

BRAZADAS BLAST

PRACTICE SCHEDULES

REMINDER: Swim Club Break August 7 through August 23. All programs and teams start back Monday, August 24.

Please note that there will be no practices or lap swim on Friday or Saturday during our first week back. Our coaching staff will be participating in a professional development workshop and team planning retreat.

August Practice Schedule



[Monthly team calendar](#)

* For the general practice schedule template, please visit brazadas.org/practice-schedule

Masters Practice Schedule



[Weekly coached workouts](#)

Lap Swim Schedule



[Open lap swim availability](#)

COMPETITION SCHEDULE & INFORMATION

Our preliminary short course meet schedule is available on the Brazadas website and remains subject to change. The Southern Pacific Invite and Washington Open are planned as team travel meets for swimmers ages 13 and older. Final meet selections will be confirmed by the coaching staff.

View the [meet schedule](#).

COACH'S CORNER

We are officially on break this week and next, and my reminder to our swimmers is simple: do nothing! Enjoy it.

School starts back tomorrow for just about everyone, and I hope you have a great first day and a great first week. Take some time to settle in, find your routine, meet new friends, get to know your teachers, and start building good habits from the beginning.

One of the best things you can do now is get comfortable with your school schedule before swim starts back up. Then, when we return to the pool, swimming becomes just one more piece to fit into a routine you have already started to build.

While our swimmers are taking a break, our coaching staff will be busy planning for the season ahead. I have not felt this excited about a coaching staff in a long time. We have a great group in place, and we are adding even more.

Stay tuned next week for an announcement introducing the full Brazadas coaching staff for the upcoming season.

For now, enjoy the break, enjoy the start of school, and do not worry about getting in the pool. Rest, reset, and have some fun.

Go Zadas!

Craig

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](#)