



# October Newsletter

## The Move to CRC is coming...

### Tentative plans for the move:

**Gold Group has  
moved to CRC  
beginning Oct  
2nd**

**Silver and Bronze  
crew moving to  
CRC on 11/1**

- **Bronze Group:**

M-F 4-5PM @Parkway

Sat 10:30-11:30AM @Parkway

- **Silver Group:**

M/W/F 4:45-5:00 dryland @Parkway

M-F 5-6:30 pool time @Parkway

Sat 9:00-10:30AM @Parkway

- **Gold Group:**

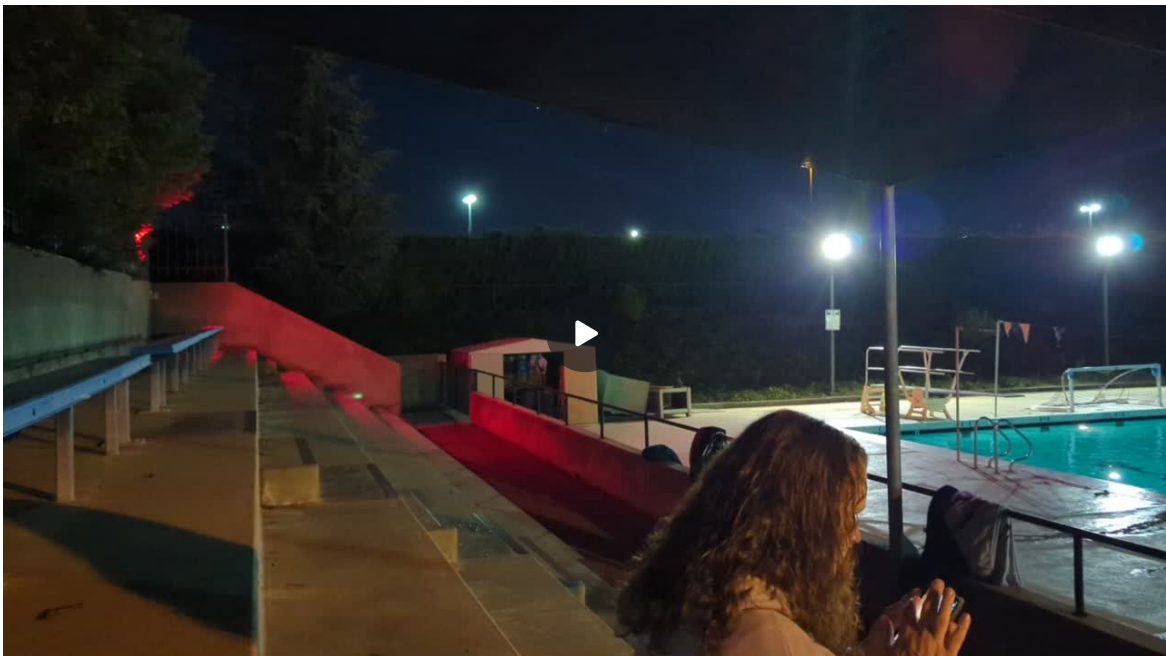
M-F 6:45-8:30 @CRC

Sat 7:00-9:00AM @Parkway until 10/28

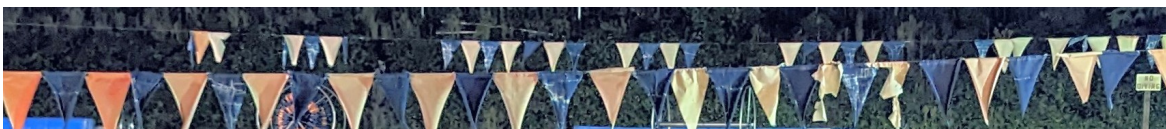
- Morning swim for Gold Group or by approval

M/T/Th/F 5:45-7:00 @CRC

Check out the CRC Pool!



Change can be good... We're all excited! Hang in tight with us as we adjust to the new venue.





HINT:

Have you been frustrated the calendar is so small on your phone? Try this: Click on the calendar until the three dots menu shows on the bottom of the calendar. Click the three dots. Choose > “Share”> then “Copy Link.” Open the link in your browser. You should be able to interact and Zoom on this version. Hope this helps 😊

