



MAY / 2023

Newsletter

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

Up Coming Schedule Changes Beginning May 1st!

High school swim is over! Practices will be moved a little earlier until summer schedule begins mid June

NEW SCHEDULE

BEGINNING MAY FIRST!!!

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

Summer Schedule

Summer Swim Begins June 20th

*Also note we will have a 2 week break in August about the 21st through the 1st 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:
 - 7:00-8:30AM M-Sa
- PM Practice: IF YOU CAN'T make AM practices 7:00-8:30 PM (combined groups, We encourage all who can to attend the AM practices if you can.)

Here's the May Schedule: We'll notify you via Remind of any changes. Please note the Elk Grove Spring into Long Course Meet on May 13-15 has been CANCELLED and surrounding practices have been changed. We're bummed out too. See you at the pool!

Also NOTE the DART MEET LOCATION WAS MOVED from Arroyo to the **DAVIS Community Pool** : LOCATION: Community Pool, Davis CA 95616. Located in Community Park off of 14th Street, next to Davis High School and Veteran's Memorial Building.



May
2023

NEW Practice Schedule Starting May 1st

The Bronze Group: M-F 4-5PM
Sat 10:30-11:30AM
The Silver Group: M,W,F Dryland 4:45-5PM
M-F 5-6:30PM
Sat 9:00-10:30AM
The Gold Group: M-F 6:30-8:30PM
Sat 7:00-9:00AM

Morning swim for Gold Group 5:45-7:00 on M/T/Th/F unless otherwise stated as cancelled
Long Course Practices: TBD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 May the 4th Sun High School Sectionals Yes, PM Practice (regular practices) No AM Practice	5	6 DART 2023 DART (Long Course) MEET DART (MAY 6-7) COMMUNITY CENTER (VIS, CA) A good time to see you at the MEET! No Practice (see you at the MEET!)
7	8	9	10	11	12	13
14	15	16 BOARD MEETING 5:15 PM SAC GOLD	17	18 Brad New Chapter HS Swim meet 7-8:30 PM (all needs to attend) Silver Group will combine Silver Group Practice 5:00-6:00 PM day 7.	19	20 WOODLAND SPRING CLASSIC WOODLAND SPRING CLASSIC (WOOD) WOODLAND SPRING CLASSIC (WOOD) CHARLES WOODS COMMUNITY CENTER No Practice (see you at the MEET!)
21	22 No Practice	23	24	25 PANDA EXPRESS FUNDRAISER PANDA IN THE COMMUNITY	26 Yes, Practice	27 TIGER AQUATICS PACIFIC SWIMMING LONG COURSE C/8/88- MEET MAY 27-28 2023 CHRIS KJELDSEN POOL, 2401 PACIFIC AVE. STOCKTON, CA 95211 No, Practice
28	29 No, Practice MEMORIAL DAY	30	31	1 JUNE	2	3
4	5	6	7	8	9	10 SUMMER SANDERS MEET JUNE 9-11, 2023 CALIFORNIA CAPITAL AQUATICS (CCA) LCM, SR- T/F ROSEVILLE AQUATICS COMPLEX
					Yes, Practice	No, Practice

Here is a TENTATIVE JUNE schedule. We'll update it as needed.



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
EVENING PRACTICE: 7:00-8:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 SUMMER SANDERS MEET JUNE 9-11, 2023 CALIFORNIA CAPITAL AQUATICS (CCA) LCM, SR- T/F ROSEVILLE AQUATICS COMPLEX
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!
18	19 SAC gold	20	21	22	23	24

						
25	26	27	28	29	30	1
				12 & Under Movie Night at the Pool 		
2	3	4	5	6	7	8
					 No Practice See you at the MEET! 	 No Practice See you at the MEET!

Here is a 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: 7:00-8:30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 	5	6	7  No Practice See you at the MEET!	8  No Practice See you at the MEET!
9  →	10 No Practice	11  SNS Officials Clinic Tuesday, July 11, 2023; 6:00 PM - 9:00 PM	12	13	14	15
16	17	18  BOARD MEETING TIME TBD	19	20 Practice TBD 	21 No Practice See you at the MEET!	22 No Practice See you at the MEET!
23  →	24 No Practice	25	26	27	28	29  Team Meet! Prospector's Plunge July 29-30, 2023 AquaSol (AQUA) AGD 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 Birthday Coach Terry 



There's so much more we're learning than
just swimming technique...

