



JUNE / 2023

Newsletter

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

**Congrats to Our
High School
Swimmers,
Graduates, and
Sections
Competitors!!!**

Practice SCHEDULE

- Bronze Group :
 - 4:00 - 5:00PM M-F
 - 10:30 - 11:30 Sa
- Silver Group:
 - 4:45 - 5:00 dryland M,W,F
 - 5:00 - 6:30 M-F
 - 9:00 - 10:30 Sa
- Gold Group:
 - 6:30 - 8:30 M-F
 - Morning Practices M,T,Th,F 5:45-7:00
 - 7:00 - 9:00

Summer Schedule

Summer Swim Begins June 20th

*Also note we will have a 2 week break in
August about the 21st through the 2nd of
Sept.

Just as a Heads Up...

We'll be switching to Summer Schedule June 20th

- Bronze Group :
 - 10:30-11:30AM M-Sa
- Silver Group:
 - dryland 8:45-9:00AM M,W,F
 - Practice 9:00-10:30AM M-Sa
- Gold Group:
 - 7:00-9:00AM M-Sa
- PM Practice: (ONLY IF YOU CAN'T make AM practice)
 - 7:00-8:30 PM M-F (combined groups)

Here is the JUNE schedule. We'll update it as needed here.



June
Tentative Schedule
2023

May- early June Practice Schedule

The Bronze Group: M-F 4-5PM Sat 10:30-11:30AM

The Silver Group: Dryland 4:45-5PM M,W,F

Pool time 5-6:30PM Sat 9:00-10:30AM

The Gold Group: 6:30-8:30PM M-F Sat 7:00-9:00AM

Morning swim for Gold Group 5:45-7:00 on M/T/Th/F

Summer Practice Schedule Starting June 20th

The Bronze Group: M-Sa 10:30-11:30AM

The Silver Group: M-Sa 9:00-10:30AM

(Silver dryland 8:45-9:00 M/W/F)

The Gold Group: M-Sa 7:00-9:00AM

Morning swim for Gold Group 5:45-7:00 on M/T/Th/F

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9  No Practice See you at the MEET!	10  SUMMER SANDERS MEET JUNE 9-11, 2023 CALIFORNIA CAPITAL AQUATICS (CCA) LCM, SR-T/F ROSEVILLE AQUATICS COMPLEX No Practice
11 	12 No Practice	13  BOARD MEETING 5:15 PM	14	15  SCUSD LAST DAY	16  No Practice PM See you at the MEET! Yes, AM practice	17 No Practice See you at the MEET! MEL ENZE JUNE 16-18, 2023 CALIFORNIA GOLD (GOLD-LODI) LCM, AGO TOKAY HIGH SCHOOL
18 	19 SAC gold Dive into Summer BBQ 5:00PM Team Photo No AM Practices 	20  Summer Practice Schedule Begins!	21	22	23	24
25	26	27	28	29 12 & Under Movie Night at the Pool 	30	1
2	3	4  Happy 4th No Practice	5	6	7  No Practice See you at the MEET!	8 No Practice See you at the MEET! LAST CHANCE QUALIFIER JULY 7-9, 2023 WOODLAND SWIM TEAM (WOOD) LCM, BB +/- CHARLES BROOKS COMMUNITY SWIM CENTER

Here is the TENTATIVE JULY schedule. We reserve the right to update it as needed.



July







2023

Summer Practice Schedule

The Bronze Group: M-Sa 10:30-11:30AM

The Silver Group: M-Sa 9:00-10:30AM
(Silver dryland 8:45-9:00 M/W/F)

The Gold Group: M-Sa 7:00-9:00AM
EVENING PRACTICE (if you can't do AM): 7:00 - 8:30 M-F

