

BRAZADAS BLAST

KEY ANNOUNCEMENTS

Team Swag Update

We wanted to provide a quick update on team swag orders.

Unfortunately, our team suits have been delayed in production. They were expected to arrive last week, but the manufacturer is working quickly to get them completed and shipped. We appreciate everyone's patience, and once they arrive, we will distribute them immediately.

Performance Add-On bonus shirts, along with our new team caps, will be handed out throughout this week and next week.

Thank you for your patience and support!

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.

SCHEDULES

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

- [May Practice Schedule](#) (Swim Team)
- [June 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, full meet details were emailed to families

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

Brazadas Swim Club continues to grow thanks to the incredible support from our families, local businesses, and community partners. This summer, we are especially excited to continue our outreach efforts with the Beardsley School District through swim lessons and water safety programming for local kids.

As we head into summer programming, we remain committed to expanding opportunities through swim lessons, competitive swimming, Masters, and community access to aquatics throughout Bakersfield.

Thank you to everyone helping us build something special during our very first year.

COACH'S CORNER

“It’s **TIME**” ...to start your engines if you are an Indy 500 driver, to get ready and Rumble-scratch that-Race if you are going to Ventura this weekend, and to Swim if you are registered for Swim School/Rec Swim/Masters & Club this summer with Brazadas!

Racing is the fun part, and especially relevant to all those High School Swimmers who recently finished their season. Putting in the hard work and dedication is the hard part, really, and racing should be the easy part...right!?!?

Yes and no. Racing has become more complex over the years as we all deal with variations of; expectations, desires, stresses, nutrition, fatigue, injuries, and work/school just to

name a few. The mental game inside our brains is a factor too, that affects even the most decorated athletes in sport.

So why can't we "just race, to race" these days...that is my questions to you all. I would like to challenge each of you to take **TIME** this week and race, YES, race in the pool at practice, race on the bike path, race to get your chores done etc. The more you practice racing I think the better you will get at it.

Note, please don't race in your car driving to work/school/swim...just relax and take your **TIME driving!*

See you all poolside for a race or two!

Coach J

DIRECTOR'S DESK

Dear Brazadas Families,

Time is a funny thing in swimming. Some days it moves slowly during long practices and hard sets, while other times entire seasons seem to fly by before we realize it.

This week is a reminder of just how quickly TIME moves.

First, congratulations to all of our high school seniors finishing up school and preparing for graduation. Everyone at Brazadas is proud of the hard work, dedication, and balance you've shown both in the classroom and in the pool. Enjoy these moments, they go by fast.

We also want to recognize all of the swimmers who competed at the CIF State Championships this past weekend. Representing your schools and competing at the highest level in California high school swimming is an incredible accomplishment, and we are proud of each of you.

Good luck as well to all of our swimmers competing this weekend in Ventura. Race hard, support your teammates, and enjoy the opportunity to compete.

Coach Jay wrote this week about taking TIME to race, compete, and challenge yourself. I also encourage everyone to take time to appreciate the journey. The teammates, early mornings, travel meets, friendships, and memories that make this sport so special.

As we head into summer, there is so much excitement around Brazadas with Swim School, Rec Swim, Masters, and Club all continuing to grow. Thank you to all of our families, swimmers, coaches, and supporters for helping us build something special here in Bakersfield during our first year.

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.