



JULY / 2023

Newsletter

WELCOME SUMMER! IT'S WARMING UP NOW!



*The American Swimming Coaches
Association Top 100 Age Group Teams
Announced!!!*

**SACRAMENTO AQUATICS CLUB, SN
RANKED
14TH**



American
Swimming
Coaches
Association

AMERICAN SWIMMING COACHES ASSOCIATION



2022 TOP 100 USA

2023 TOP 100 USA AGE GROUP TEAM

Sacramento Aquatics Club

Is Among The Top 100 Age Group Teams as Determined by
Top 20 Individual USA National Rankings for 9-10's and 11-12's

2023 Rank
14th



Jennifer LaMont
Jennifer LaMont
ASCA CEO

FITTER AND FASTER SWIM CAMPS AND
THE AMERICAN SWIMMING COACHES ASSOCIATION

PRESENT THE

TOP 50 AGE GROUP COACH OF 2023

Terry Peyton

Sacramento Aquatics Club



Congratulations on earning your place as one of the Top 50 Age Group
Coaches of 12 and Under swimmers in the United States in 2023 as compiled
by the American Swimming Coaches Association.



David Arluck
David Arluck
Founder/CEO Fitter and Faster

Jennifer LaMont
Jennifer LaMont
ASCA CEO



Summer Schedule

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

Keeping you up to date:

- 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)
- LONG COURSE PRACTICES only if interested and approved by coach: 8-10 AM for 13up and 8-9:30 for 12&U Mon/Wed/Thurs Lodi - Tokay High School.
- ADULT SWIM FOR THOSE SIGNED UP: M/W/F 6-7AM

Here is the JULY schedule. We encourage you to return to the calendar and newsletter intermittently for updates 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
ADULT PRACTICE FOR THOSE SIGNED UP: M/W/F 6-7AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4 AM Fun Practice only No PM practice	5	6	7 AM Practice Only NO PM practice See you at the MEET! LAST CHANCE QUALIFIER JULY 7-9, 2023 WOODLAND SWIM TEAM (WOOD) LCM, 88-1/ CHARLES BROOKS COMMUNITY SWIM CENTER	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 SAC	13	14 Relay only swimmers must be registered by 11:59pm	15 ONLINE ENTRIES MUST BE RECEIVED BEFORE 11:59AM ON SATURDAY, JULY 15TH, 2023. Sectionals (7/13-7/16)
16 RELAY ENTRIES MUST BE RECEIVED BEFORE 23:59PM ON SUNDAY, JULY 16TH, 2023.	17	18 Bill Rose Classic: SNS Long Course Championships Elk Grove Aquatics Club (EGAC) July 20-23, 2023 Venue: Elk Grove Aquatics Center	19	20 No Practice ←	21 No Practice See you at the MEET!	22 No Practice See you at the MEET!
23 →	24 No Practice	25	26	27 Futures (7/26-7/29)	28	29 Team Meet! Prospector's Plunge July 29-30, 2023 AquaSol (AQUA) ASO Cameron Park CSD Community Pool Short Course Yardage Good First Time Meet!
30 →	31 No Practice	1 August	2 WZAG's (8/1-8/5)	3	4	5
6	7 No 12 and Under Practice 13+ Sleep Over At The Pool! First practice starts at 7PM on the 7th Pick up on the 8th at 8:30 AM	8	9	10	11	12 Happy Birthday Coach Terry

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.
 ADULT PRACTICE FOR THOSE SIGNED UP: M/W/F 6-7 AM
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 6:50-8:30
 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 NO PM Practice for 12 and Unders 13+ Sleep Over At The Pool! First practice starts at 7PM on the 7th Pick up on the 8th at 8:30 AM	8	9	10	11	12 Happy Birthday Coach Terry
13	14 BOARD MEETING TIME 6:00 SAC	15	16	17	18	19 All Summer's Awards Banquet 9 AM at the pool Bring a Breakfast Treat to Share
20	21	22	23	24	25	26
27	28	29	30	31 SCUSD First day of School	1 September	2
3	4 LABOR DAY	5 Return to Evening Practices	6	7	8	9



PARTICIPATING QUALIFIERS PARTY AT MENCHIE'S

Come enjoy some free frozen yogurt
and pick up your
championship cap for the meet this
weekend!!!