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4  No Practice	5	6	7  No Practice See you at the MEET!	8 No Practice See you at the MEET! LAST CHANCE QUALIFIER JULY 7-9, 2023 WOODLAND SWIM TEAM (WOOD) LCM, BB +/- CHARLES BROOKS COMMUNITY SWIM CENTER
9  	10 No Practice	11  USAT OFFICIAL SNS Officials Clinic Tuesday, July 11, 2023; 6:00 PM - 9:00 PM	12	13	14	15
16	17	18  BOARD MEETING TIME TBD SAC	19	20 Practice TBD  	21 No Practice See you at the MEET!	22 No Practice See you at the MEET! Bill Rose Classic: SNS Long Course Championships Elk Grove Aquatics Club (EGAC) July 20-23, 2023 LCM Venue: Elk Grove Aquatics Center
23  	24 No Practice	25	26	27	28	29  Team Meet! Prospector's Plunge July 29-30, 2023 AquaSol (AQUA) AGO Cameron Park CSD Community Pool Short Course Yardage Good First Time Meet! 
30  	31	1 August	2	3	4	5
6	7 13+ Sleep Over At The Pool!	8	9	10	11	12 Happy 



Here is the TENTATIVE August schedule. We reserve the right to update it as needed.



August

2023

Summer Practice Schedule until ~Aug 19th
The Bronze Group: M-Sa 10:30-11:30AM
The Silver Group: M-Sa 9:00-10:30AM
 (Silver dryland 8:45-9:00 M/W/F)
The Gold Group: M-Sa 7:00-9:00AM
EVENING PRACTICE (if you can't make AM): 7:00-8:30 M-F
 This is a combined practice for all groups.
Return to Evening Practices ~Sept 5th
The Bronze Group: M-F 4-5PM
 Sat 10:30-11:30AM
The Silver Group: M/W/F 4:45-5:00 dryland
 M-F 5-6:30 pool time
 Sat 9:00-10:30AM
The Gold Group: M-F 6:30-8:30
 Sat 7:00-9:00AM
 Morning swim for Gold Group & approved swimmers 5:45-7:00 on M/T/Th/F

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 August	2	3	4	5
6	7 13+ Sleep Over At The Pool!	8	9	10	11	12 Happy Birthday Coach Terry
13	14	15 BOARD MEETING TIME TBD SAC	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 SCUSD First day of School	1 September	2
3	4	5 Return to Evening Practices	6	7	8	9



I want to wish our Seniors the best of Luck in their Future Endeavors

I HAVE THE BEST JOB IN THE WORLD BECAUSE OF THE SWIMMERS I HAVE THE PRIVILEGE OF COACHING.

WE'LL MISS YOU ALL ON DECK.



Nick Neto

Want to take a moment to recognize another longtime SAC swimmer. Nick has been with the team almost from the start. He joined SAC October of 2020. Nick has been a constant hard worker, with a "no quit" attitude. Despite a tough Senior year with injuries, Nick always put in the work. Terry reports "even though there were days I could see he was hurting, and I told him he could sit out, he would stay in the pool and practice. It's that type of drive that will serve Nick well in life." Nick has always been an amazing teammate who supports all those around him young and old. We'll miss hanging with him at meets and trying to keep up with his handshakes.

You don't have to spend more than a few minutes with Nick to know he's got a heart of gold.

Nick is graduating from Kennedy High School, he's been on the honor roll every semester since 7th grade, and will be heading to Sac City College. He plans to complete some GE before transferring and hopes to complete his major in History. I'm excited for Nick as he also plans on earning his teaching credential. I can't imagine having a more awesome History teacher.

Nick would like to keep swimming and maybe even use his SAC experience to help out coaching at some point in the future.

Nick we are sending you lots of love and wish you nothing but greatness in your future endeavors. Just keep being you, spreading goodness into the world, and it will come back around!



Nick, a true Champion and MVP in our minds.



Graduating in style!



Nick swimming his last SAC race with the entire team cheering him on at the end of the lane!



Nick and mom Amy Cleveland at Nick's last SAC meet. We've loved having you with us!



Ava Crevin

Congratulations to Ms. Ava Crevin on your graduation from Laguna Creek High School! Through high school Ave participated in All League Water Polo and Swim, including participating this last weekend in the CIF section championships. Ava was the co-captain of the Girl's Water Polo and the Swim Teams, she maintained a 4.0+ GPA all 4 years of high school, and is graduating with IB Certificate. Ava is truly a scholar athlete and is the recipient of an Elk Grove Regional Scholarship. In her spare time Ava volunteered and served as a camp director for Camp Nefesh, a camp for refugee children. Ava you're the definition of well-rounded and accomplished! We can't wait to see you change the world for the better!

