

Making Waves

FROM THE DECK

by Dick Jochums

I have just a few thoughts to share with you as I got someone else to write the newsletter this time around. First, we had a very good meet in our own pool with our young swimmers showing and demonstrating the ever-improving direction of our program. This is just the beginning that I have been talking to you during this entire season. Second, I received more compliments and more promises of return visits from coaches and swimmers than ever before, something that all of you who worked so hard on the meet made into a reality. You made it a great meet and I congratulate each of you. Thank you!

We had a few no shows on the volunteer side of things, a few of our young swimmers took advantage of the circumstances, and some of the adults showed feelings of entitlement that just isn't right and just. Still, for the better part of the meet you all did better than good and you made the club and our organization look great. We can and will do better next year.

Finally, as I have said on many occasions before, those who worked have shown by example what their children will one day do for your grandchildren. Sadly, those who did not honor their commitments that are the examples they have set and will be followed for their grandchildren. Here's a story some of you might want to give some thought to:

It's about a family with the elderly father living out his life with them. Age has caused him to lose the ability to feed himself at the table without making a mess. The son, now the head of the family brandishes his father to eat outside and gives him a big wooden bowl and wooden spoon, slops all his food in the bowl and lets the old man eat by himself.

All goes well, no mess in the house from the meal and no complaint from the old man. Later the next day the head of the household enters his workshop to find his son, the grandson of the old man hard at work on a task. He asks his son what he's working so diligently on and is shocked by the answer: "Why dad, I'm making a bowl and spoon for you."

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Thank You SCSC

by Mark Temple, Dynamo Swim Club Head Coach

The student-athletes from Dynamo Swim Club and Canadian double Olympian Andrew Hurd thank the SCSC for offering us the opportunity to train with you these past two weeks. We thoroughly enjoyed our experience and hope that these friendships will continue and that similar training camps will occur. This is the first time that Dynamo has ever traveled to a host club for a training and competition camp though I have been visiting SCSC from Toronto with Coach Jochums and Bitter since the 2000 Olympic year. It was with great respect and admiration of Coach Jochums' career work that I first brought Canadian Olympic hopefuls to train with Coach Jochums and Tom Wilkens. His leadership, insight and passion for the fundamentals of student-athlete success is an inspiration to any accomplished coach and athlete who has taken the time to understand Coach Jochums' programme. Santa Clara has always welcomed the world and hosted the finest swimming athletes in the world each year. SCSC is synonymous with club and programme excellence. Since 2000 SCSC's hospitality and world-class training programme has assisted me in developing many World Top 50 swimming performances including Olympians.

I have been on the Canadian International staff as a High Performance Coach for more than two decades. Presently I have taken up the reigns of another great American club-the Dynamo Swim Club. Since 2000 I have observed the SCSC programme and gleaned many ideas from your coaching staff. I have always found Coach Jochums to have his finger on the pulse of developing world-class swimming skill. Skill that becomes more challenging each year as more nations and more clubs take up the sport of swimming in earnest. Our society today lacks the basic athleticism and school fitness programmes of past generations and it takes longer to mature into a fine student-athlete. It just takes time and you are in the right place. More than ever before American swimming clubs need the leadership and guidance of experienced and successful coaches.

I have watched the SCSC programme closely for the past three years and would like to share a few observations. I have been delighted to see the constant improvement in the kicking of the 14 & Under swimmers. Kicking, which must be understood in the context of kick-body position, has improved. Swimmers take pride in your kicking. It is one of the skills most swimming groups do not excel at and yet is it the key to sustaining speed to finish all races! Without a solid kick-body position the fundamental drills cannot become power drills. Strong power drills, drills that encompass kicking and tube pulling, are a hallmark of developing senior swimmers as they lead to the advanced propulsion techniques required to put your strength into the water. Coaches Jochums and Bitter clearly understand this. Just observe the pull speeds being performed by the top swimmers in your National Group. Presently coaches Jochums and Bitter have developed a fine group of gifted, young swimmers. Their workout performances continue to blossom and there are potential USA champions amongst them.

Swimmers remember this. The Olympics are ultimately a celebration of enthusiasm and acquired skill. These characteristics are found in all swimming champions. The Santa Clara Swim Club has the greatest legacy of swimming team success in the history of swimming. Though swimming is often the result of individual performance, success is a function of a group training process. Strive together and you will succeed together. I will leave you with this. The following is adapted from an IBM Executive handbook.

COURAGE TO SUCCEED

If desire is your wishbone then courage is your backbone. Your backbone gives you the gumption, the get-up-and-go, the guts to excel, the incentive to make any dream you dare to dream come true.

