

BRAZADAS BLAST

BRAZADAS ON KERO-TV TOMORROW!

Brazadas Swim Club will be featured live tomorrow morning on KERO-TV (Channel 23) at the East Side Aquatic Center. The broadcast will highlight our swimmers, coaches, and the positive impact Brazadas is making throughout the Bakersfield community.

To help ensure our swimmers are featured during the live segments, B-Team and Navy Team practice will be adjusted to 6:00 AM–8:00 AM on Wednesday morning. No change to Masters team practice.

B-Team and Navy Team swimmers should:

- Wear their navy team suit
- Wear their new Brazadas team cap
- Arrive wearing their Navy t-shirt or hoodie

We are excited for this opportunity to showcase our club and the dedication of our athletes. Thank you to our swimmers and families for helping Brazadas shine in this community spotlight. Go Brazadas!

USA SWIMMING REGISTRATION REMINDER

Haven't registered yet? Please complete your USA Swimming membership today:

<https://omr.usaswimming.org/omr/welcome/1C634B049B58DB>

Thank you! 🏠 🏠

PRACTICE SCHEDULES

June Practice Schedule



[Monthly team calendar](#)

Masters Practice Schedule



[Weekly coached workouts](#)

Lap Swim Schedule



[Open lap swim availability](#)

COMPETITION SCHEDULE & INFORMATION

[FDST AB Modified LC Invite](#)

 Meet Dates: June 13–14, 2026

 Registration Closed

[SBSC Semana Nautica LCM Meet](#)

 Meet Dates: June 20–21, 2026

 Registration Closes: TODAY, Tuesday, June 9

[LA Invite](#)

 Meet Dates: July 9-12, 2026

 Registration Closes: Monday, June 29

BETWEEN THE LANE LINES

More Than a Bag Tag: The four rules on every Brazadas Athlete Bag Tag represent the values that help swimmers become successful teammates, students, and future leaders. Read more about what our athletes had to say. [Click here.](#)

COACH'S CORNER

As we enter into the second week of our summer break I want to remind us all to:

- Set some summer goals - many of you have new schedules and before they get away from you it is my advice to set some parameters within your new schedule. Maybe set up time for that book you never have time to read or hit the trail/gym/pool for that exercise that slips away during the school year. Whatever it may be, have fun with your summer.
- Veggies - While most of us like Chic-Fil-A and other foodie places, my idea is "Stay-K-Z" where the mascot is a Chicken with the slogan Eat More Steak...seriously though, where's the veggies!? The food pyramid if you are my age or the food plate if you are younger both show a balanced meal and many of us forget to get all the balanced items in our system. Like the above statement, maybe set a nutritional goal this summer too.
- Hydrate and Sun Protection - are also both key for the long days of summer.
- Finally - in the month of June we can't forget to celebrate that Donut Day (last Friday), Bicycle and Running Days and of course Father's Day coming up. Dad we are so grateful for you and all you bring. I wish you all a wonderful day!!!

Swimming wise:

- Masters team is growing and I am having loads of fun coaching you all, spread the word and let's get a social event scheduled soon!
- Rec Team has been growing as well, and we have hit the 70-swimmer mark - Amazing! BSA swim meet this next weekend the 13th, RBG the 20th, Aqua

Aces the 26th and 27th and then Champs here at home on July 11th. Set your calendars for this one - it will be EPIC!

- Club team has been training hard, and we are excited to see your progress this weekend at Fresno and the next meet at Santa Barbara 25-28th June.
- Swim School, Private Lessons, and Beardsley ISD - are all making waves and staff, students and parents are so excited, we are too, keep up the hard work!

I look forward to seeing you all poolside this Wednesday for the local ABC Sports segment and YES Masters practice is on like normal 6am-7am that day.

- Coach J

CONTACT & RESOURCES

 East Side Aquatic Center

 (661) 456-8401

 swim@brazadas.org

 Office Hours: Monday–Thursday, 1:00–5:00 PM

 [Team Resources & Newsletter Archive](#)