

January 2010

▶ **"BELIEVE IN YOURSELF"**

Making Waves

*FROM THE POOL DECK**by Head Coach John Bitter*

Welcome to a new year and I hope everyone had a safe and enjoyable holiday season! As the New Year begins, it allows each of us to take a moment to ask of ourselves just what we desire for ourselves in the New Year ahead. The past is behind us, the future is unknown, but it is also a gamble, it is something of an uncertainty that we can now forge for ourselves into a reality of just what it is that we want. The changing of the year allows for this to happen for us all. To start we must ask ourselves, "How do we learn to separate what is seen as vocation and avocation in our daily lives?" For younger swimmers the vocation is the daily workout and the grind of coming each and every day to the pool. The avocation is the love you have for the sport, yourselves and the goals you set and then how you maintain that vision, that dream to achieve those goals by coming to the pool each and every day. If you only look at the daily grind of swimming a workout as work, but forget that it has a direct relationship to what you want, the work is nothing more than work. But if you see coming to the pool each and every day as an opportunity to better your skill, to better allow yourself to achieve your dream, then the love you have for the sport and for yourself truly become an avocation for what you are trying to achieve. In this sense the work is never done and the work is fun, for each of us can and must ask of ourselves to be better each and every day, be it in the water or away from the pool in our "dry" life.

Being just a good or great swimmer is not asking enough of what we can be as people, for no one can truly say they are being the best they can be if they are only living one half of their life at 100%, but the other at 50%. Swimming is a tool, a sport that provides for daily affirmations of just what you can be, for you get to test yourself each and every day against a clock and therefore against yourself. Others in the pool help this testing, as they provide opportunities to race and to measure whether the workout was good or bad. However, the true test is between the self and the clock and your effort to be better than you were the day before. Taking this away from the pool you must also do the same in all other aspects of your life, be it with your friends, family, your school work, etc. If you are to demand excellence of yourself, than shouldn't you also demand excellence from those around you? Who you associate with, how you are seen as teammate, your proper execution of your school work and your association with your school, your ability to communicate within your family, all of these are things you can never ask something less than who you are, for if you are truly going to climb the ladder of success as a person, it must be because you made the total commitment to who you want to be. Swimming is just one part of this equation and from it you can build to demanding the same in all walks of your life.

The new year gives promise, it gives new opportunities, it allows for a start of something great, if the individual allows for that greatness to be true to who they are and what they want. Nothing less should be accepted and it starts with the understanding that what you do and what you want is about much more than just work, it is also about the avocation of what you want and then going out and demanding that it

FROM THE POOL DECK (continued)

happens. Making the right choices therefore becomes easy and the possibilities of wrong decisions mute. Standing out amongst others means being a leader and being a leader means you accept nothing less of yourself than to be what you can be. 2010 has begun and the season while half way through the short course part of it, is still young with its possibilities for what you can achieve and what you can define for yourself. Let it happen daily and do not ask anything less than what you see in yourself and the future of what you can be.

I want to congratulate all of the SCSC swimmers who participated in this year's Zone 1 South Championships. This year's meet was the largest since I came to SCSC in 1995. To all of the volunteers who gave of their time, to all of the swimmers who performed so well, each of you deserve a pat on the back and rousing cheer for your efforts. Winning Zone's is a testament to the work each of the swimmers has put in and the ability of this swim center to hold such a large event is also testament to the hard work of our parents and the parents of other clubs who helped make the meet run as smoothly as it could given the numbers of swimmers involved. I thank each of you and again congratulate the swimmers for their hard work and excellent efforts during the weekend of January 16 and 17, 2010.

Also during the same weekend, the National group attended the Long Beach Grand Prix, hosted by Fullerton Aquatics and USA Swimming. This meet, like our International, was filled with many of the top swimmers from throughout the United States. Jackson Partin finished 4th, 5th, and 8th in the 1650, the 1000, and the 500 Free at this year's event. Also Lauren Opatrny, Ian Burns, Sam Shimomura, Charlotte Ruby, Eric Owens, Stephen Shilling, and Daniel Tan made it back to finals on Sunday and/or Monday of the meet. The men's 800 Free Relay finished 2nd and the B relay for the 800 Free Relay for men was 7th. Also the women's 800 Free Relay finished 9th. The men's 400 Medley Relay finished 3rd and the women finished 4th. Congratulations to each of the swimmers who attended this year's meet.

