



Happy New Year Sacramento Aquatics Swimmers!

*USA Swim Swimming membership is a once-a-year registration. Many of our swimmers' memberships needed to be renewed by December 31st. Check this on the USA swimming membership site or app. You can choose between different membership levels:

Premium: The Premium Membership is required if a swimmer participates in more than 2 USA Swimming Meets during the current swimming year.

Flex: The Flex Membership may be used if a swimmer plans to only participate in 2 or less USA Swimming sanctioned meets. If a swimmer wants to participate in a third USA Swimming meet, that is OK, you will just need to upgrade to a Premium Membership by paying the difference between the two types.

Outreach: An Outreach Membership is at a reduced cost for a swimmer who qualifies with a financial hardship. Here are the links sent out to renew if you missed them. Note we should now be under GOLD and not SACP.

Full price memberships (flex and premium):

<https://omr.usaswimming.org/omr/welcome/C2156C995C3142>

Outreach membership:

<https://omr.usaswimming.org/omr/welcome/B9C994A62D6848>

*We still **NEED** more USA Stroke & Turn Officials to lighten the load on those currently participating! There's an informational meeting Jan 3rd. Contact Bill L if you're interested @ lonsdaleb@sbcglobal.com

*Fundraisers: Again, 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.

*Join us for the Chipotle Fundraiser on Jan 4th at the Delta Shores Shopping Center (see flier below).

*The weather really put a damper on the Candy Cane Practice this year. Apologies to our White and Blue groups as their practices were cancelled. Despite this, you were amazing and SO generous in your support of Sacramento's Foster Youth. Thanks so much to those who donated! It's heartwarming to see such generosity from such a small group.

*January's activity is planned for January 7th. Look out for more information on the "New Year, New Goals" practice where each swimmer will get to set some new goals for the upcoming season.

Sacramento Aquatics News January 2023

Important Dates

- Jan 3rd (Tuesday)
SNS Officials Clinic for new and returning Officials
6:00 – 9:00 PM via zoom
- Jan 4th (Wednesday)
Chipotle Dinner Fundraiser
5:00PM- 9:00PM @ Delta Shores
- Jan 7th (Saturday)
New Year, New Goals Practice
Regular practice times
- Jan 13th – 15th Cancelled
Blizzard Blast NV
CANCELLED NOT ENOUGH INTEREST.
- Jan 20th – 22nd
IM Extreme Challenge (VACA)
(Regular practice Fri and Practice Jan 23rd TBD)
- Jan 27th-29th
Bud Meyer Memorial Swim Meet
Rio Del Oro Swim Club
(Regular Practice Jan 27th and Practice Jan 30th TBD)



* Great job at the Freezing Cold DART Winter Invite.

* Also want to congratulate all those who participated in the Arizona Holiday Swim Festival last month. Boy did SAC swimmers make a good showing! Congrats to Lana A, Ethan D, Kaleigh K, Lauren L, Akith M, and Isla V! So many amazing swims and personal bests. Lana made finals in 2 events, Kaleigh in 7 events, and Lauren in all 10!

*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 earlier and their practices will now run 30 minutes longer. This means our team practice will be starting later as well during this time period. More to come on this, but 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

The meets are scheduled to be over by 5PM so SAC gold will hold practice on those dates after the high school teams finish.

Once we have the Sacramento Aquatics revised practice times completed, we will release them to you all.

*See Below for the most recent meet schedule for the upcoming season.

*Check out your teammates "honorable mention" in the Swim Swam Magazine for the "Swammy Awards" - 10 and under female swimmer of the year!!!! Look about halfway down this page!!!! Congrats Lauren Lonsdale. YES, LAUREN THIS IS A BIG DEAL!

<https://swimswam.com/2022-swammy-awards-age-group-swimmer-of-the-year-10-under/>



EDUCATION = KNOWLEDGE

USA SWIMMING SAFE SPORT

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

You play an important role in shaping sport environments in which all athletes feel safe, supported, and strengthened. By modeling and teaching appropriate behaviors and boundaries, and by sharing the importance of abuse prevention principles, you can reduce the possibility of abuse and misconduct. Whether you are interacting with your own child or others, at practices or at meets, as a parent, volunteer, or coach, your words, behaviors, and expectations establish an environment that can either promote or discourage misconduct.



