



Southern California Swimming

Tel: 310/684-1151 • Email: office@socalswim.org • Web: www.socalswim.org

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Dear SCS Age Groupers,

As we slowly come out of the Pandemic things are looking brighter. This is the time to reset your goals as we return to competition. Start resetting your goals after a tough year, but dream big...long term goals are super important.

I began swimming in Southern California and grew up in Southern California just like you. This was a great experience with All-Star meets, Nationals, and Eventually the biggest stage...The Olympic Games. Swimming is an amazing sport which has allowed me so many opportunities and I love this sport.

My fondest memories of swimming in Southern California is honestly the time spent with closest teammates. We trained hard together, we ate huge meals together, we raced together, we won together! And decades later we are still friends and share in each other's lives.

At clinics I am often asked what advice I have for your swimmers, here is what I will tell you: I love swimming. And I don't mean I only love swimming fast. I just love being in the water. I love playing with the water, playing in the water. Of course I like to race and compete, but I also like to invent drills that might strengthen my swimming in a new way. I'm not afraid to swim in a new way. I'm always discovering myself in the water, because I'm always changing. My body and my swimming are never the same... even if it looks like that from the outside. Train hard but remain curious and playful with how you use your body in the water.

2028 will be an exciting time for swimming in Southern California with the Olympics in our backyard! What a great opportunity you have to shoot for! Good luck with your swimming this summer and beyond!!!!

Dream Big LA2028 &
GO USA Swimming!

Anthony Ervin
US Olympian/Gold Medalist