



SAC GOLD NEWSLETTER

*** FREE SWAG!** We have some free swag coming your way soon! All current SAC swimmers will be issued a free t-shirt and cap with our new logo on them. Additional caps will be issued to those qualifying for specialty meets.

Because of this, we need to make space and are cleaning out our closet. We have some SAC sailfish shirts we are selling at the discount price of \$5/short sleeve & \$10/long sleeve shirt.

We have 3 YM, 3 YL, 3S, 2M, & 1XL left. Notify Andrea Pitcock if you're interested in purchasing any of the above at tootdown@gmail.com or catch her on deck.

There are **multiple** new Meets open on OME including:

- 2023 SNS 14&U champs – Woodland, Ca March 10th -12th (qualifying times required)
- SWAGR - Folsom, CA March 23rd -26th (qualifying times required)
- AquaSol IMX - Cameron Park, CA March 31st - April 2nd (SCY - Open to all!)
- 2023 SMST Spring Splash – Folsom, CA April 14-16th (Open to all!!) – Our first LONG COURSE meet. NOTE for our new to long course swimmers: **You need to convert your swimmers' times from SCY (short course yards) to LCM (long course meters)**. You can do this through a swim time converter. Here's one I like to use: <https://swimswam.com/swimming-times-conversion-tool/?type=swimulator>
- April Hot Dog Meet – Lodi, CA April 23rd (SCY - Open to all!!) – 1st in your heat? You may get a free hot dog!

Speaking of Specialty Meets....

*Congrats to our 2023 Senior (13+) SCY Winter Champs competitors. Great job Nyla B, Ava C, and Akith M for your personal best times. Big congrats Kingston P for making it to finals in 2 events and to Lincoln S, Gar L, and James P for making it to finals in all events they swam and racking up some points for team GOLD! Gar placed 4th in 3 events! Lincoln was our top place finisher placing 3rd in the 400 IM!!! Great Job Senior Crew!!!

* Last Chance J.O.s was wet cold and rainy, but we had some swimmers really rise to the freezing cold occasion! We had a total of 48 new personal bests and 7 new events participated in. Including 4 swimmers who swam the mile! And 2 new 1000yd freestyle swimmers who did it at the first meet they were allowed to for their 11th birthday celebrations! Most importantly we had **9 new Qualifying times** at this Last Chance Meet. CONGRATS to you ALL!!

A Time Earners this weekend included: Lana A (1650Fr), Parker B (1650Fr), Lauren L (1000Fr), and Nyla B (200Fr). Great job girls!

* Here are your 14&U SNS Championship Qualifiers for SCY 2023:
Smit R, Aarav N, Lana A, Parker B, Kaleigh K, Lauren L, Isla V, Jasmine L, Carter P, Raleigh W, Mikayla M, Nyla B, Akith M, & Jason L

SAC California Gold News March 2023

Important Dates

- **March 10th-12th**
SNS 14U Short Course Championships (Junior Olympics Meet) Woodland, CA.
No Practice Monday the 13th
- **Wednesday, March 15th**
Bradshaw Christian HS Away Swim meet
NO PRACTICE
- **Saturday, March 18th**
St. Patrick's Day Fun Practice for Bronze and Silver Groups
- **Tuesday, March 21st**
Board Meeting 6PM at Parkway
- **March 23rd-26th**
SWAGR Meet (qualifying times meet)
Practice TBD Friday, March 24th-Sunday, March 26th
YES, PRACTICE on Thursday, March 23rd & Monday, March 27th
- **Wednesday, March 29th**
Bradshaw Christian HS Away Swim meet
NO PRACTICE
- **March 31st -April 2nd**
AquaSol IMX/IMR Challenge Cameron Park (No qualifying times needed)
NO PRACTICE Friday, March 31st
NO PRACTICE Monday, April 3rd
- **Tuesday, April 4th**
SNS Officials Clinic via Zoom for new and returning officials who did not attend the Primary Clinic on October 1st (Ask Bill L if questions/interest)



