

TERRA NOVA AQUATICS



More Talk, Less Swimming



Terra Nova Aquatics Bimonthly Newsletter
June, 2025, Vol. 7

New Swimmers & Coaches!

WELCOME
TO THE TEAM

Tell your friends, come join the fun!

CSTS Swimmers:

- Charlie Hart
- Chloe Ortega
- Colleen Gomez
- Rosemary Morrison
- David West

PPSC Swimmers:

- Theo Graham
- Ellie Levardo
- Grace Lazo

Coach's Comments

- Coach Rachel will be running practice during **June and July from noon to 1:00 every Tuesday starting June 10th** at Terra Nova High School. If there are enough new swimmers attending we have the option to also hold a noon to 1:00 practice on Thursdays--but initially we will be offering only a Tuesday practice. The locker rooms will be open and swim equipment will be available so get out in the sun and enjoy a mid-day practice.
- **Stephanie and Scott Hoag** traveled to the UK the first of May and hiked 84 miles along Hadrian's Wall - a wall built around the year 200 by the Roman Emperor Hadrian that sits on the border between England and Scotland. The hike took them 6 days. Looks like a very interesting and pleasant trip! Scott says they've done trips like this at least five times.



- **Mike Webster** and his son, **John** were in Cabo to celebrate John's birthday on May 17th. They had some really good luck fishing!



- **Short Course Meters in Mountain View May 17-18**

Congrats again To Violet and Kamryn for their participation in the LAMV short course meters meet. Kamryn got multiple firsts in her age group and both girls improved their times. Of course they both swam a bunch of butterfly!



Welcome future members!

Welcome **Ian Wallace** born on April 8th 2025 to **Blaise and Ben Wallace**. Ian is welcomed by his older brother Owen who is now 2, Aunt **Stephanie Hoag** and Grandparents **Scott and Kim Hoag**. What a cutie!





Upcoming Events – Mark Your Calendar!

2025 - Tentative PPSC Upcoming Swim Meets

7/19 - 7/20/25	DACA	Saratoga
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June 19-22 Sly Park Recreation Area - CSTS / PPSC Annual Campout



Don't miss out on the fun this year. Perched atop a tree filled hill overlooking Jenkinson Lake at the beautiful Sly Park Recreation Area in Pollock Pines, we will share our love of swimming and the great outdoors together again! We have a group campsite booked thanks to Rachel and Stephanie! Plenty of room to set up a tent and enjoy communal potluck meals, big bonfires and campsite sing-a-longs at night as well as daytime by the lake swimming, paddling, sunning and hiking. Guaranteed perfect weather :) Please RSVP to the Evite below. If you need more information ask Rachel or Stephanie or Coach. There is still room, but don't delay!

<https://evite.me/RdWvr6MBQ8>



June 26 "Swimmers Day With the San Francisco Giants" at Oracle Park - Come watch the SF Giants play the Miami Marlins. The game starts at 12:45. Fundraiser for Swim Across America.

Coach received an email from Natalia Garcia of the Giants - she said there will be a pregame Q&A with former Olympians and open water swimmers. If anyone wants to coordinate a group you can contact Natalie at 415 972 2287 or go individually.

July 11-13 in Novato - Pacific Masters Long Course Meters Championships at the Miwok Aquatic Center in Novato. Registration is open until July 3rd.

July 19, 2025 - Trans Tahoe Relay – TNA will be represented by three teams this year, including CSTS Masters swimmers and also PPSC swimmers Violet and Kamryn!

August 31st - Alcatraz Open Swim Sponsored by the South End Rowing Club - Boat out to Alcatraz Island and then swim back to Aquatic Park (1.27 miles). Join Mike Webster among other TNA swimmers and enjoy your very own escape from Alcatraz.

<https://serc.com/alcatraz-invitational/>

October 3-5, 2025 – Pacific Masters Short Course Meter Championships in Walnut Creek. Participation is **STRONGLY ENCOURAGED** for all members of the Masters team. It's a great time!

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 005
elsmoreswim.com](https://elsmoreswim.com)





CSTS Swimmer Spotlight!

Brad Woehl

(OG Member of Coastside Tigersharks)

by Mike Webster

Tell me about your swimming journey

My swimming journey starts with a bit of a nomadic childhood. My dad was in the Navy, so we moved around a lot—California, Washington, Maryland, Hawaii—you name it. They even talked about relocating us to places like Saipan or Guam, but with five kids in the family, they tried to keep things relatively stable.

When I was seven, we landed in Napa, California, where I joined my first swim team: the Napa Aquatics Swim Team. I was the middle child of five, and swimming was a convenient way for my mom to keep us all busy while my dad was off commanding submarines. My older siblings weren't really into it, but I was hooked.