HOW TO BE HUMBLE. HOW TO COME BACK FROM



HOW TO BE HUMBLE, HOW TO COME BACK FROM ADVERSITY, HOW TO WORK TOWARDS GOALS, & HOW TO BE BETTER TEAMMATES.

-Coach Terry

Board Member Updates:

We have some changes to the board: First, we want to thank Mr Mills for all he's done for this team. We hope this is a "so long for now" and "hope to see you back again soon" kind of a thing. We want to thank a few people for stepping in. Please welcome our new Board President Mr. Bill Lonsdale. Additionally, please welcome your new Treasurer Mrs. Mina White. We really appreciate you stepping in to make this team run. If anyone is interested in becoming part of the board please let us know. Come join a board meeting and see what it's all about. We can use some members at large.



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
DART May Age Meet	SCY	5/6-5/7	No	DART	Arroyo Pool, Davis
Spring into LC Season	LCM	5/12-5/14	No	EGAT	Elk Grove Aquatics Center
Woodland Spring Classic	LCM	5/19-5/21	No	WOOD	Charles Brooks Community Center
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.



This month's SafeSport message focuses on ways to create a positive sport environment. You help set the tone and culture of safety in your child's sport activities. Your words, behaviors, and expectations establish an environment that can either promote or discourage misconduct. One way you can do this is by modeling appropriate and respectful behavior with athletes, parents, guardians, officials, and coaches. Do not use slurs or other demeaning language when talking to or about others. Tip: Do not refer to athletes without disabilities as "normal." This implies that athletes with disabilities are not normal.



FUNDRAISER FOR
Sacramento Aquatics Club

VIRTUAL COMMUNITY FUNDRAISERS



When

Thursday, May 25, 2023

Place your order for pickup
or delivery on Thursday,
May 25 !