Ava has been swimming with Terry and on the SAC team for 2 years and is an outstanding swimmer and teammate. She's been an amazing help to the team and has even assisted us in training/certifying our assistant coaches. Our club will surely miss her and the smile she always brings with her on deck and to practice.

Ava had a tough decision to make because she was accepted by more than one college but after visiting both schools, has decided to continue her education at San Diego State University and its Weber Honors College. We are very excited for her and the journey ahead. We are also excited that she plans to extend her stay with SAC so she can swim some LC meets this Summer.

Ava plans to use her SAC aquatics experience as she travels to San Diego. She hopes to play club water polo, lifeguard, and teach swim lessons between classes and her studies.

Ava, although we know you'll have plenty to do... please don't forget to swing by and let us know how it's going on your breaks. We'll miss you!



SAC relay team
Mackenzie Grebner,
Kassi Parsons, Ava
Crevin, and Kaili
Jiang at the 2021
Cranberry Classic



Laguna Creek Girls
Metro League
Champs Junior
Year!



Matt Castro Memorial
Meet



Laguna Creek's 13th
place 200 Medley Relay
Team at 2022 sections



Just crushed my first 100 IM



Garland Long

Gar started swimming with Terry at SAC right after his freshman water polo season at McClatchy High School. He had previously played water polo during the winter but was interested in improving his swimming before his freshman season of water polo at CKM. Per Gar's family, "Thankfully, Gar was lucky enough to start with Terry because shortly after the pandemic hit... and everything was canceled." Swimming was the first sport to resume practice and in a crummy situation Gar took this as an opportunity to take advantage of. Water polo didn't start again for nearly a year. Gar was determined to not let this time go to waste.

During his 4 years at McClatchy the Men's Water Polo and Swim Team have been Metro Champs every year! His senior year Gar was MVP of the CKM water polo team and won the first D1 section playoff game in school history! Additionally, this year in swimming he was 2023 Metro League Champion in the 100 breaststroke, 400 free relay, 200 medley relay, and runner up in the 200 free. Guess his time in the pool really paid off.

Per coach Terry, Gar is one of many SAC swimmers going to Sections this week. "He has stepped up his training, working towards his goals of a sub 1:00 in the breast and 1:50 in the 200 free." Also, per Terry, "This may be his last year in high school but fortunately for us he isn't going too far. Both the water polo and swim coach at American River College have recruited Gar so he can still train with us through this summer." Gar will be attending American River College in the fall playing water polo for coach Zac Korner and swimming for coach Eric Black in the spring. Gar has hopes of transferring after 2 years to compete at a higher level. We know with continued focus and training he can reach this goal.

The SAC family are huge fans and wish him the best of luck in these endeavors! We'll miss you on deck for sure!

Gar has been swimming with Terry since November 2019 (early his freshman year).



SAC crew after one of the first meets back post Covid



Finishing the year strong!
2nd in the 200 Free at champs 1:50.33
1st in the 100 Breast at champs 1:01.56



Gar at Metro Champs swimming for McClatchy Placing
1st in the 200 Medley Relay & 400 Free Relay



Gar and Lincoln after their first sub 5 minute 500 frees at this year's SNS Champ Meet



If you're viewing this on your phone try swiping side to side on the meet schedule to see the whole table.

SAC Gold Aquatics Club Meet Schedule					
Swim Meet	Type	Dates	Qualifying Times?	Host	Pool Location
Summer Sanders Meet	LCM	6/9-6/11	Yes/Sr+	CCA	Roseville Aquatics Complex
Mel Enze Swim Meet	LCM	6/16-6-18	No	GOLD	Tokay High School, Lodi
Last Chance JO Qualifer	LCM	7/7-7/9	No	WOOD	Charles Brooks Community Center
Bill Rose Classic	LCM	7/20-7/23	Yes	EGAT	Elk Grove Aquatics Center
Prospectors Plunge	SCY	7/29-7/30	No	AQUA	Cameron Park Community Services Pool
Coach Terry is encouraging every swimmer to attend at least 2 Meets this Spring/Summer Season (These next two Meets are good first meets to attend.)					
You do NOT have to attend both days of multiple day meets.					
You may attend meets not on the meet schedule but please let Coach Terry know in order to arrange warm up supervision by a USA certified coach.					

