



SEPTEMBER / 2023

Newsletter

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



A message from the board



It's August and it's time to solidify some of our board positions for the next few years. This includes voting for our Secretary, Treasurer, and Vice President positions this month. Thankfully, our current board members have voiced interest in continuing in these spots as many of them have just recently stepped in for those departing. However, we are searching for anyone interested in supporting the board, offering to co-chair positions or have interest in volunteering for activities, fundraising, or social media coordination. It takes a village to make this club run. If you have any interest in supporting the board see the below link or speak to a board member to let us know. Not all positions are voting positions (see link). Thanks so much! - Your SAC Gold Board



[SAC Gold Board Interest Form](#)

That is a link above! 📄

**Welcome Back to
School and Swim**

Return to Evening Practices Sept 6th

(currently planned schedule)

- **The Bronze Group:**

M-F 4-5PM

Sat 10:30-11:30AM

The After break
schedule is planned as
such:

Beginning the 6th of
Sept

- 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 TENTATIVE September Calendar. We reserve the right to update as needed. Please check back often for changes to the schedule. We'll also send out Reminds if we have a last minute change.



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 Swim Break	31 SCUSD First day of School	1	2
3	4 LABOR DAY No Practice	5 AM practice Only No PM practice Parkway event in PM	6 Return to Evening Practices	7	8 Parent meetings Planned for 4:45 and 6:30pm	9 DPCC OPEN WATER SWIM NIJUS PLAT, LAKE NETOMA
10	11	12	13	14	15	16 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 (SCV - short course yards) @Tokay HS	18 Mendocino Farms 4750 Freeway Blvd Suite 110, Sacramento, CA 95822 Promo Code: GIVEBACK No Practice	19	20	21	22	23 WAC Jr trials/finals Sierra College 9/23-9/24 No Practice
24 Wolverine Aquatics	25 No Practice	26	27	28	29	30
1 October	2 Gold PM Practice Moves to CRC	3	4	5	6 CCA SPOOKTACKULAR 10/6-10/8 ROSEVILLE AQUATICS COMPLEX No PM Practice	7 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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7

8	9	10	11	12	13	14
	 No Practice				No PM Practice	No Practice
15	16	17	18	19	20	21
					 PETE FITCH (FRI ONLY) RIO DEL ORO No Practice	Pumpkin Meet Lodi GOLD 21-22 Tokay HS SCY  No Practice
22	23	24	25	26	27	28
 No Practice					October Fun Practice	
29	30	31	1	2	3	4
			November		Folsom Junior Classic T/F Nov 3-5 Steve Miklos Aquatics Center No PM Practice	
5	6	7	8	9	10	11
					Folsom Senior Classic T/F Nov 10-12 Steve Miklos Aquatics Center No PM Practice	



NOVEMBER.

2023

Tentative Schedule
The Bronze Group: M-F 4-5PM
 Sat 10:50-11:50AM
The Silver Group: M/W/F 4:45-5:00 dryland
 M-F 5-6:50 pool time
 Sat 9:00-10:50AM
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

BOARD
MEETING
TIME TBD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					 Folsom Junior Classic T/F Nov 3-5 Steve Miklos Aquatics Center No PM Practice	
5	6	7	8	9	10	11
	No Practice				 Folsom Senior Classic T/F Nov 10-12 Steve Miklos Aquatics Center No PM Practice	
12	13	14	15	16	17	18
	No Practice				 WAC Cranberry Classic Nov 17-19 Sierra College No PM Practice	
19	20	21	22	23	24	25
	No Practice					
26	27	28	29	30	December	
					 1 HOLIDAY FESTIVAL NOV 30, 2023 - DEC 03, 2023 ASU EVENT INFORMATION EVENT LOCATION: ASU START DATE TIME: NOV 30- DEC 03, 2023 REGISTRATION DEADLINE: NOV 15, 2023	2
	4	5	6	7	8	9
	No Practice				 WAC INDOOR WINTER CHAMPS DEC 1-3 SAC CITY	

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.

Note: Currently the Hot Dog Meet, Fall kick off meet, and WAC Jr Meet are open on OME. They do post closing dates but note sometimes these meets fill up. So we recommend signing up as soon as you know you plan to attend so you don't miss out on entering.

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



USA SWIMMING MEMBERSHIPS ARE COMING DUE FAIRLY SOON FOR MOST OF OUR TEAM. WE WANTED TO GIVE YOU FAIR WARNING. WE WILL RECIEVE A NEW LINK SEPTEMBER 1ST TO REGISTER AND WILL GET THIS TO YOU SHORTLY. AN EMAIL WAS RECENTLY SENT TO YOU WITH INFORMATION ON MEMBERSHIP TYPES AND COST. CHECK YOUR EMAIL FOR DETAILS.



This month we want to highlight a U.S. Center for Safesport partner, the Women's Sport Foundation. The foundation works to advance the lives of women and girls through sports and physical activity. Supporting girls and women to participate in physical activity is an important part of promoting physical and mental health. The WSF has developed an online, interactive platform to help inspire girls and women to get active. <https://www.womenssportsfoundation.org/get-involved/we-play-interactive/>

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 ?

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?