It's easy to be ordinary or mediocre, but it takes courage to excel, to be different from the crowd. That's why not many people can do it. The rewards are great, but so are the risks. It takes courage to sacrifice; to work long, hard hours when you could be relaxing; to work out when you are tired or sick; to focus on being the

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best you can be when there are so many distractions; to seek out tough competition when you know you will probably be beaten. It is easy to be average, but it's hard to be the best.

It takes courage to stand by your convictions when those around you have no convictions.

It takes courage to keep fighting when you are losing.

It takes courage to push yourself to places that you have never been before physically and mentally, to test your limits, to break through barriers.

It takes courage to run a marathon, but then how would you ever know how far you could run if you have never tried?

It takes courage to try to be the very best you can be when others around you settle for mediocrity.

I firmly believe we are put on this earth to be tested—to be challenged with adversity and to see what we can accomplish. The successful person is the one that who continually faces the problems and challenges that life brings—and overcomes them all, no matter what the obstacles.

I also believe that most people have far more courage than they give themselves credit for. When tested, people find they have the courage to look deep into their souls; and do things they never thought possible. This amazes most people, who initially don't believe they have much courage. We all have it—we just do not realize it.

Each of you is blessed in more ways than you can imagine. You live in exciting times yet do not understand them. The gifts of earned learning are offered to you each day yet you take them for granted. You are fortunate to attend good schools, belong to a great swim club and live within a loving family. You are led by fine coaches who have succeeded in truly challenging young, gifted people to be the best that you can be. Would you want it any other way?

May you not shy away from adversity or failure merely dressed up as fear because therein lies the true path straight ahead. Set goals. Take hold. Be bold. Life will reward you each step of the way.

Success is a choice. Look back one year and see how far you have come. Look forward one year. . . what could you be? 2005 could be your breakthrough year.

Learning . . . to swim fast! A performance training model requires that you learn excellent skills and practice them at good speed while reducing stroke counts and improving your distance per breath. You are being coached to perform your racing strategies based upon tactics—tactics that require skill and a balanced energy system approach to learning to win.

Swimmers need to work with their coaches and learn to develop propulsion (force on the water). Developing propulsion with balance allows a rhythm of stroking and breathing that quickly leads to endurance and success. The largest word in learning is earning. Learned skills are earned skills and must be constantly strengthened and reinforced. *Learning . . .* is the process—everyone needs to become a student of techniques, strategies and tactics. *Why?* Swimming fast is a thrill. Success is a choice.

Success is a choice. Despite being sore, in spite of feeling tired and unmotivated, delight in pushing through these excuses and distractions by choosing the athlete's goal-path. Swimming fast brings with it its own

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intrinsic rewards within the brain. A swimming athlete must choose to swim fast in this practice, not a tomorrow's practice that never comes. Swimming fast comes from a self-determined mastery of propulsion skills within your circle of control. Excuses come from your circle of distraction. Do not allow them into your mind where they can begin to take hold as negative self-talk. Do not criticize your coaches. They are amongst the best in America.

"What you have given today, you have forever, what you did NOT give, you have LOST forever." Unknown

Set Goals. Take responsibility for yourself and create your own success. Get active. Make 2005 the best year of your life. Do something extraordinary. Parents and families too! Have a terrific 2005.

Learn . . . to swim fast!



Congratulations to SCSC Swimmers

by John Bitter

The coaching staff and all of the SCSC extended family would like to offer our congratulations to the following Seniors: Eric Lynch, Lillian Lam, Walter Hessler, and Bruno Mehech. Eric Lynch will be heading off to Harvard University, while Lillian and Walter are both headed to Swarthmore College, and finally Bruno will be attending University of California-Berkeley in the fall. We are proud of each of them and wish them nothing but success in their futures and look forward to seeing them at their breaks and during the summers throughout their college years.



Volunteer Service Hours

by Anita Damon

A very big THANK YOU to all of the families who volunteered at the International Meet. It was a fun and successful meet because of the time and effort you contributed. Many of you put in long days, and it was greatly appreciated. Several of the coaches commented on the quality of our volunteers! Without you, we wouldn't be the best in the Bay area!

August 31 is the end of this swim year. All volunteer service hours must be completed by that date to avoid paying a penalty. If you still need hours, look for postings at the end of July for a project Stella needs completed.

If you are interested in becoming a Stroke and Turn official, we will be hosting a clinic in September. Please contact me to get your name on the list. Our club needs officials, and it is a great way to earn your volunteer hours.

Enjoy the rest of the summer!

Anita Damon, Volunteer Coordinator, volunteers@santaclaraswimclub.org

FROM THE BOARD PRESIDENT

by Nadia Rodriguez

SCSC and Chat with the Stars Q&A A great success!

