

TERRA NOVA AQUATICS



More Talk, Less Swimming



Terra Nova Aquatics Bimonthly Newsletter
May, 2026, Vol. 11

New Swimmers

WELCOME
TO THE TEAM

CSTS Swimmers:

- Bella Triolo
- Tiana Cole
- Ellie Thompson
- Jordan Taylor
- Yevhenii Demchenko
- Scott Molton
- Erin Levardo
- Laura Eichman
- Andrew Shipp

PPSC

- Ellie Levardo
- Anna Levardo
- Ava Litz
- Maeve Keaney
- Addinson Gatley

Terra Nova Aquatics Board Announcements - Help Wanted!

On Deck Swim Coaches - The Board is still looking to hire more coaches for evening and morning workouts. These are paid positions. If you know someone, please let Brad know.

The TNA Board is looking for someone to serve as our **Social Media Coordinator** to help us have more of an on-line presence. Put those hours you spend on Instagram, X, and Facebook to good use! If interested, please let Coach Brad know.

Upcoming Events & News ***Mark Your Calendar!***

- **New Summer Program for High School Swimmers!**
We will be offering a summer swim program for high school swimmers and water polo players to further their options post swim season and introduce them to TNA. This is intended to help these athletes stay in shape after the season and let them experience working out with PPSC and CSTS. It will be a punch card system (pay per visit) or a monthly fee. They will be able to join the Tuesday / Thursday mid-day swims in June and July as well as evening PPSC practices and CSTS Saturday morning practices. If you have any questions or want to refer a high school swimmer, feel free to ask Mike, Rachel, Steph or Brad.
- **June 2-July 31 - Summer Mid-Day Swim Hours return**
Tuesdays and Thursdays 12:00-1:00 pm. All CSTS and PPSC swimmers welcome!

- **June 25-28 - Come Camping with us!**
Annual Swim Team Camping trip to Sly Park Recreation Area June 25-28
<https://evite.me/3saGH2Q65J>
- **September 19 - CPR Class and Pool Party!**
CSTS Practice in the morning followed by a CPR class followed by our annual Pool Party for all swimmers. Full Day! More info coming soon.
- **September 26-27 - Pacifica Fogfest 10 am to 6 pm**
Terra Nova Aquatics will have a booth. Stop by and visit the giant platypus!

- CSTS Member **Barbara Beaumont** has a new Art Show opening soon. Her art will be on display from **May 19 through July 2** at The Grape in the Fog at 400 Old County Road, Pacifica, CA 94044. Details to come about opening reception. Come out to celebrate Barbara's art!



- **Keep in the know with CSTS What'sApp messages**
CSTS has a WhatsApp text group for communications so members can stay in the loop on last minute changes. If you would like to be added to the list, contact Stephanie or let Coach know.
- We also now have a **calendar of events** posted on our website:
https://docs.google.com/document/d/1BK2x2TLh5_IsDsNgWMMoLf07PvQDL2AYy5vdsUCGGU8/edit?tab=t.0
- **Newest Future Member!**



CSTS Member **Ryan Duncombe** and his wife welcomed baby Alice into the world on February 19, 2026. Everyone is healthy and happy and Ryan is looking forward to coming back to swim soon. Congratulations!



Upcoming Swim Competitions – CSTS:

- **Pacific Masters Swimming Calendar Here:**
<https://www.pacificmasters.org/page.cfm?pagetitle=Calendar>
- **May 31** Long Course Meters Meet at Burlingame Aquatic Center
https://www.clubassistant.com/club/meet_information.cfm?c=2723&smid=21912
- **June 6** Lake Berryessa Open Water Swim
<https://runsignup.com/Race/CA/Napa/LakeBerryessaOpenWaterSwim>
- **June 20-21** Del Valle Open Water Festival
https://www.clubassistant.com/club/meet_information.cfm?c=1710&smid=21473
- **July 17-19** Long Course Championship in Moraga
- **July 18** (event is full) Trans Tahoe Swim (we have two teams going this year!)
<https://www.transtahoerelay.com/>
- **August 5-9** USMS Long Course National Championships August 5-9, 2026, Sacramento
Check out the information the US Masters website below.
<https://www.usms.org/events/national-championships/pool-national-championships/2026-pool-national-championships/2026-summer-national-championship>
- **August 22** Golden Gate Sharkfest Swim
<https://raceroster.com/events/2026/113018/2026-golden-gate-sharkfest-swim>
- **September 13** Alcatraz Open Swim
<https://raceroster.com/events/2026/112914/alcatraz-open-swim-2026J>

