

November 2006

"BELIEVE IN YOURSELF"

Making Waves

*FROM THE DECK**by John Bitter*

We are a world of slogans! "Commitment to Excellence," "Desire, Determination, Dedication," "Maximize the Moment," "Be the Best You Can Be," "Just Do It," all too familiar slogans to many of us, but what do they mean. Slogans for an organization serve as a marketing tool to relay the group's mission statement, and as a way to hook the general public without truly saying anything of substance. What makes a slogan more than a slogan, what makes the words match the reality of what is supposedly being said? These are the questions that determine whether the words are true to the organization and to the success or failure of the organization's goals.

In developing a program that allows for success to occur, what components are a must? For professional sports, the coach and team, the General Manager and Owner, the city and its local government, and the fan base are a must. Within our organization the coaches, swimmers, our parents, the city of Santa Clara, and Pacific and USA Swimming are a must. As coaches, it is our job to create and develop a program that ensures every swimmer is given a chance to find their individual success. We must be held responsible for the product we present, and it is our job to work with our swimmers to create a working relationship that gives ownership to both sides. We develop the daily, weekly, and monthly training scheme, pick the meets that best serve our swimmers, motivate, instill confidence and discipline, and ask our swimmers to be better than they were the day before. We educate through self-learning and understanding of responsibility in terms of success and failure. In the end, we hope to serve as a guide through the process it takes to become a swimmer and grow as a young person.

Our swimmers have a responsibility to seek and ask more of themselves than they did the day before, not limit themselves, and look for answers within as they learn both in and out of the pool. Our swimmers need to accept responsibility to attend workouts, pledge commitment to the sport and themselves in order to realize their inner potential. No coach or team can work miracles. It takes both sides to make success happen, always remember that throughout life! In addition to seeking out opportunities in our program daily, we request our swimmers to be respectful toward their teammates, coaches, and parents. Everyone must want what is best for our swimmer and our team even though sometimes the two may not be the same. In reading the slogans mentioned earlier, a common theme is in each of them. That theme is a commitment toward taking a chance, a chance that can promise an opportunity to experience some level of success. That level of success is determined by each swimmer and is never the same from swimmer-to-swimmer. What swimmers and coaches must do is experience, understand, and commit to the process that it takes to be a successful swimmer and believe that brings out something special and wonderful from each of us. Although for many of us, it is never experienced, because we are too fearful of what it may mean to us if we do. Our swimmers must give themselves that opportunity and it can only come by giving up that fear.

FROM THE DECK (continued)

The next layer to our success as a program is our parents. Santa Clara Swim Club is extremely fortunate to have had such supportive parents throughout the years. Through the constant efforts of our parents the International is the event that so many want to attend and a wonderful Reunion and Tribute was presented last summer. We are constantly requested to host Zones, to be a regular bidder of meets, and we are seen as a model of success throughout USA Swimming and Pacific Swimming. This kind of success can only come from the support of our parents. As we bring in the New Year in January, we again ask our parents for their continued support. More importantly we ask for patience as we bring in a new program, a new structure, and a new business model that is necessary for the future success of the club. Some of the changes have occurred and we are pleased with the support you have given to them in terms of scheduling, grouping, etc. Other changes are in the works that we hope will generate the same type of support and success that we have seen with these initial changes.

Finally we are extremely fortunate to have the support of City of Santa Clara since 1951. Our 55-year relationship is in good-standing and we can never abuse that privilege. To do this, we must learn to better respect our facility by taking pride in it through picking up our trash, turning off the showers when finished, keeping the bathrooms neat, putting away the kick boards, respecting the speed limit in the parking lot and not creating a situation whereby the lot becomes a hazard to our swimmers. Remember this is our home let us all do a better job of treating as such as we turn the page into the New Year.

I am excited about what I hope to bring to Santa Clara Swim Club in the coming years. This is a special place, a pool that has seen some of the finest swimmers in the history of the sport. We have been fortunate to have some excellent coaches walk this deck and extremely lucky with the relationship we have with the city. To all of our parents, success begins with you and your support is greatly appreciated and I can only hope that you will be pleased with what I intend to bring to Santa Clara Swim Club in the coming year(s). We are a place of champions, a place committed to being the best it can be, yet we must have a desire to be better and it is that desire I hold and I hope each of our swimmers and parents hold, as we continue to work to be the best swim team/program that we can in 2006, 2007, 2008, and beyond.



