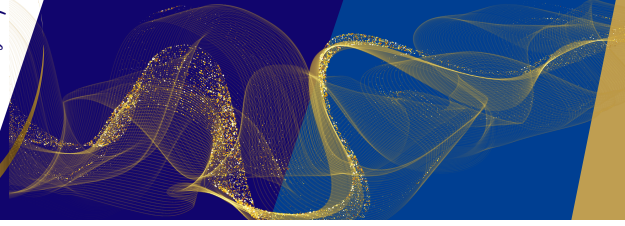




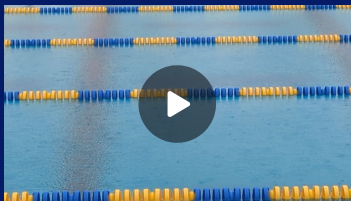
December Newsletter





How is December already
here?

Rainy season's here.



REGULAR PRACTICE

beginning Saturday, Dec 9th

Bronze Group:

M-F 4-5:00PM

Sat 11:30-12:30AM

Silver Group:

M-F 4-5:30PM

Sat 10:00-11:30AM

Gold & Gold Jr Groups:

*M/W/F Dryland 5:15-5:30

M-F 5:30-7:30 pool time

Sat 8:00-10:00AM

Morning swim for Gold Group or by approval

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

Please Note DRYLAND for Gold/Gold Jr begins this
month! Bring your yoga mats and a good attitude!

OTHER PRACTICE SCHEDULES

Light blue star: Fridays of meet weekends

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

Bronze/Silver 4:00-5:30 PM

Gold/Gold Jr 5:30-7:30 PM

Yellow star: Saturdays of meet weekends

All Groups combined 8:00-9:30 AM

Orange star: this is a custom practice time.

SEE THE CALENDAR FOR DETAILED PRACTICE GROUP
TIMES

Holidays 12/26/23 - 12/29/23:

AM Practice

Gold/Gold Jr: 8-10 AM

Silver 10-11:30 AM

Bronze 10-11:00 AM

PM: 4-5:30 PM Combo, if you can't make AM

IMPORTANT: ALL Parents AND Swimmers 13-17 years of age NEED TO DO THE FOLLOWING. You've got one more month to complete!

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 (ON THEIR OWN ACCOUNTS)** 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! **(We have had mix ups in how people are logged in. Make sure you are under the correct account before taking the course. Swimmers should be signed in under their own accounts if taking the YOUTH course. Adults should be logged in under their own accounts for the ADULT course.)**

Here's your DECEMBER Calendar



DECEMBER

2023

Regular Practice Schedule: Starting Dec 9

The Bronze Group:
M-F 4-5PM
Sat 11:30-12:30AM

The Silver Group:
M-F 4-5:30
Sat 10:00-11:30AM

The Gold Group:
M/W/F 5:15 - 5:30 dryland
M-F 5:30-7:30 pool time
Sat 8:00-10:00AM









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 4:00-5:30PM
Gold/Gold Jr 5:30-7:30PM

Saturdays of meet weekends

All Groups 8:00-9:30 AM
Holidays 12/26/23 - 12/29/23:
AM Practice
Gold/Gold Jr: 8-10 AM
Silver 10-11:30 AM
Bronze 10-11:00 AM
PM: 4-5:30PM Combo, if you can't make AM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>1</div> <div><p>HOLIDAY FEST NOV 30, 2023 - DEC 02, 2023 ARJ EVENT INFORMATION EVENT LOCATION ARJ START DATE TIME NOV 30 DEC 02, 2023 REGISTRATION DEADLINE NOV 18, 2023</p></div> <div>2</div> <div><p>MATT CASTO MEMORIAL MEETS DECEMBER 2-3, 2023 ELK GROVE AQUATIC CLUB (EGAC) ELK GROVE AQUATIC CENTER</p></div>	
<div>3</div> <div></div>	<div>4</div> <div>Toy Drive Collection</div>	<div>5</div>	<div>6</div>	<div>7</div> <div></div>	<div>8</div> <div>Regular Practice No Matt Casto Races this day.</div>	<div>9</div> <div>New Schedule Starts</div>
<div>10</div>	<div>11</div>	<div>12</div> <div><p>All day Fundraiser</p></div>	<div>13</div>	<div>14</div> <div></div>	<div>15</div>	<div>16</div>
<div>17</div>	<div>18</div> <div><p>BOARD MEETING TIME 6:30 Drop off toys to: Boys and Girls Club</p></div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div> <div>HAPPY BIRTHDAY Coach Jose!</div>	<div>23</div>
<div>24</div>	<div>25</div> <div>HAPPY HOLIDAYS No Practice</div>	<div>26</div> <div>Holiday Schedule :</div>	<div>27</div>	<div>28</div> <div>8-10 AM Gold/Gold Jr 10-11 AM Bronze 10-11:30 AM Silver 4-5:30 PM Combo Practice (for those who can't make AM)</div>	<div>29</div>	<div>30</div>
<div>31</div>	<div>1</div> <div><p>No Practice</p></div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div> <div>Goal Setting Day</div>