TUESDAY 5:30
DELTA SHORES

MEDIA RELEASE

WE RECENTLY SENT OUT AN OPT-OUT
MEDIA RELEASE FORM VIA E-MAIL IF

YOU ARE A CURRENT MEMBER. OUR
NEW MEMBERS ARE FILLING OUT A
MEDIA RELEASE FORM TO ALLOW US
TO USE YOUR KIDDO'S PHOTOS FOR
OUR NEWSLETTER AND SOCIAL MEDIA

PAGES. PLEASE LOOK FOR THESE IF
YOU WANT TO OPT-OUT



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

Swim Meet	Type	Dates	Qualifying Times?	Host	Pool Location
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 Summer Season					
You do NOT have to attend both days of multiple day meets.					
You may attend meets not on the meet schedule (other meets can be found on OME including meets outside of the SNS league) 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.



USA Swimming recently held their annual leadership conference. Video recordings are available to view for some of the conference, including this interesting presentation on “The Importance of Quality Peer Relationships, Athlete Autonomy, and Inclusion for Athlete Well-Being and Success” by Dr. Jess Kirby.

Click here to go to the recording (https://www.youtube.com/watch?v=JWKGCxB_n7M) and the slides (https://www.usaswimming.org/docs/default-source/safe-sportdocuments/safe-sport-leadership-conference/2023/dr_kirby_slides.pdf?utm_campaign=MarketingCloud&utm_medium=email&utm_source=June+Safe+Sport&utm_content=SLIDES).

TEAM SURVEY UPDATE

WE WANTED TO SAY A BIG THANKS TO ALL WHO PARTICIPATED IN THE TEAM SURVEY.

The topics discussed included:

Monthly fee satisfaction - of our responses 46.7% were very satisfied, 46.7% were satisfied, 6.6% were somewhat satisfied, and we had no unsatisfied responses.

Communication satisfaction - 46.7% of responses were very satisfied, 53.3% were satisfied and none were somewhat satisfied or unsatisfied.

Coaching - 93.8% were very satisfied, and the rest were satisfied.

Practice times - 26.7% of folks are very satisfied, 53.3% are satisfied, and 20% are dissatisfied with practice times.

When looking at practice time comments, we had people discuss concerns of practice being too early and too late on both ends of the practice times. We also heard your concerns of the high school swimming taking up some of the earlier prime practice time. We will take this into consideration moving forward. Thanks for the input. Please feel free to communicate concerns to your board members and coach. We'll do what we can to make this team better for all. We appreciate your input!





Gola

12,000 COACH IN A CHALLENGES AND DROP YARDAGE!

13 and up camp out at the pool

AUGUST 7TH-8TH

- NO 12 & UNDER PM PRACTICE AUG 7TH
- 13 AND UP FIRST PRACTICE 7:00PM
- PICK UP IN AM AFTER FINAL AM PRACTICE 8:30AM
- DINNER AND BREAKFAST PROVIDE

Canva

Mel Enze LCM Meet:

Congrats to all the below swimmers on your new Champs Times Qualifications earned at Mel Enze!

Izzy - 100 back

Aarav - 50 free, 100 free, 50 Breast, 50 back

Lana - 400 free
Jasmine - 400 free
Kaleigh - 100 free, 400 free

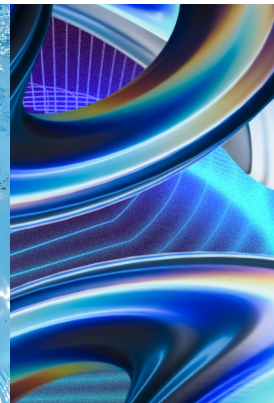
Thea - 50 breast, 100 breast
Ethan - 50 free

New Record Setters:

Aarav

Congrats for participating in the Mel Enze meet and, for earning 4 personal bests in LCM 50 free, 100 Free, 50 Bk and 50 Br. We'll see you at long course champs in all four of these events. You earned 4 A-times and set 4 team records!

Keep up all your hard work!



LAUREN L

WAY TO GO ON BREAKING 4 OF YOUR RECORDS AT MEL ENZE

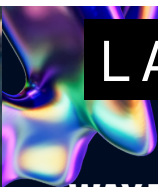
200M FREE - 2:15.89

400M FREE - 4:40.90

50 FLY - 31.74

100 FLY - 1:11.43

YOUR DEDICATION AND PRACTICE WORK CONTINUES TO PAY OFF!



