



Between the Lane Lines is our monthly conversation from the Brazadas coaching staff to our swim team families. We'll share more about what we're teaching, why we're teaching it, and the philosophy behind how we develop our swimmers. From training concepts and expectations to athlete development and coaching philosophy, our goal is to give families a better look at what happens on deck, and why we love the work we do with your swimmers.

Hi Brazadas Swim Family,

Thank you to everyone who joined us Saturday morning for our parent meetings. I wanted to send a quick recap of what we discussed across our three divisions, along with some important expectations and goals for the season.

White Team

Expected meet participation: Approximately 4 meets per season — 3 home and 1 away

Practice: 2–4 times per week

Equipment: Kickboard, buoy, and fins

Navy Team

Expected meet participation: Approximately 6 meets per season

Practice: 4–6 times per week

Equipment: Kickboard, buoy, fins, paddles, and snorkel

B-Team

Expected meet participation: Approximately 8 meets per season, excluding championship meets

Practice: 5–6 times per week

Equipment: Fins, snorkel, paddles, kickboard, and buoy

For B-Team, I also shared a little more about my coaching philosophy. My focus is always quality over quantity. I will adapt what we are doing based on what each athlete needs because ultimately, this isn't about me—it's about your kids. My goal is to know each athlete individually and help develop well-rounded athletes and humans.

We are also working toward having an in-house strength program in place by the end of October, giving our athletes a more complete “one-stop shop” for their development.

A Few Notes for All Brazadas Families:

I want to get to know every athlete on our team, regardless of division. Coach Sam and I will swap practices 1–2 times per month so I have opportunities to work with White and Navy, while B-Team also benefits from hearing a different coaching voice.

Goal-setting meetings will take place September 19.

Movement between training divisions primarily takes place once each year at the conclusion of the summer long course season, before the start of the fall season. Exceptions may be made during the year when appropriate, but placement decisions are ultimately made by the coaching staff based on each athlete's development and readiness.

Most importantly, Brazadas is a family, and it takes everyone in that family to help our kids reach their maximum potential and pursue excellence. Parent volunteering is an important part of that. Having parent volunteers helping with meet operations allows our coaches to remain focused on what we are there to do—coach and support our athletes.

Timing shifts are approximately 30 minutes—and as an added bonus, you get the best seat in the house and snacks!

TYR Team Store & Equipment:

As we continue our new partnership with TYR, I also want to encourage all Brazadas families to create a TYR team account and make TYR purchases through our team store!

<https://teams.tyr.com/>

Families receive 25% off everything through the team account, including regular TYR apparel, shoes, training equipment, and tech suits. Purchases made through our TYR team store also directly benefit Brazadas and help us provide additional equipment and resources for our athletes, coaches, officials, and community programs.

Our TYR team store is almost complete, with a few additional apparel items still being added. Once the store is officially ready, we will announce the opening, and each family will receive a \$20 gift card.

Thank you for your support and for being part of the Brazadas Swim family. I'm looking forward to a great season and to continuing to build something special for our athletes.

Coach Erin

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](#)