Where

**Available at Panda
Express locations
nationwide**

www.pandaexpress.com



How

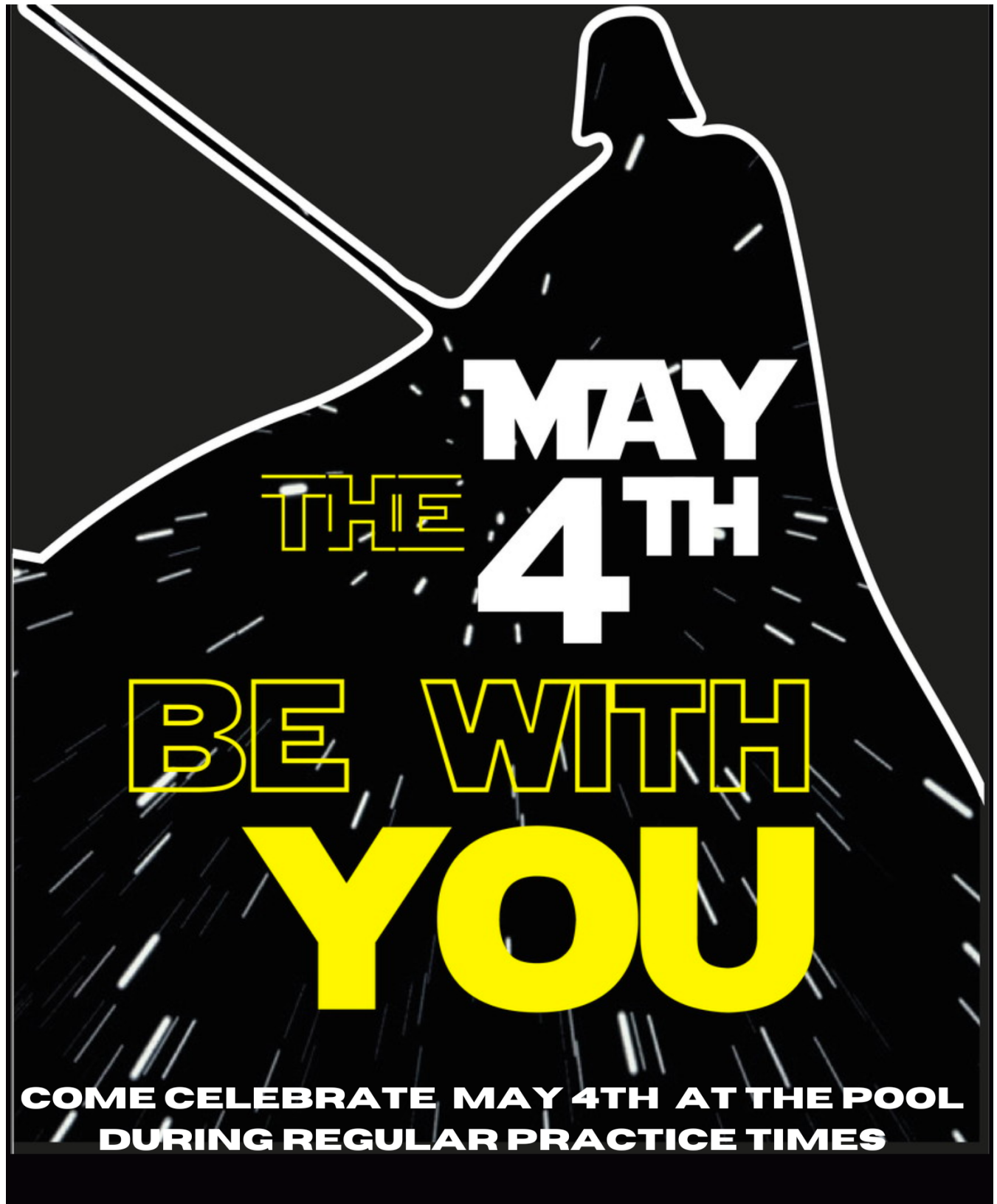
Online orders only

Apply code **915227** 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.

FUN PRACTICE For Silver and Bronze THIS MONTH! Come DRESSED UP IN ANY STAR WARS THEME...
Best Dressed to win a prize!



PRIZES FOR BEST COSTUME AND FUN GAMES FOR ALL GROUPS

How are we doing?

Please take a little time to take this survey to let us know how we're doing and what you'd like done better.

<https://docs.google.com/forms/d/e/1FAIpQLSeZkGBc0bpjildidwGzG--71QhZ7hjAhRvgbgu2a-mZux-cCw/viewform>

<https://docs.google.com/forms/d/e/1FAIpQLSeZkGBc0bpjildidwGzG--71QhZ7hjAhRvgbgu2a-mZux-cCw/viewform>

Meet Spotlights: (AGE GROUP) IMX and Spring Splash!



Drew Baker

What an amazing IMX meet Mr Baker!
Drew is 9 years old and earned 4 personal bests in 50 fly, 50 back, 100 IM, and 50 free. He dropped a huge 20.63 seconds in his 100 IM, 5.73 seconds in his 50 fly, and 1.53 seconds off his 50 free.
Keep up the hard work Drew!

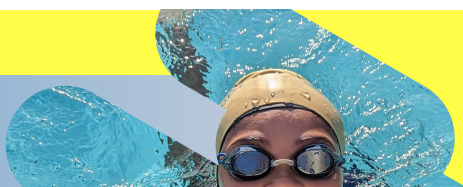
Thea Baker

Shout out to Thea for an AMAZING meet at the IMX. Thea participated in 3 new events the 200 Fr, 500 Fr, and 100 fly! She earned PBs in 6 events and dropped 12.84 seconds from her 100 BK!



ISABEL WEATHERALL

A HUGE CONGRATS TO IZZY FOR HER AMAZING



PERFORMANCE IN THE 500 FREE AT IMX WITH A 9.66 SECOND DROP! SHE ALSO HAD A SECOND GREAT MEET AT THE SPRING SPLASH, QUALIFYING FOR LONG COURSE CHAMPS IN THE 50 BK AFTER A 2.36 SECOND TIME DROP! GREAT JOB!



