

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.

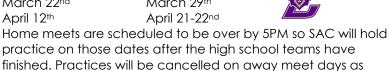
*We now have three groups:

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 15minutes 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: Away meets: March 8th March 15th March 22nd March 29th April 12 22nd



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 @

<u>lonsdaleb@sbcglobal.com</u> 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 <u>Panera Bread</u> 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

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
- Feb13th (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



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

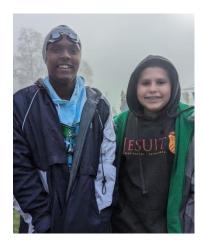


















MONDAY

7AM-9PM No Practice

6

TUESDAY

SUNDAY



WEDNESDAY

THURSDAY

FRIDAY



SATURDAY

11 No Practice

SNS 14 & UNDER SHORT COURSE CHAMPIONSHIPS

- WOODLAND SWIM TEAM (WOOD) Charles Brooks Community Swim Center

Practice TBD

3Yes, Regular Practice! 4 No Practice SNS Senior Short Course Championships California Capital Aquatics (CCA) Roseville Aquatics Complex (13yr+) Or Pacific Swim: Tiger Aquatics Meet Stockton (12 and Under) Panda Express all day CCA Online Fundraiser Code 912797 5 7 New Practices Start 10 11 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 No Practice 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/gol 17 12 13 15 16 Yes, Practice! Bronze Group Holiday Fun Valentine's Practice Lincoln's B-day Regular time 5-6 No Practice 20 23 19 No Practice Yes, Practice! LAST CHANCE FOR SHORT COURSE CHAMPS Holiday ELK GROVE AQUATICS CLUB (EGAC) Washington's B-day BB+/-ELK GROVE AQUATICS CENTER Panera 27 PANERA FUNDRAISER AT DELTA SHORES

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Bradshaw Christian

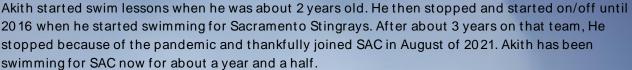
Swim meet 3:30-5:00 Home meet. Yes Practice







Spotlight Swimmer Akith Madurapperuma



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 Standford 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	Туре	Date	Qualifying Times	Host	Pool Location
SNS Senior Short Course Champs	SCY	2/3-2/5	NO	CCA	Roseville Aquatics Center
Last Chance JO Qualifer	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 Qualifer	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.



Sacramento Aquatics Club





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 <u>www.pandaexpress.com</u> 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.



Help support us!

SACRAMENTO AQUATICS CLUB

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-cafe.*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe 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-contitions/. **Services vary by café.