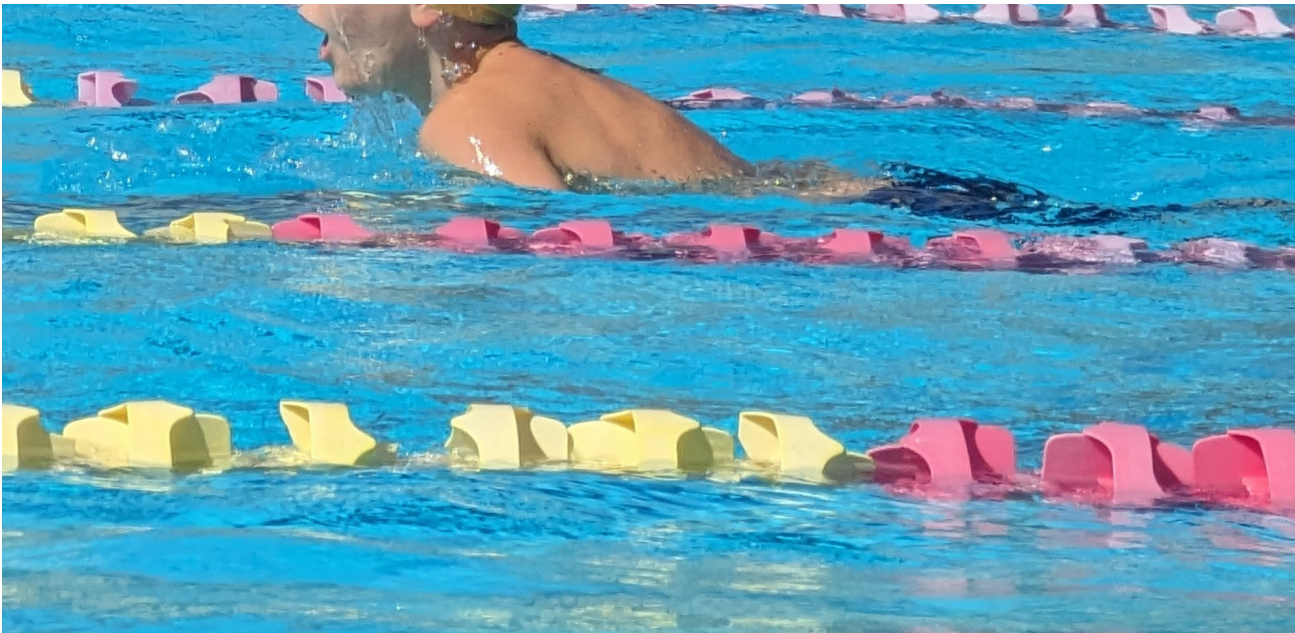
Let Coach Terry or President Bill Lonsdale know if you'd like to fill this position for a month or more. We can schedule you in to the board meeting for proposals you'd like heard.
(This may be something you can add to your resume!)

Can you believe we have no September birthdays?? Sorry if I missed any new swimmers, I don't yet have all your birthdays.

Back to School Meet: Congrats to those who participated in the back to school meet in Oakdale. We had 9 Personal Bests. It was a fun meet and we had a blast watching some of our newer members at their first EVER meet. Congrats Miss Briona Thai on earning a 5th, 4th and SECOND Place finish in her first ever meet! We LOVED watching you get into game mode! You learned the ropes of warm ups and a race very quickly. Great JOB! Hope you learned lots and had some fun!










Mendocino Farms

**EAT HAPPY.
GIVE BACK.**



Fundraiser for

Sacramento Aquatics Club

September 18, 2023 | 2PM - close

4730 Freeport Blvd Suite 110, Sacramento, CA 95822

Order online for pickup or delivery using the

promo code:

Order online for pickup or delivery using the promo code or show this flyer in restaurant, and we'll donate **30%** back to your cause.

GIVEBACK

Discounts, coupons or offers are not valid during the fundraiser. For orders to count towards fundraiser, supporters must show flyer at register or enter code at checkout for online orders at order.mendocinofarms.com. Gift cards, catering, and 3rd party delivery orders are not eligible. Tax, tip, and delivery fee will not be included in donation. \$250 minimum event net sales required to receive any donation. All orders must be placed for pickup between 2PM - close on event date.

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	1:15.03	Lonsdale, Lauren	7/28/2022	Far Westems	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	3:00.44	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	8/5/2022	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	3:18.37	Figueveres, 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				



If I have missed a record you feel you have earned please let our secretary Amy Broyles know so I can check and correct any mistakes. Thanks so much!

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>

<p>Board Members:</p> <p><u>Terry Peyton:</u> Coach</p> <p><u>Bill Lonsdale:</u> President sacramentoaquatics@gmail.com</p> <p><u>LeighAnn Kato:</u> Vice President & Meet camp/Volunteer Coordinator</p> <p><u>Andrea Pitcock:</u> Membership</p> <p><u>Mina White:</u> Treasurer & Safe Sport Coordinator</p>	<p>Remind App: Please join the group to get the most up to date announcements on practice changes, cancellations, meet arrival times, etc.</p> <p>To join the REMIND app please follow the steps below.</p> <ol style="list-style-type: none">1. Download the REMIND app to your phone.2. Once the app is downloaded3. Send a text to 81010
---	--

Amy Broyles: Secretary

Tascha Weatherall: Activities Chair &
Fundraising Coordinator

Karen Lonsdale: New Swimmer/ Parent

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!