Upcoming PPSC Competitions

- **June 13 - 14 DeAnza Cupertino Aquatics Long Course Meet** in Saratoga
- **June 27 - 28 Sunnyvale Swimming Long Course Meet** in Sunnyvale





TNA STREAK!

TNA STREAK was created to encourage participation across all age groups, recognize members for their achievements and applaud every single member for getting to the pool and making swimming a part of your lives. Swimmers simply log their workouts and let the coach know when milestones are hit earning them swag including patches, swim caps, t-shirts and hoodies. Let us know how you're swimming!

For more information: <https://www.terranovaaquatics.com/tnastreak>

Streak Program Milestones:

25 Milers Patch		25 Practices Kickboard	50 Milers Cap	
CSTS	PPSC	PPSC	CSTS	PPSC
Grace Yoo Shannon Sharma Michelle Afzali Carlos McCorkle	Enzo Jost	Coco Afzail Robbie Afzali Lily Irish Oliver Qiu Alex Rorem Catherine Rorem Hanki Sosnowski	Colleen Gomez Molly McCobb Pamela Miller Suzanne Morris Lisa Ryner	

100 Mile T-Shirt	100-practices T-shirt	250 Mile Hoodie	
CSTS	PPSC	CSTS	PPSC
Alex Amundsen Barbara Beaumont Elizabeth Corsale Jan Dolan Stephanie Hoag Scooter Morris Brad Pence Brandon Robinson Ken Thomas	Owen Qiu Bailey Wilson	Craig Amundsen Jeanette Cavano Rachel Limon Pim Tuyls Mike Webster	Kamryn Stevenson Violet Limon

Buy Your Own PPSC/CSTS Deck Coat!

Do you get chilly on deck? Here's your chance to purchase a Swim Team-branded Deck Coat. **Click the link for details –**

[TERRA NOVA AQUATICS 005elsmoreswim.com](https://www.terranovaaquatics.com/005elsmoreswim.com)

Swimmer Spotlight

Brad Pence

(Coach Brad)!

by Mike Webster

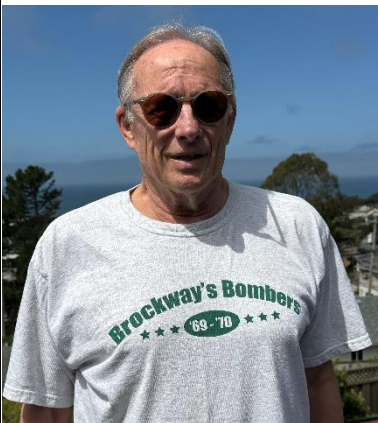


Around Terra Nova Aquatics, most people know Brad Pence simply as “Coach Brad”, the steady voice on deck, the “test set” dictator, and the person who somehow knows exactly when you’re chatting a bit too much (see team “more talking, less swimming”). But long before he was coaching swimmers in Pacifica, Brad was a young kid in Iowa learning toughness in cold outdoor pools and chasing big dreams through the sport he loved.

Coach Brad’s story is about perseverance, reinvention, and staying connected to the water through every chapter of life. From age-group swimmer to state standout, to Navy serviceman, to national champion Masters swimmer, to founder of the Coastside Tigersharks, Brad has never stopped moving forward. And lucky for all of us, that journey eventually brought him here.

Tell me about your swimming journey.

I started swimming when I was around 8 or 9 years old in Cedar Rapids, Iowa. My mom took me to lessons at one of the city pools, and before long I was spending as much time in the water as possible. I joined summer recreation swimming and later the YMCA team in the winters. Those pools weren’t heated, so if you wanted to swim in Iowa, you learned toughness early.



As I got older, swimming became more serious. I competed on city-wide AAU teams, qualified for bigger meets, and started to realize I could compete with some of the swimmers I used to look up to. In high school, I made varsity early and eventually became team captain at Kennedy High School.