Prospectors Plunge is a Short Course Yardage (SCY) meet. This is a GREAT Beginners MEET! We'll let you know when it opens up! WE ENCOURAGE EVERYONE to sign up for meets as soon as they come out as they do FILL UP and sometimes close.





June Birthdays

Kingston P

turns 14 - June 1st

Carter P



turns 12 - June 21st

Michael A

turns 13 - June 24th



This month we thought we would focus on the history of SafeSport and what the organization does. When you hear about safety in sport you may think only of preventing drownings, head injuries, broken bones, etc. But as reports of sexual abuse in amateur sport made headlines in the 2010s, it had become clear that something had to be done to achieve a safer sport culture related to abuse. The U.S. Center for SafeSport is designated under federal law with the authority to respond to reports of sexual misconduct within the U.S. Olympic & Paralympic Movements by passing the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017. This legislation designates the Center to serve as the independent national safe sport organization, and they develop national policies and procedures to prevent the emotional, physical, and sexual abuse of amateur athletes.

Congrats to our High School Sections Prelims Swimmers!

Ava Crevin:

200 Medley Relay

Akith Madurapperuma:

200 Medley Relay // 200 Free Relay

James Pitcock:

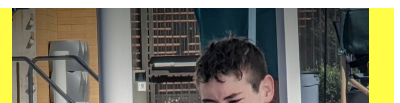
200 Medley Relay // 200 Free Relay // 50 Free 22.69 // 100 Free 50.36

Tyson Jiang:

200 Medley Relay // 200 Free Relay // 50 Free 23.89 // 100 Free 53.21



SECTIONS FINALIST: MARCUS VATES



MARCUS TATES

- Swam prelims 200 Medley Relay & 200 Free Relays
- Finalized in :
 - 400yd Free Relay with a 14th place finish !
 - 100yd Fly with a massive sub minute 58.29 another 14th



Sections Finalist

out to break a record...

Lincoln Sabini

- Prelim participation in 200 IM
- Finalist in:
 - 200yd Medley Relay with an 11th place finish!
 - 500yd Free with a 15th place finish!
 - with a time of 4:53.49. Yes, meet your male 17-18 age group SAC Record HOLDER!
 - 400yd Free Relay with a 9th place finish!



SECTIONS FINALIST

The Stealth

ETHAN AVALOS

- Finalized in 100 Breast with a 1:04.15!
An 11th place finish. Congrats!
- Finished 27th in the prelims for
 - 200 Free Relay



SECTIONS FINALIST

GOING OUT ON TOP

GAR LONG

- Prelims 200 Free swam a 1:47.68! A new male 17-18 age group SAC Record!
- Prelims 100 Breast swam a 1:00.36! YEP, meet your new male 17-18 age group SAC Record Holder!!
- Sections Finalist in:
 - 200 Medley Relay with an 11th place finish!



DART SPRING SIX SPRINT MEET





Fast swimming combined with a unique meet format led to 30 new personal bests, 4 final high point awards, and even some new team records for the SAC swimmers! (Parker on far L is photoshopped in as she left before the awards were issued - LOL. Thanks Izzy for the photo idea!)



Way to Go Girls!

Congratulations to Lauren Lonsdale, who took first, and to Parker Broyles, who took 5th, in the high point awards for the female 11-12 age

group. Also, congratulations to Nyla Bonner and Raleigh White who won the first and second place high

point awards respectively in the female 13-18 age group. That's some

Some new SCY time team records were set at the meet as well:



Nyla Bonner (female 13-14 age group): 50 Fly = 28.46 seconds // 50 Back = 32.01 // 100 IM = 1:09.17 seconds // 25 Free = 12.97 seconds

Barrett Broyles (male 13-14 age group): 100 IM = 1:16.80 seconds // 25 free = 14.02 seconds

Lauren Lonsdale (female 11-12 age group): 50 Free = 25.73 seconds // 50 Fly = 28.46 seconds // 50 Back 29.38 seconds // 100 IM 1:02.53 seconds // 50 Breast 32.70 seconds // 25 free = 12.58 seconds

Other notable highlights! Nevin Thai attended his first meet ever! Donovan Pha, Jason Taylor, and Payton Pearson all had 6 plus second drops in personal best times in one or more events.