Recently the office staff put into the swimmer's boxes IMX certificates for 2009. I have had many of you ask just what these were and what is IMX. IMX is a program started by USA Swimming approximately 3 years ago to encourage swimmers aged 9 and older to diversify and to stretch their swimming possibilities. IMX was a way that USA Swimming wanted to recognize those swimmers who took the initiative to broaden their participation in the sport, develop their swimming across a range of events, in the hopes of creating better long term success. For swimmers 12 and under the events that are used to come up with a score are the 100's of each stroke, the 200 IM and the 500 Free (11-12) or 200 Free (10 and under). For swimmers 13 and older the events used are the 200's of each stroke, the 200 IM and 400 IM and the 500 Free. On the certificates a swimmer is given a point total for his or her swims and then USA Swimming relates this score to the national participation of swimmers of the same age who have also done the same things. The swimmers who have met the requirements so far for 2009-2010 are as follows:

Gianluca Bencomo	Sophie Krivokapic-Zhou	Kimberly Ma
Mark Gorelik	Keltan Lawler	David McKenna
Sidhant Idgunji	Kaitlyn Leung	Anika Mohindra
Marzuq Khan	Riley Lexvold	Jake Murray
Timothy Kou	Osker Lu	Kristin Pampeyan
Jeff Peters	Vivian Qian	David Ren
Sophia Sebastian	Celia Tang	Alex Tran
Krystal Tran	Bill Truong	Hannah Utter
Nehemi Winn	Kaitlyn Wu	Chianty Yang
Jared Yongyuth	Sian Yongyuth	Ritty Zhai
Winnie Zhao		

FROM THE POOL DECK (continued)

As the year continues the current scores received could change and new swimmers added to the list. Congratulations to each of these swimmers for making the most of their opportunities.

At this year's Pacific/So-Cal All Star meet, Matt Webster tied the Pacific Swimming 13-14 Boys record in the 100 Backstroke with a time of 52.75. Congratulations to Matt on this achievement.

There are a couple of housecleaning items for all members of the SCSC family in 2010. As we experienced this past week with the weather, please be sure to check your email accounts of inclement weather days, as we will do our best to get an email blast out to you if practice is going to be cancelled. If for some reason your email account is not working through Team Unify, please see Erik at your earliest convenience to be sure we have the correct email address for you. Also parents please make sure to check inside the pool area on these days to ensure practice is going on. Please do not just drop your swimmer off. Second, you will be receiving information for this year's ad campaign for this summer's International in the next couple of weeks. Helen Yongyuth is this year's chairperson and the International this year is June 17 through 20. The ad campaign serves as one of the club's major fundraisers for the year and we hope everyone will take a moment to help us out, while helping SCSC.

Out of the Blue : Sharing insights and positive perspectives about the sport of swimming from those that have lived the experience. By Cynthia Owens



To my mind, the unsung heroes in life are those who are on the frontlines day in and day out; serving, inspiring, mentoring and leading by example; especially when it comes to our kids. They are usually not the flashy 'stars' or the center of attention, but they are the ones we all remember from our own youth as having made a difference in our lives.

SCSC alum, Melanie Robinson, is one of those people. By the time she arrived at SCSC at age 14, she was a star swimmer....in Texas, that is. As a Texas State Champion, she truly believed she had the swimming thing down pat when she walked on deck to join SCSC. That may be when she had her first taste of 'humble pie'! But if being around all those

great swimmers, national champions and Olympians, was a humbling experience, it also proved to be an inspiration for Melanie. Being up close and personal with the best of the best helped her to grow and improve in all aspects of her life; not just swimming. In addition to the positive impact of her new teammates, Melanie fondly remembers the hours her mother put in driving to and from practice, working at the International Meet every year, timing at her other meets and helping support the team in so many ways. She is thankful for her parent's involvement in making her journey possible, as a youngster. However, more importantly, their support laid the foundation for a lifetime love of the sport.

Unsure of what she wanted to major in after high school, Melanie opted for two years of Community College at De Anza to figure it out, while continuing to swim competitively. Upon completion of her general education requirements her sophomore year, she was a top swimming recruit to UC Santa Barbara from which she graduated, earning her degree in Education.

Out of the Blue (continued)

Melanie just completed 25 years at the Harker Academy as a Teacher and Aquatics Director, passing on her love of swimming to the next generation. During a 2008 school trip with her students to Beijing, China, Melanie seized the opportunity to tour the Water Cube, home of the 2008 Beijing Olympic Games (see photo), where swimming history was made. She said it was a phenomenal experience!

Today, with her strong background in competitive swimming, Melanie competes in triathlons. She credits her days competing and training at SCSC with helping her develop incredible life-skills that continue to serve her well, even all these years later. She is planning to pursue her Masters Degree in Education, while continuing her passion for teaching.

I recently had the opportunity to catch up with Melanie and chat about how swimming helped shape her life.

1) What has swimming meant to you?

Wow, that is a great question, as swimming has been apart of my life as long as I can remember! Learning to swim, then moving into the competitive arena was an amazing journey. Swimming teaches you so much about yourself. You have to work hard, and you also play hard too! Training with swimmers from all around the area was great, as you made friends outside of the school realm. Traveling was a huge part of swimming, especially those trips nationally. You really learn a lot about yourself and your fellow teammates. Work ethic, personal goals and committing to the sport are essential. It is all worth it in the long run!