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



# October

## 2023

**Unless Otherwise Marked Until Nov 1st then See Calendar!**





**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 6:45-8:30@ CRC  
Sat 7:00-9:00AM (at Parkway until 10/28)  
Morning swim for Gold Group & approved swimmers 5:45-7:00 on M/T/Th/F @CRC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 October	2 Gold PM & AM Practices Moves to CRC	3 X	4 X	5 X	6 CCA SPOOKTACKULAR 10/4-10/6 RIVERVILLE AQUATICS COMPLEX (see website for details) @ Parkway 10:00-8:30 AM (see website for details) @CRC	7 X
8 X	9 Normal AM and PM practice schedule with Gus!	10 X	11 X	12 X	13 X	14 X
15	16	17	18	19	20 Pete Fitch (Friday ONLY) RIO DEL ORO Practice Schedule (if not @ meet) Bronze/Silver: 4:30-6:00pm @parkway Gold/Gold Jr: 6:45-8:30 @CRC	21 Pumpkin Meet Lodi GOLD 21-22 Today HS SCY Practice Schedule (if not @ meet) Bronze/Silver/Gold: 7:00-8:30 @ parkway
22	23 Normal AM and PM practice schedule with Gus!	24	25	26	27	28 Spooky Practice @ CRC for all groups Gold 7-9 Bronze/Silver 9-11 Come in the heat



29							
	30	31	1	2	3	4	
	<b>SAC Board Meeting 6:30 @ CRC</b>	 <b>Be SAFE tonight!</b>	<b>November</b> From here on unless marked otherwise: Practice Schedule @CRC AM Gold 5:30-7:45 am M/T/Th/F Bronze: 4:00-5:00pm Silver: dry land M/W/F 4:45-5:00 pool time 5:00-6:30pm Gold/Gold Jr: dryland 6:15-6:30 pool time 6:30-8:30 @CRC		 <b>FOLSOM</b> Practice Schedule (if not @ meet) AM practice @ CRC 5:30am-7:45 Bronze/Silver: 4:30-6:00pm @CRC Gold/Gold Jr: 6:00-8:00 @CRC	<b>JUNIOR CLASSIC T/F NOV 3-5</b> <b>STEVE MIKLOS AQUATICS CENTER</b> Practice Schedule (if not @ meet) Bronze/Silver/Gold Combined: 7:00-8:30 @ CRC	
5	6	7	8	9	10	11	
	Regular Practice Schedule @CRC AM Gold 5:30-7:45 am M/T/Th/F Bronze: 4:00-5:00pm Silver: 5:00-6:30pm Gold/Gold Jr: 6:30-8:30 @CRC				 <b>FOLSOM</b> Practice Schedule (if not @ meet) AM practice @ CRC 5:30am-7:45 Bronze/Silver: 4:30-6:00pm @CRC Gold/Gold Jr: 6:00-8:00 @CRC	<b>SENIOR CLASSIC T/F NOV 10-12</b> <b>STEVE MIKLOS AQUATICS CENTER</b> Practice Schedule (if not @ meet) Bronze/Silver/Gold Combined: 7:00-8:30 @ CRC	

We are trying to hold practices now on Fridays & Saturdays (even when there are meets) in addition to the Monday's after meets. We may consolidate practices depending on anticipated meet/practice attendance on these days. Keep checking email and reminds for updates.

HAPPY BIRTHDAY TO ALL OF OUR OCTOBER BIRTHDAY SWIMMERS! WE HAVE SO MANY!

Happy October

**BIRTHDAYS!**



Payton P turned 14 on the 1st

Alina G turning 11 on the 4th

Nevin T turning 9 on the 6th

Drew B turning 10 on the 11th

Briona T turning 7 on the 15th

Thea B turning 13 on the 23rd

Salina K turning 10 on the 23rd

Smit R turning 11 on the 25th


















BOARD MEETING TIME TBD



DECEMBER



2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div></div>	<div>2</div> <div></div>
<div>3</div> <div></div> <div></div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div>
<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div> <div></div>	<div>16</div> <div></div>
<div>17</div> <div></div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>
<div>24</div>	<div>25</div> <div>HAPPY HOLIDAYS</div> <div>No Practice</div>	<div>26</div>	<div>27</div> <div>SUSD</div> <div>SCHOOL BREAK</div>	<div>28</div>	<div>29</div>	<div>30</div>
<div>31</div>	<div>1</div> <div></div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>

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

Changes to note: Check out the WAC Winter Indoor Champs Meet, as the dates have changed. Because of this we've decided to attend the Matt Casto meet instead on the Dec 1-3rd weekend in Elk Grove.

Note: Meets are filling up quickly. We recommend you sign up for meets as soon as they come out in order to not miss out! They do post closing dates but meets often fill up and close before these dates.

SAC Gold Meet Schedule (subject			
Swim Meet	Qualifiers only	Distance	Date
	Team/optional		
	trials/finals (T/F)		
CCA Spooktackular	Optional	SCY	10/6-1

Pete Fitch (Fri)	Optional	SCY	10/20-1
Pumpkin Meet	Team	SCY	10/21-10
Folsom Jr Classic	12&Un T/F Optional	SCY	11/3-11

CRC Info: Parking Lot H is the closest to the pool. Parking is 2\$ /day. You can purchase monthly passes at RT Customer Service Station, 1225 R street for \$20 per month. We are working with CRC to be able to purchase regular semester parking passes but there are some logistical issues they need to settle first as we are not employees of campus. We are hoping to get answers soon. We'll keep you posted.



