

BRAZADAS BLAST

KEY ANNOUNCEMENTS

Brazadas Referral Program Reminder

Our referral program is underway, and we have already seen a great response. Thank you to those who have helped grow our club. If you know a family who would be a great fit for Brazadas, now is a great time to invite them.

Families can earn account credits, and swimmers have the opportunity to earn team gear through referrals.

Complete our referral form [here](#).

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](#)
- All swimmers are encouraged to attend. [Click here to register](#).
- **Registration closes TODAY, Tuesday, May 5**

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

Meet Update and Announcement

We have made an adjustment to our June competition schedule. The Block Party meet that was originally planned for June 12–13 at East Side Aquatic Center will no longer be hosted.

The Fresno Dolphins have moved their long course meet to June 13–14, which creates a stronger competitive opportunity for our swimmers. We feel this is a better fit for where we are in the season, and we are looking forward to taking advantage of it.

Registration details and sign-ups will be shared soon.

COACH'S CORNER

May the 4th, May the Force, May the **TIME** be with you...

The old saying “April showers bring May flowers” suggests that **TIME** is the root of it all. In life and in swimming we rely on this idea of **TIME** for everything and over the next few weeks, I will take a deep dive into this idea of **TIME**, in relationship to swimming.

First, let's define **TIME**; is defined as the continuous, measurable progression of existence. It is the sequence of events moving from the past, through the present, and into the future. Simply put, it is a dimension that allows us to order events, calculate duration, and is what a clock measures. As coaches, we use **TIME** to set the intervals, pace and go for Best Times or PB's, USA Swimming has set **TIME** standards for ages and distances too and the more I dig into this idea, **TIME** is ALL around us - and NOT only in a “Galaxy Far Far Away” either!

Some say the that the 4 elements of time are Earth (routine/needs), Fire (creativity/passion), Air (planning/analysis), and Water (connecting/relationships)...I love the idea of this Water and connecting us all to a community of like-minded swimmers. The Paseo Block party meet this past Saturday was exactly this connection and Brazadas had a fantastic meet, and coaches had a fantastic **TIME** seeing you all swim!

I am particularly excited for the week ahead and celebrating our Moms/Mums/Grandma's/Caretakers on Mother's Day, Thank you for all your efforts caring for us all and the **TIME** you dedicate to everything - seriously you help make the world go round, and smoothly too.

Take some **TIME** to reflect on your summer goals this week as we will dive deeper into this “A day in the life of ___(you)___” in next week's Coaches Corner. Have a fantastic week and Happy Mother's Day too!

Coach J

DIRECTOR'S DESK

Dear Brazadas Families,

As we move through May, the idea of time continues to show up in meaningful ways, not just on the clock, but in the moments we share together as a club.

With Mother's Day this weekend, I want to take a moment to recognize and thank all of our moms, grandmothers, and caregivers. The time, energy, and support you give to your swimmers and to this club does not go unnoticed. You are a huge part of what makes Brazadas special, and we are incredibly grateful for everything you do.

To our high school swimmers, championship season is here. Congratulations to those who competed at League last week, and best of luck to everyone racing at Valley this week. We are proud of the way you represent your schools and our club, and we are excited to see you continue pushing forward toward State.

This past Saturday at the Paseo Block Party meet was a great reminder of what our club is all about. It was a fun and energetic morning, and our swimmers showed up ready to race and support one another. What stood out just as much was our families. One of the meet hosts shared how kind, thoughtful, and supportive our Brazadas parents were throughout the meet. That meant a lot to hear. It reflects the culture we are building together, and it is something I am truly proud to be part of. Thank you.

Looking ahead, we are excited for our first trip to the Buenaventura LCM Memorial Day Meet in Ventura. It is a new opportunity for our swimmers, and we are looking forward to seeing a strong Brazadas presence as we continue building momentum this season.

Thank you all for the time you invest in this club, from early mornings to long weekends and everything in between. It adds up in ways that go far beyond the pool.

Looking forward to another great week!

Happy Mother's Day!

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.