Congrats on
your **FIRST**
MEET EVER !!!!

Nevin T.



First meet of
the **SEASON!**

Great job
Jason!

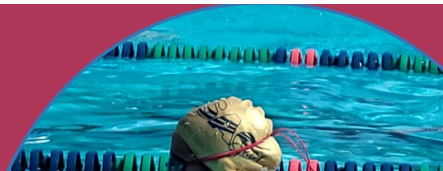


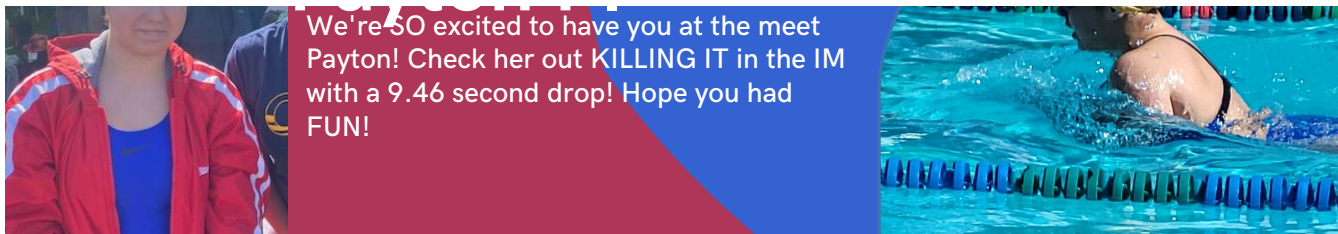
DONOVAN
P.

Congrats on earning **ALL** personal bests for the **WEEKEND!**
With a massive 9.45 second drop in you 50 yard Breast!!
That's **AMAZING!**



Payton P.





We're SO excited to have you at the meet Payton! Check her out KILLING IT in the IM with a 9.46 second drop! Hope you had FUN!

A slew of swimmers attended their first meet of the season: Savannah H., Mikayla M., Payton P., Donovan P., Jason T., Nevin T., and Raleigh W. We hope you are enjoying your newly earned navy team caps !

Congrats to all of our **Woodland Spring Classic Participants** - We had 2 New Long course participants - Congrats Thea and Drew B! We had 4 new A-times, 2 each from Lana and Jasmine. Three new Long course qualifiers: Congrats Thea, Drew and Smit!!! 7 Swimmers Qualified for LCM champs events: Congrats Thea, Lana, Drew, Parker, Jason, James and Smit. Our swimmers swam a total of 49 new personal best times and now have 13 new qualifying champs races!





New Long Course Records were set this weekend by Lauren L.(100Fr, 50Bk, 100Bk, 50Br, 50Fly, 100Fly), Jason L.(200Fr, 100Br), Parker B.(400Fr, 200Fly), Ava C. (50Fr, 100Bk, 200IM), and James P. (100Fly, 200IM)!





Great job to the TYR Memorial Day Classic Participants: We had 23 dropped times, 3 new qualifying times for LCM champs (Good job Parker B qualifying in the 400 IM, Kaleigh K for qualifying in the 50 free, and Smit R qualifying in the 100 Br!), and 3 people set new team records! Congrats Jason L. for setting our 200 Br 13-14 Boys LCM record at a 3:05.46. Congrats Akith for re-breaking the 100 Back 13-14 record with a 1:18.86. Also, Congrats to Lauren L for re-breaking her records in the 200 IM (2:35.11), 50 Fly (32.02), 50 Br (36.05), 50 Bk (33.20), and 400 Free with a screaming 4:47.90!



Although still under construction with more improvements to come check out the updates to our web page as another source for calendars, newsletters, and more.

www.sacramentoaquatics.com



Here ARE the TEAM RECORDS! - to be posted soon on deck.