**COSUMNES  
RIVER COLLEGE**

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# Do you know our coaches?

Head Coach Terry Peyton



Assistant Coach Jose Bonner

Jr Assistant Coach James Pitcock



## *Welcome to the Team Coach Gus Nicola*

Gus has graciously agreed to assist us in running practice and helping everyone to drop some time. We're excited to be able to hold more practices even when we are having meets and on the Mondays after meets! Gus has been a competitive swimmer since 1988, has a collection of 28+ years as a swimmer and coach in a variety of settings.

*We're excited to grow our coaching staff!*



### Did you know?...

Coach Terry was recently Inducted into the Rancho Cordova Sports Hall of Fame  
Terry Peyton (Cordova High '79)


Considered one of Cordova High School's elite swimmers, Peyton was a multiple All American and part of Cordova's "triple threat" along with Ryan Yantis and Scott Mefford. Peyton established Metro League marks in the 100-yard breaststroke and 400 free relay. A 1981 Sac Metro Chamber of Commerce Hall of Fame Inductee, Peyton set new records at American River in the 100 and 200-yard breast stroke. Peyton has coached for more than 40 years for various teams, including Arden Hills, St. Francis, Valley High School, Sacramento City College and Christian Brothers. Today, he is Head Swim Coach at Sacramento Aquatics and Bradshaw Christian High School.



Make sure you turn up the volume to here his story.





Watch on  YouTube

October is Bullying Awareness Month. But bullying is a topic that should be considered all year long. You can play an important role in addressing bullying you see or learn about—by taking fast action through a process known as Bystander Intervention. We all make decisions about if and how to intervene when we notice bullying or other concerning behavior. It is worthwhile to be aware of the five steps in the bystander intervention process:



- Notice a concerning or harmful event is happening (or may happen). Is there anything about this situation that concerns me?
- Decide whether action is needed in the situation. This is a gut-check moment. Does something need to be done?
- Assume responsibility for acting or delegating. Is it my responsibility to do something? If I don't, who will?
- Figure out your options for intervening and identify risks and barriers to acting. What actions can I take comfortably and safely? What might make it hard to do something? What power do I have in this situation?
- Understand how to carry out the action safely. How will I keep myself safe while taking this action? What might help the person being harmed feel safer in this situation?

## **Glimpses of the past month's swim meets and happenings.**

Fall Kickoff Pentathlon and Lodi Hot Dog Meet:

Congratulations all around! All our SAC Gold swimmers swam so hard and completed amazingly well. Overall, 27 different swimmers dropped time, sometimes two days in a row! Several new team members attended their first meet as a Sacramento Aquatics - GOLD members and earned their **Blue** swim caps. We had loads of new personal bests, champs qualification times and 7 A-times/pins were earned.

### **Congratulations to our team Pentathlon FINALISTS:**

9-10 Girls: Sophia Roxas took 2nd in the girls 9-10 group!



11-12 Girls: Lauren Lonsdale and Sophia Iringan, took 1st and 3rd, respectively, in the 11-12 girls group. (cameo: Congrats to miss Lillian... we consider her part of our family too!)

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11-12 Boys: Reynaldo Roxas, took first place, and Anthony Balitaan, took 3rd! Great work!







13-14 Boys: David Price and Jason Liang finished 4th and 5th, respectively, in the boys 13-14 group.



Check out all these new and old faces on Deck! Great Swims Everyone!



Old News: Congrats Parker P for being the ONLY SAC gold participant in the Open Water Championship at Folsom Lake! You did great for a first ever open water 1K. Parker took a respectable third place finish in her age group and placed 9th overall in the 1K. This was a fun event!!! Next year **you're all coming with us and making a day of it!**





# 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!)

**CONGRATS TO LAUREN LONSDALE**  
**WHO BROKE HER OWN SAC GOLD**  
**RECORD IN THE 100 FLY SCY @ THE**  
**LODI HOT DOG MEET!**

**AND**

**CONGRATS TO ANTHONY**  
**BALITAAN FOR BREAKING THE 11-**  
**12 BOYS 50 BREAST AT THE**  
**KICKOFF PENTATHLON WITH A**  
**BLAZING 35.49! WAY TO GO!**

**Here are the TEAM RECORDS!**

<div>Sacramento Aquatics Club</div> <div></div> <div>Girls Team Records - LCM</div> <div></div>														
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	Frickley, 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	Frickley, Elliot	6/24/2022	Woodland 30s 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	4:59.65	Lonsdale, Lauren	7/21/2023	Bill Rose Classic
100 Backstroke					50 Backstroke	35.96	Lonsdale, Lauren	5/20/2023	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	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, Illiana	6/24/2022	Woodland JOs or Bust	50 Freestyle	30.92	Jiang, Kali	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	1:09.26	Crevin, Ava	6/17/2023	Mel Enze
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	2:58.61	Crevin, Ava	6/17/2023	Mel Enze
50 Breaststroke					50 Breaststroke					50 Breaststroke				
100 Breaststroke	1:20.61	Foth, Illiana	6/10/2022	Summer Sanders	100 Breaststroke	1:24.88	Jiang, Kali	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, Kali	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				

