



AUGUST / 2023

Newsletter

IT'S A NEW SEASON! WELCOME BACK TO SCHOOL AND THE POOL.



A message from the board



A team is not just a group of people who work together but a group of people who trust each other. Being a team member means being supportive of your fellow swimmers, teammates, and friends. Please use appropriate behavior and communication with each other.

It's imperative that we lift each other up, support each other both during successes and during failures.



Summer Schedule

*Also note we will have a 2 week break in August on the 21st through the 5th 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-Sat
- 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)
- ADULT SWIM FOR THOSE SIGNED UP: M/W/F 6-7AM

Return to Evening Practices Sept 6th (currently planned schedule)

Back to School


After break schedule is planned as such.

Beginning the 6th of Sept

Return to Evening Practices Sept 6th (currently planned schedule)

- 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

Here is the August schedule. We recommend you check it frequently as we will post updates to the calendars here. We reserve the right to update it as needed.



August

2023

Summer Practice Schedule until Aug 19th
The Bronze Group: M-F 10:30-11:30AM
The Silver Group: M-F 9:00-10:30AM
[Silver dryland 8:45-9:00 M/W/F]
The Gold Group: M-F 7:00-9:00AM
EVENING PRACTICES (if you can't make AM): 7:00-8:30 M-F
This is a combined practice for all groups.
ADULT PRACTICES FOR THOSE SIGNED UP: M/W/F 6-7 AM
Return to Evening Practices - Sept 19th (currently planned schedule)
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 NO PM Practice for 12 and under. 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 BOYS MEETING TIME 6:00 SAC	15	16	17	18 Customers' Awards Cyclothon 1PM at the pool Bring a cake or treat to share. The team will supply pizza.	19 No Practice, see you at the meet! Oakdale Aquatics Back to School Swim Meet Oakdale High School Aquatics Center
20	21	22	23	24	25	26
27	28	29	30	31 SCUSD First day First day First day	1 September	2
3	4 LABOR DAY	5 AM practice Only No PM practice Parkway event in PM	6 Return to Evening Practices	7	8 New Parent meetings Planned for 4:45 and 6:30 All parents please attend	9 OPEN HOUSE WHEN NEW PLAY, LEARN MATCHES

Here is the TENTATIVE September Calendar. We reserve the right to update as needed.



September

2023

Return to Evening Practices - Sept 6th (tentative usual schedule)
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
27	28	29 September	30	31 SCUSD First day	1	2

	 No Practice	AM practice Only No PM practice Parkway event in PM			Parent meetings Planned for 4:45 and 6:30pm	OPEN WATER SWIM NIEUS FLAT, LAKE NAYOMA 
10						Fall Kick Off Pentathlon TRI MEET STAS/GOLD/DPCC @ STAS Fri-Saturday (Rio Del Oro Sports Club) No Practice
17	 Lodi Gold Hot Dog Meet (SCY - short course yards) @Tokay HS	 Mendocino Farms Fundraiser 4730 Frequent Blvd Suite 110, Sacramento, CA 95822 Promo Code: GIVEBACK No Practice				WAC Jr trials/finals Sierra College 9/23-9/24 No Practice
24		No Practice				
1	October				 CCA SPOOKTACKULAR 10/6-10/8 ROSEVILLE AQUATICS COMPLEX No PM Practice No Practice	

Here is the TENTATIVE October Calendar. We reserve the right to update as needed.



October

2023

Tentative Schedule
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

BOARD MEETING TIME TBD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	 No Practice				 CCA SPOOKTACKULAR 10/6-10/8 ROSEVILLE AQUATICS COMPLEX No PM Practice No Practice	
8	 No Practice					
15					 PETE FITCH (FRI ONLY) RIO DEL ORO No Practice	Pumpkin Meet Lodi GOLD 21-22 Tokay HS SCY No Practice
22	 No Practice				October Fun Practice	
29						
5					 No PM Practice	
					 No PM Practice	

Below is the TENTATIVE upcoming meet schedule. This is subject to change, as the SNS schedule also changes throughout the season, but we hope this helps you with planning 😊.

You may have to click on it to interact/see the entire list. I'll e-mail out a printable version but please check back here as it will likely change here and there a little.