Jason Liang

CONGRATS TO JASON FOR SWIMMING BOTH THE 200 FL AND 400 IM FOR THE FIRST TIME, EARNING 6 PERSONAL BEST TIMES, AND DROPPING A HUGE 35.91 SECOND DROP IN THE 200 BR AT IMX IN CAMPERON PARK!

Congrats

Parker Broyles

For earning your A-pin in the 50 fly LCM, qualifying for 5 events at Long Course Champs, and for coming in 2nd place in the 100 fly at the Spring Splash!



Our Crew at IMX Cameron Park having some fun! - Thanks Coach Jose and Nyla for coaching this weekend!





First LONG Course Meter Meet of the Season! - Thanks coach Terry for inspiring some great swims for a first long course meet!



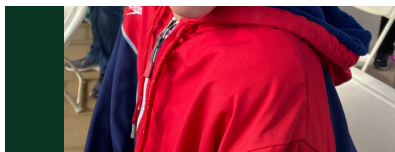
Great Job Smit! Youngest swimmer in the long course pool!

Far Westerns



Lauren Lonsdale

Congrats on your AMAZING PAC Far Westerns performance in Morgan Hill!!! First Place in the 200 & 100yd Breaststroke and Second Place in the 500 yard Free and 200 yard IM! Did you know Lauren



is ranked 2nd in the **USA** in short course IMX and 3rd in the **USA** for long course IMX 11-12 year olds according to swim connection? That's BANANAS!
-Sky's the limit kiddo . Keep it up!

Lodi Gold Hot Dog Meet



SAC swimmers earned some A-times at the Lodi Hot dog meet:

Congrats to Lana Appleby for her A-time in the 100 Free!
Congrats to Aarav for his A-time in the 50 Free!



Nick Neto

We want to Thank Nick for coming out to the Hot Dog Meet for his last meet with SAC! Nick is one of our graduating Seniors and is well-known for being a very supportive teammate and is always seen lifting up his team. He will be missed tremendously. We wish him the very best moving forward!



Alina Garcia

A huge shout out to Alina for participating in her first meet with SAC! Alina CRUSHED her times and earned herself 2 "first in heat" Hot Dogs... not to mention her second SAC cap!!!



Some HOT DOG MEET FUN! LOVE THIS CREW!







High School Championships!!!



METRO League Champs

Great swims at Metro League Champs

(Champions for this League are so close it's STILL up in the Air)

Ava Crevin: took first place in the 200 free and second in the 100yard back.

Gar Long: took 1st place in the 100 Breast and 2nd place in the 200 Free with a 1:54.19

Tyson Jiang: took 2nd place in the 200 IM&5th in the 100 breast

Akith M: took 11th in the 50 free and 6th place in the 100 back

Nick Neto: took 11th in the 200 free and 3rd in the 500 free

Lincon Sabaini took 1st in the 200 IM and 1st in the 500 free.



SIERRA VALLEY CONFERENCE CHAMPIONSHIPS

Congrats boys on coming home with the League Championship!!! SAC aquatics swimming strong!

- Ethan Avalos – 1st place 200 free and 3rd place 100 breast
- James Pitcock – 3rd place 50 free and 1st place 100 free
- Glen Ruddick – 3rd place 100 fly and 4th place 500 free



Golden Empire League
West Campus earned division champs
for both the boys and girls!

Congrats Marcus Yates for coming in
2nd in both the 100 fly with 1 minute
flat and and 50 free with a 23.38!
We'll see you at Sections



10

May Birthdays

Aarav Coco Narayan turns **8**

May 13th

Raleigh White turns **14**

May 15th

Gar Long turns **18**

May 21st

Nyla Bonner turns **14**

May 25th

Donovan Pha turns **13**

May 30th





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.



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):

<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

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

<u>Tascha Weatherall:</u> Activities Chair & Fundraising Coordinator	
<u>Karen Lonsdale:</u> New Swimmer/ Parent	

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 down loaded 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.