My first job was a summer swim instructor when I was 17 and I have been teaching ever since!! I am currently the Aquatics Director at Harker Academy, along with coaching our lower and middle school students. So I can say that swimming not only provided me with my first job, but also has led me this far in my career!

2) When you think of your personal experience swimming at SCSC, what comes to mind?

Coming from Texas as a state champion in 1973, I thought, "I got this"! Swimming under George Haines and the many Olympians on the team at that time put me in my place! I had to step up my game big time. I remember making so many great friends and learning so much from all of them. Swimming is an individual sport, but you are part of a team too.

3) Did you always dream of making the Olympic Team? Why or why not is that important?

The Olympics were always a dream of mine. To this day, watching them is so exciting. Not making an Olympic team did not discourage me. The goal was to improve my times and continue practicing as hard as possible.

4) What advice do you have for swimmers just beginning their journey?

I would say truly love the sport and be happy! Put in the hard work as it pays off no matter what. You can take that work ethic and put it toward anything you choose; school, work; the list is endless. Good luck on your swimming journey; it's a great ride!

Out of the Blue is a regular monthly feature in our club newsletter to showcase stories of inspiration, motivation and humor from those who have strong ties to our great sport. Contact Cynthia Owens at:
cowens@santaclaraswimclub.org

From the Boardroom

by Cynthia Owens, Secretary

The Board of Directors is hard at work behind the scenes. As our club grows and with the economy being uncertain, our next big project is to develop and implement a long term strategic plan for SCSC. That work will begin at the next board meeting, February 2, 2010. Part of this process will entail conducting an independent audit for 2009. Certified Public Accounting firm, Burr, Pilger & Mayer Accountancy (BPM) has been retained to conduct our audit, which is scheduled for April, 2010.

Dates for 2010 Board Meetings are: February 2, February 22, March 15, April 6, April 27, May 17, June 8, July 6 and July 27. Meetings will be held in the International Swim Center Rotunda at 6:30 PM.

Board Members:

Chris Cavanaugh, President, (term through 2011) ccavanaugh@santaclaraswimclub.org

John Blake, Vice President, (term through 2010) jblake@santaclaraswimclub.org

David Murray, Treasurer, (term through 2011) dmurray@santaclaraswimclub.org

Cynthia Owens, Secretary, (term through 2010) cowens@santaclaraswimclub.org

Yann de Fabrique, (term through 2010) ydefabrique@santaclaraswimclub.org

Barbara McGarvey, (term through 2011) bmcgarvey@santaclaraswimclub.org

Peter Nunan, (term through 2011) pnunan@santaclaraswimclub.org

Anne Griswold, (term through 2010) agriswold@santaclaraswimclub.org

John Bitter, jbitter@santaclaraswimclub.org

Board members serve 2 year terms; with four members elected each year. For more information about the Board, feel free to contact any Board Member or email the entire Board at: board@santaclaraswimclub.org.

If members wish to place an item on a meeting agenda, please contact the Board President at least one week prior to a meeting date: board@santaclaraswimclub.org

A binder of Board Meeting Minutes and SCSC bylaws is available in the SCSC office, and on our website at: santaclaraswimclub.org, click on Parents Corner, and Communications.

SCSC Senior Groups—Top 5 Short Course Times, 2009-2010 (as of January 19, 2010)

WOMEN:

50 FREE

1) Lauren Opatrny	23.88
2) Natalie Garland	24.65
3) Emily Chan	24.93
4) Helena Gali	25.45
5) Grace Hamilton	25.34

100 FREE

1) Lauren Opatrny	52.03
2) Natalie Garland	53.25
3) Helen Tang	53.30
4) Emily Chan	54.20
5) Grace Hamilton	55.31

200 FREE

1) Lauren Opatrny	1:53.48
2) Natalie Garland	1:54.17
3) Helen Tang	1:55.05
4) Charlotte Ruby	1:55.39
5) Helena Gali	1:57.17

500 FREE

1) Charlotte Ruby	5:05.09
2) Lauren Opatrny	5:09.91
3) Helen Tang	5:10.89
4) Helena Gali	5:12.24
5) Natalie Garland	5:15.31

SCSC Senior Groups—Top 5 Short Course Times (continued)

1000 FREE

- 1)
- 2)
- 3)
- 4)
- 5)

1650 FREE

- 1)
- 2)
- 3)
- 4)
- 5)

100 BACK

1) Lauren Opatrny	57.54
2) Haley Smith	59.89
3) Helen Tang	1:01.75
4) Katie Siegel	1:01.84
5) Haley Oosterhouse	1:02.00

