

BRAZADAS BLAST

Attitude is Everything

THIS WEEK AT BRAZADAS...

What a great Brazadas Cup! Team Navy took the win over Team White, 514–400. A huge thank you to our swimmers, coaches, officials, volunteers, and families for a great morning.

Now we look ahead to another busy week at Brazadas!

SWIM TEAM

GOAL-SETTING MEETINGS — SATURDAY, SEPTEMBER 19

White Team, Navy Team, and B-Team swimmers will have goal-setting meetings with the coaching staff during practice this Saturday.

- Navy Team & B-Team: 7:00–7:30 AM
- White Team: first 15 minutes of practice

These meetings will help swimmers begin setting goals for the season and give coaches a chance to connect with them about their development and progress.

KIM VANDENBERG & MADISON KENNEDY RETURNING TO BRAZADAS

We are excited to share that Kim Vandenberg and Madison Kennedy will be returning to Brazadas on Saturday, October 3, for another special day working with our Swim Team athletes.

More details will be coming soon, but please mark your calendars now. Opportunities like this are rare, and we are incredibly fortunate to give our swimmers the chance to learn directly from athletes and coaches who have competed and performed at the very highest levels of the sport.

BRAZADAS TYR TEAM STORE IS OPEN!

Our official Brazadas TYR Team Store is now live for swimmers, parents, families, and fans.

Brazadas members receive special team pricing, including 25% off eligible TYR products. Use code **WELCOME20** for a one-time \$20 gift card toward your purchase.

[Shop the Brazadas TYR Team Store](#)

First time accessing the store? Visit our [Brazadas Shop page](#) for step-by-step instructions on registering for the TYR team portal and logging into your Brazadas account.

Please purchase required training equipment through the team store whenever possible. Team apparel, suits, backpacks, warm-ups, and additional items will continue to be added as they are finalized.

CLOVIS SWIM CLUB FALL CLASSIC — SIGN UP DUE TODAY!

Saturday, September 26
Clovis Olympic Swim Complex

After a great Brazadas Cup, this is the next opportunity for our White Team, Navy Team, and B-Team swimmers to keep building early-season racing experience.

Please opt in or opt out by the end of the day today, Tuesday, September 15.

[Register here in Captyn](#)

Meet Fee: \$50 per swimmer

Full meet details are available in the Captyn registration.

PASEO FALL KICKOFF SEASON OPENER

October 10–11
Santa Clarita Aquatic Center

12 & Under — Morning Session
13 & Over — Afternoon Session

All White Team, Navy Team, and B-Team swimmers are expected to participate.

Please opt in or opt out by the end of the day Sunday, September 27. An earlier meet posting listed Tuesday, September 29 in error.

[Register in Captyn](#)

Meet Fee: \$80 per swimmer

Coaches will review and finalize event selections.

UCLA BRUIN BUILT 4 SPEED CLINIC

UCLA is hosting a one-day speed and power clinic for swimmers in grades 8–12 on Sunday, October 18, at Spieker Aquatic Center.

The clinic will focus on technique, speed, power, underwater video analysis, resistance work, and race details with UCLA Associate Head Coach Bex Freebairn, UCLA Olympians, and current UCLA swimmers.

[Register and learn more](#)

See the attached flyer for full clinic details, schedule, and cost.

SWIM TEAM PRACTICE SCHEDULE

- [September Practice Calendar](#) (updated 9/15)

Practice Updates for Next Week

- Tuesday, September 22: No White Team practice
- Tuesday, September 22: Navy Team and B-Team practice 6:00–7:30 AM
- Thursday, September 24: Practice details will be shared soon

SWIM LEAGUE

REMINDERS...

- Swim League T-shirts are available for pickup.
- Swimmers should have their own fins, pull buoy, and kickboard.
- Equipment can be purchased through the [Brazadas TYR Team Store](#).

First time using the TYR store? Visit our [Brazadas Shop page](#) for simple registration and login instructions.

MASTERS & LAP SWIM

REMINDERS...

- There are no organized Masters workouts on Saturdays. Masters swimmers are welcome to use Saturday Lap Swim, which is now 10:00–11:30 AM.

MASTERS MEMBERSHIP

USA Swimming registration is not required for Brazadas Masters swimmers. We are also working toward establishing Brazadas as a registered U.S. Masters Swimming team and will share more information as that process moves forward.

MASTERS PRACTICE SCHEDULE

- [Weekly coached workouts](#)

LAP SWIM SCHEDULE

- [Open lap swim availability](#)

CONTACT & RESOURCES

East Side Aquatic Center

(661) 456-8401 | swim@brazadas.org

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

Head Coach — Erin Sanchez

erin@brazadas.org

Head Age Group Coach — Sam Ybarra

sam@brazadas.org

Aquatics Director — Craig Charlson

craig@brazadas.org

Team Store

[Shop Brazadas TYR Gear](#)

Brazadas Blast Archive

[View Past Brazadas Blasts](#)

Swim Team Policies

[View Swim Team Policies](#)

“Just Keep Swimming...”