SATURDAY

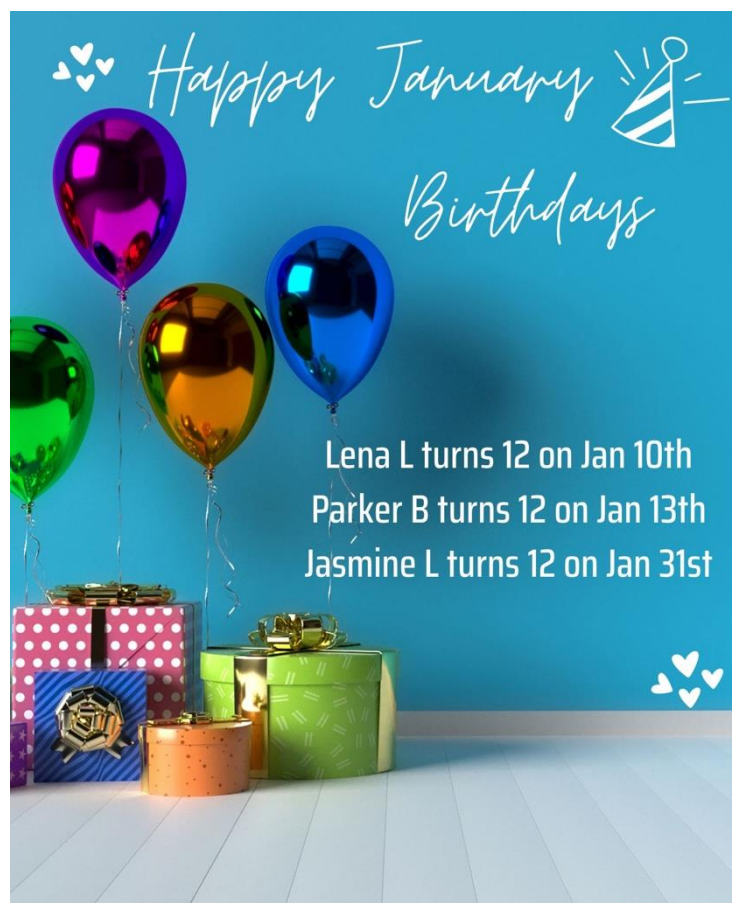
**DO GOOD
WITH CHIPOTLE**



CHIPOTLE FUNDRAISER FOR
SACRAMENTO AQUATICS CLUB
33% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, JANUARY 4TH | 5-9PM
8124 DELTA SHORES CIR S, SACRAMENTO, CA, 95832

ORDER ONLINE FOR PICKUP USING CODE **7EPH87X**
OR SHOW THIS FLYER IN RESTAURANT





CONGRATS TO KALEIGH
AND LAUREN
OUR TOP FINISHERS AT
THE HOLIDAY SWIM
FESTIVAL IN ARIZONA



Kaleigh made finals in 7 events! She swam personal best times in 6 of the events she swam, including an incredible 7 second drop in the 500 free! She finished 6th in the 500 Free, 6th in the 200 Free, 7th in the 50 Free, 7th in the 100 Back, 6th in the 200 IM, 7th in the 100 Free, and 6th in the 50 Back! What an amazing weekend!

Lauren finished 1st place in all 10 events she swam, with personal best swims in 7 of those events. She was high-point award winner for 10/under girls and broke the SNS league record times in 4 events that she swam that weekend. She even earned herself the Golden Goggles award which hasn't been issued in about 10 Years for her achievements at the meet. Since then Lauren was also given an honorable mention in the Swim Swam Magazine for age group swimmer of the year!!!

<https://swimswam.com/tag/lauren-lonsdale/>



Great Work Ladies! All your hard work paid off!

Sacramento Aquatics Club January - July 2023 TENTATIVE Meet Schedule

Swim meet name	Type	Date	Qualifying Times	Host	Pool Location
IM Extreme Challenge	SCY	1/20-1/22	No	VAC	Walker Graham Aquatics Center, Vacaville
Bud Meyer Memorial Meet	SCY	1/27-1/29	No	STAS	Rio Del Oro Sportsclub
SNS Senior Short Course Champs	SCY	2/3-2/5	Yes	CCA	Roseville Aquatics Center
Last Chance JO Qualifer	SCY	2/24-2/26	No	EGAC	Elk Grove Aquatics Center
SNS Short Course Championships	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.					