Jason L

Congrats on your new 13-14 men's
LCM TEAM RECORDS:

200 free 2:28.35

400 free 5:16.88

200 breast 3:04.8

Also, appologies for missing your A-time in the 50 free



Congrats on your new LCM 15-16 men's

TEAM RECORDs

Ethan!





200 free 2:21.32
100 breast 1:21.58

Great Swim Kaleigh at the NVST's Last Chance Qualifier



Kaleigh set a new 11/12 Girls SAC GOLD Record swimming the 1500M Long Course Yardage race with a time of 22:40.51!
Congrats on your record!

MIKAYLA M

CONGRATS ON YOUR NEW 13/14 GIRLS SCY RECORDS :
100 YARD IM AT A 1:07.95
50 YARD BREAST STROKE AT 32.78
WAY TO GO! CHECK OUT YOUR NAME IN THE RECORDS LIST!

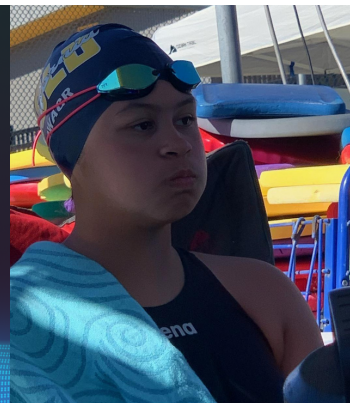


Other A-times

LANA

GREAT SWIMMING AT MEL ENZE LANA!
YOU EARNED PERSONAL BESTS AND YOUR A-TIMES IN THE
200 FREE
200 BACK
50 FLY
100 FLY

ALSO CONGRATS ON MAKING CHAMPS IN THE 400 FREE!
KEEP IT UP KIDDO.



WOW! That's a lot of July BABIES!!!

July

Birthdays!

Olivia H

turns 11 - July 16st

Isabel W

turns 12 - July 29th

Lana A

turns 12 - July 26th

Jason L

turns 14 - July 3rd

Mallory S

turns 17 - July 10th

Akith M

turns 15 - July 20



Thanks for joining us at the Summer kick off BBQ!!!
What FUN!











Thanks for coming to the 12 and under movie night!





Here are the TEAM RECORDS!

There are LOTS of NEW UPDATES to these!!!! Keep up the hard work!

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	29.13	Lonsdale, Lauren	7/9/2023	Woodland Last Chance
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	2:15.89	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
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	4:40.90	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
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 Westens	1500 Freestyle	19:08.94	Lonsdale, Lauren	7/8/2023	Woodland Last Chance
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	5:00.64	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	2:50.40	Lonsdale, Lauren	6/11/2023	Summer Sanders LCM Sr+
					200 Butterfly					50 Butterfly	31.74	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
					200 IM	2:37.01	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Butterfly	1:11.43	Lonsdale, Lauren	6/17/2023	Mel Enze LCM
					400 IM					200 Butterfly	2:45.98	Lonsdale, Lauren	7/8/2023	Woodland Last Chance
										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, Iliana	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, Iliana	8/3/2022	Western Zone Age Group	100 Freestyle	1:09.03	Crevin, Ava	6/17/2022	Mel Enze	100 Freestyle	1:09.26	Crevin, Ava	6/17/2023	Mel Enze
200 Freestyle	2:31.82	Foth, Iliana	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, Iliana	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, Iliana	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	2:58.61	Crevin, Ava	6/17/2023	Mel Enze
50 Breaststroke					50 Breaststroke					50 Breaststroke				
100 Breaststroke	1:20.61	Foth, Iliana	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, Iliana	8/3/2022	Western Zone Age Group	200 Breaststroke	3:18.37	Figuerras, Katherine	6/17/2022	Mel Enze	200 Breaststroke				
50 Butterfly					50 Butterfly					50 Butterfly				
100 Butterfly	1:10.59	Foth, Iliana	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, Iliana	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, Iliana	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

Are you ready for a meet? Talk to Coach Terry before you sign up for your first meet.

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 while you are waiting behind those blocks.)
- Healthy 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. You can always ask another experienced family or coach what the set up looks like at each pool. 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. They don't wait for swimmers to keep the meets moving on schedule.
- 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.
- Congrats! Lets have some FUN!