Sacramento Aquatics Club



Girls Team Records - LCM



8 and Under					9-10s					11-12s				
Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet
50 Freestyle	51.87	Frickey, Elliot	07/02/2022	Time Trial Swim Meet	50 Freestyle	29.55	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	50 Freestyle	29.18	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
100 Freestyle	1:57.24	Frickey, Elliot	6/24/2022	Woodland JOS or Bust	100 Freestyle	1:04.20	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Freestyle	1:02.37	Lonsdale, Lauren	5/20/2023	Woodland Spring Classic
200 Freestyle					200 Freestyle	2:20.55	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	200 Freestyle	2:16.70	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
50 Backstroke	1:04.57	Fickey Elliot	6/24/2022	Woodland JOS or Bust	400 Freestyle	4:56.48	Lonsdale, Lauren	6/24/2022	Woodland JOS or Bust	400 Freestyle	4:47.90	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
100 Backstroke					50 Backstroke	35.96	Lonsdale, Lauren	5/20/2022	Woodland Spring Classic	800 Freestyle	11:52.61	Appleby, Lana	5/7/2023	Woodland Distance Time Trials
50 Breaststroke					100 Backstroke	1:15.03	Lonsdale, Lauren	7/28/2022	Far Westerns	1500 Freestyle				
100 Breaststroke					200 Backstroke	2:51.19	Lonsdale, Lauren	7/2/2022	Time Trial Meet	50 Backstroke	33.20	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
50 Butterfly					50 Breaststroke	37.10	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Backstroke	1:12.76	Lonsdale, Lauren	5/20/2023	Woodland Spring Classic
100 Butterfly					100 Breaststroke	1:22.96	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	200 Backstroke	2:33.49	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
200 IM					200 Breaststroke	3:00.64	Lonsdale, Lauren	7/2/2022	Time Trial Meet	50 Breaststroke	36.05	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
400 IM					50 Butterfly	33.05	Lonsdale, Lauren	6/24/2022	Woodland JOS or Bust	100 Breaststroke	1:20.13	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
					100 Butterfly	1:19.48	Lonsdale, Lauren	6/24/2022	Woodland JOS or Bust	200 Breaststroke	2:50.59	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
					200 Butterfly					50 Butterfly	32.02	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
					200 IM	2:37.01	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Butterfly	1:12.54	Lonsdale, Lauren	5/20/2023	Woodland Spring Classic
					400 IM					200 Butterfly	3:02.57	Broyles, Parker	5/20/2023	Woodland Spring Classic
										200 IM	2:35.11	Lonsdale, Lauren	5/27/2023	TYR Memorial Day Classic
										400 IM	5:25.57	Lonsdale, Lauren	4/15/2023	SMST Spring Splash
13-14s					15-16s					17-18s				
Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet	Event	Time	Swimmer	Date	Meet
50 Freestyle	29.18	Foth, Illiana	6/24/2022	Woodland JOS or Bust	50 Freestyle	30.92	Jiang, Kaili	6/17/2022	Mel Enze	50 Freestyle	33.36	Crevin, Ava	5/20/2023	Woodland Spring Classic
100 Freestyle	1:04.14	Foth, Illiana	8/3/2022	Western Zone Age Group	100 Freestyle	1:09.03	Crevin, Ava	6/17/2022	Mel Enze	100 Freestyle				
200 Freestyle	2:31.82	Foth, Illiana	5/20/2022	Woodland Spring Classic	200 Freestyle	2:30.40	Crevin, Ava	6/24/2022	Woodland JOS or Bust	200 Freestyle				
400 Freestyle	5:20.06	Foth, Illiana	5/20/2022	Woodland Spring Classic	400 Freestyle	5:11.35	Crevin, Ava	7/2/2022	Time Trial Meet	400 Freestyle				
800 Freestyle					800 Freestyle					800 Freestyle				
1500 Freestyle					1500 Freestyle					1500 Freestyle				
50 Backstroke	40.86	White, Raleigh	7/21/2022	Bill Rose Classic	50 Backstroke	35.94	Crevin, Ava	7/21/2022	Bill Rose Classic	50 Backstroke				
100 Backstroke	1:18.08	Foth, Illiana	6/24/2022	Woodland JOS or Bust	100 Backstroke	1:18.60	Crevin, Ava	7/21/2022	Bill Rose Classic	100 Backstroke	1:21.93	Crevin, Ava	5/20/2023	Woodland Spring Classic
200 Backstroke	3:06.24	Combrink, Cara	7/2/2022	Time Trial Meet	200 Backstroke	2:47.24	Crevin, Ava	7/21/2022	Bill Rose Classic	200 Backstroke				
50 Breaststroke					50 Breaststroke					50 Breaststroke				
100 Breaststroke	1:20.61	Foth, Illiana	6/10/2022	Summer Sanders	100 Breaststroke	1:24.88	Jiang, Kaili	6/10/2022	Bill Rose Classic	100 Breaststroke				
200 Breaststroke	2:46.62	Foth, Illiana	8/3/2022	Western Zone Age Group	200 Breaststroke	3:18.37	Figuerres, Katherine	6/17/2022	Mel Enze	200 Breaststroke				
50 Butterfly					50 Butterfly					50 Butterfly				
100 Butterfly	1:10.59	Foth, Illiana	6/24/2022	Woodland JOS or Bust	100 Butterfly					100 Butterfly	1:27.60	Grebner, Mackenzie	6/24/2022	Woodland JOS or Bust
200 Butterfly					200 Butterfly					200 Butterfly				
200 IM	2:32.98	Foth, Illiana	7/21/2022	Bill Rose Classic	200 IM	2:48.27	Jiang, Kaili	7/21/2022	Bill Rose Classic	200 IM	2:54.72	Crevin, Ava	5/20/2023	Woodland Spring Classic
400 IM	5:41.09	Foth, Illiana	7/21/2022	Bill Rose Classic	400 IM					400 IM				