A major influence in my life was my high school coach Dave Brockway, an Olympic diver who taught far more than stroke technique. He taught confidence, discipline, and belief. We weren’t allowed to use the word “can’t,” and excuses didn’t carry much weight either. He introduced visualization and mindset training long before it became common in sports. Those lessons stayed with me for life.

Our team back then was referred to as the “Brockway Bombers”! My senior year, our team finished second in the state, and I placed second in the 100

butterfly for the third straight year. I continued swimming in college at Mankato State before joining the Navy, which brought me to California.

After my service, I focused on school, career, and family. Swimming stepped into the background for a while, but it never fully left me. Years later, after moving to Pacifica, I got back into Masters swimming and quickly rediscovered the competitive fire.

I began racing regularly again and eventually joined the University of San Francisco Masters team. That chapter brought some of the best results of my career: multiple All-American relay performances, 41 top-ten national rankings, a National Championship in the 50 butterfly and I started my own CPA practice. In 2006, after two years of training, I competed at the Masters World Championships at Stanford and placed in the Top Ten in 2 events among the best swimmers in the world.





Through all of it, Frankie was there. She believed in me, supported the early mornings, the travel, the training, and all the time that swimming can demand. I'll say this plainly, none of what came later would have happened without Frankie. She has been the best teammate I could ever ask for. At some point, I realized something important: I had spent years chasing the feeling of posting a fast time. But eventually I found something even better, helping others do it.

That led me into coaching.

I started coaching at Terra Nova High School and immediately knew I had found something meaningful. I loved seeing swimmers improve, gain confidence, and discover strengths they didn't know they had.

When another coaching opportunity didn't work out, Frankie and I decided not to wait around for someone else to create the future. We approached the Jefferson

Union District about starting a Masters team at Terra Nova. They gave us a chance, a few people showed up to the first meeting, and the Coastside Tigersharks were born.

Those early days were humble. Small groups and limited resources, but plenty of heart. Swimmers like Ken Thomas, Lisa Rynler, and Jan Dolan helped build the culture that still defines the team today: work hard, support each other, and enjoy the journey. Frankie was a huge part of that too, helping behind the scenes in more ways than people probably know.

Not long after, local families approached me about creating more opportunities for younger swimmers. That spark became the Pacifica Platypus Swim Club. With Pete Song as Head Coach, committed families, and a lot of belief, it quickly grew into a thriving youth program.

Over the years we've faced pool closures, renovations, schedule changes, COVID, and every kind of obstacle you can imagine. But every challenge just forced us to get creative and keep moving. That's something I'm proud of. We never quit on the swimmers, and the swimmers never quit on each other.



These days, I still get back in the water when I can, including trips to Florida where I reunite with old YMCA teammates from Cedar Rapids. We call ourselves the "Over the Hill Gang" now. Same guys, a few more aches and pains, maybe a little slower, but still laughing, still racing, and still connected by the sport that brought us together all those years ago.



When I look back now, I'd tell you this: swimming gave me confidence, discipline, and friendships that lasted a lifetime. Coaching gave me something even bigger, it gave me joy. You spend years chasing times on a clock, then one day you realize the best part was never the clock at all. It was the people. It was the community. It was helping someone believe in themselves. Every time I step on deck, I still feel that. And honestly, that means more to me now than any medal ever could.

When you're not at the pool, what do you like to do?

When I'm not coaching, I'm a lifelong Giants fan, although some seasons test that loyalty more than others. I also love being a grandfather and great-grandfather, spending time with my grandkids back in Wisconsin. Lately I've taken up wood carving. After my dad passed away, I learned he had become a talented wood carver and had even won prizes at county fairs. Later, after my brother passed, I found out he had carried on the tradition too. I inherited some of their tools and have started learning the craft myself. It's a meaningful way to stay connected to both of them.

What's an interesting fact that most people don't know about you?

Frankie and I once managed our son's heavy metal band. We were Mega Metal Management, LLC. We booked gigs, negotiated deals, handled logistics, and went to the shows throughout the Bay Area. So technically, before I was running swim meets and workouts, I had already worked in talent management and live events.

