



November Newsletter

**Welcome to the
Cosumnes River
College Pool!**

**8303 Center
Parkway**

**All Groups Start
at CRC beginning
Saturday,
October 28**

REGULAR PRACTICE

Bronze Group:

M-F 4-5PM

Sat 10:30-11:30AM

Silver Group:

M-F 5-6:30 pool time

Sat 9:00-10:30AM

Gold & Gold Jr Groups:

M-F 6:30-8:30 pool time

Sat 7:00-9:00AM

Morning swim for Gold Group or by approval

M/T/Th/F 5:45-7:00 AM

Please Look for DRYLAND for Silver/Gold to begin in
December. We want to organize this and do it right.

OTHER PRACTICE SCHEDULES

Light blue star: Fridays of meet weekends

Regular AM practice M/T/Th/F 5:45-7:00AM

Bronze/Silver 4:30 -6:00 PM

Gold/Gold Jr 6:00-8:00 PM

Yellow star: Saturdays of meet weekends

All Groups combined 7:00-8:30 AM

Orange star: this is a custom practice time.

SEE THE CALENDAR FOR DETAILED PRACTICE GROUP
TIMES

Note changes to Friday/Saturday schedule on meet weekends. We are trying to hold practices now on Fridays and Saturdays before meets and Mondays after meets. We are consolidating practices depending on anticipated meet/practice attendance on these days. Keep checking email and Remind messages for updates.

IMPORTANT: ALL Parents AND Swimmers 13-17years of age NEED TO DO THE FOLLOWING BELOW by the end of the month please!

Our team needs to renew our SafeSport certification! By certifying our team, we show our commitment to creating a healthy and positive environment free from abuse and demonstrate we are implementing best practices and trainings to our athletes and parents. To renew our certification, we need help from you all!

- We need **parents** to take the *Parents Guide to Misconduct in Sport* training. This free course equips parents with information and tactics to minimize risks of harm to their children. It is a short, 30 minute training.
- **Swimmers over age 13** need to take the *SafeSport for Athletes (13-17)* course. This covers bullying, hazing, and supporting friends who have experienced sexual abuse or conduct, and includes helpful resources. It is a short, 15 minute course.

You can access both of these courses at the USA Swimming education hub: <https://university.usaswimming.org/landing>. You or your swimmer will need to log into USA Swimming to receive "credit" for completing the course. Thank you in advance!

Safesport message for November:



The U.S. Center for SafeSport has put together a number of helpful resources for parents and caregivers. One we would like to highlight this month is their [fact sheet on how to recognize abuse](#). However, remember that everyone responds differently to their experiences. The presence of individual signs or symptoms does not necessarily mean someone has been abused, and some who have been abused may not show any of these signs. It can be helpful to look for patterns or unexplained changes in health, behaviors, and attitude instead of focusing on specific signs.

LINK: [fact sheet on how to recognize abuse](#)

Here's your November Calendar

★ Regular Practice Schedule:

The Bronze Group: M-F 4-5PM

Sat 10:30-11:30AM

The Silver Group:

M-F 5-6:30 pool time

Sat 9:00-10:30AM

The Gold Group:

M-F 6:30-8:30 pool time

Sat 7:00-9:00AM

Morning swim for Gold Group & approved swimmers

5:45-7:00AM on M/T/Th/F

★ Fridays of Meet weekends:★

AM practice 5:45-7:00AM

Bronze/Silver 4:30 -6:00 PM

Gold/Gold Jr 6:00-8:00 PM

★ Saturdays of meet weekends

All Groups 7:00-8:30 AM

CUSTOM PRACTICE

See Calendar

Look for Dryland to Begin in December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3  ★ ALL GROUPS 4:30-6:30PM WITH JOSE	4 Folsom Junior Classic T/F Nov 3-5 Steve Miklos Aquatics Center NO PRACTICE
5 	6 ↑	7 	8	9 Panda Express Fundraiser Online orders only Apply code 918735	10  ★ REGULAR PRACTICE SCHEDULE 3 GROUPS (NO SWIMMERS AT MEET THIS DAY)	11 Folsom Senior Classic T/F Nov 10-12 Steve Miklos Aquatics Center 8-10 AM ★ GOLD/GOLD JR 10-11:30AM BRONZE/SILVER
12 	13	14  Food Drive	15	16	17  ★ Practice Schedule	18 WAC Cranberry Classic Nov 17-19 Sierra College ★ Practice Schedule
19 	20 Regular practice times @CRC with Gus on meet weekends	21	22	23 No Practice 	24	25
26 	27  BOARD MEETING TIME 6:30	28	29	30 	1  HOLIDAY FESTIVAL 2 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 ★ Practice Schedule	2  Practice Schedule
4 	5	6	7	8	9	

HAPPY BIRTHDAY TO ALL OF OUR NOVEMBER BIRTHDAY
SWIMMERS!