200 BACK

1) Lauren Opatrny	2:09.44
2) Helen Tang	2:10.28
3) Haley Oosterhouse	2:11.14
4) Lindsay Oosterhouse	2:13.96
5) Katherine Yu	2:14.71

100 BREAST

1) Annalee Akin	1:08.39
2) Lauren Opatrny	1:08.75
3) Natalie Garland	1:09.39
4) Dorothy Ren	1:10.57
5) Emily Chan	1:11.04

200 BREAST

1) Annalee Akin	2:25.97
2) Natalie Garland	2:26.33
3) Lauren Opatrny	2:29.02
4) Ritty Zhai	2:29.30
5) Rahal Dean-Pelikan	2:37.23

100 FLY

1) Charlotte Ruby	57.75
2) Lauren Opatrny	58.23
3) Ritty Zhai	59.12
4) Helen Tang	59.49
5) Dorothy Ren	59.55

200 FLY

1) Charlotte Ruby	2:05.46
2) Dorothy Ren	2:07.19
3) Ritty Zhai	2:09.83
4) Helen Tang	2:11.66
5) Emily Tomkins	2:16.87

200 I.M.

1) Lauren Opatrny	2:05.53
2) Dorothy Ren	2:10.90
3) Charlotte Ruby	2:11.81
4) Helen Tang	2:12.84
5) Haley Smith	2:13.33

400 I.M.

1) Charlotte Ruby	4:30.78
2) Lauren Opatrny	4:31.07
3) Dorothy Ren	4:37.85
4) Haley Smith	4:39.00
5) Ritty Zhai	4:41.75

MEN:

50 FREE

1) Ian Burns	21.55
2) Daniel Tan	21.75
3) Sam Shimomura	22.38
4) Eric Owens	22.40
5) Michael Nunan	22.72

100 FREE

1) Ian Burns	45.78
2) Daniel Tan	46.86
3) Mike London	47.22
4) Sam Shimomura	48.17
5) Matt Webster	49.12

200 FREE

1) Ian Burns	1:40.39
2) Sam Shimomura	1:41.48
3) Daniel Tan	1:42.95
4) Jackson Partin	1:43.52

500 FREE

1) Jackson Partin	4:30.70
2) Sam Shimomura	4:35.97
3) Jeff Peters	4:36.78
4) Michael Nunan	4:38.00

SCSC Senior Groups—Top 5 Short Course Times (continued)

5) Michael Nunan	1:43.72	5) Kevin Owens	4:38.68
1000 FREE		1650 FREE	
1) Jackson Partin	9:14.73	1) Jackson Partin	15:41.05
2) Sam Shimomura	9:36.47 (1650 spl)	2) Sam Shimomura	15:46.49
3) Kevin Owens	9:37.54 (1650 spl)	3) Kevin Owens	15:54.70
4) Jeff Peters	9:42.73 (1650 spl)	4) Jeff Peters	16:12.75
5) Michael Nunan	10:04.74 (1650 spl)	5) Michael Nunan	16:36.79
100 BACK		200 BACK	
1) Eric Owens	52.04	1) Matt Webster	1:52.00
2) Stephen Shilling	52.73	2) Eric Owens	1:53.40
3) Matt Webster	52.75	3) Ian Burns	1:56.33
4) Ian Burns	53.31	4) Patrick Benight	2:01.04
5) Daniel Tan	53.65	5) Jeff Peters	2:01.37
100 BREAST		200 BREAST	
1) Mark Liu	58.79	1) Yota Ito	2:09.80
2) Eric Owens	59.67	2) Eric Owens	2:11.47
3) Jeff Peters	1:00.52	3) Jeff Peters	2:12.26
4) Yota Ito	1:01.10	4) Mark Liu	2:12.38
5) Daniel Tan	1:01.74	5) Gideon Hou	2:16.00
100 FLY		200 FLY	
1) Ian Burns	51.07	1) Jackson Partin	1:59.29
2) Christian Bedell	53.90	2) Ian Burns	1:59.37
3) Stephen Shilling	54.60	3) Sam Shimomura	1:59.94
4) Sam Shimomura	54.65	4) Keltan Lawler	2:00.85
5) Mike London	55.16	5) Michael Nunan	2:04.11
200 I.M.		400 I.M.	
1) Ian Burns	1:53.45	1) Jeff Peters	4:06.35
2) Eric Owens	1:54.77	2) Ian Burns	4:07.96
3) Daniel Tan	1:55.50	3) Matt Webster	4:11.22
4) Stephen Shilling	1:58.29	4) Eric Owens	4:16.70
5) Matt Webster	2:00.88	5) Keltan Lawler	4:18.20

Receive the newsletter and all other team news and announcements in your email box!

Sign up for the SCSC email list at <http://competitive.santaclaraswimclub.org/parents/emaillist.htm>

Making Waves is the monthly newsletter of the
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