Board of Directors and Officers Election Results

by Denise Winer

Friday, October 13, 2006, was the last day to vote for the Board of Directors Election. On Tuesday, October 17, 2006, the results were announced. Please welcome, new Board Member-Mike French; returning Board Members-Nadia Rodriguez, Laurie Langdon, Krishna Hegde, and Terrance O'Malley. Please extend thanks and appreciation for a job well done to departing Board Member-Gordon Rule.

Tuesday, November 7, 2006 was the first Board of Directors Meeting with the new board. At this meeting the officers were elected. Here is the line up. Nadia Rodriguez was re-elected as President. John Bitter is Vice President. Denise D. Winer is Treasurer. Krishna Hegde was re-elected as Secretary.

Next BOD Meeting is Tuesday, Dec 12 at 5pm in the team room.

On behalf of the Board of Directors, I thank you very much for your support and confidence in our ability to do our best for Santa Clara Swim Club. The next Board of Directors Election will take place in October, 2007."

Swim Meet Tips

by Nadia Rodriguez

Swim Meet Tips: *For the current and new SCSC member.*

Team Uniform- Team suits and caps are available at the team store and should be worn to swim meets. Recent meets have hosted over 90 Santa Clara Swim Club swimmers. What a sight it would be to see SCSC swimmers proudly sporting our signature royal blue and yellow! The SCSC team store has what you need! Team caps are \$5 each and Team suits are \$25-\$35 *“So, suit up Santa Clara!”*

What to Bring to a Swim Meet

- Meet suit, cap and goggles (2 pairs of goggles if possible).
- Two or more towels (early in the morning towels don't tend to dry out).
- Something to sit on or under, such as lawn chairs or blankets, and tarps or sunshades.
- Sunscreen and hats, for both swimmers and parents.
- Sweat suits to wear after warm-ups and a T-shirt to wear later in the day.
- Games, deck of cards, coloring books, etc. No Frisbees or balls, please.
- Food: a small cooler with water, drinks, and healthy snacks. Fruit, bagels, dry cereal, and sports drinks make good between-race snacks. In general, avoid items that are high in fat, fiber and refined sugar. Concessions may be available but don't rely on it as the only source of nourishment at a meet.
- Money for concessions and a program.
- Sharpie ink pen (to mark swimmers' event #'s on their hands).
- Highlighter or Pen to mark swimmer's events on the program.
- Stop watch, if you have one, to informally time your swimmer.

What to Expect- If you've never attended a swim meet before, here are a few things you can expect. If you have attended a meet before, here are some things to remember:

- The meet lasts about 4-5 hours.
- **Canopies/tents, towels, and kids everywhere. Please be sure to bring your own canopy, chairs and tarps for your family. You can also pre-arrange to share these items with another family at the meet. Be courteous and don't take up a space that was not offered to you. We want to encourage SCSC families to gather together at meets, but be aware that, just because you arrive at a meet and see SCSC spots, that spot may**

Swim Meet Tips (continued)

not be for you. Be a good neighbor!

- Chilly mornings
- Limited viewing space (except for deck volunteers)
- **Expect to volunteer as a timer for at least one shift. It is your responsibility to sign up for a 1-hour shift and show up to time. Do not wait for someone to seek you out. It is embarrassing to have the announcer call out, "SCSC! We need timers for lane 6!" We're more responsible than that. We're SCSC! Let's all take our turn. Our kids are watching us and they're learning from us what it is to be a team player.**
- New friends and a great time if you get involved with the team.

Arrival at the Meet

- Arrive at the pool 15 minutes before the scheduled warm-up time. Meet warm ups start at 7:30 a.m.
- Upon arrival, look for the SCSC section and [check-in](#) with the coaches.
- Team members should sit together for management sake (we don't want them to miss their events) and it encourages friendships between teammates.
- Older, responsible swimmers will be assigned to assist and line up the younger ones.
- Please park in designated areas only.

