

BRAZADAS BLAST

VOLUNTEERS NEEDED

Brazadas Families, this Saturday, July 11, we have a great opportunity to support the Kern County Championship Meet at our home pool, East Side Aquatic Center. We are asking Brazadas swimmers and families who are available to help volunteer and make this a great day for the local swim community.

This is not meant to feel like a punishment or obligation. It is a chance for our club to step up, learn what it takes to run a meet, and continue building toward one of our future goals of hosting a USA Swimming meet at East Side Aquatic Center. If you are 100% available to help Saturday, please add your name to the volunteer sign-up sheet.

[SIGN UP HERE](#)

WESTERN AGE GROUP ZONES APPLICATION

Western Age Group Zones is quickly approaching. This year's meet will be held in Boise, Idaho, with Sierra Nevada Swimming departing Tuesday, August 4 at 7:30 AM and returning Sunday, August 9 at approximately 5:05 PM.

Swimmers interested in attending should complete the application by Sunday, July 19 around 5:00 PM. AAA time standards are the recognized qualifying standards for Age Group Zones. Please use the application link below to sign up or learn more.

[CLICK HERE TO APPLY](#)

HAVE YOU PICKED UP YOUR BAG TAGS?

All Masters, White Team, Navy Team, and B-Team members should have received two Brazadas bag tags. If you haven't received yours, ask your coach.

PRACTICE SCHEDULES

July Practice Schedule



[Monthly team calendar](#)

Masters Practice Schedule



[Weekly coached workouts](#)

Lap Swim Schedule

 [Open lap swim availability](#)

COMPETITION SCHEDULE & INFORMATION

[LA Invite](#)

 Meet Dates: July 9-12, 2026

 Registration Closed

[Zadas Last Chance](#)

 Meet Date: July 10

 Registration Closes TODAY: Tuesday, July 7

[Age Group Championships](#)

 Meet Dates: July 15-19, 2026

 Registration Closed

[Western Senior Zones](#)

 Meet Dates: July 28-Aug 1, 2026

 Registration Closes July 19

[Futures](#)

 Meet Dates: July 29-Aug 1, 2026

 Registration Closes July 14

This is an OME with USA Swimming. [Email Craig](#) with your events as he will coordinate OME.

BETWEEN THE LANE LINES

SwimSwam shares helpful championship-season advice for swim parents at every level, from staying steady through big emotions to keeping results in perspective. A great reminder for families as swimmers head into important end-of-season meets.

[Check it out here.](#)

COACH'S CORNER

Dear Parents and Swimmers,

Throughout this season, we've talked about the importance of **TIME**, how consistency, patience, and trusting the process can lead to improvement. We've also discussed **nutrition** and how fueling our bodies properly helps swimmers train, recover, and compete at their best. Now, I'd like to focus on another equally important piece of performance: the **mental side** of swimming.

Swimming is just as much a mental sport as it is a physical one. Before a big meet, it's completely normal for swimmers to experience anxiety that can affect sleep, appetite, or even cause an upset stomach. Olympic champion Caeleb Dressel has openly shared that before major competitions he sometimes couldn't eat, sleep, or even use the bathroom for several days because of pre-race nerves. His story is an important reminder that these feelings are normal, even for the best athletes in the world. Nerves don't mean something is wrong; they simply mean the moment matters.

As coaches, our goal is not to eliminate those nerves but to help swimmers understand them and learn healthy ways to manage them.

- Prioritizing good sleep habits,
- Recognizing anxiety as a natural response, and
- Developing positive coping strategies

...all help build the mental resilience needed to perform at their best.

By integrating sport psychology principles into our daily coaching we want to create an environment that values mental well-being alongside athletic achievement. My goal is to help every swimmer build confidence, manage pressure, develop healthy coping skills, and foster a lifelong love of swimming.

Thank you for your continued support throughout the season. Together, we can help our swimmers grow not only as athletes but also as confident, resilient young people.

Best,
Jay

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](#)