HAPPY BIRTHDAY TO ALL OF OUR DECEMBER BIRTHDAY SWIMMERS!



Happy December Birthdays

- **RILEY V TURNS 17 ON DEC 2ND**
- **REYNALDO R TURNS 12 ON DEC 4TH**
- **JOSEPH P TURNS 11 DEC 5TH**
- **LIAM M TURNS 11 ON DEC 12TH**
- **EMAD A TURNS 12 DEC 16TH**
- **LAYLA B TURNS 12 DEC 17TH**
- **COACH JOSE TURNS ONE YEAR OLDER DEC 22ND**
- **SOPHIA I TURNS 12 ON DEC 23RD**

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 .

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 Team/optional trials/finals (T/F)	Distance	Date
Arizona Holiday Swim Festival	Optional travel	SCY	11/30-1
Matt Casto	Team	SCY	12/1-1
WAC Indoor Winter Champs	Team	SCY	1/19-1
Bud Meyer Memorial Meet	Team	SCY	1/26-1
SNS Senior Championships	13&up Qualifiers T/F	SCY	2/2-2
WAC Last Chance Meet	Team	SCY	2/24-2



January
2024

4

Regular Practice Schedule:

The Bronze Group:

M-F 4-5PM

Sat 11:30-12:30AM

The Silver Group:

M-F 4-5:30

Sat 10:00-11:30AM

The Gold Group:

M/W/F 5:15 -5:30 dryland

M-F 5:30-7:30 pool time

Sat 8:00-10:00AM

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 4:00-5:30PM

Gold/Gold Jr 5:30-7:30PM

Saturdays of meet weekends ★

All Groups 8:00-9:30 AM



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2	3	4	5	6 Goal Setting Day
7	8	9	10	11	12	13
14	15 	16	17	18	19 	20 WAC WINTER INDOOR CHAMPS JANUARY 19-21, 2024 WOLVERINE AQUATICS (WAC) HOOS POOL
21 	22	23	24	25	26 	27 BUD MEYER MEMORIAL MEET JANUARY 26-28, 2024 SPARE TIME AQUATICS SHARKS (STAS) RIO DEL ORO RACQUET CLUB
28 	29 	30	31	1	2	3
4	5 Fundraiser	6	7	8	9	10



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. If you ordered a parking pass for December you can pick it up in Coach Terry's office at the pool. The team will bill you for the \$20. The following swimmers/families ordered a parking pass that is now available at the pool: **Landon Lee, Sasha Chernyy, Pilar**

Salinas, Kyle Lam, Olivia Hester, Elliott Frickey, Jason Taylor, Calvin Yang, Joie Yang, Yuhan Li (Lu Han), Smit Rambhia

DO you need a pass for January?

Below is the link to request a pass for January. It will be the same process as last month. Please respond to the Jot form by **DEC 15th**. You will be invoiced \$20 for the pass if you choose to request one below.

[January Parking Pass REQUEST FORM LINK HERE](#)

Do you know our coaches?

Head Coach Terry Peyton



Coach Terry



Assistant Coach Jose Bonner

Assistant Coach Gus Nicola





Jr Assistant Coach James Pitcock

FUNDRAISERS:



BUCKHORN BBQ + GRILL

eat + fundraise

We're having a fundraiser at Buckhorn BBQ + Grill!
Bring this flyer on the date listed below
and present it at the time of purchase.



