

BRAZADAS BLAST

Attitude is Everything

2026 SWIMPOSIUM WEEKEND

Final reminder to register for the 2026 Swimposium Weekend, August 28–29, hosted by Central California Swimming LSC.

Friday, August 28

 Race Start Clinic | 6:00–7:30 PM | \$15
5th–8th grade swimmers
Led by UNLV Head Coach Patrick Ota

Saturday, August 29

 High School Athlete Swim Camp | 8:00 AM–3:30 PM | \$30
9th–12th grade swimmers

 Age Group Athlete Swim Camp | 8:15 AM–3:00 PM | \$35
5th–8th grade swimmers

 Parent Summit | 8:30 AM–3:00 PM | \$25

If you are planning to attend, this is your last chance to register.

[REGISTER HERE](#)

PRACTICE SCHEDULES

Masters & Lap Swim Reminder

As a reminder, there are no organized Masters workouts on Saturdays.

Masters swimmers are still welcome to use Saturday Lap Swim, which is now available from 10:00–11:30 AM.

For any schedule changes or cancellations, please be sure to check the schedule page for your respective program before heading to the pool.

Swim Team August Practice Schedule

 [Monthly team calendar](#)

Swim Team September Practice Schedule *(updated 8/25)*

 [Monthly team calendar](#)

Masters Practice Schedule

 [Weekly coached workouts](#)

Lap Swim Schedule

 [Open lap swim availability](#)

Swim League Practices

 No practice Saturday, August 29 and Monday, September 7

COMPETITION SCHEDULE & INFORMATION

Brazadas Cup

When: Saturday, September 12

Who: White Team, Navy Team & B-Team

Registration: Coming soon

Clovis Swim Club Fall Classic

When: Saturday, September 26

Who: White Team, Navy Team & B-Team

Registration: Meet information is still pending from the host club. We will share sign-up details as soon as they are available.

 [View the full competition schedule.](#)

DIRECTOR'S DESK

As we begin our second year at Brazadas, you are going to hear one phrase a lot:

Attitude is everything.

You will see it on our new swimmer bag tags, which swimmers can pick up from their coach and put on their swim bags. More importantly, though, we want it to become part of who we are as a club.

There is an old story called "Attitude Is Everything" by Francie Baltazar-Schwartz about a restaurant manager named Jerry. No matter what happened around him, Jerry believed he had a choice in how he responded. He could focus on what went wrong and complain about the situation, or he could learn from it, find the positive and move forward.

That message has always stuck with me because it applies so well to sports, and especially to swimming.

Swimming gives us plenty of opportunities to choose our attitude.

A swimmer can have a bad race and decide the entire meet was a failure, or they can figure out what they learned from it.

A practice can be difficult, and a swimmer can complain about the set, or they can embrace the challenge and understand that difficult days are often the ones that make us better.

A coach can encounter challenges and frustrations and still choose to bring energy, patience and leadership to the pool every day.

Parents have that same opportunity. How we react to a disappointing swim, a difficult practice, a missed goal or even a great performance helps shape how our kids learn to handle those moments themselves.

That is why we chose “Attitude Is Everything” as our theme for Year Two.

At Brazadas, swimming has never been only about times, medals or results in the pool. Swimming is a vehicle for teaching young people how to work, how to respond when something does not go their way, how to support teammates and how to keep moving forward.

That is sports at its best.

As we start Year Two, our attitude is pretty simple: we want to build the best swim club we possibly can.

That does not mean everything will always be perfect. It means we show up every day determined to get better. Our coaches bring that attitude. We expect our swimmers to bring it. And we hope our families will help us reinforce it.

Because ultimately, we all get to make the same choice Jerry talked about in that story:

What attitude are we going to bring today?

For Brazadas, the answer is easy.

Attitude is everything.

The story below is the one that inspired this theme. I hope you will take a few minutes to read it and, more importantly, think about how its message applies to each of us at Brazadas.

Go Zadas!

Craig

Attitude Is Everything

True Story

By Francie Baltazar-Schwartz

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant.

The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.

I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested. "Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations.

You choose how people will affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers.

While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center.

After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices:

I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked. Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared.

I read, 'He's a dead man.' I knew I needed to take action." "What did you do?" I asked. "Well, there was a big, burly nurse shouting questions at me," said Jerry. "She asked if I was allergic to anything." "Yes," I replied.

The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Bullets!"

Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead."

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully.

Attitude, after all, is everything.

You have two choices now:

1. Put this away somewhere or toss it in the trash and forget all about it in the next few days,
2. Put this somewhere you will see it almost everyday (as a reminder), pass it on to a friend, and take the message to heart, that: “Attitude is Everything”

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](#)

“Just Keep Swimming...”