A year later, we moved to Oahu, where my dad was stationed at Pearl Harbor. I joined the Aulea Swim Team in Kailua and swam with them from age 8 through 17. I wasn't the fastest swimmer, but I was steady.

What kept me going wasn't winning—it was the sense of community and family. The swim team felt like a second home. I thrived on the structure and especially loved the middle-distance events like the 200 and 400 freestyle and backstroke. Sprints? Not my thing.

When I was 10, I swam the Waikiki Roughwater Swim for the first time. It's a 2.2-mile open water swim—the same distance used in the Ironman today. Funny enough, I only did it because I was being punished for showing up late to practice. And if you think I crossed that finish line feeling triumphant, think again—I was seasick from all the salt water and waves. But I finished. That kind of quiet perseverance became my thing. I wasn't the "fastest" or the "most improved," but I always got the "most dedicated swimmer" award.



Outside of swimming, I got really into triathlons—especially Ironman. I was even on track to become the youngest Ironman competitor, but an injury derailed that plan. I've done all the individual legs—swimming, biking, running—just not all together. My senior year, we moved again to Alamo, where I swam for San Ramon Valley High. It was tough starting over, but my dedication to swimming led me to try out for the Chico State swim team when I got to college. Unfortunately, the reigning Division II national champion in my events also swam at Chico, so I ended up shifting my focus to mountain biking—and eventually, after college, long-distance cycling events. I am still hoping to participate in the Paris-

Brest-Paris, an 800-kilometer bike race in France.

Not making the team didn't stop me from finding something even more valuable—lifelong friendships through the Chico Swim community. To this day, we still get together every year for the Trans Tahoe Relay. That's actually the only reason I don't swim with the Coastside Tiger Sharks group.

When I turned 40, my Hawaii friends and I decided to do the Waikiki Roughwater Swim again. That's when I got back in the pool. Eventually, my friend Renata told me about a new Masters swim team that Coach Brad was starting. She asked me to come to the very first practice—and the rest is history. At

first, I only swam on Saturdays. I had sworn off morning practices after years of high school and college training. But over time, that familiar feeling of community brought me back. Now, wherever I go, I know I can find a pool—and with it, a sense of belonging. The pool is where I feel most grounded. For me, the pool is home.

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

When I was 28, I bought a bike shop—American Cyclery, the oldest bike shop in San Francisco. It's been around since 1941 and keeps me pretty busy.

I also have two amazing daughters in college. Juliana goes to UCSB and is on the triathlon team. Sophia goes to UCLA—she's a bike racer and a rock climber. I'll take credit for their active lifestyles, but everything else? That's all their mom. She's incredible, and so are they.

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

I've got two for you.

First, you know the “Sophia Drill” we do at practice? It's actually named after my daughter, Sophia. Not many people know that.

Second, I collect and restore classic bicycles. I've got over 200 of them. Think of one of those TV shows where they restore vintage cars—that's me, but with bikes. It's a passion project that's become a big part of my life.





Terra Nova Aquatics (TNA)

Based at the Terra Nova High School swimming pool, TNA has two teams first established in 2012 under the guidance of coach Brad Pence. The Coastside Tiger Sharks (CSTS) is a Masters team open to adult swimmers of all levels, and the Pacifica Platypus Swim Club (PPSC - a designated Safe Sport Team) is a USA Swimming age group team for youth between 6 and 17 years.

Coach Brad Pence, a Pacifica Hall of Fame Inductee and former swim coach of Terra Nova High School brought both Terra Nova Swim Teams to an undefeated season before he left. We are grateful to have Brad bring his love of coaching and watching swimmers thrive to the two Coastside teams.

Other coaches on deck include: Pete Song and Mary Germano for PPSC, and Rachel Wright. Mornings include Natalie and Avya. We love our coaches - couldn't do it without them, thank you!

Terra Nova Aquatics is a non-profit organization governed by a board of volunteers. The board meets once a month on a Tuesday evening via Zoom, usually at 7:30 pm. Meetings are open. Contact Brad if you'd like to attend. Current Board members are Brad and Frankie Pence (Frankie is Treasurer), Scott Hoag (President), Rich Schaffer (Vice President), Rachel Limon (Event Coordinator), Catherine Wachtler (Secretary), Jan Dolan (Webmaster), Jeanette Cavano (Newsletter), Randi Decker (Newsletter), Mike Webster (Former President), Natalie Amundsen, Lisa Ryner, and Kate Busatto are members at large. The next board meeting is June 17 at 7:30 pm on Zoom.

Check out our website: www.terranoaquatics.com



Current Swim Schedule as of June 2025

CSTS- Masters Team Morning Schedule

Monday through Friday 6:00-7:00 am

Saturdays 7-8:30 am

Tuesdays 12-1 pm

PPSC Age Group Team plus CSTS Evening Hours

Monday through Thursday 6:15 - 7:15 pm