New Family Info... Welcome!

New to the team? Here's some helpful information:

Helpful Web Sites:

- How to sign up for a meet:

<https://ome.swimconnection.com/>

- Want to know more about the Sierra Nevada Swim League (SNS): (What meets our league is offering, links to time standards, Stroke and Turn information, League events and more can be found here)

<https://www.teamunify.com/team/snslsc/page/home>

- Time standards for short course and long course:

https://www.teamunify.com/snslsc/UserFiles/Image/QuickUpload/2021-2023-jo-time-standards_000043.pdf

- USA Swimming Membership

<https://www.Usaswimming.org>

Board Members:

Terry Peyton: Coach

Bill Lonsdale: President
sacramentoaquatics@gmail.com

LeighAnn Kato: Vice President & Meet
camp/Volunteer Coordinator

Mina White: Treasurer & Safe Sport
Coordinator

Amy Broyles: Secretary

Tascha Weatherall: Activities Chair &
Fundraising Coordinator

Karen Lonsdale: New Swimmer/ Parent
Liaison

Remind App: Please join the group to get the most up to date announcements on practice changes, cancellations, meet arrival times, etc.

To join the REMIND app please follow the steps below.

1. Download the REMIND app to your phone.
2. Once the app is downloaded
3. Send a text to 81010
4. Text this message: @sacsail

What to bring to meets:

- A good attitude, smile, and drive to swim your best!
- Team cap, some goggles, and a fast swimsuit.
- TOWELS are especially important in winter: ~1 towel per race +1 is recommended (it gets cold when you're not dry & you'll have warmups to dry off from).

- Warm clothes, and easy slip-on shoes that can get wet (keeping feet warm and safe is important for as long as you can behind those blocks.)
- Snacks and water to stay fueled.
- Dependent on the pool, different set ups are used. The team usually brings a team tent for larger meets but we encourage you to bring your own shade and seating. Consider a pop up if you have one. We try to get space to sit together as a group as best we can. Come early and/or communicate with LeighAnn your plans, this helps us know how much space to try to save. We can't make promises as things fill quickly but we'll do our best when we can. If there are other plans for specific meets we'll communicate that out.
- Chair or place for you and your kiddo to sit between races is encouraged, some pools have stadium stands as well. Google maps is a great way to check out the pool set ups if you haven't been before.
- A few crafts/toys/ or games for the younger kiddos to do while waiting between races can be helpful. But make sure you're paying attention to what event and heat they are on, so you don't miss a race.
- A phone with the Meet Mobile app downloaded and ready to go is helpful to know your races and lanes. Ask a practiced swim parent if you have questions about this app.
- If interested, a little cash to purchase meet swag/apparel or to snag a little something from the snack bar which some pools have.