Warm-ups

- Coaches will assign the warm up at [check-in](#).
- After warm-ups, swimmers go back to the team area and wait until their events are called. This is a good time to get something to eat, drink, some water, and use the restroom. **Remember to be courteous and sit in your own chair. If your swimsuit is wet and you sit in someone else's chair, you may not be welcomed to share that chair in the future.**
- It is important for all swimmers to know what events they are swimming. Many swimmers write their events on their hand.

Swimming the Meet - Meets usually start between 9:00 am and finish around 3:00 pm. This varies from meet to meet.

Swim Meet Tips (continued)

- After swimming each event, swimmers should get their time by asking the timers, and then go directly to the coaches to discuss the race.
- Parents need to tell their swimmers how great they did! Refrain from "coaching" your child. The coaching staff will be sure to discuss stroke technique with them. You need to tell them how proud you are of them and what a great job they did. Help your child relax and get them to drink or eat something light.
- DQ-disqualification. This may be given to your swimmer, by one of the meet officials, in the form of a yellow sheet that describes your swimmers mistake in the water. This is a great learning experience for you child. Be understanding of your child's feelings but encourage him or her to be respectful of the officials ruling and direct them to an SCSC coach for feedback. This is key to their success at future meets.

Results

Event results (official times) are posted outside the pool area as soon as they become available. Call any errors to the attention of the coaches immediately. Results will also be posted on the team room door and on the website. Ribbons may be collected at the meet or may be mailed to the SCSC office for distribution. Check your folder in the team room.

Good luck at the next meet and enjoy!



eScrip is an important part of the SCSC fundraising program. Encourage all of your friends and family to sign-up. Make sure all CREDIT CARD INFO is updated with current numbers & expiration date. If the number is the same, but the date is expired, no contributions are credited to you or the organization.

Our records show the following:

- 62 Families have not renewed Safeway Cards.
- 25 families do not have credit cards registered; 52 families have not made a purchase since early 2006.
- July 2006 payments indicate that supporting families have contributed \$1.7 thousand to SCSC since Jan 2006.
- Records show 118 supporters, however many do not have current info on file with eScrip.

NOB HILL/RALEY'S QUALITY OF LIFE cards are available. New scrip is arriving this week including ALBERTSON'S! Also, please remember to renew your Safeway Club card.

Thank you to all the families who have renewed & have purchased scrip this month.

Also, I'm still looking for families who are interested in helping with swim bags for the Int'l Meet 2007.

President's Notebook

by Nadia Rodriguez

I'd like to invite you all to take a trip down SCSC memory lane. It starts with a club that was once an Olympian magnet, but had deteriorated into a small parent run swim club. Yes, SCSC had its "Golden Era" in the George Haines day. But, like any great entity, it underwent a dry spell. Without dwelling too much on the negative, SCSC had gone from gold to pewter due to a lapse in leadership and parent cooperation. It was in 1995 that our current head coach, Dick Jochums took the helm of this abandoned ship. His task, his mission, was to bring back the **Gold** to SCSC. In his 20-year career in collegiate swimming, his teams had 12 top ten finishes. His club programs has won 5 national titles and were always in the top ten with 18 top five finishes. With his college coaching experience and using George Haines as a model, Dick Jochums would undertake a task no other coach would accept at that time. The atmosphere on deck was barren of enthusiasm and pride. The club had fallen victim to a small group of parents whose focus was on their immediate needs.

P.H. Mullen, an SCSC Masters swimmer and author of *Gold in the Water* wrote about Jochums, "The coach was an imposing bully of a man charged with the daunting task of restoring the Santa Clara Swim Club to its former glory." He also noted that, "Dick was regarded as one of the premier developers of individual Olympic talent." Dick rolled up his sleeves and did what had to be done despite the love/hate relationship he had with the membership. He returned our club to the title of national champion with the 1996, 1997 and 1998 Summer Long Course Men's National Championship Title. Dick has trained a number of Olympians and his swimmers have earned 12 Olympic medals, set 25 world records, 60 American records, and 7 NCAA records. Much has changed in the last twelve years. Thanks to the growing support from parents and the community, our club has indeed been restored. We've grown from 100 members to over 300! We have a successful swim school and a growing masters program. The enthusiasm and pride has returned to our deck and yet, our task is not complete. Coaches, swimmers, parents and the neighboring community must continue to work together as a team and carry on the **tradition of excellence**.