SAC Gold Meet Schedule (subject			
Swim Meet	Qualifiers only Team/optional trials/finals (T/F)	Distance	Date
SNS Open Water	Optional	open water	9/9
Fall Kick-off Pentathlon Tri-meet	Team	SCY	9/15-9
Hot Dog Meet	Team	SCY	9/17
WAC Jr Trials/Finals	Optional T/F	SCY	9/23-9



Bullying has no place in a healthy, positive sport environment. As leaders and mentors it’s our obligation to raise awareness and fully engage players, parents and staff to adopt a zero-tolerance for harmful bullying activities and conduct. Bullying behavior is taking an enormous adverse toll on America’s youth. About 20% of students ages 12-18 experience bullying. And those youth are at increased risk for depression, anxiety, sleep difficulties, lower academic performance, and other negative outcomes. Please visit the U.S. Safesport website to find out more about how parents, coaches, and teammates can play a part in preventing bullying within sport: https://eptoolkit.uscenterforsafesport.org/wp-content/uploads/2022/11/Bullying101_111122.pdf

https://eptoolkit.uscenterforsafesport.org/wp-content/uploads/2022/11/Bullying101_111122.pdf





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 PROVIDED, PARENT SIGN UP COMING SOON FOR BREAKFAST POTLUCK



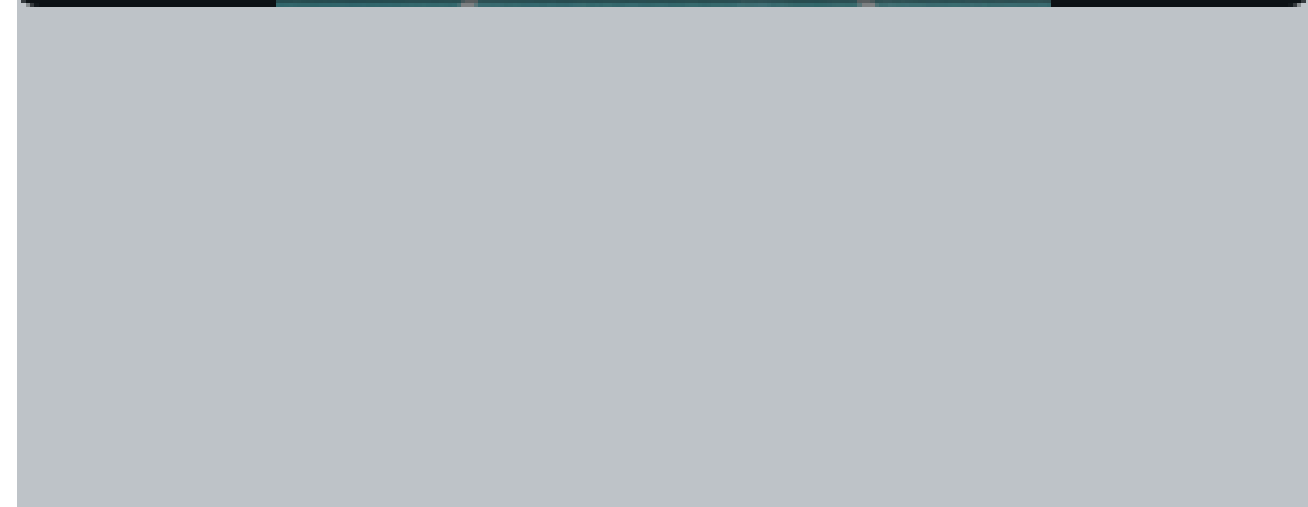
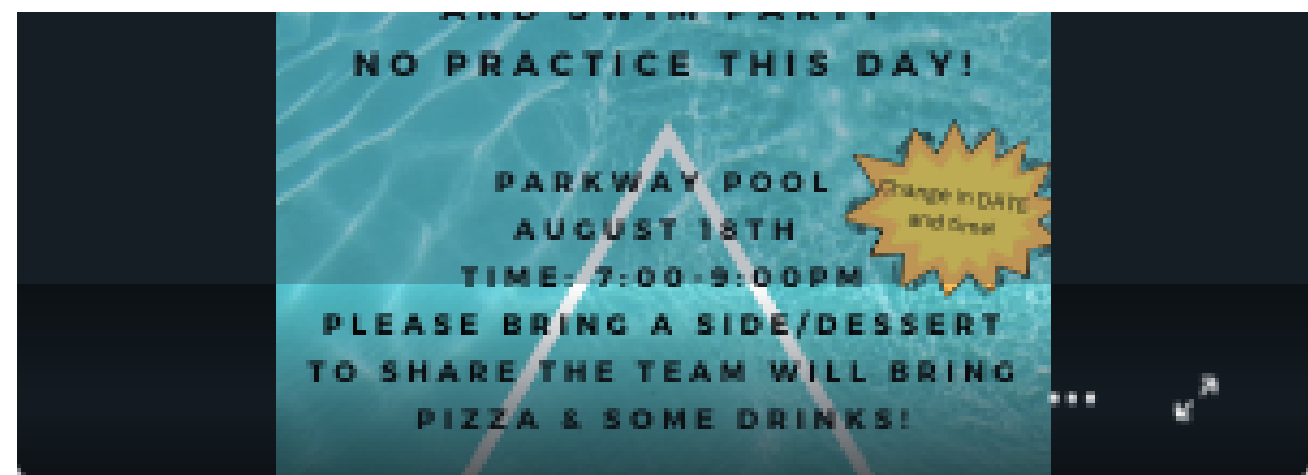
PLEASE JOIN US IN CELEBRATING
OUR SWIMMERS
AND
THEIR ACCOMPLISHMENTS THIS
SEASON