- **SOPHIA ROXAS TURNS 10 ON
NOVEMBER 3RD**
- **ISLA VILLARREAL TURNS 12 ON
NOVEMBER 11TH**
- **SASHA CHERNYY TURNS 17 ON
NOVEMBER 16TH**

The week of Dec 24th-30th there will likely be a modified schedule - stay tuned for an update on the times. (It's usually more similar to the morning or Saturday time schedule. So you can enjoy your holiday afternoons!)



DECEMBER

2023

Regular Practice 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/W/F 6:15-6:30 dryland
M-F 6:30-8:30 pool time
Sat 7:00-9:00AM
Morning swim for Gold Group & approved swimmers
5:45-7:00AM on M/T/Th/F

Fridays of Meet weekends ★
AM practice 5:45-7:00AM
Bronze/Silver 4:30-6:00 PM
Gold/Gold Jr 6:00-8:00 PM
Saturdays of meet weekends ★
All Groups 7:00-8:30 AM

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				ARIZONA SWIMMING	1 HOLIDAY FESTIVAL NOV 30, 2023 - DEC 02, 2023 ASU EVENT INFORMATION EVENT LOCATION: ASU START DATE TIME: NOV 30, 2023 06:00:00 REGISTRATION DEADLINE: NOV 15, 2023	2
3 swim neptune	4 Toy Drive Collection	5	6	7 Toy drive	8	9
10	11	12 BUCKHORN BBQ + GRILL Fundraiser	13	14	15	16 DART DART WINTER INVITE (T/F) DECEMBER 15-17, 2023 DART SWIMMING (DART) SCHAL POOL
17	18	19	20	21	22	23
24	25 HAPPY HOLIDAYS No Practice	26	27 SQUID SCHOOL BREAK	28	29	30
31	1 2024 Happy New Year	2	3	4	5	6

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 😊.

Remember the WAC Winter Indoor Champs Meet 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 to change)			
Swim Meet	Qualifiers only Team/optional trials/finals (T/F)	Distance	Date
Folsom Jr Classic	12&Un T/F Optional	SCY	11/3-11/4
Folsom Senior Classic SR +	13&up Qualifiers T/F	SCY	11/10-11/11
WAC Cranberry Classic	Team	SCY	11/17-11/18
Arizona Holiday Swim Festival	Optional travel	SCY	11/30-12/1
Matt Casto	Team	SCY	12/1-12/2

Parking at CRC

CRC Info: Parking Lot H is the closest to the pool. Parking is 2\$ /day @ on the campus kiosks in the lot OR You can purchase monthly passes at RT Customer Service Station @ 1225 R street for \$20 per month.

We are planning on doing a group purchase for December passess for folks who would like them: Please fill out the Jotform below by Nov 10th if you'd like us to purchase this for you. Instructions in the jot form link below. (You will be invoiced 20\$ for the pass.)

[Parking Pass Request for DECEMBER 2023](#)



**COSUMNES
RIVER COLLEGE**

8401 Center Parkway
Sacramento, CA 95823
Phone: 916 691-7344
Fax: 916 691-7375
www.crc.losrios.edu

Do you know our coaches?

Head Coach Terry Peyton



Assistant Coach Jose Bonner

Assistant Coach Gus Nicola



Jr Assistant Coach James Pitcock

FUNDRAISER: AT ANY PANDA EXPRESS

THURSDAY, NOVEMBER 09, 2023

PLACE YOUR ORDER FOR PICKUP OR DELIVERY ON THURSDAY, NOVEMBER 09 /

ONLINE ORDERS ONLY

APPLY CODE **918735 IN THE FUNDRAISER CODE BOX DURING ONLINE CHECKOUT AT
WWW.PANDAEXPRESS.COM OR VIA APP**

28% OF SALES WILL BE DONATED TO: SACRAMENTO AQUATICS



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

**HAPPY HALLOWEEN- THANKS FOR JOINING THE FUN!
THANKS FOR COORDINATING TASCHA**



WINNER WINNER WINNER!!!!

Congrats to Bronze group winner **Francie**, Silver group winner: **Smit** Gold Jr winner **Lauren** and Gold group winner: **Raleigh** for winning the Costume Contest! Congratulations again to **Francie** for bringing the best decorated pumpkin!!!! Tascha will have your gift card awards for you all on deck soon!

SPOOK-TACKULAR MEET IN ROSEVILLE (Oct 6-8th):

ALL 17 swimmers at the CCA Spook-tackular meet **met at least one personal best** this weekend! That's incredible! We had 60 personal bests, 12 new champs times, 7 new events competed in, 8 records broken 6 new A-times, and 3 swimmers who improved all 7 events swam! WOW. What a great weekend!

WOW! Parker/Lauren/Izzy

Contrats on beating all your times at the Spook-tackular! 7 New Personal Bests





Congrats



TO OUR 200 BUTTERFLIERS!



Izzy getting some Love and Support from her teammates!