Kaleigh and Isla
Synchronized
Freestyle

* A few reminders to those signing up for the Juniors SCY Championship meet. The scratch rules are laid out in the Meet Sheet. https://www.teamunify.com/sns/sc/_eventform_/1583881_5f713832-f913-4f86-9b89-c714e94745a1.pdf

Please read them carefully! If you miss a race or forget to scratch a race you will not be allowed to swim for the rest of the day (except relays). AND if you miss a final you will be barred from swimming the rest of the meet on following days. Swimmers are only allowed 3 individual races/day (except 8U who are allowed 4 races) and you cannot swim more than 7 individual races over the course of the meet. Deadlines to sign up for this meet are March 4th for individuals and 6th for relay only swimmers. If you are invited to participate in a relay only there is a registration fee, and you will be notified by coach.

* Congrats to our current SWAGR Qualifiers:

Lana A, Nyla B, Lauren L, Mikayla M, Raleigh W, & Akith M. Can we get a few more?

Practices on Friday March 24th & Saturday March 25th are TBD depending on qualifiers for the SWAGR meet and the meet schedule. Please look for Remind messages closer to these dates for confirmation of practices as they will likely be cancelled. We will notify you ASAP on these dates.

*Congrats to our current PAC Far Western Qualifiers (3/30-4/2) in Morgan Hill, CA:

Lauren L, Nyla B, Lincoln S, James P, & Gar L

* **Board members:** We had some board member changes recently. Your new Vice President of the board is LeighAnn Kato who is also in charge of Meet Volunteer Coordination. And we also want to recognize Tascha Weatherall for being voted into our Activities Chair Role in addition to her current fundraising position. *Thanks for volunteering your time!*

***Activities:** We will be celebrating March with a good luck fun practice on March 18th for Bronze and Silver groups at normal times. It should be a Shamrock'n good time!

***Fundraisers:** No dinner fundraisers this month. We'll keep you updated on more to come. 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.

***Stoke and Turn:** We can always use more USA Stroke & Turn Officials! Interested? ... there's an informational meeting April 4th. Contact Bill Lonsdale if you're interested @ lonsdaleb@sbcglobal.com

* Practice Group Schedule Reminder:

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/Th 6:00-7:15; Sat 9:00-10:30AM

The Gold Group (formerly Silver Sr): M/W/F 7:15-9:00; T/Th 7:15-8:45; Sat 7:00-9:00AM (M/W/F dryland first 15 minutes for silver/gold)

Gold Group and approved swimmers for AM practice M/T/Th/F 5:45-7:00

* Bradshaw Christian High School Swim has begun for the high school swim season.

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. Practices will be cancelled on away meet days.





This month we want to feature a national program geared towards harnessing the power of sports (not just swimming!) to build healthy communities for young people, called **Project Play**, an initiative of the Aspen Institute's Sport and Society Program. Recognizing that parents are concerned their children may get left out, pushed out or burned out by a sport model that has gotten expensive and exclusionary, with rising injury rates and less free play, Project Play brings together leaders, identifies gaps in access to quality sport activity, and mobilizes organizations for action. Check out some of their resources here: <https://www.aspenprojectplay.org/parent-resources>

Staying warm at Last Chance!





For Practices TBD, Please Look for a Remind message for updates. We are waiting to see if there are qualifiers swimming at these meets and if we have a coach available to run practice. Stay Tuned.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Practice Schedule:

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) Morning swim for Gold Group & approved swimmers 5:45-7:00 on M/T/Th/F		1	2	3	4	
5	6 JO's relay only swimmers must register and pay by 11:59PM	7	8  Bradshaw Christian HS Swim meet 3:30-5:00 Home meet. Yes Practice	9 	10 Practice TBD SNS 14 & UNDER SHORT COURSE CHAMPIONSHIPS WOODLAND SWIM TEAM (WOOD) CHARLES BROOKS COMMUNITY SWIM CENTER ←	11 No Practice
12 	13 No Practice	14	15  Bradshaw Christian HS Away Meet NO practice	16	17 	18 Shamrock'n Fun Practice for Bronze and Silver Groups normal practice times
19	20	21 	22  Bradshaw Christian HS Home Meet 3:30 - 5:00 Yes practice	23 	24 Practice TBD South Western Age Group Regional (SWAGR) March 23-26, 2023 Sierra Marlins Swim Team (SMST) Steve Miklos Aquatic Center 	25 Practice TBD
26 SWAGR continued →	27 YES Practice	28	29  Bradshaw Christian HS Away Meet NO practice	30	31  No Practice ← IMX/IMR Challenge March 31-April 2, 2023 AquaSol (AQUA) AGO Cameron Park CSD Community Pool	1
2 	3 No Practice 	4 SNS Officials Clinic Tuesday, April 4, 2023; 6:00 PM - 9:00 PM • Zoom clinic for new and returning Officials who did not attend the Primary Clinic on October 1, 2022	5	6	7	8

Sacramento Aquatics Club March - July 2023 TENTATIVE Meet Schedule

Swim meet name	Type	Date	Qualifying Times	Host	Pool Location
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	23-Apr	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.



Coach's Corner



Not unlike previous years, our swim team is smaller than any other time of year. Every year our club membership rises and falls depending on the seasons. Some kids who join after the rec season must stop swimming in February if they are returning to rec swimming. Some kids take the colder months off because of the effects of the cold on them. Additionally, we share our older swimmers with their highschool teams. And unfortunately, we lost a few swimmers to larger teams. Every team is affected by these trends, it's just more noticeable on SAC because we are such a small team. While that's not what we'd like for obvious reasons, there ARE some REAL benefits to being on a small team.

I personally think small teams create a better learning experience and environment for each child. Right now the kids attending practice get far more instruction simply because there aren't as many kids in the pool. I'm able to be much more specific (strokes and events) in the types of training we do. Another bonus is I coach every group. It's impossible for larger clubs to do what we do at SAC. I was talking to a family who chose DART over our team and they told me they were disappointed to learn their child's coach was an assistant coach with far less coaching experience than they were expecting. Less experienced coaches working with larger groups can't possibly do what I do. The results speak for themselves. Last year at JO's SAC won the small team division. On a larger scale SAC was one of only two teams in the LSC that produced multiple top ten swimmers in the Country. You may also notice that SAC swimmers rarely get DQ'd. We have gone three meets in a row without any DQ's and only one DQ in the last five meets. I honestly believe this is primarily due to the fact that SAC swimmers receive more specialized instructions than is possible on larger teams.

With that said, the real intention of this month's Coach's Corner is to encourage you to attend practice consistently to take advantage of our situation. Our attendance these past few weeks has been far less than stellar. I understand that it's difficult to make every practice, although there are some of you that do. Obviously, attending more workouts will produce better results. There are several reasons when EVEN I WOULD suggest not coming to practice, but being tired or bad weather isn't one of them. Missing multiple workouts in a row is like taking one step forward and two step back, so missing Fridays or Mondays should be avoided if possible. It's important to realize that in sports there are no lazy excused absences. Your competition doesn't care if you miss practice, and you can bet they are trying to squeeze in more workout time than you. Everyone doesn't make every practice, but when you miss practice, there are others that don't. Being a good athlete is most definitely inconvenient, but I've never met an athlete that regretted their decision to put in the work. The message here is simple, take advantage of the advantages we have over larger teams. -Coach Terry



QUIZ OF THE MONTH

**ANSWER CORRECTLY AND GET A TREAT
FROM TERRY AT PRACTICE
ANSWER ALL THREE AND GET TWO
PIECES !**

Bronze Group: In an IM when you finish backstroke can you turn over on to your stomach before you initiate your flip?

Silver Group: What is a negative split and when do you use it ?

Gold Group: What type of muscle twitch fibers do distance swimmer's likely have more of? Slow twitch (type I) or fast twitch (type II)?

Happy March Birthdays



- Oleksiy Pennington turns 18 on the 16th
- Glen Ruddick turns 17 on the 23rd
- Jason Taylor turns 11 on the 16th
- Abbie Tostado will turn 10 on the 24th