SAC Gold

END OF SEASON

Awards Banquet

AND SWIM PARTY



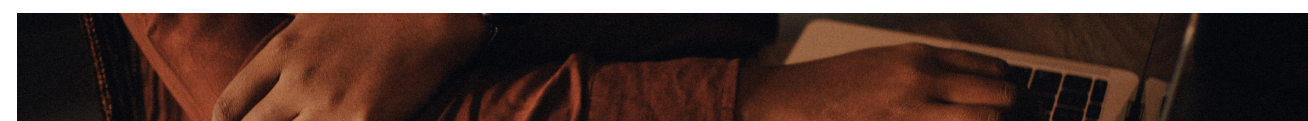
YES This is for all Parents!

PARENT MEETING!

ALL PARTICIPANT PARENT MEETINGS TO BE HELD POOLSIDE
SEPTEMBER 8TH

- 4:45 for Parents of Bronze Group swimmers
- 4:45 or 6:30 for the parents of Silver Group Swimmers
- 6:30 for parents of Gold Group swimmers

WE'LL GO OVER THINGS YOU NEED TO KNOW FOR THE UPCOMING SEASON
AND ANSWER ANY QUESTIONS YOU MAY HAVE



Want to be a SAC Gold Board Youth Swimmer Representative?

Let Coach Terry or President Bill Lonsdale know if you'd like to fill this position for a month or Do you have something to bring to the SAC Gold board's attention? Would you like to represent the team and give input at a team board meeting?
more. We can schedule you in to the board meeting for proposals you'd like heard

Don't forget to wish your teammates a happy birthday!

August Birthdays

Ellie F - 3rd

Mikayla M - 4th

Joseph L - 31st





Congrats to your Bill Rose Classic LONG COURSE CHAMPIONSHIP PARTICIPANTS

- LANA APPLEBY
- ETHAN AVALOS
- THEA BAKER
- NYLA BONNER
- PARKER BROYLES
- TYSON JIANG
- KALEIGH KATO
- JASMINE LIANG
- JASON LIANG
- LAUREN LONSDALE
- AKITH MADURAPPERUMA
- MIKAYLA MAGRI
- AARAV NARAYAN
- JAMES PITCOCK
- SMIT RAMBHIA
- LINCOLN SABINI
- ISLA VILLARREAL
- ISABEL WEATHERALL
- MARCUS YATES

YOUR Bill Rose LCM CHAMPIONSHIP FINALISTS:

LANA

200 FLY - 3RD PLACE

PARKER

- 1500 FREE, 3RD PLACE
- 100 FLY, 7TH PLACE
- 400 IM - FINAL RACE QUALIFICATION
- 200 FLY - FINAL RACE QUALIFICATION



JASMINE

- 200 BREAST 8TH PLACE



LAUREN

- 200 FREE, 1ST PLACE
- 200 BREAST, 1ST PLACE
- 200 IM, 1ST PLACE
- 100 FREE, 1ST PLACE
- 400 FREE, 1ST PLACE
- 400 IM, 1ST PLACE
- 100 BREAST, 1ST PLACE



AARAV

- 100 FREE, 5TH PLACE
- 50 BK, 3RD PLACE
- 50 FREE, 3RD PLACE



JAMES

- 100 FREE, 5TH PLACE
- 50 BK, 3RD PLACE
- 50 FREE, 3RD PLACE



LINCOLN

- 200 BREAST, 2ND PLACE



Special Awards

WOWSERS!