As we bid farewell to Coach Jochums, we can with confidence accept the challenge ahead. Please join me in actively supporting the new changes that will be occurring in 2007. As Santa Clara Swim Club's sixth head coach, John Bitter will lead our team to victory through a thoughtfully designed swim program that combines decades of experience with the latest winning strategies in the sport of swimming. Join in as our club develops future champions. This can only be achieved with your consistent support and enthusiasm.

I am honored to be a part of the progress our club has accomplished and have the privilege, once again, to serve as SCSC's board president. In 2007 and with your backing, the SCSC Board of Directors will focus on supporting the swim program, building stronger community links, outreach and improving our on-deck environment. This includes safety on the premises, team cohesiveness, member communication and developing strategies to enhance communication between members and the board of directors. I look forward to hearing from you through the following months as we transition into an exciting and new era. Many of you have taken the time to communicate your ideas and concerns. I appreciate your honesty and commitment to our swimmers and the betterment of our organization as a whole.

American Swimming Coaching Association

http://www.swimmingcoach.org/hof/coaches/rjochums_info.html

Gold in the Water - The True Story of Ordinary Men and Their Extraordinary Dream of Olympic Glory -- P.H. Mullen

Parking Lot Etiquette

by Stella Ezrre

To All Parents and Swim Club Members:

The parking lot has become a major safety concern. Please be courteous and aware of the 5mph speed limit. The Santa Clara police department has been patrolling the lot. They will ticket you for stopping in the red zones, handicap, zones or for even just turning around in them. The ticket is a hefty fine of \$300.00. One officer has already told several parents that they need to park their cars and walk their child (ren) safely inside.

There is no loading zone to drop off your child (ren); you will need to get out of your car and walk them in. The Swim Team does not own the parking area, the city of Santa Clara does. If you do not walk your swimmer in, you are the one putting your child (ren) at risk. There are many little ones walking across the parking area, please watch your speed as we do not want anyone to get hurt. Thank you for your cooperation and drive safely!



Volunteering Efforts

by Maggie Tannous and Barbara Mcgarvey

We would like to thank all the parents who volunteered during the recently concluded Senior Meet. Also, a big Thank You to the chairpersons for their organizational skills and for their leadership.

The next meet will be in January 2007

Ten Commandments For Swimming Parents

- Good parents don't impose their ambitions on their child
 - Are supportive no matter what...remember swimming should be "fun"
 - Let the coach do the coaching!
 - Make only positive comments or none at all
 - Acknowledge their child's fears
 - Good parents do not criticize the officials
 - Honor the bond between their child and the coach
 - Are loyal and supportive to their child's team
 - Help set realistic goals; stressing personal bests versus winning
- And above all...
- Good parents accept their child's abilities and limitations

Ten Commandments For Swimming Parents (continued)

Swimmer, remember...

- To have fun,
- To improve skills and learn new ones,
- To be with friends and make new ones,
- To feel the excitement of competition,
- To succeed or win, and
- To exercise or become fit.

S.W.I.M. P.A.R.E.N.T

Support

Winning is not as important as learning, improving and having fun

Involve yourself, be educated

Make an effort to attend swim meets

Provide unconditional love

Act as a role model

Remember to have fun

Encouragement

Notice improvements

Talk with your kids

- Contributed by Nadia Rodriguez



Swim Lingo 101

Are you new to the swim scene?

Check out The Lingo...

Bilateral (or alternate side) breathing: This is something you will hear the coach talk about many times. It is a breathing pattern for freestyle. While the term may sound somewhat strange, it simply means breathing every third stroke, first to one side and then to the other. It is much like a dance step that your parents or grandparents call a waltz which has a 1-2-3 pattern for the feet, but for swimming, the pattern is for counting arm strokes and turning the head to breathe. You might say to yourself as you take your arm strokes, "1-2-3." On the count of 3 roll the head away from the arm that is extending out in front and at the same time take the breath. The head lies very low when it rolls; **DO NOT PICK THE HEAD UP.**

Be sure to blow the old (and bad) air out while your head is under water. This breathing pattern should be used at all times for general freestyle practice. It guarantees a breath every third stroke, and helps you swim a much smoother freestyle. While it may seem hard at first, you should learn this pattern. When your coach wants a different breathing pattern for certain sets at practice and during your races, he or she will indicate this.

