

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 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

What a great way to close out our first season. We are incredibly proud of how our swimmers competed at Senior Zones and Futures last week. Having Brazadas represented at both championship meets in our first year is something special.

Good luck to Khamie Dela Cruz as she represents Brazadas and Central California Swimming at the Western Zone Age Group Championships in Idaho this week!

This is our final week of practices before we take a break and return on August 24.

As a coach, I believe this time off is important. Our swimmers have trained, competed, traveled, and balanced a lot throughout a long season. The break gives their bodies time to recover, their minds time to reset, and the normal aches and fatigue from training time to go away.

Swimmers, please take the break! It is perfectly okay to do nothing. You are young, and you will get back into shape. When we return, we will start slowly and build back up together.

Our short course season begins at the end of August and continues through February and March. That is a long season, which is exactly why taking this break now is so important.

Rest is not lost training. It is an important part of long-term development and helps athletes return healthier, refreshed, and ready to improve. Enjoy the time with your family and friends. You have earned it!

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](#)