YOUR LONG COURSE HIGH POINT CHAMPION

LAUREN LONSDALE

63.0 POINTS - EARNING FIRST PLACE IN EVERY EVENT!

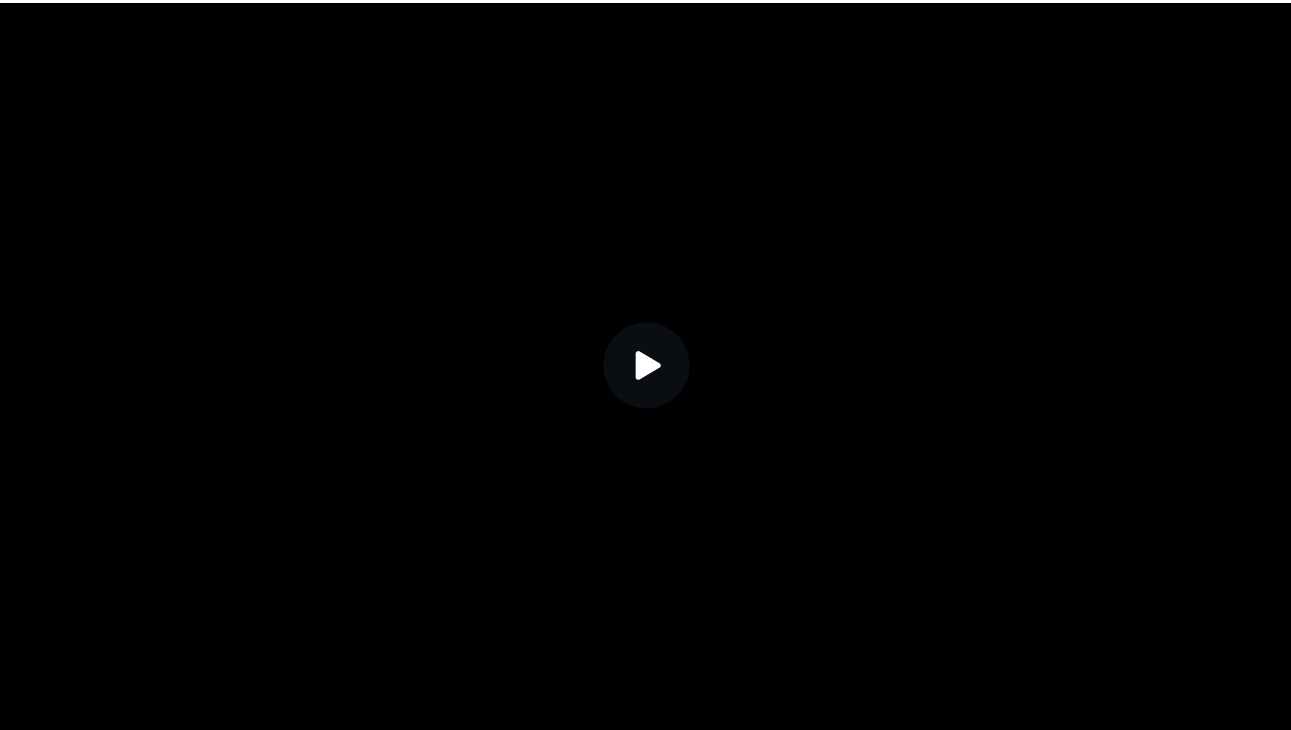




CALIFORNIA GOLD
SECOND PLACE TEAM
MEDIUM TEAM DIVISION!



Your Bill Rose LCM movie!!!!



TEAM RECORD BREAKERS:

Long Course Record Breakers at champs:

- **Aarav Narayan** 8 and under Boys
 - 50 Free new record of 40.86
 - 50 Back new record of 50.14
- **Lauren Lonsdale** 11-12 Girls
 - 100 Free new record 1:00.87
 - 200 Free new record 2:12.91
 - 400M Free new record of 4:39.65
 - 100 Breast new record of 1:18.08
 - 200 IM new record of 2:29.37
 - 400 IM new record of 5:17.81
- **Jason Liang** 13-14 Boys
 - 400M Free new record of 5:12.22
 - 100 Breast new record of 1:23.24
 - 200 Breast new record of 3:01.33
- **Marcus Yates** 15-16 Boys
 - 100 Fly new record of 1:09.25
- **Lincoln Sabini** 17-18 Boys
 - 200 Free new record of 2:08.31
 - 400M Free new record of 4:28.77
 - 100 Breast new record of 1:11.54
 - 200 Br new record of 2:35.24
- **James Pitcock**
 - 100 free new record of 56.56
 - 100 fly new record of 1:06.46



