certain sports need more sleep than others.

Student athletes who regularly sleep less than eight hours a night are 1.7 times more likely to sustain an injury. Studies on short-term and long-term sleep deprivation propose that sleep deprivation lowers endurance in runners, cyclists, and weight lifters. Sleep-deprived athletes subjectively tire faster and find it more of an effort to complete tasks.

Short-term sleep debt can also influence performance. One study on athletes found that their reaction times were fastest on Mondays and Tuesdays, after having had the weekend to catch up on sleep.

Sleep Foundation recommends the following tips to improve sleep in athletes:

- Get plenty of light during the day and avoid screen time at night.
- Keep the bedroom cool, dark, and quiet, or using adaptive strategies such as ear plugs and a sleep mask if this is not possible.
- Avoid caffeine, especially after noon.
- Avoid large meals and excessive liquids before bedtime.
- Wind down in the evening with a quiet book or other soothing activity.

Courtesy of:

Janice Dada, MPH, RDN

SoCal Nutrition & Wellness

www.socalnw.com