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:

- Team website: <https://sacramentoaquatics.com/>
- USA Swimming Membership: You must have this to be on the team. You also need one of these to join OME. information: <https://www.Usaswimming.org>
- How to sign up for a meet: You’ll need to set an account and add your swimmer on OME (Online Meet Entries): <https://ome.swimconnection.com/>
  - If you’re having a difficult time “adding” your swimmer the first time and it says there registration number is wrong, try using the first two digits of your child’s birth month, birth day, and last two digits of the birth year, the first three letters of their name, their middle initial and the last 4 digits of the last name as your registration number. Additionally, we’ve had issues with the middle initial. Try multiple combos (with/without the middle initial etc. Sometimes it takes a bit of searching. Ask a board member if you’re having difficulties).
  - You will enter the meet you want by searching meet names (remember you can toggle between Sierra Nevada Swim league and others or All to find the meet you’re looking

for).

- The meets come up only when “open” to sign up for. You can choose settings in OME to have it send you emails when new meets open as reminders to sign up. **(Meets do fill and close early at times so we suggest you sign up early for meets so you don’t miss out!)**
- There are fees for meets. There is usually a “meet entry fee” and then a charge per race. You can add a card for quick payment when you sign up.
- You do get to choose what races you want to swim (of the ones offered and they tell you what day each race is, so you can choose the race you want for each day).
- The first time you/your swimmer races we recommend you enter a time. You can put NT (no time) at some meets but Terry suggests putting an estimate so you are swimming with kids who will push you appropriately. Ask coach Terry what a good estimate is for you as needed, he’s happy to help with this.
  - Remember long course and short course times are different. (50 yard free and 50-meter swim times are different!) If you use your short course times at long course meet, your swimmer will be placed in a much faster heat then they will want to be in. THIS IS NOT FUN as a parent! Ask an experienced family/parent if you have questions. Try not to make this mistake! There are websites that will help you convert a short course time to a long course time. (I like the swim swam converter) <https://swimswam.com/swimming-times-conversion-tool/>
- After they have swam the race once you’ll be able to choose the “best time” button and it’s a much easier sign up.
- Want to know more about the Sierra Nevada Swim League (SNS): (The 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: The US swim league has a set “time standards.” These standards are use to help kids with goal setting. The times go from B to BB to A to AA to AAA to AAAA times. B times are the slowest and first goal and then they get faster from there. At some meets they issue A pins for those meeting this time standard for the first time.  
[https://www.teamunify.com/snslsc/UserFiles/Image/QuickUpload/2021-24-usa-swimming-motivational-times-age-group-2021-01-01\\_026502.pdf](https://www.teamunify.com/snslsc/UserFiles/Image/QuickUpload/2021-24-usa-swimming-motivational-times-age-group-2021-01-01_026502.pdf)
- There are time standards for making it to champs for both short course and long course these can be found here or on the SNS page above:  
[https://www.teamunify.com/snslsc/UserFiles/Image/QuickUpload/2021-2023-jo-time-standards\\_000043.pdf](https://www.teamunify.com/snslsc/UserFiles/Image/QuickUpload/2021-2023-jo-time-standards_000043.pdf)

## **Board Members:**

**Terry Peyton:** Coach

**Bill Lonsdale:** President  
[sacramentoaquatics@gmail.com](mailto:sacramentoaquatics@gmail.com)

**LeighAnn Kato:** Vice President & Meet  
camp/Volunteer Coordinator

**Andrea Pitcock:** Membership

**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



**Tascha Weatherall:** Activities Chair &  
Fundraising Coordinator

**Karen Lonsdale:** New Swimmer/ Parent  
Liaison

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

**Spring/Summer is LONG Course Meter (LCM) Season (50-meter pool)**

**Fall/Winter is Short Course Yardage (SCY) Season (25-yard pool)**

### **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 when it's hot. 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 to all sit together. This is where the team bonding happens. 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 get to the blocks to keep the meets moving on schedule. IF you miss a race you miss it! Talk to coach if this happens.
- 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. (This app works better at some pools than others. They also post via paper)
- 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!



### **STAY HOME IF YOU'RE HAVING SYMPTOMS**

COVID-19 is going around... If you have symptoms stay home and test often.

If positive, stay home for 5 days and until testing negative. If testing positive after Day 5, stay home until testing negative or until Day 10. Note: First day of positive test is considered Day 0.