CONGRATS

LAUREN

LONG COURSE FAR WESTERNS
11-12 GIRLS

100 M BREAST 4TH PLACE FINISHER
400M FREE 1ST PLACE CHAMPION



JULY 28, 2023

CONGRATS

LANA

ON YOUR 30TH PLACE FINISH AT THE PACIFIC
FAR WESTERNS IN THE 50 BACK

JULY 28TH , 2023



PROSPECTORS PLUNGE: Congrats to our 10 Prospector's Plunge SCY (short course yardage) competitors. We had 2 new team records set by Miss Nyla B. in the 100 free and 100 IM, 2 New A-times for Miss Parker B, 36 new personal bests, 1 first meet participant (GREAT JOB Pilar S! We can't wait to have you back to the next meet!), and 3 new events for swimmers! We also wanted to point out some great sportsmanship with 2 swimmers giving away their heat winner awards when they deemed it appropriate. Loved seeing some amazing integrity James (who gave up his vial of gold) and Barrett (for giving up his first in heat ribbon)!





Pilar S

CONGRATS on your 1st SAC swim meet at the prospector's Plunge 7/29/2023!

You survived the 200 free as your first ever race and did **AMAZING!** Way to stay positive and bust out some great swimming! We love having such positive energy around! Can't wait to see you at the next meet!



Olivia H

Great swimming at the Prospectors Plunge this weekend Miss Olivia! You earned 2 Personal best times! With a whopping 13.48 drop in your 100 IM and 7.02 second drop in your 50 free! **WOWZERS!** Keep up the hard work! It's showing!



Alina G

A huge shout out to Alina for participating in her 2nd SAC **GOLD** meet at the Prospector's Plunge 7/29/2023. Congrats on your new 100 IM event and your crazy 4.13 second 50 free time drop! Way to **GO!** KEEP up the great swimming!



Joseph P

Congrats on your 3 personal best times including the 50 back, 100 free, and 200 Free at the Prospectors Plunge July 29-30, 2023! **NICE SWIMMING!**



Smit R

Back to in short course at the Prospectors Plunge 7/30/2023! Congrats on your 2 personal bests! 100 free 1:33.24 (that's a 20.11 second drop) and 50 back 48.52 (a 6.31 drop). Pretty great for just getting back from science camp!

Here are the TEAM RECORDS!

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	1:00.87	Lonsdale, Lauren	5/20/2023	Bill Rose Classic
200 Freestyle					200 Freestyle	2:20.55	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	200 Freestyle	2:12.91	Lonsdale, Lauren	7/20/2023	Bill Rose Classic
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	4:39.65	Lonsdale, Lauren	7/21/2023	Bill Rose 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	1:35.03	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	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	1:18.08	Lonsdale, Lauren	7/23/2023	Bill Rose Classic
					100 Butterfly	1:19.48	Lonsdale, Lauren	6/24/2022	Woodland JOS or Bust	200 Breaststroke	2:48.95	Lonsdale, Lauren	8/5/2023	Age Group Western Zones
					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	2:29.37	Lonsdale, Lauren	7/21/2023	Bill Rose Classic
										400 IM	5:17.81	Lonsdale, Lauren	7/23/2023	Bill Rose Classic

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	3:18.57	Figuerras, Katherine	6/17/2022	Mel Enze	200 Breaststroke				
										50 Butterfly				
										100 Butterfly	1:27.60	Grebner, Mackenzie	6/24/2022	Woodland JOS or Bust
										200 Butterfly				
										200 IM	2:54.72	Crevin, Ava	5/20/2023	Woodland Spring Classic

50 Butterfly					50 Butterfly					400 IM				
100 Butterfly	1:10.59	Foth, Iliana	6/24/2022	Woodland JCS or Bust	100 Butterfly									
200 Butterfly					200 Butterfly									
200 IM	2:32.98	Foth, Iliana	7/21/2022	Bill Rose Classic	200 IM	2:48.27	Jiang, Kalli	7/21/2022	Bill Rose Classic					
400 IM	5:41.09	Foth, Iliana	7/21/2022	Bill Rose Classic	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

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

Tascha Weatherall: Activities Chair &
Fundraising Coordinator

Karen Lonsdale: New Swimmer/ Parent
Liaison

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 too.)
- 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!