



SAC GOLD NEWSLETTER

* As you've been made aware, some changes to our team groups and schedules have been made. You should have been notified what group you are in and the schedule/cost for your group. The New Practice Schedule begins on the 7th of the month as we didn't want to start something new halfway through the week.

*We now have three groups:

The Bronze Group (formerly White & Blue Group): M-F 5:00-6:00; Sat 10:30-11:30AM
The Silver Group (formerly Silver Jr): M/W/F 6:00-7:30; T/R 6:00-7:15; Sat 9:00-10:30AM
The Gold Group (formerly Silver Sr): M/W/F 7:15-9:00; T/R 7:15-8:45; Sat 7:00-9:00AM
 (M/W/F dryland first 15 minutes for silver/gold)

*Sacramento Aquatics, Coach Terry, and Parkway Swim Club have always partnered with Bradshaw Christian High School for the high school swim season. This year will be a little different as they will be starting the season at the beginning of Feb and their practices will now run 30 minutes longer. Hence the above later swim schedule. Below is the proposed Bradshaw Christian practice and meet schedule.

Bradshaw Christian season: February 6th - May 5th 2023

M-F practice times: 3:30 to 5:00

Home meets:

March 8th

March 22nd

April 12th

Away meets:

March 15th

March 29th

April 21-22nd



Home meets are scheduled to be over by 5PM so SAC will hold practice on those dates after the high school teams have finished. Practices will be cancelled on away meet days as coach will not be able to get back in time for practices.

*We always **NEED** more USA Stroke & Turn Officials to lighten the load on those currently participating! There's an informational meeting April 4th. Contact Bill Lonsdale if you're interested @ lonsdaleb@sbcglobal.com Thanks to Mr. Tim Appleby for completing your trainings!

*Fundraisers: We'd like to welcome anyone with a business who would like to sponsor our team to contact our Fundraising Chair Tascha Weatherall: tascha_h@hotmail.com Sponsors could find their logo on our next shirts or team tents.

* We have two Dinner Fundraisers coming up:

- **Feb 2nd** with Panda Express Online! Purchase your food at **ANY Panda Express ordering Online Only**. Use Apply code **912797** in the Fundraiser Code box during online checkout at www.pandaexpress.com or via App and 28% of sales will be donated to the team.

- **Feb -27th** from 7:00am-9:00pm at **Panera Bread** 8120 Delta Shores. Panera is donating 20% of Receipts



SAC California Gold News

February 2023

Important Dates

- **Feb 2nd (Thursday)**
Panda Express ONLINE Any store Fundraiser
- **Feb 3rd-5th**
SNS Senior Short Course Championships California Capital Aquatics (CCA Roseville Aquatics Complex (13+) NO qualifying times needed)
Yes! Practice with coach Terry Friday the 3rd
No Practice Sat the 4th.
No Practice Monday the 6th.
- **Feb 7th (Tuesday)**
New Practice Schedule Begins
- **Feb 13th (Monday)**
Lincoln's Birthday
Yes! There will be practice
- **Feb 14th (Tuesday)**
Bronze Group Fun Valentine's Day Practice
- **Feb 20th (Monday)**
Washington's Birthday
Yes! There will be practice
- **Feb 21st (Tuesday)**
Board Meeting 6PM (Location TBD)
- **Feb 24th-26th**
SCY (short course yardage) SNS Last Chance Qualifier - Elk Grove (EGAC)
No Practice Friday the 24th
No Practice Saturday the 25th
No Practice Monday the 27th
- **Feb 27th (Monday)**
Panera Fundraiser at Delta Shores 7am-9pm
No Practice Monday the 27th (as stated above)



A big thanks to Brian Clark for substitute coaching our team in Chico. He took time out of his own day and did an amazing job supporting our swimmers!

* We hope everyone had a chance to set some new swimming goals for the year. This next month the bronze group will be having a fun practice on Tuesday the 14th for Valentine's Day.

* Congrats to our CAJ January Jump Start and Bud Meyer Meet Participants in January! There were some amazing swims out there! New Qualifiers for Junior Olympics March 10th-12th, new events, and loads of laughs. Thanks, parents, for volunteering to time and braving the cold!