Swim Lingo 101 (continued)

Streamlining: This means to get the body in the thinnest position possible. You should look like a torpedo in the water. The arms need to be very straight and stretched out long (not loose and looking like boiled spaghetti). The muscles of the upper arm need to be tight and stretched to the back of the ears. Streamlining is used for all strokes, both at the start and at every turn. Swimmers should practice streamlining during workout so it will be effective when they race.

Dropped	When a swimmer goes faster than the previous performance they have "dropped their time."
False Start	When a swimmer leaves the starting block before the beep or gun.
Flags	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
Heats	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers' times after all heats of the event are completed.
Heat Sheet	The pre-meet printed listings of swimmers' seed times in the various events at the swim meet.
Psych Sheet	Another name for a heat sheet or meet program.
Length	The extent of the competitive course from end to end.
Short Course	A 25 yard or 25 meter pool.
Long Course	A 50 meter pool. This is an "Olympic size" pool.
NT	No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.

Adapted from www.pwcweb.com

- Contributed by Nadia Rodriguez



TEAM NEWS AND ANNOUNCEMENTS

Zone 1 South Swim Meet

by Lisa Nunan

It is that time of the year again and the **Zone 1 South Swim Meet**, scheduled for **January 13, and 14, 2007** is nearly upon us. This is the big age group meet hosted by Santa Clara in which all Zone 1 South teams participate. Please look for the meet sheet which should be coming out in early-mid December. Also, please note that the deadline for entry "may" fall as early as December 22, 2006. **We ask that all SCSC swimmers fill out their entries BY HAND and NOT REGISTER ON-LINE as our leader would like SCSC to enter as a team.** This year, the family account will be billed directly for the cost. Personal checks will not be accepted.

You will find a T-shirt order form enclosed with your November bill. **Every swimmer entered in the Zone 1 South Meet** is entitled to receive a T-shirt. This year, we are asking you to fill out the order form and return it by the designated deadline. With your help, we hope to streamline the T-shirt ordering process.

TEAM NEWS AND ANNOUNCEMENTS (continued)

New Parent Orientation Meeting

New parent orientation meeting will be held on Wednesday, November 15th at 4:40 PM in the team room. Please join us to learn more about club organization, financial policies, swim meets and more. We look forward to meeting you and answering any questions that you may have.

To All Santa Clara Families and Swimmers

Please reserve the following date as we celebrate the remarkable coaching career and retirement of our own Dick Jochums. All swimmers will be recognized with a commemorative SCSC pin for their participation in our program. Dinner, Entertainment and Special Guest Speakers will make this event fun for all.

Friday, November 17, 2006 @ 6:00 pm

Napredak Hall

770 Montague Expressway, San Jose

Semi-formal Attire

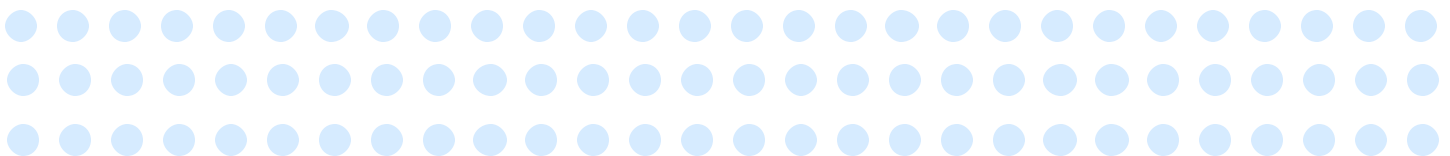
\$10 per person

Children under 5 are free.

Make check payable to SCSC.

R.S.V.P. forms have been mailed to your homes and are available in the SCSC office.

Questions: Contact Sandy Monsees @ 408.267.4502



Receive the newsletter and all other team news and announcements in your email box!
Sign up for the SCSC email list at www.santaclaraswimclub.org/Shortcuts/EmailList.htm

Making Waves is the monthly newsletter of the

Santa Clara Swim Club

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www.santaclaraswimclub.org

Youth Competitive

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Learn To Swim

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Adult Fitness