- Izzy swam her first ever 200 Fly, survived it, and dare I say had some fun? Well, as fun as the 200 fly can be...
- Parker swam her first ever SCY 200 fly and qualified for the AZ meet and her 13-14 champs time (if they stay the same)
- Lana earned her A time
- And Lauren swam her first SCY 200 fly, broke the team record as well as earned her AAA-time!!!
- Banner Night Ladies!

Pete Fitch Memorial:

I SURVIVED

The 1650yd Freestyle Swim!

A big congrats to all our first time and seasoned mile long swimmers! That's a long race you guys did great! To quote Sophia, "Whooh, that hurt!"

Lauren crushed it with a new 11-12 SAC gold girls record of 18:17.32!! I'm pretty sure this is one of the fastest 11y/o 1650 times in the US this year... And would have been the third fastest time last year. Wowzers!

A big congrats to Anthony and Reynaldo for making your AZ cut times. Lana, great job snagging your PB swim. Parker way to win the biggest time drop award with a 28.57 second drop.



Top 100 in the Nation per USA swimming

As of Oct 21 multiple SAC athletes ranked on the top 100 in the nation!

- Lauren Lonsdale: Who ranks top 100 in every event including top 5 in six events! Including 2nd place in the 1650, 50 breast, 200 breast, and 200 IM!!!
- Parker Broyles: made 53rd and 85th in the 1650 and 200 fly respectively
- Lana Appleby: ranks 55th and 74th in the 1650 and 200 fly respectively
- Liam Mah: ranks 93rd in the 50 Breast
- Anthony Balitaan: ranks 71st in the 1650
- Sophia Iringan: squeezing in at 100th in the 1650 and
- Reynaldo Roxas: who ranked 78th in the 1650

Impressive kiddos!

Pumpkin Meet: We had 30 swimmers at the Lodi Pumpkin Meet this year. Our swimmers earned 93 personal best times, 5 new A-times were earned, 3 more SAC gold team records were re-crushed, 35 new events were swam by some brave athletes, and 17 new champs events were qualified for! Congrats to all!

BLUE CAP: FIRST MEET OF THE SEASON PARTICIPANTS



Lyla

Emad

Ruby

Joie

Carlos

It was so nice having new faces on the deck! You all did amazing!

More Pumpkin Fun....Look at all those pumpkins! Love the holiday spirit suits... LOVE the smiles on deck!



Pumpkin meet A pin earners: Aarav, Parker, Jasmine, and Lauren.

These are motivational times set by the league. See motivational time link on the SNS web page. Or in link in New Swimmer Section.



New Event Participants at LODI:

Joseph, Maiya, Francie, Emma, Liam, Lyla, Sophia, Ruby, Lauren, Joie, Anthony, Reynaldo, Carlos, Emad, Raleigh, Donovan, David, and Arthur!!!

GREAT JOB stepping out of your normal events to try something NEW! We're proud of you all.



It was so GREAT to have multiple coaches helping out the kids at the meet! Thanks Jose and Gus for all you do!

New Champs qualifications from the Pumpkin Meet:

Emma, Lizzie, Liam, Parker, Izzy, Lauren, Joie, David, and Sasha



CONGRATS TO:

LAUREN LONSDALE WHO BROKE 7
OF HER OWN SAC GOLD RECORDS
AT SPOOKTACKULAR AND 2 MORE
AT PUMPKIN

ANTHONY ROXAS WHO AGAIN
BROKE HIS 50 BREAST RECORD @
SPOOKTACKULAR

AND TO SASHA CHERNY FOR
REBREAKING THE 100 BACK
RECORD TWICE ONCE AT SPOOK-
TACKULAR AND AGAIN AT THE
LODI PUMPKIN MEET!

Apologies to Ralieg White: We missed your two long course records for the 50 Breast and 50 fly. We have added them to the board.

Here are the TEAM RECORDS!

Sacramento Aquatics Club



SACRAMENTO AQUATICS CLUB GOLD

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	Frickey, 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	5/20/2022	Woodland Spring Classic	800 Freestyle	11:52.61	Appleby, Lana	5/7/2023	Woodland Distance Time Trials
50 Breaststroke					100 Backstroke	1:15.05	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	2:35.49	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	1:18.08	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	6/7/2023	Mel Enze LCM
					200 IM	2:37.01	Lonsdale, Lauren	8/3/2022	Western Zone Age Group	100 Butterfly	1:11.43	Lonsdale, Lauren	6/7/2023	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					50 Backstroke					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	47.28	White, Raleigh	4/15/2023	SMST Spring Splash	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	39.64	White, Raleigh	4/15/2023	SMST Spring Splash	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 IM	2:54.72	Crevin, Ava	5/20/2023	Woodland Spring Classic
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	400 IM				
400 IM	5:41.09	Foth, Illiana	7/21/2022	Bill Rose Classic	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!

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!)

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
- 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

Board Members:

Terry Peyton: Coach

Bill Lonsdale: President
sacramentoaquatics@gmail.com

LeighAnn Kato: Vice President & Meet
camp/Volunteer Coordinator

Andrea Pitcock: Membership

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.

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.