Date:

tuesday, december 12, 2023

Location:

Buckhorn BBQ + GRILL (land park)
4720 freeport blvd., suite 160,
sacramento

Benefiting:

sacramento aquatics club

online fundraiser code: **sacaquatics** (all caps)

15% of the proceeds will be donated to your organization

For more information, visit www.buckhorngrill.com/fundraising
or contact marketing@buckhorngrill.com

offer only valid on the date and at the buckhorn bbq + grill location identified on this flyer. Valid for dine-in and takeout services when ordered in-person or online through our website or app; not valid on delivery. only non-profit school or 501(c) charitable organizations are eligible to participate in the buckhorn bbq + grill dine-and-donate fundraising program with which 15% of food and beverage purchases will be donated to the organization. Donation amount excludes proceeds from tax, gratuity, gift card, and retail purchases.

manager, please attach flyer to guest check. event proceeds void if flyers are distributed in or near the restaurant

THIS ONE ABOVE IS ALL DAY!!!

Toy Drive:

HOLIDAY TOY DRIVE

BRING DONATIONS TO PRACTICE UNTIL DECEMBER 16

HELP BRING JOY TO CHILDREN IN NEED. ALL
DONATIONS WILL BE DROPPED OFF AT BOYS AND
GIRLS CLUB ON DECEMBER 18.

IDEAS FOR KIDS UNDER 12:

BOARD GAMES
NEW BOOKS
CRAFT KITS
STUFFED ANIMALS
SPORTS BALLS
LEGOS
ART SUPPLIES
DOLLS
PUZZLES

IDEAS FOR TEENS

GIFT CARDS - TARGET,
STARBUCKS, ETC
BEAUTY & SELF CARE ITEMS
SPORTS EQUIPMENT
BOARD GAMES
ART SUPPLIES



SAFE SPORT:

We want to remind everyone of our SafeSport locker room policy. One important thing to remember is that cell phones and other mobile devices with recording capabilities, including voice recording, still cameras and video

cameras increase the risk for different forms of misconduct in locker rooms and changing areas. The USA Swimming Athlete Protection Policies prohibit the use of such devices in the locker room or other changing area.

SAC Gold's full locker room policy is here:

<https://sacramentoaquatics.com/locker-room-policy/>

In addition to SafeSport locker room policies, we also want to make sure that all swimmers behave respectfully inside the locker rooms. Please see below for our locker room expectations.

Locker Room Policy

No food or drink

No loitering (only for
changing/showering)

No cameras or cell
phones allowed

No running, chasing,
or spraying water

Please pick up any
trash and dispose of it

Do not stand on
benches

Be respectful of
others!

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

Here's a video with some of our Folsom qualifier's swims.



Congratulations to those who braved the cold at the WAC Cranberry Classic. We had 11 new events participated in, 44 personal bests, 5 new records set, 2 new A times, and 14 new championship event qualifying times reached!!! Great job guys! Keep up all the hard work.







A New Teammate Arrival

Welcome to the Team

Congrats, Aarav and family! She's beautiful! Can't wait to watch her dive off those blocks for the first time!

Ms. Sky!

Canv



SETTING GOALS?

- **The time standards for champs were updated. SEE LINK BELOW:**

[2023-2024 SNS Short Course and Long Course Championships Time Standards](#)

- **What is an A-time??? Currious about USA Swimming Motivational Time standards? Here's a link.**

○ (Make sure you're looking at the write course/age_group/gender. We are swimming Short Course YARDS right now):

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.pdf>

THIS MONTH'S RECORD BREAKERS

Congrats to Lauren. She now holds records for all events in the 11-12 age group! She broke records at both meets this month at both the Folsom Classic (with a slight hiccup/injury – now recovered from) and at the WAC Cranberry Classic! Keep them coming!



SAC GOLD 11-12 Girls New Records broken at Folsom Classic Jr Meet

54.57 – 100yd Free
5:10.72 – 500yd Free
1:07.42 – 100yd Br
1:00.55 – 100yd IM
4:44.99 – 400yd IM

SAC GOLD 11-12 Girls New Records broken at Cranberry Classic

25.35 – 50yd Free
29.29 – 50yd Back
27.91 – 50yd Fly
4:38.58 – 400yd IM

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	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	6/7/2023	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				
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!

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.usaswimming.org/docs/default-source/timesdocuments/time-standards/2024/2021-2024-national-age-group-motivational-times.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: [2023-2024 SNS Short Course and Long Course Championships Time Standards](#)

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.