You could say I've had experience with both test sets and mosh pits.

Recent Events in Review

Competition

Bay Area Senior Games March 22, 2026 Palo Alto

The Coastside Tiger Sharks were well-represented in this meet for seasoned swimmers! Seven swimmers, including **Jeanette Cavano**, **Jan Dolan**, **Scott Hoag**, **Brad Pence**, **Lisa Ryner**, **Ken Thomas** and **Mike Webster** brought home a LOT of hardware! The team made a strong showing, collecting 11 first-in-age-group finishes and a total of 28 medals in all. It was a fun, short meet on a sunny day in Palo Alto. If you are over 50, join us next year!



WOWOW Ania!

Always looking for a new challenge, **Ania Burlinska** completed the qualifying swim to participate in the Bay-to-Breakers (jump in at the Bay Bridge, pass under the Golden Gate Bridge and around to Ocean Beach). She qualified on May 6 with a swim of five circuits of Aquatic Park in under 2.5 hours in skins in 58 degree water. She is waiting to hear if she will be chosen to participate in the full race that takes place on May 23. Go Ania! What will she do next??

February 21 2026 Splash and Dash Sprint Pentathlon CSTS Swimmers **Kate Busatto** and **Pulak Goyal** competed in Albany, California.

March 7-8 Burlingame Aquatic Club Meet

Eight PPSC Swimmers competed! Pictured here are Coach Mary Germano, swimmers Lily McCorkle, Bailey Wilson, Owen and Ollie Qui. This was Ollie's first meet!



April 9-12, 2026
Far Western Championships in
Morgan Hill for PPSC
Kamryn Stevenson swam the 50 fly
and 100 fly



Swimming for the Terra Nova High School Team, PPSC swimmers **Violet Limon** and **Kamryn Stevenson** (along with teammates Breyer Rose and Addison Gatley, all pictured at left) set a new Varsity record for the 4x100 yard freestyle relay in the Pacific Athletic League Championships and qualified to compete in the Central Coast Sectionals. Their time of 3:56:30 broke the previous record Terra Nova High School from 2018 by 0.13 seconds!





Terra Nova Aquatics (TNA)

Terra Nova Aquatics was started by Brad Pence in 2012. Currently two teams swim at Terra Nova High School; **Coastside Tiger Sharks (CSTS)** for adults of all ages, and **Pacifica Platypus Swim Club (PPSC)** for kids 6-17 - a designated "**Safe Sport Team**" for USA Swimming.

Brad's love of coaching and enthusiasm for all things swimming is evident in the program. He is a medaled Masters swimmer, a Pacifica Hall of Fame Inductee, former Swim coach for Terra Nova High School (responsible for bringing all their teams to an undefeated season before he left,) and **2025 Coach of the Year** (US Masters)

TNA is a non-profit organization run by a board of volunteers who meet monthly on Zoom. You are welcome to attend the meetings - see Brad for details. **The next meeting is May 19, 2025 at 7:30 pm.**

Current Board Members are Brad and Frankie Pence (Frankie is Treasurer), Scott Hoag (President), Scooter Morris (Vice President), Stephanie Hoag (Secretary), Jan Dolan (Webmaster), Rachel Limon (Event Coordinator), Jeanette Cavano (Newsletter), Randi Decker (Newsletter), Mike Webster (Former President), Lisa Ryner (Member at Large).

Check out our website: www.terranoaquatics.com



CURRENT SWIM SCHEDULE

CSTS- Masters Team Morning Hours

Monday through Friday 6:00 - 7:00 am

Saturdays 7 - 8:30 am

Coaches on deck include

Brad Pence (Mon & Thurs - Sat), Natalie Bijenes (Tue) and Rachel Limon (Wed)

Summer Mid-Day Hours return June 2-July 31

Tuesdays and Thursdays 12:00-1:00 pm

PPSC Age Group Team plus CSTS Evening Hours

Monday and Thursday 6:00 – 7:30 pm

Tuesday and Wednesday 6:00 – 7:00 pm

Coaches on deck include

PPSC: Pete Song, Mary Germano and Melissa Irish

CSTS: Rachel Wright