Olympians Natalie Coughlin, Brendan Hansen, Aaron Peirsol and Michael Phelps appeared at the Santa Clara Community recreation Center to present what we hope will be one of many events of this type hosted by SCSC. Four Olympians and more than 50 kids, together to chat about swimming, growing up and life's challenges! These accomplished swimmers have had their share of press conferences with reporters from all over the world. But, kids have never interviewed them! No other club has ever accomplished anything like this before. Once again it is SCSC that is there to set the standard of excellence in the world of swimming.

It was Coach Jochums that telephoned the four elite swimmers and requested their participation. They agreed to appear together in one room, to answer any question a young swimmer could ask. They agreed because it was Coach Jochums asking and because it was SCSC! Thank you Dick Jochums for never wavering and for consistently helping our kids pursue greatness. Your message is clear. Thank you to the entire Owens family for organizing and executing this event with enthusiasm and professionalism. Thank you P.H. Mullen, the walking encyclopedia of swimming. Thank you Franz Mortensen for your awesome website support. A special Thanks goes out to the Davis Family for sponsoring the event. It is this board of director's desire to spread the word about the benefits of competitive swimming and to elevate the sport by reaching out and educating our community. You helped us do just that. More than 50 kids asked their questions that afternoon. The questions were challenging and well thought out! The answers given by these remarkable athletes were personal and inspiring. The questions varied from person to person but all carried the same element, "What does it take to get to the top?"

The answer...

"There is no easy way -- there are consequences to every action, if you define sport in terms of process, then the fact that the path is difficult is the whole point! All athletes have assets and liabilities -- the only path to true satisfaction is by striving to achieve 100% of our potential. Whether we achieve anything in life is 100% our doing -- no coach can create success, the athlete is responsible. " -Dick Jochums

Next Board of Directors Meeting
Thursday, August 25 at 5:00 pm
All members welcome

Chat Addendum

By Cynthia Owens

A lot of folks got thanked in the article above, but one important person did not. Nadia Rodriguez, our President extraordinaire, was instrumental in putting together this successful event. She did everything from selling tickets, to printing flyers, to helping find a venue, to helping set up/clean up the room to ensuring that our guests arrived when & where they should! She was tireless, fun to work with and completely central to creating a terrific program! Even her son, Manuel, worked as the music D.J. to keep the atmosphere energetic and fun. Many, many thanks to Nadia for all you do for us!

Alumni News

by Cynthia Owens

Last week Mercury sports writer, Mark Purdy, wrote an article entitled "Swimming's youth ignore sports history." It was an accurate article about how organized swimming does little to preserve its heritage and to pass on our swimming roots to the next generation.

He pointed out that we who are on SCSC are part of the greatest team in the history of the sport. Our club has produced 55 Olympic medals over the years. There have been 22 World Records set right here at OUR pool! Our swimmers today train in the very same lane that Mark Spitz trained in! That alone should inspire our swimmers to want to be great! When is the last time you walked through the rotunda at the pool, and looked at...really looked at all those pictures and all the names of those swimmers who made SCSC great?

Mark Purdy was right; our youth does ignore our swimming history. They ignore it because we adults ignore it! But all that is about to change; big time. Once again, SCSC is on the cutting edge, and people all over the country and the world have their eyes on us!

With strong support from the Board and coaching staff, we are working feverishly to preserve our incredible legacy and to reconnect with all the swimmers and coaches, both great and not so great who helped create that legacy. We have two significant projects that are under way right now.

We who are on SCSC are part of the greatest team in the history of the sport

First, less than one year from now, the SCSC **55 Year Reunion & Tribute to George Haines** will be here! The Reunion Planning Committee, consisting of Cynthia Owens, Ellen Jackson, Helen Meyer, Olympian Suzy Jones Roy, Christine Davis and President Nadia Rodriguez, has planned an exciting three-day Reunion event for next summer. Festivities include a Cocktail Reception at Mariani's Restaurant on Friday, June 23, followed by a dinner gala at the Santa Clara Convention Center on Saturday, June 24, 2006, and a hosted Alumni Tent throughout the International Meet in 2006.

Among our prestigious panel of speakers at the dinner will be Mark Spitz, Don Schollander, Claudia Kolb Thomas, Chris von Saltza, and Donna de Varona. For those of you who may not recognize these names; they are all SCSC alumni and they are all Olympic gold medallists. Think of it this way: they each were the "Michael Phelps" of their era. These SCSC alumni are just a few of many, many swimmers who deserve the honor of remembering and recognizing their outstanding contributions to our club! You can find more information on

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each of these alumni and more on our website at www.santaclaraswimclub.org, and click on Alumni Connection. To receive a beautiful four page, full color Commemorative SCSC Reunion Brochure, sign up to receive Alumni e-mail on the website. Be sure to include your mailing address!