*See Below for the most recent meet schedule for the upcoming season. There may be some adjustments in the future as we merge with Lodi Gold. We are trying to synchronize our schedules giving us more opportunities to swim in other meets. Stay tuned.



EDUCATION = KNOWLEDGE



Arm yourself with tools and resources to help keep kids safe from abuse.

Free Safe Sport parent education is available at  usa-swimming.org/learn

The Minor Athlete Abuse Prevention Policies (MAAPP) aim to help young athletes feel safe, supported, and strengthened—by limiting one-on-one interactions between adults and children, requiring abuse prevention training for certain adults, and promoting environments in which misconduct is less likely to occur. The Safesport organization developed an animated series that introduces the purpose of the MAAPP. You can access these six short (1 to 2 minutes each!) videos here: https://m.youtube.com/playlist?list=PLVmT8xt041WhM6HqegeD_35QvF8QLObOg





February

2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Panda Express all day Online Fundraiser Code 912797	3 Yes, Regular Practice! SNS Senior Short Course Championships California Capital Aquatics (CCA) Roseville Aquatics Complex (13yr+) Or Pacific Swim: Tiger Aquatics Meet Stockton (12 and Under)	4 No Practice
5 →	6 No Practice	7 New Practices Start The Bronze Group: M-F 5:00-6:00; Sat 10:30-11:30AM The Silver Group: M/W/F 6:00-7:30; T/R 6:00-7:15; Sat 9:00-10:30AM The Gold Group: M/W/F 7:15-9:00; T/R 7:15-8:45; Sat 7:00-9:00AM (M/W/F dryland first 15minutes for silver/gold)	8	9	10	11
12	13 Yes, Practice! Holiday Lincoln's B-day	14 BRONZE Valentine's Practice Bronze Group Fun Valentine's Practice Regular time 5-6	15	16	17	18
19	20 Yes, Practice! Holiday Washington's B-day	21 BOARD MEETING 6PM SAC CALIFORNIA GOLD	22	23	24 No Practice LAST CHANCE FOR SHORT COURSE CHAMPS ELK GROVE AQUATICS CLUB (EGAC) BB +/- ELK GROVE AQUATICS CENTER	25 No Practice
26 →	27 Panera BREAD PANERA FUNDRAISER AT DELTA SHORES 7AM-9PM No Practice	28	1 MARCH	2	3	4
5	6	7	8 Bradshaw Christian Swim meet 3:30-5:00 Home meet. Yes Practice	9 	10 Practice TBD	11 No Practice SNS 14 & UNDER SHORT COURSE CHAMPIONSHIPS WOODLAND SWIM TEAM (WOOD) CHARLES BROOKS COMMUNITY SWIM CENTER



QUIZ OF THE MONTH

ANSWER CORRECTLY
AND GET A TREAT FROM
TERRY AT PRACTICE !

Bronze Group: What is the term used for the number of backstroke pulls it takes for you to get from the flags to the wall? Why is it important to know? What is your number #?

Silver Group: What is a negative split? Why/when is it used?

Gold Group: What is the title of the official who blows the whistle before the starter tells you to "take your mark?"

Happy February Birthdays

- Kaleigh Kato turns 11 on the 23rd
- Lauren Lonsdale turns 11 on the 23rd
- Lillian Mills turns 14 on the 19th

Spotlight Swimmer

Akith Madurapperuma

Akith started swim lessons when he was about 2 years old. He then stopped and started on/off until 2016 when he started swimming for Sacramento Stingrays. After about 3 years on that team, He stopped because of the pandemic and thankfully joined SAC in August of 2021. Akith has been swimming for SAC now for about a year and a half.

When asked what he likes best about SAC he replied, "There are many things that I like about the team, for starters, my teammates who I always hang out and have a good time with at meets and practice. I also like and treasure my coach, one of the most supportive and encouraging people in my life. I value the sheer amount of dedication and advice he gives me so that I can become the best swimmer I can be."

