

BRAZADAS BLAST

KEY ANNOUNCEMENTS

Boost Your Swimmer's Progress with Private Training

[Brazadas private training](#) is now open! 30-minute, one-on-one sessions with any of our coaches to sharpen technique and accelerate improvement. Simply contact your preferred coach to schedule, then purchase through our booking link.

Available Times: Early mornings, afternoons, and Saturdays.

Questions? Call 661-456-8401 or email swim@brazadas.org.

Team Suits

If you ordered team suits in the fall, they are expected to arrive by the end of this week. We'll begin handing them out as soon as they come in.

PRACTICE SCHEDULE

[Click here for practice schedule.](#)

Get all required practice gear at our [Brazadas FINIS team store](#). It's built just for us, includes each group's needs, gives you 30% off, and supports the club.

Practice Schedule Updates

Below are the adjustments to the normal practice schedule for this week and next. Only groups listed have changes. If your swimmer's group does not appear below, their schedule remains the same.

Saturday, December 13

- SR Prep & B-Team, no practice due to Reindeer Relays

COMPETITION NEWS & INFORMATION

[Click here for competition schedule](#)

Senior Sectionals

- Dec 19-22 in Walnut, CA
- Meet information [click here](#)
- Registration deadline closed

COMMUNITY NEWS

Reindeer Relay Meet – Final Reminder

Our Brazadas Reindeer Relay Meet is coming up soon! This fun, team-building relay event will include a variety of mixed relays, games, and snacks. Swimmers aren't required to participate in every relay, just come ready to have fun and support the team. It's also a great chance for parents to get familiar with our timing system.

Schedule:

Warm-up at 7:30 AM

Relays begin at 8:00 AM

Finish by 11:00 AM

Please register on Captyn by Wednesday, December 10.

COACH'S CORNER

Hi everyone!

Thank you to all who attended TNT Winterfest this past weekend. We had a huge turnout and a ton of fun!

A couple of important winter reminders. It is cold out there and staying warm is essential for both performance and health. Flip flops, sandals, crocs, and similar footwear are not allowed at swim meets during the winter months. Please make sure swimmers arrive in tennis shoes and socks. Athletes should come fully dressed and keep all layers on while on the pool deck. If you are worried about clothes getting wet, please bring extra sets. The goal is to stay warm at all times unless you are actively in the water.

Swimmers also need to take extra care with warm ups and warm downs during the colder season. Make sure you are swimming long enough to get your body warm before heading up to the blocks, and be intentional about warming down after each race.

Thanks everyone. Looking forward to another great week of training.

Jackson Buyers

DIRECTOR'S DESK

Dear Brazadas Families,

Congratulations to all our swimmers who competed at the TNT Winterfest meet this past weekend. We're proud of the effort, teamwork, and racing our athletes put forward.

We're looking ahead to our first-ever Reindeer Relays this Saturday. It should be a fun and spirited event for our swimmers, and we're excited to kick off a new Brazadas tradition.

As we move through the final weeks of December, please take a moment to look ahead at our practice and competition schedules so your family can plan accordingly. This is a busy stretch, but also a great opportunity for swimmers to stay consistent and build momentum heading into the new year.

Go Brazadas!

Craig

Office Hours & Contact:

Our regular office hours are Monday–Friday, 1–3 p.m. at East Side Aquatic Center. But you're welcome to call or email anytime or request a meeting at another time.

To meet with the Director or Head Coach, email [Craig](#) or [Jackson](#). If we miss your call at 661-456-8401, please leave a message. We return emails and calls within 24 hours on weekdays (except meet days).

Team Resources:

Team Member Handbook and Brazadas Blast archive available on the [Resources Page](#). The Blast is sent every Tuesday, miss one? Find it in the archive.