

# **BRAZADAS** BLAST

## KEY ANNOUNCEMENTS

### Special Practice Schedule Reminder

Due to the East Side Aquatic Center closure from Saturday, May 16 through Monday, May 18, all White Team, Navy Team, and B-Team practices on Saturday and Monday will be held at:

Kern Aquatic Center, 7301 Old River Rd, Bakersfield, CA 93311

Saturday, May 16

- B-Team & Navy Team: 8:00–10:00 AM
- White Team: 9:00–10:00 AM
- Lap swim 8:00-10:00 AM

Monday, May 18

- All practices will follow regular scheduled times at Kern Aquatic Center.

Please note there will be no Monday morning Masters or Lap Swim. There is a chance East Side Aquatic Center may reopen Monday afternoon, but for now please plan to swim at Kern Aquatic Center.

Please continue to check your program's [Schedule page](#) on the website for the most current and accurate information.

### Hydration Reminder

With warmer temperatures arriving, all swimmers should be drinking water consistently throughout the day and bringing a water bottle to every practice. Staying hydrated is extremely important for both performance and safety during the summer months.

## SCHEDULES

Please continue to check the calendars/website for the most up-to-date practice times, changes, and cancellations.

- [May Practice Schedule \(Swim Team\)](#)
- [Masters Practice Schedule](#)
- [Lap Swim Schedule](#)

## COMPETITION SCHEDULE & INFORMATION

### Buenaventura LCM Memorial Day Meet

- Friday, May 22 – Sunday, May 24
- Meet fact sheet, [click here](#)
- Registration is closed

### FDST AB Modified LC Invite

- Saturday, June 13 – Sunday, June 14
- Meet fact sheet, [click here](#)
- All swimmers are encouraged to attend. [Click here to register.](#)
- Registration closes Tuesday, June 2

### SBSC Semana Nautica LCM Meet

- Friday, June 26 – Sunday, June 28
- Meet fact sheet, [click here](#)
- All swimmers are encouraged to attend. [Click here to register.](#)
- Registration closes Tuesday, June 9

## COMMUNITY NEWS

### Community Partnership Spotlight

We are incredibly excited to share a major milestone for Brazadas Swim Club as we continue building our organization in its very first year. This summer, Brazadas is partnering with Beardsley School District to provide approximately 300 swim lessons and water safety education opportunities to local students this summer.

This partnership means a great deal to our organization because it represents exactly what we want Brazadas to stand for: creating opportunities, serving our community, and using swimming to make a positive impact beyond competition.

Learning how to swim is more than just a sport or recreational activity. It is a life-saving skill. According to the CDC, drowning is the leading cause of death for children ages 1–4 and the second leading cause of unintentional injury death for children ages 5–14. Access to swim lessons and water safety education can truly save lives.

We know that many families in the Beardsley community may not always have access to swim programs or aquatic opportunities, which makes this partnership even more meaningful. Our hope is not only to teach life-saving water safety skills and confidence in the water, but also to introduce more young people to the opportunities swimming can create.

As a first-year club, this is a huge step forward for Brazadas, and we are proud and grateful to begin building this relationship with Beardsley School District. We cannot wait to get started this summer and continue growing our impact throughout the Bakersfield community.

## COACH'S CORNER

The **TIME** is now:

- To sign up for Summer Rec Swim League
- To take a look at your "A Day in the life of me"
- To think about Summer and your plans

Summer Rec Swim League - Brazadas is part of the Kern County Summer Swim League this summer and we are so excited to be a part of this iconic Kern County swimming community and more importantly for Brazadas to swim. And when I say swim, I really mean RACE; Yes Race. Participants will have the opportunity to RACE on Tuesdays and Saturdays (based on **TIME**'s) and most will get in 6+ races in the season. For those that don't have their JO's time and anyone looking for a fun way to RACE should really consider signing up.

*Note: Brazadas will host the Championship Meet on July 11th, and it should be an awesome and fun event for all!*

A Day in the Life of Me - **TIME** is the theme this month and I want you (yes parents and swimmers each) to jot down these 10 numbers, below, for a 24hr cycle. This could be last night or even starting tonight, and please be honest with yourself:

1. Time that you went to bed and the time you woke up = how many hours?
2. Time you took to get ready for work?
3. Time you took for breakfast?
4. Time it took to drive to work or school?
5. Time that you are at work or school?
6. Time that you took to drive home?
7. Time you took for exercise or swim?
8. Time you took for dinner?
9. Time you took for homework/cleaning/emails/tv etc.?

10. Time for anything else, other, yes even doom and gloom "scrolling"...ps your phone does not lie.

Take the total number above for the 10 questions and that should be 24, if it is over or under, please revisit the numbers. My hope is that this is an eye-opening experiment for you to adjust and set some Summer goals. Maybe to read more, exercise more or even spend more **TIME** with the family. If you have questions or want to chat further about this activity, please reach out to me as I am happy to discuss and help you set some goals. Those wanting to swim Master's please consider coming out for a practice or two.

Summer Plans - If you are an educator or even a parent with kiddos in school, then you know there is 3 weeks left or "x" number of days until the final bell goes off for the 2025-2026 Academic Year! How exciting!!! Planning out the Summer should be fun and can be an excellent dinner topic. With our holiday Ventura Swim Meet over Memorial Day, Maui Zones Open Water event and the Team Santa Barbara trip in June we have so many fun opportunities to combine Swim + Family + Summer Trip(s). Championship season in July/August is also coming up soon and I would encourage you all to take some **TIME** and have fun this summer. I love to travel and can't wait to hear about all your Summer plans.

It's **TIME** for me to hydrate, as it's going to be a warm afternoon, see you all poolside!  
Coach J

## DIRECTOR'S DESK

Dear Brazadas Families,

As we continue through May, our theme of TIME keeps showing up in different ways around the pool deck. Not just in the times on the scoreboard, but in the time we invest every day as swimmers, families, coaches, and a club community. The work put in over weeks, months, and years is what creates opportunities, growth, and memorable moments.

This week, we want to congratulate all of the area swimmers advancing to the CIF State Swimming Championships. Whether you swim with Brazadas year-round or represent another local program, it is exciting to see Bakersfield-area swimmers competing at the highest level and representing both their high schools and our community so well. We hope to continue seeing more local athletes reach the State Championship level in the years ahead, and we wish everyone racing this week the very best.

As summer gets closer, our schedule continues to fill with exciting opportunities. From Ventura over Memorial Day weekend, to Summer Rec League, to our regular season finale on the coast in Santa Barbara at the end of June, there is a lot for our swimmers and families to look forward to before championship season arrives in July and August.

We are also especially excited to begin our new partnership with Beardsley School District this summer, helping provide swim lessons and water safety education to hundreds of local students. Opportunities like this remind us that the time we invest in swimming can create an impact far beyond competition.

Thank you all for continuing to invest your TIME into Brazadas. Every early morning, practice drop-off, team dinner, volunteer shift, and weekend meet helps strengthen the culture we are building together.

Looking forward to another great week poolside!

Go Brazadas!  
Craig

### Office Hours & Contact:

Monday–Thursday, 1–5pm at East Side Aquatic Center.

If we miss your call at 661-456-8401, please leave a message. We return calls and emails 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.