Second, we began shooting footage for our SCSC Historical Documentary last weekend at the International Meet. Top coaches from all over the country as well as SCSC Olympians, Coaches, National Champions and the Haines family were interviewed by Cynthia Owens, Executive Producer, and P.H. Mullen, author of "Gold in the Water," and writer for this documentary.

To say that the experience was powerful would be an understatement. Santa Clara Swim Club's place in swimming history was reaffirmed over and over again. The SCSC story is a story about the quest for excellence, overcoming unbeatable odds, prevailing through adversity, and most of all; what it means to be a true champion...and, as Coach Dick Jochums says, it's not all about winning! We were struck by how strongly top coaches of today still respect our great founder, George Haines, who retired from coaching nearly 20 years ago. What George accomplished, how he conducted himself and how he inspired others to realize their full potential, transcends time. Even our production crew, none of whom are swimmers, were awed and inspired by what they heard and what they saw. Here's the exciting part: we are all part of that SCSC legacy; which continues even today.

It will be several more months of shooting and gathering visuals before we finish this project. The International Swimming Hall of Fame has already requested that we give them a copy of it when we're done, so they can help preserve our history and legacy!

We are now actively seeking sponsors to finish this important project. If you are interested in more information, please contact Cynthia Owens at scscalumni@santaclaraswimclub.org

Scrip & eSCRIP

Scrip will be available during morning practice until 7-16-05. Contact Judie Pouya or the team office to make other arrangements. We will have new scrip vendors in September; until then cards are still available for Albertson's and Raley's /Nob Hill.

eScrip families are growing! Please continue to spread the word and keep your account updated with credit card info at www.eScrip.com

Swim Parents-News and Tips

Upcoming Meets– Age Group

July 9-10	Lynbrook	C/B/A+
July 14-17	Age Group Champs	AA+
July 24	Almaden	Relays
July 27-31	Far Westerns	Q

*Qualifying times and coaches' discretion required for some senior meets.

Upcoming Meets–Seniors–Long Course

July 21-24	Clovis Senior Invite	Clovis, CA
July 27-31	Far Western Champs	Concord, CA
Aug 3-7	USA Nationals	Irvine, CA
Aug 9-13	USA Junior Champs	Irvine, CA
Aug 10-14	Western Zones	TBA

Reminder: It is the parent's obligation to time at the away meets. Please take your turn timing –when we all help it does not seem to be a burden

International Meet –Thank you volunteers!

Wow! What can I say? You did a fantastic job! I really have to thank you all the volunteers who helped out this year for the Int'l Meet. I never heard so many compliments before. Many of the USA and Pacific Swimming officials stopped me during and after the meet to let me know how this was the best meet we've done by far. All the credit is due to our volunteers who just really impressed me and were so well organized. I want to thank Anita Damon for coordinating the volunteers. She did a great job! It takes a lot hard work and preparation leading up to this meet. I couldn't have done it with out you. A special thanks to Nadia Rodriguez, our board president, she was here everyday working before, during, and after the meet. I don't think I ever seen a board president do so much work and without complaint. Nadia, thank you, you were my right arm. Also, thank you to Laurie Langdon, Craig Cisar, and Cynthia Owens. You all were here to head your area and guide the new committee chairs with your expertise. Thanks to all who helped out in the office with me. In preparation for this meet and during it I really thank you for all your hard work. I was running all over the place and you all held down the fort for me.

All the areas of the meet were at the top of there game. Hospitality did an outstanding job. I have never been so much complimented on it than this year. Great job Ladies! Last, but not least thanks to all those spouses who supported your other half while they toiled away hours and hours to help make this meet a success. I Thank you!
-Stella Ezrre, Meet Director

On behalf of the entire board of directors a hearty **THANK YOU!** To all the volunteers that worked in Hospitality. All the coaches and officials were impressed and grateful for the hospitality. Many of you put in some long hours and worked incredibly hard to make this year's International swim meet a success. We are especially thankful to the people that chaired this department. Along with the on-deck hours (5:30am – 8:00pm), Lizbeth, Carman, Alaina, & Janet, worked many hours prior to the meet organizing, planning and getting more food donations this year than ever. Thank you so much for your hard work and dedication to this meet and to our club.
-Laurie Langdon, Member, SCSC BOD

Many thanks to the handful of families who helped with swim bags. Only 6 families from my list of 20 names volunteered to help with bags. I'm very grateful to the following families: Le, Ji, Wong, Burns, Fiandeiro, Karakucuk, Viridi, Degman, Marshall, and especially the Opatrny, Ip & Hsing families. We made a variety of swim bags this year--chat w/ stars, finals parade, & committee chairs as well as the athletes, coaches, officials, & VIP's. Everybody loved the goodie bags, but many SCSC members deserve credit for helping. If you did not receive a goodie bag, please contact me asap. Thank you so much, & I'll be checking w/ you for next year!
-Judie Pouya, Swim Bag Committee

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