Favorite race/Stroke: 100 Backstroke

A little about Akith's family: Akith is an only child of parents who migrated here from their home in Sri Lanka. His dad works as a National Park Ranger in Dubai and his mom is a Montessori teacher. Akith would like to give a shout out his mom who, "always sacrifices time out of her tight schedule to take me to practice in spite of an extremely hard working day and having no family to help her out. I would not be at SAC today if it wasn't for my mom's commitment to taking me to practice and helping me become a successful person."

Favorite swim meet snack: I love to drink Body Armor.

Akith's favorite swim meet was the 2022 Pumpkin Meet in Lodi and his favorite practice memory was the overnight practice where they built a cardboard boat and tried to sail it across the pool.

Akith's hobbies include his love of traveling and wildlife. He has been to 30 National Parks in America. He also enjoys building computers and has built many in past.

School/Future Plans: Currently Akith is a Freshman at John F. Kennedy High School. He plans on going to a UC School or Stanford University to pursue Robotical Engineering after highschool.

When asked about any future swim goals, Akith says he has his sights on making Sections times and would like to participate in as many events as he can.

Sacramento Aquatics Club January - July 2023 TENTATIVE Meet Schedule

Swim meet name	Type	Date	Qualifying Times	Host	Pool Location
SNS Senior Short Course Champs	SCY	2/3-2/5	NO	CCA	Roseville Aquatics Center
Last Chance JO Qualifier	SCY	2/24-2/26	No	EGAC	Elk Grove Aquatics Center
SNS Short Course Championships (JO's)	SCY	3/10-3/12	Yes	WOOD	Charles Brooks Community Swim Center
SWAGR	SCY	3/23-3/26	Yes	SMST	Steve Miklos Aquatics Center
IMX/IMR Challenge	SCY	3/31-4/2	No	AQA	Cameron Park, CA
SMST Spring Splash	LCM	4/14-4/16	No	SMST	Steve Miklos Aquatics Center
Hot Dog Meet	LCM	4/22-4/23	No	GOLD	Tokay High School
Spring into LC Season	LCM	5/12-5/14	No	EGAC	Elk Grove Aquatics Center
Woodland Spring Classic	LCM	5/19-5/21	No	WOOD	Charles Brooks Community Swim Center
Mel Enze Swim Meet	LCM	6/16-6/18	No	GOLD	Tokay High School
Last Chance JO Qualifier	LCM	7/7-7/9	No	WOOD	Charles Brooks Community Swim Center
Bill Rose Classic	LCM	7/20-7/23	Yes	EGAC	Elk Grove Aquatics Center
Prospectors Plunge	SCY	7/29-7/30	No	AQUA	Cameron Park, CA

Meets highlighted in this color require that each swimmer achieves a qualifying time. Please speak with Coach Terry prior to signing up.

*Coach Terry is encouraging every swimmer to attend at least 2 meets during this fall/winter season.

*You do not need to attend all days of a multi-day meet, you can register only for one.

*Some meets have qualifying times – please be aware of what those are to help with goal setting.

*You may attend a meet that is not on our team meet schedule. If you do, please let Coach Terry know.



FUNDRAISER FOR Sacramento Aquatics Club

VIRTUAL COMMUNITY FUNDRAISERS



When

**Thursday, February 02,
2023**

Place your order for pickup
or delivery on Thursday,
February 02 !



Where

**Available at Panda
Express locations
nationwide**

www.pandaexpress.com



How

Online orders only

Apply code **912797** in the
Fundraiser Code box
during online checkout at
www.pandaexpress.com
or via App

28% of sales will be donated to: Sacramento Aquatics Club

Sacramento Aquatics Club is a Year-Round competitive USA Swim Team for swimmers ages
4-18.

Panera
FUNDRAISING



Help support us!

SACRAMENTO AQUATICS CLUB

20%
OF SALES
WILL BE
DONATED

February 27, 2023
7:00 am to 9:00 pm PST
8120 Delta Shores Cir

Use code FUND4U at online checkout, in the Panera App,
or at the kiosk in-café.*

Bring this flyer or show a digital copy to your cashier when ordering at the café or enter the
promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your
organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

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*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by café.